

Assessment of Knowledge and Practices About
Menstruation and Menstrual Hygiene Among Adolescent
Girls in Dindori District, Madhya Pradesh

By

Ameesha

*Dissertation submitted for the partial fulfillment of the
MBA Hospital and Health Management*

Academic year, 2016-2018



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TO WHOMSOEVER IT MAY CONCERN

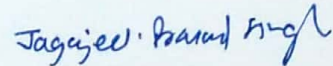
This is to certify that Dr. Ameesha student of MBA Health and hospital management from The IIHMR University, Jaipur has undergone internship training at Taabar organization, Jaipur from 23rd February 2018-3rd April 2018 and National Health Mission Madhya Pradesh from 5th April 2018-24th May 2018.

The candidate has successfully carried out the study designated to her during the internship training and her approach to the study has been sincere, scientific and analytical. The internship is in fulfillment of the course requirements.

I wish her all success in all her future endeavors.



Dr. Ashok Kaushik
Dean, Academics and student affairs
The IIHMR University, Jaipur



Dr. J.P. Singh
Associate Professor
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National Health Mission

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Bhopal



The Certificate Is Awarded To

AMEESHA

In Recognition of Having Successfully Completed Her
Internship in The Department
of

IIHMR

University Jaipur

And Has Successfully Completed Her Project

On

Assesment Of Knowledge And Practies About Menstruation And
Menstural Hygiene Among Adolescent Girls In Dindori District ,
Madhya Pradesh

Under The Guidance Of

Dr. Dilip Hedau

(Dupety Director RBSK)

NHM, Bhopal

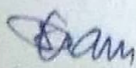
Internship :- (5th April – 24th May)

NATIONAL HEALTH MISSION

Madhya Pradesh

She comes across as a committed, sincere & diligent person who has a strong
Drive And Zeal For Learning

We wish her all the best for future endeavors


(Dr. Durgesh Gaur)
DD/HR

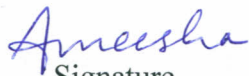
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CERTIFICATE BY SCHOLAR

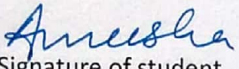
This is to certify that the dissertation titled" **Assessment of knowledge and practices about menstruation and menstrual hygiene among adolescent girls of Dindori district, Madhya Pradesh**" submitted by Dr. Ameesha enrollment no 0382 under the supervision of Dr.J.P singh for award of MBA in Health and Hospital management from The IIHMR University carried out during the period from 23rd February to 24th may 2018 embodies my original work and has not formed the basis for the award of any degree, diploma associate ship, fellowship, titles or any other Institute or other similar institution of higher learning.


Signature

THE IIHMR UNIVERSITY

CERTIFICATE BY SCHOLAR

This is to certify that all ethical issues have been considered while collecting data for my dissertation titled " **Assessment of knowledge and practices about menstruation and menstrual hygiene among adolescent girls of Dindori district, Madhya Pradesh**"


Signature of student

ABSTRACT

BACKGROUND

Adolescents form a significant section of the population. They are living in diverse circumstances and have diversified health needs. Adolescents face multiple health problems which includes under nutrition, early marriage and early childbearing, obesity, smoking, alcohol and substance abuse.. The hygiene related practices of adolescent girls during menstruation can have an effect on their health . Studies have shown that the girls lack knowledge about menstruation and due to lack of hygiene during those period, they are likely to suffer from reproductive tract infections. Menstruation is considered as a matter of embarrassment in most cultures.

OBJECTIVES

To assess the awareness about menstrual history and menstruation among adolescent girls .

To study the existing menstrual practices of adolescent girls in the sample district.

RESEARCH METHODOLOGY

A cross sectional descriptive Study was conducted in AFHC's and RKSK adolescent female population in Dindori district, Madhya Pradesh, and the data was collected by using structured questionnaire.

RESULTS

Majority of the respondents(around 80 percent) were not aware about menstruation and associated reproductive organs and cause of menstruation, 62 percent of the respondents mentioned that they were not aware about menstruation before attaining menarche. Only 26 percent of the respondents mentioned about exclusive usage of sanitary pads,30 percent mentioned about combined usage of cloth and pads whereas 42 percent of the respondents mentioned about exclusive usage of cloth as absorbent. Respondents mentioned that the frequency of change of cloth or pad during menstruation is majorly once during the day(78 percent).

CONCLUSION

- The overall knowledge and awareness of the adolescent girls needs to be raised . Exclusive usage of Sanitary pads should be promoted.
- Frequency of change of pad or cloth is very low i.e once daily.
- Approximately one fourth of the respondents mentioned that they used to dry cloths inside the house(without sunlight).

Keywords-Menstrual hygiene, awareness, sanitary pad.

