



A study to assess the effectiveness of educational intervention on knowledge regarding menstrual hygiene among adolescent girls at selected high school, Puducherry

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Abstract

Menstruation is a phenomenon unique to the female, the onset of menstruation is one of the most important changes occurring among the girls during the adolescence years. The study was undertaken with the objective to assess the pre-test and post-test knowledge level of adolescent girls by educational intervention on menstrual hygiene & to evaluate the effectiveness of educational intervention on level of knowledge regarding menstrual hygiene among adolescent girls. Pre-Experimental with One group pretest post-test design was used to assess the Knowledge level of adolescent girls on menstrual hygiene by a structured questionnaire on menstrual hygiene. Educational intervention on menstrual hygiene was given. The findings of the present study concluded that 5(6%) adolescent girls had low knowledge and 29(38%) had high knowledge regarding menstrual hygiene. and 41 (55%) of them had average knowledge. the mean knowledge score was 16.68 in pre-test raised to 28.32 in post-test. There is a significant difference between pre-test and post-test knowledge scores of adolescent girls on menstrual hygiene.

Keywords: menstrual hygiene, educational intervention, adolescent girls

1. Introduction

Menstruation is a phenomenon unique to the female, the onset of menstruation is one of the most important changes occurring among the girls during the adolescence years. WHO has defined adolescence is the age group of 10-19 years. Adolescent girls constitute a vulnerable group, particularly in India where female child is neglected one. According to the census reports of Indian census 2016, the population of India 1,327,924,863 with 685,740,399 males and 642,184,463 females, the awareness of menstrual hygiene and usage of sanitary napkin is virtually absent in rural areas. Therefore, increased knowledge about menstruation right from childhood may escalate practices and may help in mitigating the suffering of millions of women.

1.1. Problem Statement

A study to assess the effectiveness of educational intervention on knowledge regarding menstrual hygiene among adolescent girls at selected High school, Puducherry,

1.2 Objectives of the Study

- To assess the knowledge regarding menstrual hygiene among adolescent girls.
- To evaluate the effectiveness of educational intervention on menstrual hygiene among adolescent girls.

1.3 Hypothesis

Hypothesis 1

- There will be a significant difference between pre-test and post-test level of knowledge among adolescent girls regarding menstrual hygiene

2. Materials and Methods

2.1 Research approach

According to the statement of problem and to accomplish the study quantitative research approach was adopted.

2.2 Research design

The research design selected for this study was pre experimental one group pre-test, post-test research design.

2.3 Variables

a. Independent variable

In this study, the independent variable was the educational intervention on menstrual hygiene.

b. Dependent variable

In this study the dependent variable was scores of Knowledge of adolescent girls on menstrual hygiene

2.4 Population

Adolescent girls.

2.5 Sample

The adolescent girls of 12 to 14 years at Motherland English High school, Puducherry were the sample for the study.

2.6 Sample size

The sample size was 75 adolescent girls.

2.7 Sampling technique

Purposive sampling technique.

2.8 Sampling criteria

a. Inclusion criteria

- School going adolescent girls.

- Students who had attained menarche at least six months before the time of data collection.
- Those who were present during the data collection period.
- Adolescent girls who know to read & write Tamil & English.

b. Exclusion criteria

- Students who have not attained menarche.
- Students who had freshly attained menarche and less than six month of attained menarche at the time of data collection.
- Students above the age of 12 years and below the age of 14 years.
- Students not willing to participate.

3. Results

Table 1: Percentage distribution of knowledge levels of adolescent girls on menstrual hygiene in pre-test and post-test N= 75

| Levels of knowledge | Pre test | | Post test | |
|---------------------|-----------|------------|-----------|------------|
| | Frequency | Percentage | Frequency | Percentage |
| High knowledge | 5 | 6 | 29 | 38 |
| Average knowledge | 54 | 72 | 41 | 55 |
| Low knowledge | 16 | 22 | 5 | 6 |

Table 1: Frequency and Percentage Distribution of Pre-test Post-test Knowledge Score of adolescent girls on menstrual hygiene (N=75) reveals that, among all adolescent girls, in pre-test, 16(22%) had low knowledge, followed by 54(72%) had average knowledge and 5(6%) had high knowledge regarding menstrual hygiene. In post-test, 5(6%) had low knowledge, 29(38%) had high knowledge and 41(55%) had average knowledge menstrual hygiene

Table 2: Distribution of mean knowledge score of adolescent girls N = 75

| Group | Mean | Sd | Mean difference | 't' test | P value |
|-----------|-------|------|-----------------|----------|---------|
| Pretest | 16.68 | 2.27 | 11.64 | 34.217 | <0.001 |
| Post test | 28.32 | 1.32 | | | |

Table 2: The mean knowledge score was 16.68 whereas in post-test raised to 28.32 with the difference of 11.64. The 't' test value (34.217) revealed that there was a significant difference in the mean knowledge score of the adolescent girls between pretest & post-test at 0.001 level. So the stated hypotheses H1 is accepted (There is a significant difference between pre-test and post-test knowledge scores of adolescent girls on menstrual hygiene).

4. Discussion

Around 75 adolescent girls between age group of 13- 14 years old were selected for this study.

Major findings of this study are discussed as follows

- Majority of the adolescent girls falls under age group of 13- 14 years (85%)
- Regarding religion 70 (94%) belongs to Hindu religion.
- Majority of the adolescent girls of about 95% earns below Rs.10,000 per month
- Most of the adolescent girls study in 9th std (76%)
- Most of the girls attended their menarche at 12- 14 years of age (63%)
- Most of the adolescent girls belong to single parent family (65%)
- Most of the adolescent girls live along with less than 4

- members in the family (47%)
- Most of the adolescent girl's mother are educated up to higher secondary (51%)
- Majority of the adolescent girls (36%) have acquired previous knowledge on menstrual hygiene by health professionals.

5. Conclusion

- The pre-test study concluded that adolescent girls had inadequate knowledge in pre-test but after educational intervention on knowledge regarding menstrual hygiene; there was a significant improvement on knowledge of adolescent girls.
- There was a significant difference between pre-test and post-test knowledge score with respect to different variables.

6. Recommendation

- A similar study can be conducted by analyzing the various aspects of menstrual hygiene
- A comparative study can be done between adolescent girls of private school and Govt. school
- An experiment study can be conducted to assess the role of nurses in creating awareness regarding menstrual hygiene both in community as well as in clinical settings
- A comparative study may be attempted between adolescent girls of urban and rural school
- A comparative study can be taken upon controlled group and experimental group adolescent girls
- A study can be carried out by using other methods like SIM, Puppet show, Role play.

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