

Effectiveness of Structured Teaching Programme regarding Knowledge on Menstrual Hygiene among Adolescent Girls

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Abstract: *The world adolescence is derived from the Latin word “adolescere”, which means to grow into maturity. Adolescence is a period of transition from childhood to adulthood. These are formative years when maximum physical, psychological and behaviour changes occur. The World Health Organization (WHO) defines adolescents as individual between 12-18 years of age. Today approximately 1/5th of the world's population is adolescents, with more than fourth-fifth in developing countries. Menstruation (menarche) can be a first indication of puberty among adolescent girl. Menstrual Hygiene so in this concern, one group pre- test and post- test was conducted to assess the effectiveness of structured teaching programme regarding knowledge on menstrual hygiene among adolescent girls. The Study was conducted on 50 adolescent girls studying in class 10th in Govt. school located at New Delhi, they were selected through purposive sampling technique. Findings reveal that calculated “z” value (0.37) is more than the table value (0.205) at 0.05 level of significance which indicates that the structured teaching programme on menstrual hygiene among Adolescent girls is effective. The study reveals that structured teaching programme play a crucial role and has a positive influence on Knowledge regarding Menstrual Hygiene among Adolescent girls.*

Keywords: Structured Teaching Programme, Knowledge about Menstrual Hygiene, Adolescent girls, Menarche

1. Introduction

Adolescent is a phase of rapid growth and development during which physical, sexual and emotional changes occur. Menstruation is a phenomenon unique to the females. The menstrual period is natural phenomenon that occurs throughout the reproductive years of women. Most women experience some degree of pain or discomfort during menstrual period.² Menstruation may be defined as a periodic vaginal bleeding which the women herself must diagnose as “menstruation” based on her previous experiences and on accompanying signs and symptoms.³ Women having better knowledge regarding menstrual hygiene and safe practice are less vulnerable to reproductive tract infection and its consequences. Therefore, increased knowledge from child hood may escalate safe practices and may help in mitigating the suffering of millions of women.⁴ It was aimed to assess the pre- test and post- test Knowledge on Menstrual Hygiene among adolescent girls. It was also designed to assess the effectiveness of structured teaching programme regarding knowledge on menstrual hygiene among adolescent girls. Today's adolescents (girls; 24%) are tomorrow's adults who are the strength of nation. Menstrual hygiene is an issue that every girl and women have to deal with in her life; there is lack of information on the process of menstruation, the physical and psychological changes associated with puberty and proper requirements for managing menstruation. Good menstrual hygiene is crucial for the health, education and dignity of girls and women.⁵ The adolescent should be educated about significance of menstruation development of secondary sexual characteristics

2. Review of Literature

Abraham (1985) conducted a study to determine the knowledge, attitude and practices with regard to menstruation. A knowledge questionnaire and checklist were used for data collection. Sample size was 1369. Young Australian girls between 14 and 19 years of age. The study results showed that a high proportion (80%) of them considered menstruation to be inconvenient and embarrassing. Many had misconception and myths regarding menstrual hygiene.⁸

Mohammed Pouresiami conducted a study to assess the level of Knowledge and attitude of female students in regard to Menstrual Hygiene in sub-urban districts of Tehran. The female students were aged between 15-18 years old. The study applied a descriptive cross-sectional method, in which 250 students were selected at random, using a cluster random sampling method. About 33% of the students avoided any physical activity or even mild exercise during menstrual period. Over 67% of the girls reported to take palliative medicine for their menstrual pain.⁹

3. Methodology

The study was conducted on 28th December 2018. Pre-Experimental Research approach and one group pre-test and post-test research design were used to assess the effectiveness of structured teaching programme regarding knowledge on menstrual hygiene among 50 Adolescent girls studying in class 10th in Govt. Co-ed Vidhyalya, Jaffarpur Kalan Najafgarh, NewDelhi. Purposive sampling technique was used. Permission from the Principal and ethical clearance from Organizational Review Board was taken before starting the study. Before the questionnaire

was given to participants, consent was taken. The tool was comprised of Structured Knowledge Questionnaire consists of 15 multiple choice items were used to assess the knowledge of adolescent regarding menstrual hygiene. The maximum score was 1 for each correct answer and no score is awarded for incorrect answer or question not attempted. The knowledge level grading criteria considered appropriate was as follows:

Score	Knowledge Level
1-5	Poor
6-10	Average
11-15	Good

Firstly, Pre-test was administered, then the Structured Teaching Programme was administered which comprised of definition of menstruation, menstrual cycle, importance of menstrual hygiene and management during menstruation by AV aids (Charts, Flashcard, Flip card, Posters). The post-test was conducted on the same day.