Jagjeev Prasad Singh

Table of content:

Sr.No.	CONTENT	Page No.
1.	Background of study	5
2.	Literature Review	6
3.	Rationale	7
4.	Methodology	
4.1	Research Question	7
4.2	Objective	7
4.3	Research design	7
4.4	Sampling	8
4.5	Research instrument	8
4.6	Procedure	8
4.7	Data analysis	8
5.	Ethical consideration	8
6.	Result	9-22
7.	Discussion	23
8.	Conclusion	24
9.	References	25
10.	Tool	26-32

Abbreviations:

NHM: National Health Mission

CMHO: chief medical health officer

NRHM:- national rural health mission

AFHC:Adult friendly health clinic

RKSK: Rashtriyakishoreswasthyakaryakram

HPD:High priority district

Table of figures

Figure no.	Page no.
1	9
2	10
3	11
4	12
5	13
6	14
7	15
8	16
9	17
10	18
11	19
12	20
13	21
14	22

INTRODUCTION

1. Background of the Study:

Adolescents form a significant section of the population . They are living in diverse circumstances and have diversified health needs⁽¹⁾. Adolescents face multiple health problems which includes under nutrition⁽²⁾, early marriage and early childbearing, obesity, smoking, alcohol and substance abuse. Early and unsafe sexual practices increase the danger of unwanted pregnancies and unsafe critical abortions, sexually transmitted diseases. Violence, injuries, unsafe work environment⁽³⁾. In India, between 43 percent to 88 percent of girls wash and reuse cotton cloths rather than use disposable pads⁽⁴⁾. The hygiene related practices of adolescent girls during menstruation can have an effect on their health . Studies have shown that about 15 percent of the adolescent girls report of symptoms of RTI/STI⁽⁵⁾. Menstruation is considered as a matter of embarrassment in most cultures. There are various misconceptions and taboos associated with menstruation and menstrual practices. The study is focused to explore the level of knowledge and practices among adolescent girls in Dindori district of Madhya Pradesh state .

2. Review of literature:

Adolescence in girls is a phase of transition from girlhood to womanhood and marks the onset of female puberty . This period of attaining reproductive maturity between the ages of 10-19 years is marked by a number of physiological, behavioral and psychological changes, and the most notable being the onset of menstruation⁶⁾.

In view of the vital role of the mothers, it is very important that the mother must be armed with the correct and appropriate information on reproductive health, so that she can give this knowledge to her growing girl child . Mothers should encourage their daughters to maintain personal hygiene. It is also essential for the teachers, who may not have the necessary skills to impart reproductive health education, including menstrual hygiene to their students⁽⁶⁾

Menstrual hygiene also has an environmental aspect in terms of growing waste and methods of disposal⁽⁷⁾.

Unicef found that when an individual has increased knowledge about menstruation right from childhood , it may escalate safe practices and may help in mitigating of suffering of millions of women⁽⁷⁾.

3. Rationale:

Menstruation is considered as a matter of embarrassment in most cultures. There are various misconceptions and taboos associated with menstruation and menstrual practices and majorly followed in tribal population . Girls do not have consistent access to education on puberty and menstrual health. In India 71% of girls report having no knowledge of menstruation before their first period .

Adolescent girls do not have access to preferred, high quality menstrual hygiene products; almost 88 % of women and girls in India use home made alternatives.

This study is intended to assess the practices and knowledge in a backward district dindori.

4. Methodology:

4.1. Research Question :

What is the existing knowledge of Adolescent girls about menstrual practises and what are their current practices regarding menstruation & menstrual hygiene .

Objective :

To assess the awareness about menstrual history and menstruation among adolescent girls .

To study the existing menstrual practices of adolescent girls in the sample district

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4.3. Research design :

Study Design : Cross Sectional Descriptive Study was undertaken to take to describe characteristics prevailing in the adolescent population.

Study area : AFHC's and RKSK adolescent female population in Dindori district.

Duration of study : 1 month (16th april-16th may 2018).

Study population : Adolescent girls(in the age group of 10-19 years) attending AFHC's and RKSK female adolescent population, Dindori district .

Inclusion criteria -Girls attending AFHC's and RKSK female adolescent population , who have attained menarche, unmarried, present during study survey, ready to participate..

Exclusion criteria -Adolescent girls not willing to participate.

4.4 SAMPLING

Sample size was taken as (n=195) and Purposive sampling was used to collect desired sample size. Sample was collected from the adolescent girls visiting the AFHC's and RKSK female adolescent population .Face to Face interview was conducted for data collection.

4.5 DATA COLLECTION INSTRUMENT :

The source of data collected was primary in nature. For this purpose, a Standard Structured Questionnaire was used.

4.6 DATA COLLECTION PROCEDURE :

Questionnaire was administered by taking interview of the respondent and filled by the interviewer .

- Counselors and trainers(local) were present for any language translation purpose of administration of the instrument.

4.7 DATA ANALYSIS PROCEDURE : Data was compiled and analyzed using SPSS statistics version 22. Analysis was done by using frequency table in SPSS .

5. Ethical consideration:

An informed consent process was carried out prior from start of data collection. To All participants gave a chance to ask questions before starting of the interview activities . Confidentiality of the participants was given utmost importance . I explained the informed consent process by sitting in on the session with the participant and making sure the participant understands the study procedures and was comfortable. To all participant Informed and reminded that they may refuse to answer any and all questions and may discontinue their involvement in the study at any time .

