

A QUASI-EXPERIMENTAL STUDY ON EFFECT OF HEALTH EDUCATION ABOUT MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS IN URBAN COMMUNITY, KALYANI**¹*Priyanka Tudu, ²Tora Saha, ³Namrata Panja, ⁴Aindrila Basu, ⁵Trisha Das and ⁶Pratibha Howladar**¹Department of Community Health Nursing, Nursing Tutor, International Institute of Nursing & Research, Kalyani, West Bengal, India.²Department of Obstetrics and Gynecological Nursing, Assistant Professor, International Institute of Nursing and Research, Kalyani, West Bengal, India.^{3,4,5,6}Students of International Institute of Nursing and Research, Kalyani.***Corresponding Author: Priyanka Tudu**

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ABSTRACT

A pre experimental research design (one group pre-test post-test design) was used to assess the effectiveness of health education to assess the level of knowledge development regarding menstrual hygiene among adolescent girls in urban community, Kalyani. 50 samples were selected by using purposive sampling technique and data were collected by use of structured questionnaire. The present study was conducted at Rabindranath colony, Kalyani, West Bengal. The obtained data was analysed by using descriptive and inferential statistics. A significance difference between pre test and post test was found ($t=19.55$). The finding shows that health education was effective for improving the knowledge of adolescent girls.

KEYWORDS: Effect, Health Education, Adolescent girls, Menstrual hygiene, Knowledge.**INTRODUCTION**

Menstruation is a major stage where a woman undergoes certain reproductive changes from the menarche to menopause. Adolescent is the stage of physical, psychological and reproductive development/changes which is generally occurs during the period from the puberty to adulthood.^[1] Many girls residing in urban community are unaware regarding the menstrual cycle. Although menstruation is a natural process, it is linked with several perceptions and practices within the community, which sometimes may results in some health problems.^[2]

Globally, 500 million girls are inadequate access to menstrual hygiene facilities. Adolescent girls have some difficult experiences with menstruation, including inadequate facilities and materials, fear of disclosure, and inadequate knowledge regarding the menstrual cycle/Menstrual hygiene.^[3] Factors that may be alter the menstrual cycle are stress, fatigue, exercise, acute or chronic illness, and changes in climate.^[4]

Menstrual hygiene is the personal hygiene during menstruation. It include the bathing daily for comfort, using clean, dry absorbent material and disposal of used pads/material in clean environment, safe methods and to feel fresh and keep perineal area clean.^[5]

Menstruations generally considered as unclean in Indian society. During the menstruating adolescent girls are isolating and restrictions are imposed in the family and have negative attitude towards this phenomenon.^[6] Several studies reported that restrictions of the adolescent girls during the menstruation on daily activities and they believed in some specific taboos at menarche and menstruation and there was low level of awareness about menstruation among adolescent girls when they first experienced it.^[7]

Women and girls of the reproductive age need access to clean and soft, absorbent sanitary products (pads) which can in the long run, protect their health.^[8] Some of the study revealed that adolescent girls have inadequate knowledge and practice about the menstruation/menstrual hygiene so the health education or planned teaching can improve the level of knowledge and promoting their quality of life.^[9]

Menstrual hygiene is important because it is natural process of hygiene related to practice of women and girls during menstruation, It has an impact in terms to prevents reproductive tract infection (RTI) and urinary tract infection (UTI), used pads should be dispose off by wrapping in paper and then into the dustbin because if

blood soaked pad comes in environment flies will suck that blood and cause various types of infections.^[10]

OBJECTIVES

- To assess the pre and post test level of knowledge about menstrual hygiene among adolescent girls.
- To assess the effectiveness of health education on knowledge about menstrual hygiene among adolescent girls.
- To find association between pre-test knowledge scores on menstrual hygiene among adolescent girls with selected demographic variables.

HYPOTHESIS

H1: There will be significant difference between pre-test and post-test level of knowledge scores regarding menstrual hygiene among adolescent girls in urban community.

H2: There will be significant association between pre-test knowledge scores on menstrual hygiene among adolescent girls with selected demographic variables.

Hypothesis will be tested at 0.05 level of significance.

