



Impact Of Educational Programme Regarding Menstrual Hygiene Among Adolescent Girls In Adams Girls Inter Colleges, Almora, Uttarakhand

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Abstract:

The goal of the study is to improve the understanding of Adolescent girls on menstrual hygiene, a quasi-experimental design was employed. A total of 60 Adolescent girls were chosen by purposive sampling from Adams Girls Inter College in Almora, Uttarakhand. The 60 Adolescent girls participated in this study. After employing a structured questionnaire for the pretest, an educational program was followed for one week, and then a posttest was administered. Using descriptive and inferential statistics, the data was examined. The findings showed that the mean posttest knowledge score (24.42) was higher than the mean pretest knowledge score (12.91). Thus the results had validated the educational programme desired. There is no association between mean knowledge score of pretest and selected variables like age, types of family, and residential area, previous knowledge. The study's findings showed that Adolescent girls received information about menstrual hygiene and had good levels of competence in this area.

Keywords: Impact, menstrual hygiene, Adolescent girls, educational programme.

I. INTRODUCTION:

For healthy adolescent girls and premenopausal adult women, the menstrual cycle is a normal and helpful monthly event. Since it is one of the major factors influencing human reproduction and parenthood, it affects both men and women equally. Menarche ages vary depending on race, ethnicity, geography, and other factors, but they "normally" happen in low-income environments between the ages of 8 and 16, with a median of about 13. Menopause is thought to occur at a median age of about 50 years. These numbers allow us to determine that a woman in a low-income nation can anticipate menstruating for approximately 1400 days during her lifetime, from menarche to menopause.

Girls and women all throughout the world have created unique coping mechanisms for the menstrual cycle. These differ significantly between nations and even within nations, depending on a person's own preferences, the resources that are accessible, their economic situation, the customs and cultural beliefs of their community, and their level of education or knowledge. Because of these limitations, especially in less developed countries, women frequently use potentially unsanitary or uncomfortable methods to control their menstruation.

II. Need of the study

On any given day, more than 300 million women worldwide are menstruating. In total, an estimated 500 million lack access to menstrual products and adequate facilities for menstrual hygiene management (MHM). To effectively manage their menstruation, girls and women require access to water, sanitation and hygiene (WASH) facilities, affordable and appropriate menstrual hygiene materials, information on good practices, and a supportive environment where they can manage menstruation without embarrassment or stigma. The multi-dimensional issues that menstruators face require multi-sectoral interventions. WASH professionals alone cannot come up with all of the solutions to tackle the intersecting issues of inadequate sanitary facilities, lack of information and knowledge, lack of access to affordable and quality menstrual hygiene products, and the stigma and social norms associated with menstruation.

III. STATEMENT OF THE PROBLEM:

Impact of educational programme regarding menstrual hygiene among adolescent girls in Adams Girls Inter Colleges, Almora, Uttarakhand.

IV. OBJECTIVES OF THE STUDY:

1. To assess the pretest knowledge regarding menstrual hygiene among Adolescent girls.
2. To assess the posttest knowledge regarding menstrual hygiene among Adolescent girls.
3. To compare pretest and posttest knowledge regarding menstrual hygiene among Adolescent girls.
4. To find out the association between posttest knowledge regarding menstrual hygiene among Adolescent girls with their selected socio-demographic variables.

V. HYPOTHESIS

H₁ There is significance difference between the pre-test knowledge and post-test knowledge score regarding menstrual hygiene among Adolescent girls.

H₂ There is significance difference association between the pre-test knowledge score regarding menstrual hygiene among Adolescent girls with their selected demographic variables.

VI.MATERIAL AND METHODS:

The research design adopted for the present study was Quasi-experimental. A structured questionnaire is basically designed to obtain information regarding menstrual hygiene. This study was conducted in Adams Girls Inter College, Almora district, Uttarakhand. Nearly 60 adolescent girls participated in the study. Purposive sampling technique was adapted for this study.

VII. ANALYSIS:

Table number 1- Frequency and percentage distribution of selected sample.