6. Results :

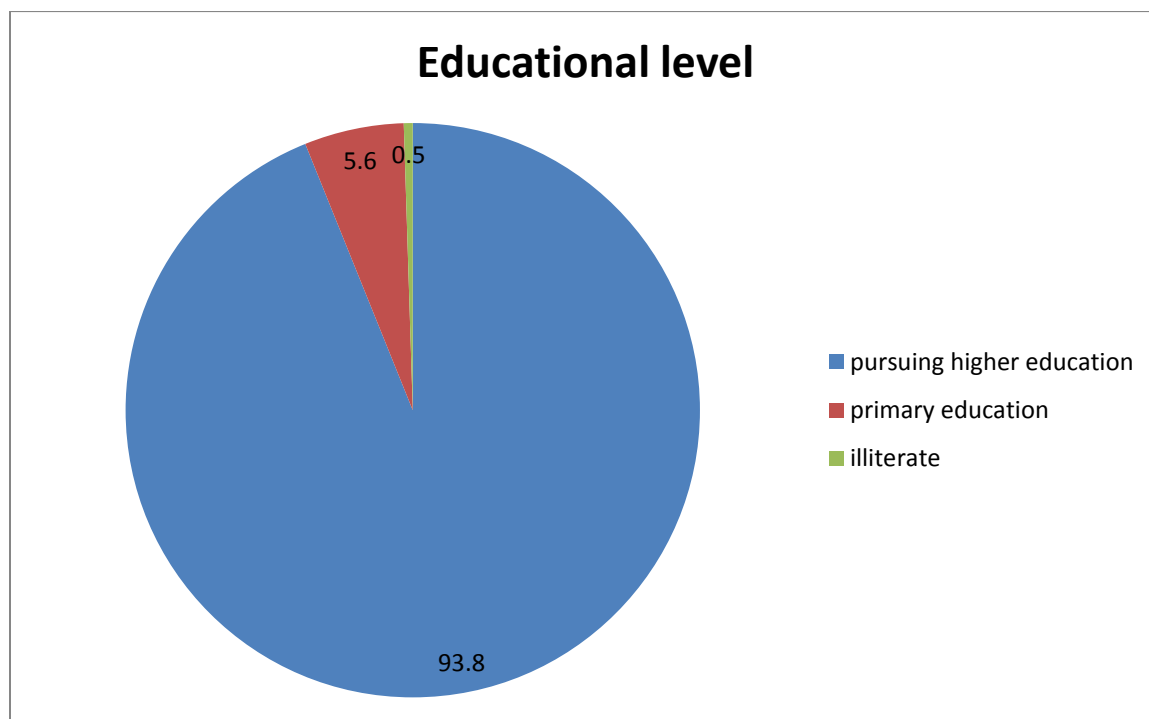
This section presents the study results and findings and all the components organized under separate headings which include socio demographic characteristics, knowledge about menstruation and practices followed by the respondents in Dindori district, Madhya Pradesh .

6.1. Socio-demographic variables

Socio-demographic variables such as education, parent's education and occupation provide an overview and insight of a family and acts as a measurement of socio demographic characteristics. When parents are educated and in a stable occupation it has a direct impact on their children which in turn decides their practices and attitude.

Indicators were taken to measure the basic knowledge, awareness levels related to education to assess their understanding. Following were the indicators

- Pursuing higher education (10th standard and above)
- Primary education
- Illiterate



• Figure 1. Percent distribution of adolescent girls by education level

In this study adolescents girls were selected for participating in the study in which around 93.8 percent of girls are currently pursuing higher education. Education helps in forming the base of social, physical knowledge of an individual and supports in overall development. And in this case education leads to healthy menstrual practices.

7.2 Occupation of their parents

Around 62 percent of fathers are farmers by occupation whereas 53.8 percent mothers are housewives

