

# “A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING MENSTRUAL CARE AMONG ADOLESCENT GIRLS AT THE AGE OF 15-19 YEARS IN RURAL AREA AT SELECTED INTER COLLEGE, KANPUR DISTRICT UP.”

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## ABSTRACT:

The word 'ADOLESCENT' is derived from the Latin word "ADOLESCERE" which means to grow to maturity that indicated the detaining features of adolescence. Adolescents belong to vital age group because they are the important people to parenthood but also they are threshold between childhood and adulthood. As they attempt to cross this threshold, they face various psychological and developmental changes. Menstruation is the first indication of puberty. Majority of the girls 88% preferred sanitary pads rather than clothes as menstrual absorbent in our study. Privacy for washing, changing, or cleaning purpose is very important for proper menstrual care, and lack of knowledge was an important problem found in our study. Different restrictions were practiced by most of the girls in the present study, possibly due to their ignorance and false perceptions regarding menstruation. Every girl child should be aware about menstruation, which is an important event at the threshold of adolescence, and ideally a mother should be the main informant at this tender age and mother was the first informant in case of 91.5% of girls. Post-test results showed significant improvement in the level of knowledge about menstrual care and prevention of RTI. thus, it can be concluded that self-instructional module is an effective method of teaching staff nurses to increase level of knowledge about practices of menstrual care.

## INTRODUCTION:

The word 'ADOLESCENT' is derived from the Latin word "ADOLESCERE" which means to grow to maturity that indicated the detaining features of adolescence. Adolescents belong to vital age group because they are the important people to parenthood but also they are threshold between childhood and adulthood. As they attempt to cross this threshold, they face various psychological and developmental changes. Menstruation is the first indication of puberty. A menstrual taboo concerned with menstruation in some societies, it involves menstruation being perceived as unclear or embarrassing and reinforced a negative attitude towards this phenomenon to the mention to menstruation both in public and in private. Many traditional religions consider menstruation ritually unclean. Large number of girls has scanty knowledge about menstruation until their first experience because menstruation is something that is not frequently talked off in homes.

## KEY WORDS:

*Menstrual Care, Knowledge, Inter College Girls at the Age of 15-19 Years.*

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### NEED FOR THE STUDY:

Adolescent period is a rapid growing period when mainly the physical changes are crucial in the development. Most girls (95%) attain menarche between the age group of 10 to 13 years. Out of this about 50% of menstruating women are affected with dysmenorrhea. Adolescent period is a rapid growing period when mainly the physical changes are crucial in the development. Most girls (95%) attain menarche between the age group of 10 to 13 years. Out of this about 50% of menstruating women are affected with dysmenorrhea. A study conducted in Kings Georges medical college on effect of commonly used NSAIDs on gastric mucosa. It is found that all these drugs are known to produce gastro intestinal lesions. Here they found that Aspirin, Indomethacin and Phenylbutazone caused gastric mucosal damages in 33.3% and 37.5% respectively. The above studies reveal that Pharmacological measures will cause unwanted side effects. When we see the alternative approaches of treating dysmenorrhea, herbal therapy is one of the commonly used therapies now a day.

### PROBLEM STATEMENT:

**"A Descriptive Study to Assess the Knowledge Regarding Menstrual Care**

**Among Adolescent Girls at the Age of 15-19 Years in Rural area**

**At selected Inter College, Kanpur district UP."**

### OBJECTIVES:

1. To assess the knowledge regarding menstrual hygiene among a Inter College Girls.
2. To assess the knowledge on restriction practiced by Inter College Girls during menstruation.
3. To assess the existing level of knowledge and practices of menstrual care among adolescent girls
4. To find out the association factors between the level of knowledge of Inter College Girls regarding menstrual care with selected demographic variables
5. To find the relationship between knowledge and practices on menstrual care among adolescent girls.

### ASSUMPTIONS:

The study assumed that

- All the adolescent girls have need for acquiring knowledge on menstrual care.
- Health education will effectively improve the knowledge of adolescent girls about menstrual care.
- Age group of 15-19 years will participate in the study with interest.

### HYPOTHESIS:

H1: There will be a significant association between the selected variables and pretest score of knowledge regarding menstrual care at 0.05 level of significance.

H2: There will be significant association between the knowledge regarding selected topic and how much we have gain knowledge from the guide and how much we have educated to the girls of selected age group.