METHODOLOGY

Research Approach	: Quantitative approach
Research Design	: Pre experimental research design (one group pre-test post-test design)
Setting	: Rabindranath Colony (Urban community), Kalyani
Population	: All adolescent girls
Sampling Technique	: Non Probability (Purposive sampling Technique)
Sample size	: 50 adolescent girls of Rabindranath Colony

VARIABLES

Independent Variable : Health education about Menstrual Hygiene among adolescence girls

Dependent Variable : Knowledge of adolescent girls

DATA COLLECTION METHOD

Tools

- Demographic variables
- Structured knowledge questionnaire regarding Menstrual Hygiene

METHOD OF DATA COLLETON

- Written consent was taken from the adolescent girls.
- 50 samples were selected by using purposive sampling based on sampling criteria.
- Pre test was taken and health education was given about menstrual hygiene then pot test was taken after one week.

RESULT AND DISCUSSION

Finding related to demographic variables

- The 44% were in the age of above 14-15years, 42% were in age of 13-14years and 14% were above 15-18years. 40% were belongs from Class VII-VIII, 30% were Class VIII-IX, 16% were Class IX-X and 14% were belongs from Class X-XII. Most of the adolescent girls 60% belong to joint family and 40% from nuclear family.

Table 1: Frequency and percentage distribution of knowledge score of pre test and post test.

Grading	Score	Pre test		Post test	
		Frequency	%	Frequency	%
Below average	0-4	5	10%	0	0%
Average	5-8	37	74%	2	4%
Good	9-12	8	16%	31	62%
Excellent	13-15	0	0%	17	34%

This table shows that the knowledge score of pre test 74% were average, 16% were good and 10% were below

average. The knowledge score of post test 62% were good, 34% were excellent and 4% were average.

Table 2: Comparison between pre-test and post-test knowledge of adolescent girls by Mean, SD and t-value.

Knowledge	Mean	SD	N	Mean difference	t-value	p-value
Pre-test	7.7	2.13	50	8.1	19.55	0.00
Post-test	15.8	1.50	50			

*Significant at 0.00 level.

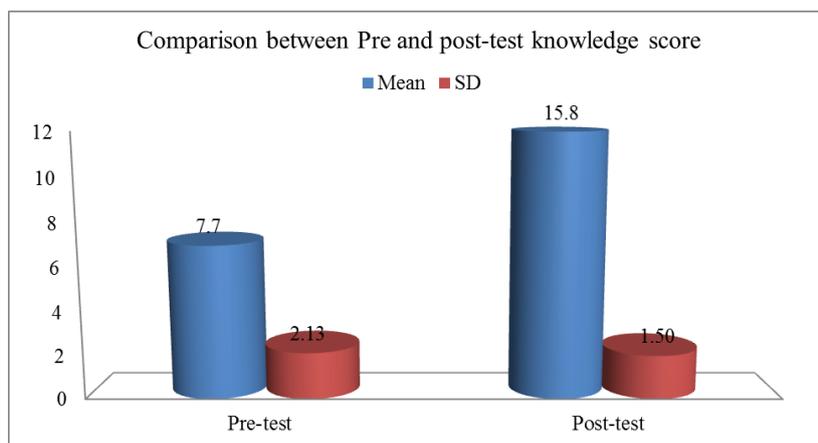


Figure 1: Bar diagram shows the comparison of pre test and post test knowledge score of adolescent girls.

DISCUSSION

The finding of the present study shows that before health education in pre test 74 % had average knowledge, 16 % had good knowledge but in post test 62% had good knowledge and 34% had excellent knowledge about menstrual hygiene. In pre test mean 7.7 and standard deviation 2.13 and in post test mean 15.5 and standard deviation 1.50. The t value ($t=19.55$) significance at p value 0.00 level. So it indicates that the health education was highly effective for improving the knowledge of adolescent girls about menstrual hygiene. The finding shows that there was no association found between pre test knowledge score with selected demographic variables.

In study found that practice of the menstrual hygiene was 1 in five (21.0%), one half (49.1%) was good practice and 1 in 10 had average practice and remaining one in five (19.7%) had not practice the menstrual hygiene.^[11] The another study reported that 53.9% were good menstrual hygiene practice and 46.1% had poor practice. 96.5% participant had used the absorbent material during menstrual cycle.^[12]

CONCLUSION

In this present study assessed the knowledge about menstrual hygiene among adolescent girls. Study was conducted at Rabindranath Colony, kalyani and samples were selected by using purposive sampling technique. The finding of the study shows that adolescent girls gained the knowledge about menstrual hygiene after the health education. So the health education was effective for improving the knowledge among adolescent girls about the menstrual hygiene.

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