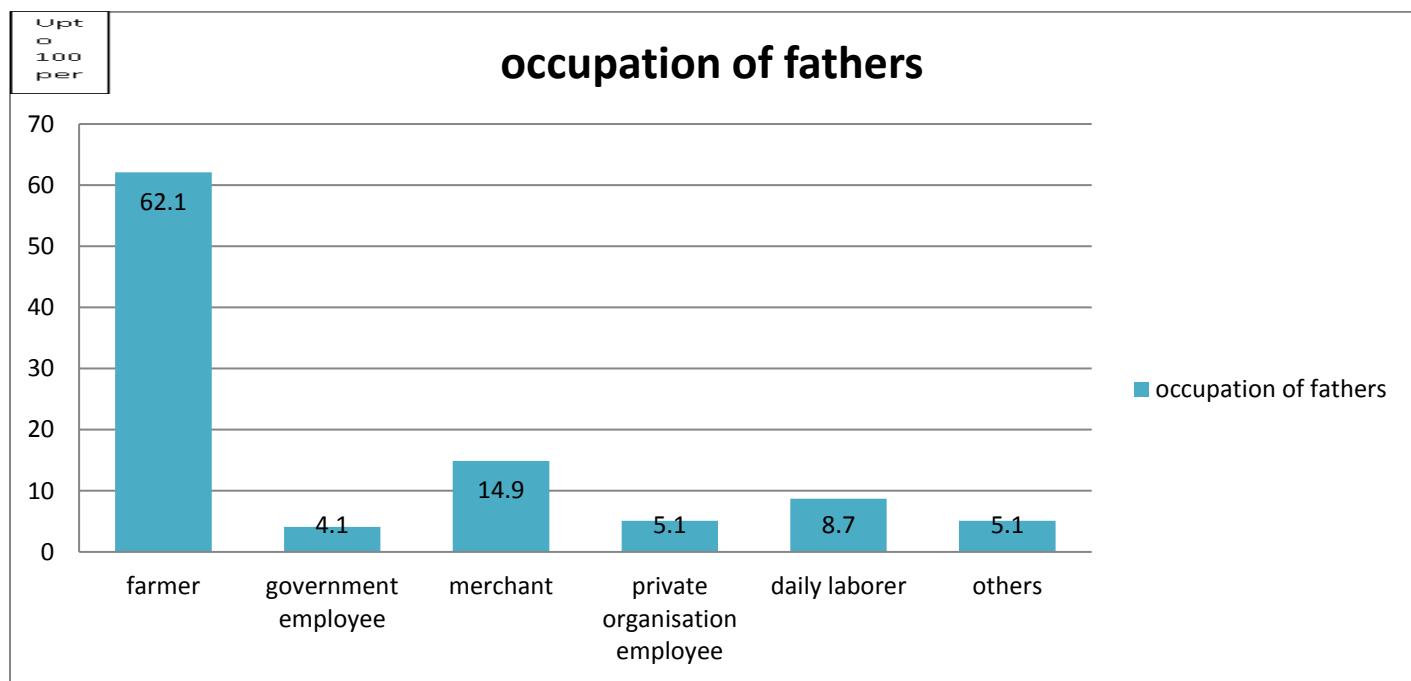


Fig.2 percent distribution of occupation of fathers

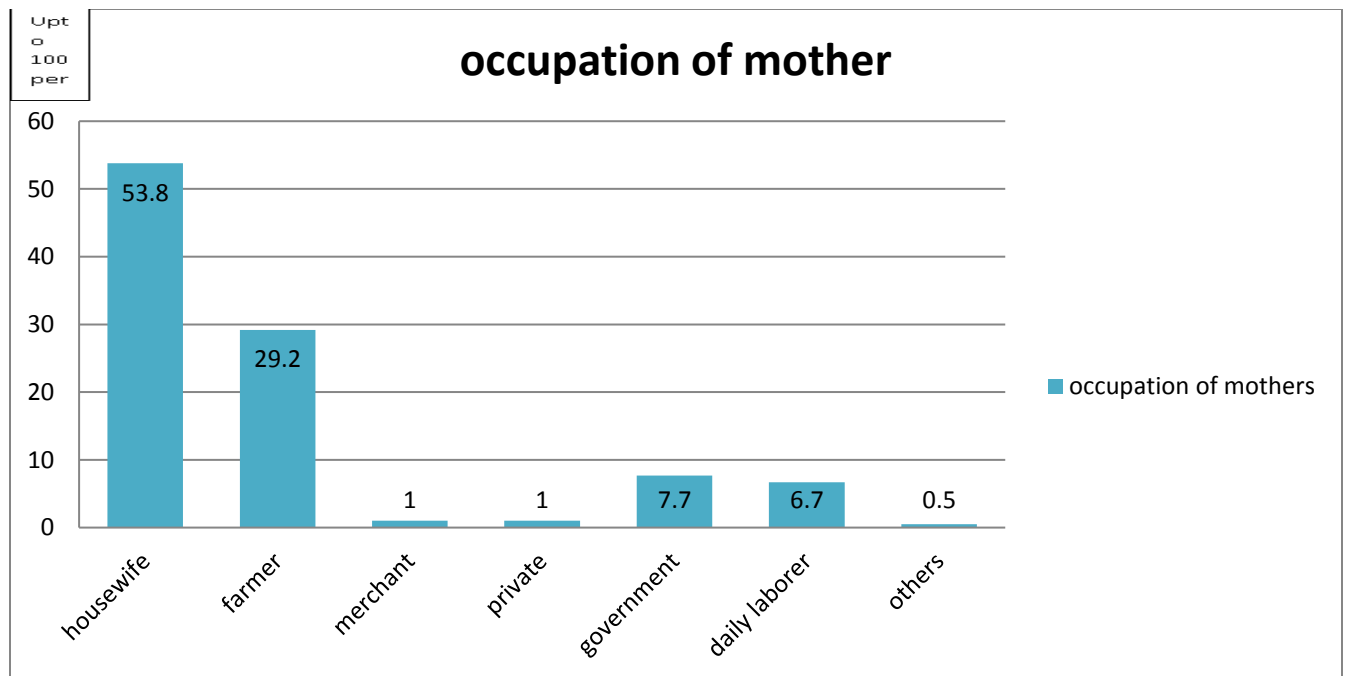


Fig. 3 percent distribution of occupation of mothers

It is evident from figure 2 and 3 that majority of the parents are from farming background and there are high chances that if an individual is from lower socioeconomic background or backward areas, it reflects in their practises and knowledge .