4. Result

The data has been analysed by descriptive and inferential statistics

Data represented in the Table-1 depicted Socio demographic data of adolescent girls:

Table 1: Socio Demographic Profile of Adolescent Girls

Demographic Variables	Frequency (F)	Percentage (%)
1) Age of menarche(in years):		
13-14 year	37	74%
15-16 year	12	24%
17-18 year	1	2%
2) Religion		
Hindu	49	98%
Muslim	1	2%
Christian	0	0%
Other	0	0%
3)Type of family:		
Nuclear	28	56%
Joint	22	44%
Extended	0	0%
4)Type of absorbent used:		
Sanitary Napkin	49	98%
Old cloth	1	2%
New cloth	0	0%
5)Educational qualification of mother:		
Primary	17	34%
Secondary	20	40%
Higher Secondary	9	18%
Graduation	4	8%
6) Income of the family (in Rupees)		
Less than 10,000	12	24%
10,000-25000	11	22%
More than 25000	27	54%
7) Duration of menstrual circle is:		
21-24 days	9	18%
25 -28 days	18	36%
29-30 day	18	36%
More than 30 days	5	10%
8)Do you heard about menstrual hygiene, if yes/no source of information:		
Mother	30	60%

Friends	4	8%
School education	9	18%
Media, newspaper	2	4%
Other education	5	10%

Table 2: Mean, Median and Standard Deviation of Pre-Test and Post-Test knowledge score of adolescent girls

Test	Mean	Median	Standard deviation
Pre-test	9.4	9.6	2.36
Post-test	12.8	13.39	1.38

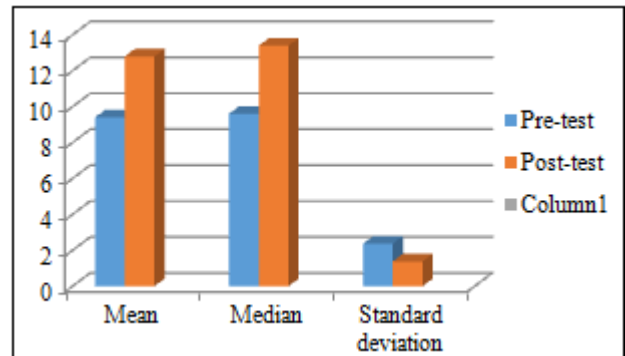


Figure 1: Column graph showing mean, median and standard deviation of Pre-test and Post-test knowledge score of adolescent girls

Table 3: To assess the effectiveness of structured teaching programmed regarding knowledge on menstrual hygiene among adolescent girls, N=50

Item	Mean	Standard deviation	Mean difference	Standard error of mean difference	Z value
Pre test	9.4	2.36	3.4	1.2	0.37
Post test	12.8	1.38			

The calculated “z” value (0.37) > the table value of (0.205) at 0.05 level of significance

5. Major Finding of the study

- The most of the adolescent girls (37, 74%) were in the age group of menarche is 13-14 year of age, (12, 24%) were in the age group of 15-16 years, (1, 2%) were in the age group of 17-18 years.
- The most of the adolescent girls (49, 98%) were belong from Hindu religion, whereas (1, 2%) from Muslim religion.
- Nearly half of the adolescent girls (28, 56%) were living in nuclear family, (22, 44%) were living in joint family.
- The most of the adolescent girls (49, 98%) were using sanitary napkins, (1, 2%) using old clothes.
- With regard to the educational qualification of mother (20, 40%) were educated up to secondary school, (17, 34%) were educated up to primary schooling (9, 18%) were educated up to higher secondary and (4, 8%) were graduated.
- Out of 50 students (24, 54%) family income was more than 25,000 (12, 24%) family income was less than 10,000 and (11, 22%) family income was in between 10,000- 25,000.
- The most of the adolescent girls (18, 36%) were duration of menstrual cycle of 28 -30 days cycle, (9, 18%) were having 21 days cycle and (5, 10%) had more than 30 days cycle.

- More than half of the adolescent girls (30, 60%) were got information about menstrual hygiene from her mother, (4, 8%) were got information from friends, (9, 18%) were got information from school education, (2, 4%) were got information from other education, (5, 10%) were got information from media and newspaper.
- (17, 34%) adolescent girls had good knowledge, (30, 60%) adolescent girls had average knowledge, (3, 6%) adolescent girls had poor knowledge in the pre- test regarding knowledge on Menstrual Hygiene.
- (48, 96%) adolescent girls had good knowledge, (2, 4%) adolescent girls had average knowledge in the post- test regarding knowledge on Menstrual Hygiene.

The calculated “Z” value (0.37) is more than the table value of (0.205) at 0.05 level of significance which indicates that the Structured Teaching Programme regarding knowledge on menstrual Hygiene was effective among adolescent girls

6. Discussion

In the present study, the result revealed that (96%) adolescent girls had good knowledge, (4%) adolescent girls had average knowledge in the post- test regarding knowledge on Menstrual Hygiene. The calculated “Z” value (0.37) is more than the table value of (0.205) at 0.05 level of significance which indicates that the Structured Teaching Programme regarding knowledge on menstrual Hygiene was effective among adolescent girls. The results were in agreement with a similar descriptive cross sectional study done on 100 adolescent girls from class 9th to 12th of Govt. Girls School in Shimla, Himachal Pradesh where the result revealed that (92%) had adequate knowledge about menstrual hygiene, (8%) had inadequate knowledge about menstrual hygiene in the post test knowledge score. And another similar study conducted on menstrual knowledge amongst 352 secondary school girls in Nigeria where the result revealed that (93%) secondary school girls had good knowledge in the post test knowledge score.⁷

7. Conclusion

The findings suggest that the structure teaching programme on menstrual hygiene was effective in improving the knowledge of adolescence girls as evidence by the ‘z’ test value. Many of adolescents girls were not aware about the menstrual hygiene and its management during pre-test knowledge score.

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Author Profile



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