S.NO.	Demographic variables	Frequency	Percentages
1	Age		
	13	39	65.0%
	14	20	33.3%
	15 & above	1	1.7%
2	Types of family		
	Nuclear	32	51.3%
	Joint	28	48.7%
3	Residence area		
	Rural	28	48.7%
	Urban	32	51.3%
4	Sources of knowledge		
	T.V	50	83.3%
	Class	1	1.7%
	News paper	8	13.3%
	Others	1	1.7%

Table number 2- compare the pretest and post-test knowledge score

Group	Mean	SD	t-test
Pre-test	12.91	2.94	28.52
Post-test	24.42	2.61	

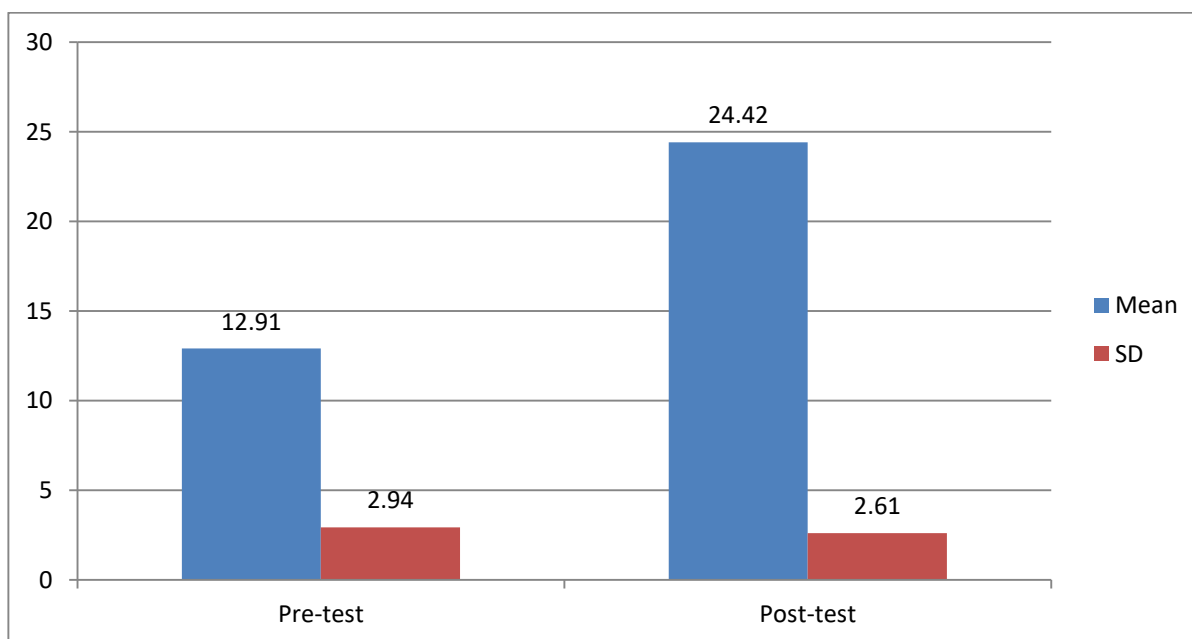


Figure no.1- Comparison between pre-test and post-test.

VIII. DISCUSSION:

This chapter relates the findings of the present study to the studies done earlier the present study is “Impact of educational Programme regarding menstrual hygiene among Adolescent girls in Adams Girls Inter Colleges, Almora, Uttarakhand” The data was gathered through the use of a self-structured knowledge questionnaire. The purpose of the study was to increase the knowledge of menstrual hygiene among Adolescent girls in the chosen Adams Girls Inter College of Almora. The investigator used the purposive sampling technique to select subjects, and the findings were discussed in light of the study's objectives.

According to age, Majority of Adolescent girls 39 (65.0%) were in aged group 13 (years) followed by 20 (33.3%) in age group 14 years minority of 1 (1.7%) belongs to the age group above 15 years as per under majority of 60(100) Adolescent girls were female whereas the male sample were 0(0.0%)

In accordance's with the types of family majority Adolescent girls of 28(46.7%) were belonged to nuclear family and Minority of Adolescent girls 32 (53.3%) belong to joint family.

In accordance's with the residence status majority of GNM 32 (53.3%) were belonged to urban area and Minority of Adolescent girls 28(46.7%) belong to rural area

According to previous knowledge majority of 50 (83.3%) samples got knowledge from class teaching followed by 8 (13.3) were from medical settings area by minority of 1(1.7%) from the conferences and others.

IX.RESULT :

In the pretest knowledge, Majority of 47(78.3%) Adolescent girls had good knowledge followed by 12(20%) had arrange knowledge only 1(1.7%) had poor knowledge in the post test knowledge majority of 54 (90%) Adolescent girls had good knowledge followed by 6(1.0%) had average knowledge and not ever a single Adolescent girls 0(0.0%) had poor knowledge regarding menstrual hygiene.

X. Conclusion

In the conclusion H_1 -There is significance difference between the pre-test knowledge and post-test knowledge score regarding menstrual hygiene among Adolescent girls is accepted. Adolescent girls had good knowledge level after the implementation of education program.

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