AGE AT MENARCHE

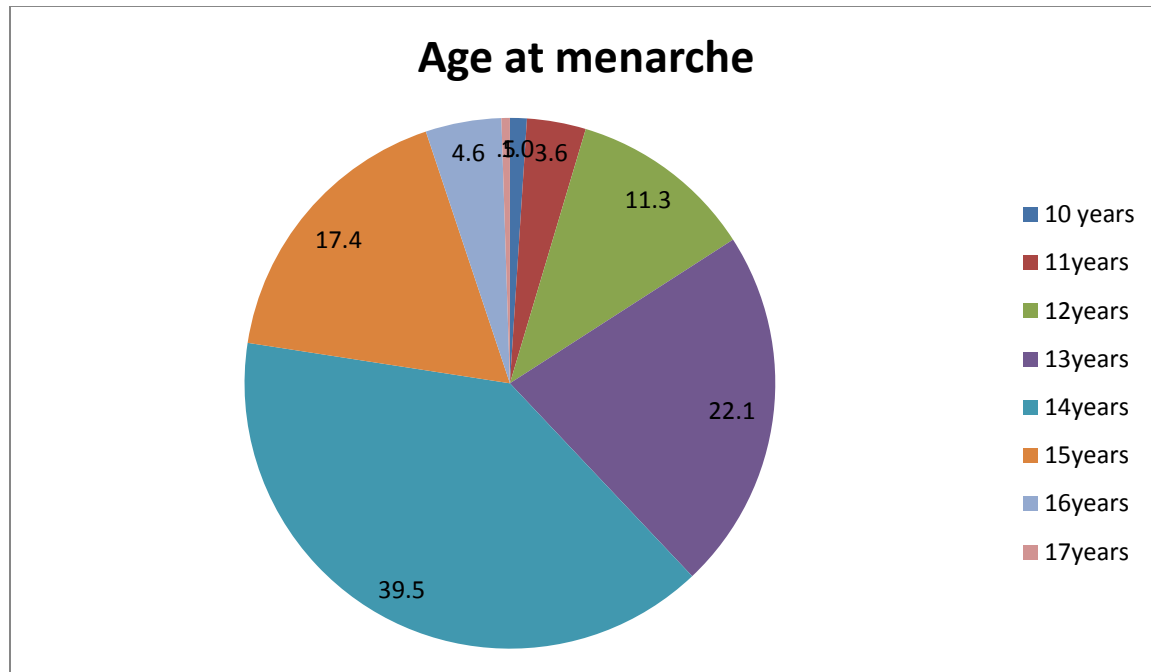


Fig 4 .Age at menarche

This figure 4 represents that the average age for menarche in the respondents is around 14 years of age as 39.5 percent of girls attained menarche at the age of 14 years of age in the sample population. Adolescent girls in this age range must be given special consideration about the impending physical and biological change .

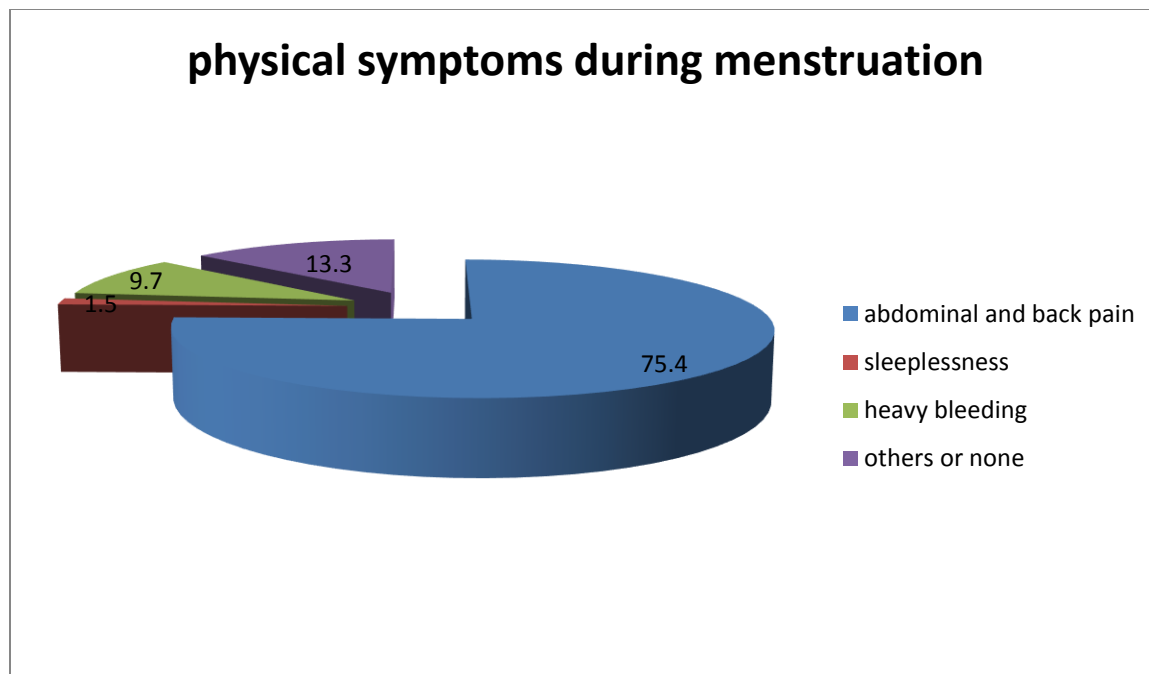


Fig.5 Physical symptoms during menstruation

This figure depicts that majority of the respondents (75 percent)complainedof abdominal pain and back pain during menses. Most of the respondents mentioned that they did not do anything about the pain management as they were not aware about any of the methods