### Research approach:

The research approach adopted for the present study was a descriptive approach, which was felt to be more appropriate.

### Research design :

The research design selected for the study was descriptive design. The design was adopted with primary objective to assess the knowledge regarding menstrual care.

### Variables of the study:

#### Independent variable:

Independent variable is the knowledge regarding about menstrual care among inter college girls.

#### Dependent variable:

Dependent variables include age, gender, religion, place of residence, source of information, type of college source of information about knowledge regarding menstrual care.

### Setting of the study :

The study was conducted in some selected inter college Kanpur Uttar Pradesh.

### Population :

The largest population or universe is composed of entire group of people or objects to which the researcher wishes to generalize the findings of the study.

### Sample :

The sample selected in Inter college Kanpur District, Uttar Pradesh.

### Sample technique :

The sample technique of a study consists of the units which comprise population. Convenient sample technique was used.

### Criteria for sample selection:

#### Inclusion criteria:

The study includes who were:

- Inter College girls
- Inter college girls students.

#### Exclusive criteria:

The study excludes mothers who are:

- Primary school teachers who were not in the field now.
- Who are not willing to participate in the study?
- College girls, who were unable to understand, speak Hindi.
- College girls who are not available at the time of data collection.

### Sample size :

Sample comprises of hundred (100) inter college girls who were attending at the time of data collection.

### Development and description of the tool :

#### Section 1:

Consists of representative socio-demographic data that includes age in years, gender, religion, education, place of residence, source of information.

#### Section 2 :

Consists of the knowledge questionnaire on knowledge regarding menstrual Care among college girls. It has 100 multiple choice questions.

### DATA ANALYSIS AND INTERPRETATION:

#### Section-I:

It deals with the frequency distribution of demographic variables or Characteristics of college girls.

#### Section-II:

It consists of frequency distribution of scores obtained by assessing the level of knowledge regarding menstrual care.

#### Section-III:

It consists of mean and standard deviation of college girl's knowledge regarding menstrual care.

#### Section-IV:

It consists of an association between demographic variables or characteristics with the level of knowledge regarding menstrual care among Inter college girls.

#### SOCIO-DEMOGRAPHIC VARIABLES OF SCHOOL STUDENTS WITH FREQUENCY DISTRIBUTION:

##### 1. Age:

Regarding the age of respondents majority [63 i.e. 63%] of the participants are in the age group of 15 years to 19 years. And [0

i.e. 0%] are in the age group of 18 years to 20 years. And [37 i.e. 37%] are in the age group of 20 to 25 years. And [0 i.e. 0%] are in the age group of above 25 years.

##### 2. Class of study:

In the class of study, in UG 1<sup>st</sup> yr. there is 0 i.e. 0%. And in UG 2<sup>nd</sup> yr. there is 31 i.e. 37%. And in UG 3<sup>rd</sup> yr there is 69 i.e. 69%. And in UG 3<sup>rd</sup> there is 0 i.e. 0%.

##### 3. Religion:

The religion of Hindu girls are 28 [28%]. Muslim girls are 26[26%]. Christian girls are 46[46%]. And others are 0[0%].

##### 4. Source of information:

Most of the secondary schools taken information from mother 91(91%). from peer groups 5(5%). from health care personal 4(4%) and from the media is 0.

##### 5. Age of menarche:

70(70%) of the girls are within the age group of 18 -25 years and 30(30%) are within the age of 20-27 years of age group.

#### SECTION - II:

It consists of distribution of scores obtained by assessing the level of knowledge on menstrual care.

Knowledge Score	Pre Test		Post Test	
In adequate	45	45%	22	22%
Moderate	33	33%	43	43%
adequate	22	22%	36	36%

#### SECTION - III

It consists of mean and standard deviation of knowledge regarding the menstrual care among Inter college girls.

S.No	Pre Test		Post Test	
	Mean	SD	Mean	SD
Knowledge on Menstrual Care	41.98	6.479	17.61	4.85

#### CONCLUSION:

- Based on the finding of the study, the following conclusions were drawn.
- Over all pre -test knowledge about menstrual care and prevention of RTI was average.
- There was a need for self-instructional module for rural school girls on practices of menstrual care.
- Post-test results showed significant improvement in the level of knowledge about menstrual care and prevention of RTI. thus , it can be concluded that self-instructional module is an effective method of teaching staff nurses to increase level of know ledge about practices of menstrual care.

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