INTERVAL OF DAYS BETWEEN TWO MENSES

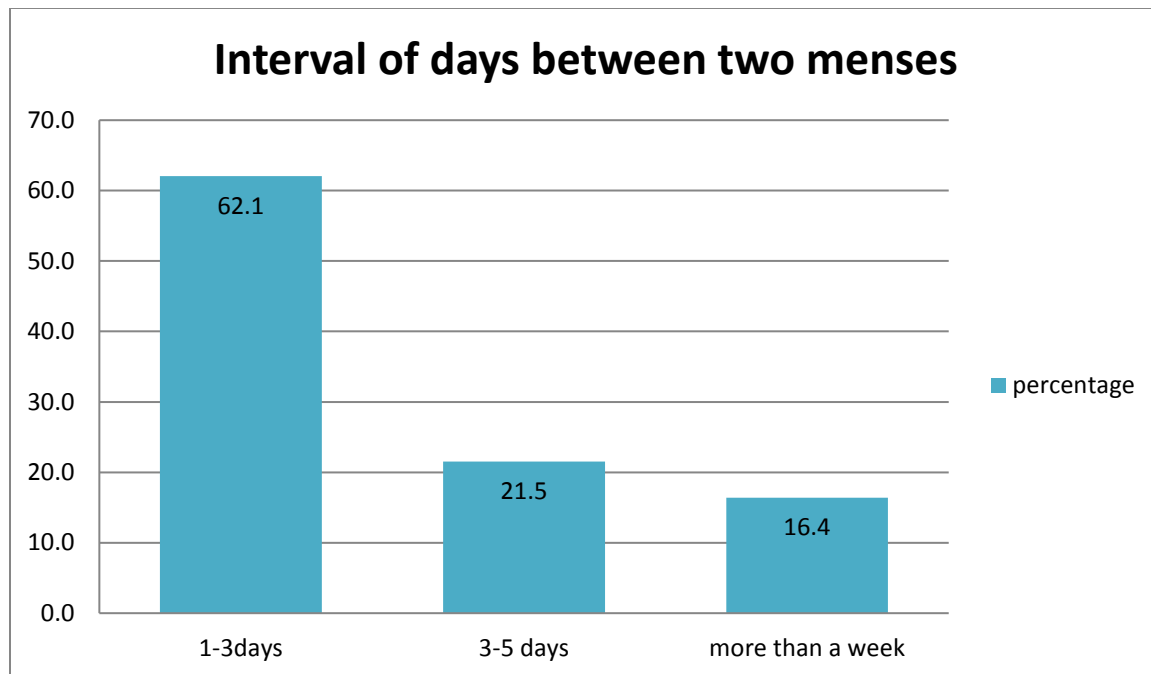


Figure 6 Interval of days between two menses

According to the figure Majority of the respondents stated that there is not much delay between two menses which shows that most of the respondents get regulated, timely periods .

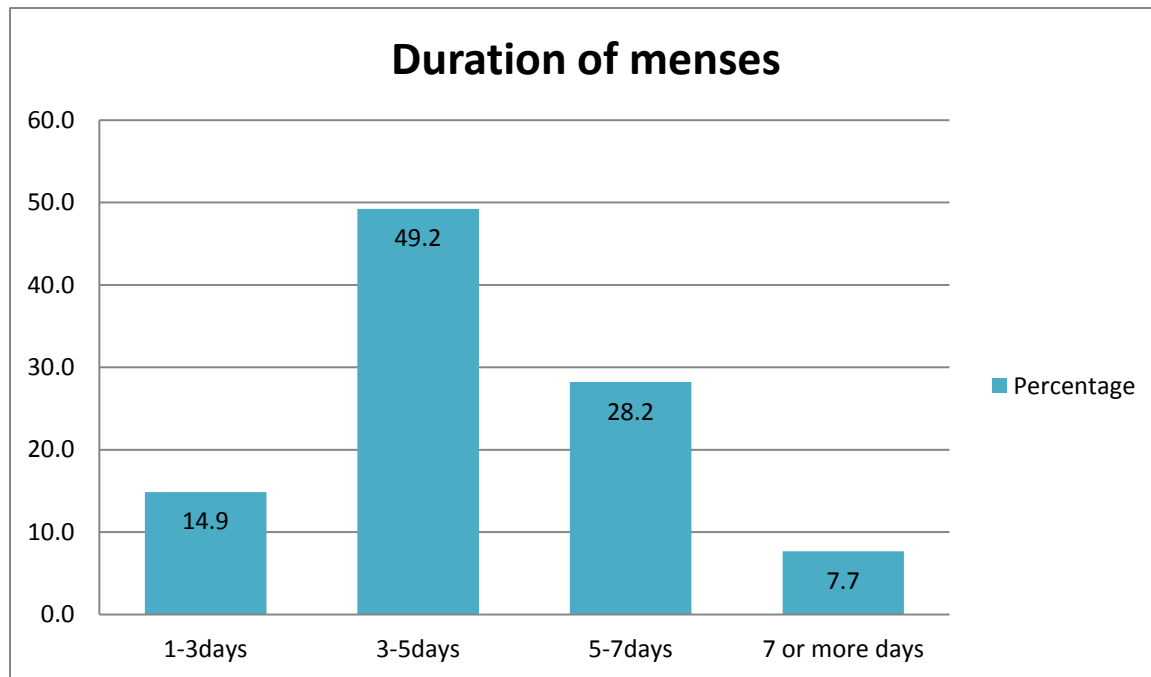


Figure 7 Duration of menses

According to figure 7 approximately 49percent of girls stated that the average duration of menstrual flow is 3-5 days which is considered in the normal healthy range .

AMOUNT OF BLEEDING

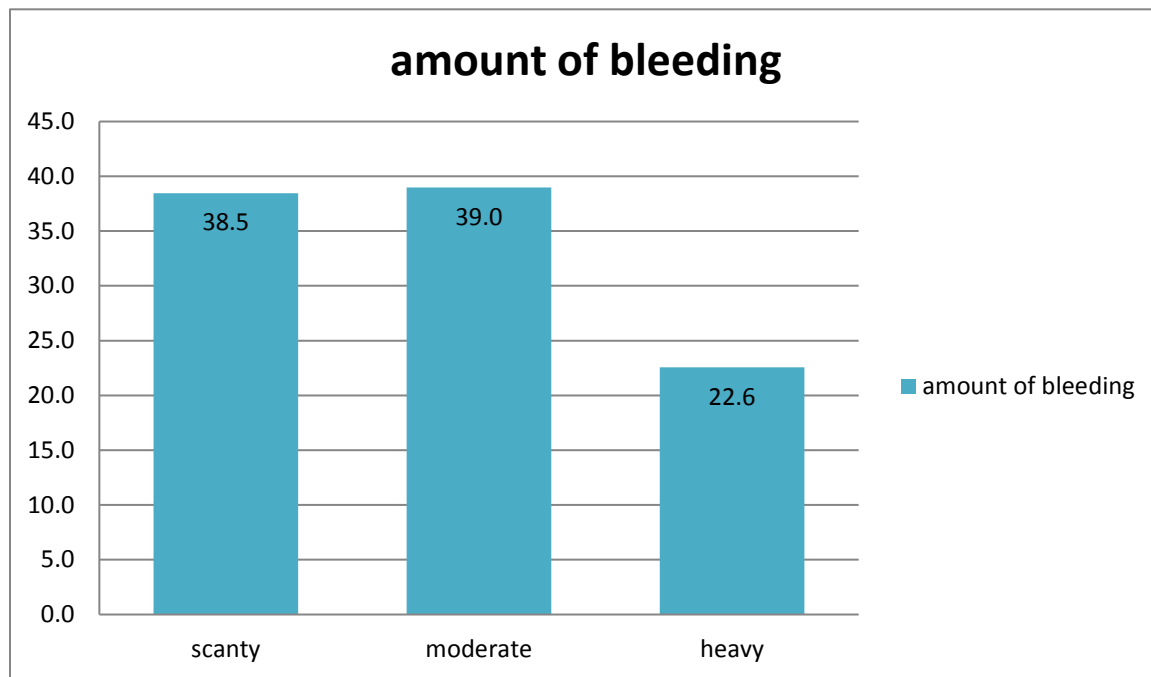


Figure 8 Amount of bleeding

According to figure 8, approximately 38 percent of the respondents mentioned about scanty blood flow during menses and 39 percent said that they experience moderate flow of blood. In 22 percent of the respondents, the flow of blood is heavy and in those cases respondents mentioned about associated pain and management difficulties .

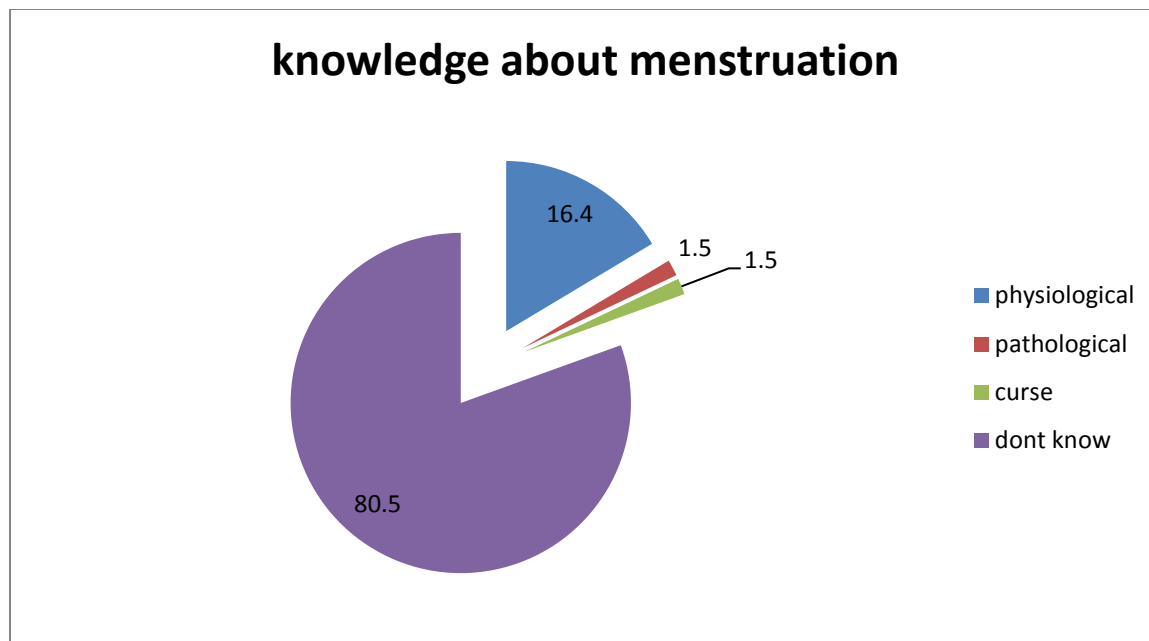


Figure 9 Knowledge about menstruation

According to figure 9, majority of the respondents (around 80 percent) were not aware about menstruation and associated reproductive organs and cause of menstruation .

AWARENESS ABOUT OTHER GIRL'S MENSTRUAL HISTORY

only 62 percent girls discuss about menstruation with other adolescent girls; which represents that there is taboo and unawareness among girls in the same age group as well .

AWARENESS ABOUT MENSTRUATION BEFORE MENARCHE

Majority of the respondents (62 percent) mentioned that they were not aware about menstruation before attaining menarche; and the rest of the respondents mentioned that they had basic information from their family members or friends. This depicts a need for sensitizing adolescent girls in the 12-14 age range of maximum probability of attaining menarche .

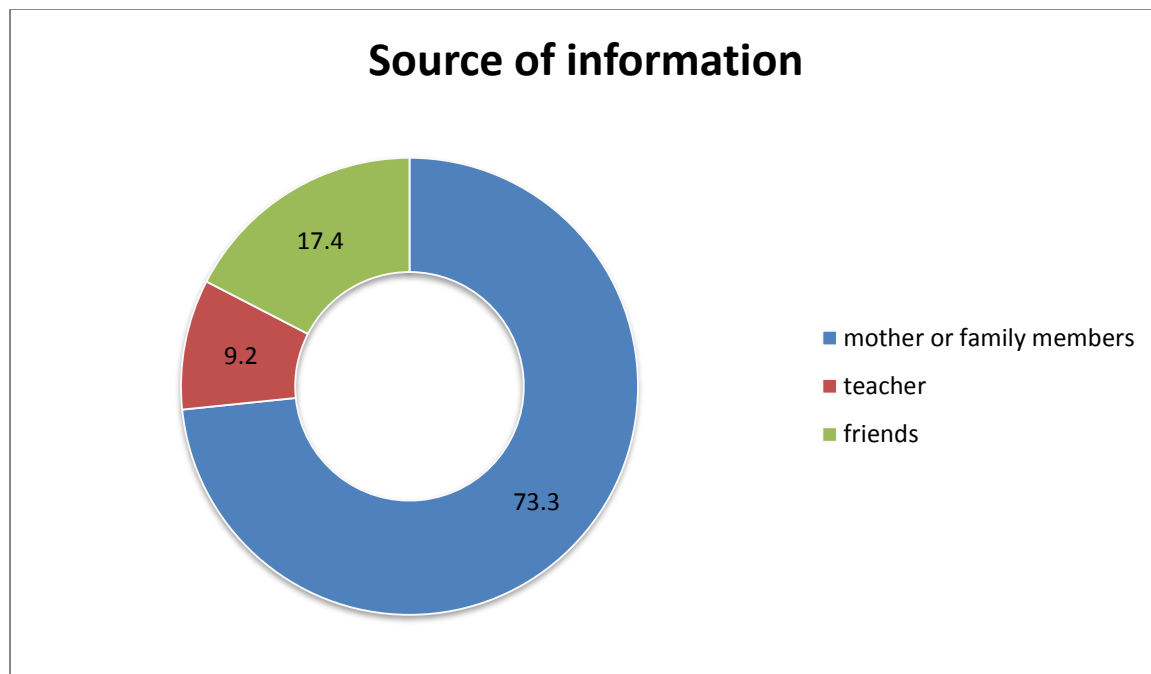


Fig. 10 SOURCE OF INFORMATION

According to figure 12.,majority of the respondents mentioned that mothers or family members are the key source of information about menstruation; hence it should be kept in mind that right information gets passed through mothers to daughters .

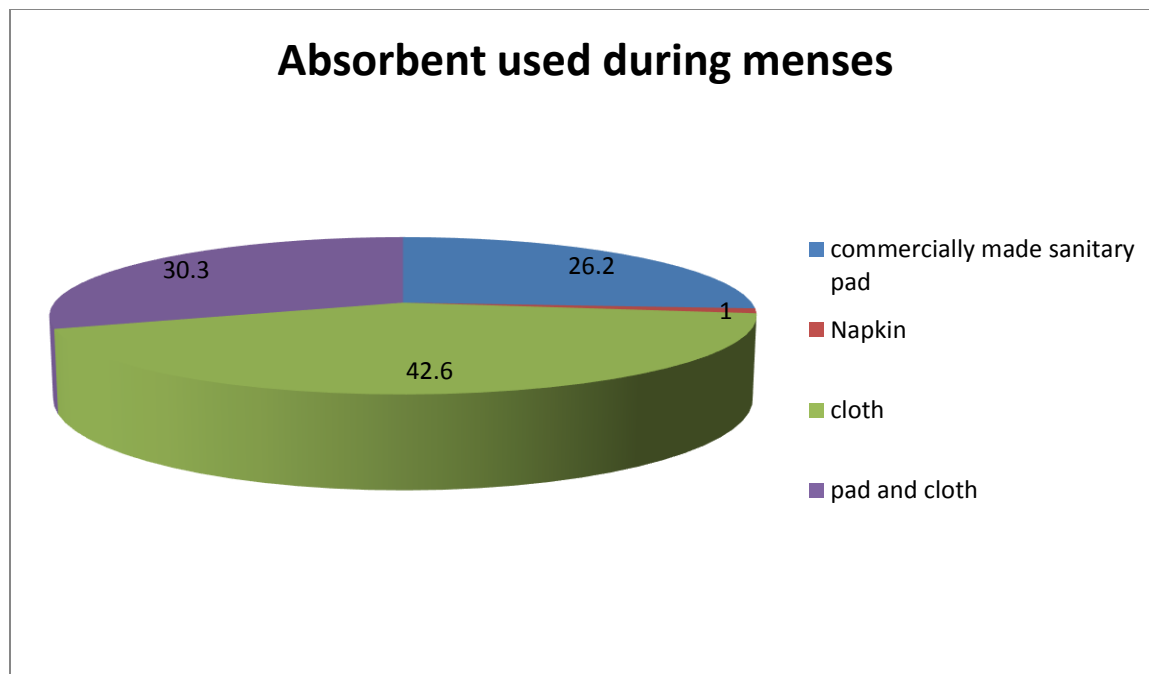


Figure 11. **Absorbent used during menses**

According to figure 13, only 26 percent of the respondents mentioned about exclusive usage of pads, 30 percent mentioned about combined usage of cloth and pads whereas 42 percent of the respondents mentioned about exclusive usage of cloth as absorbent. There is a demand of sanitary pads in the respondent population but there are lack of resources, availability and buying power

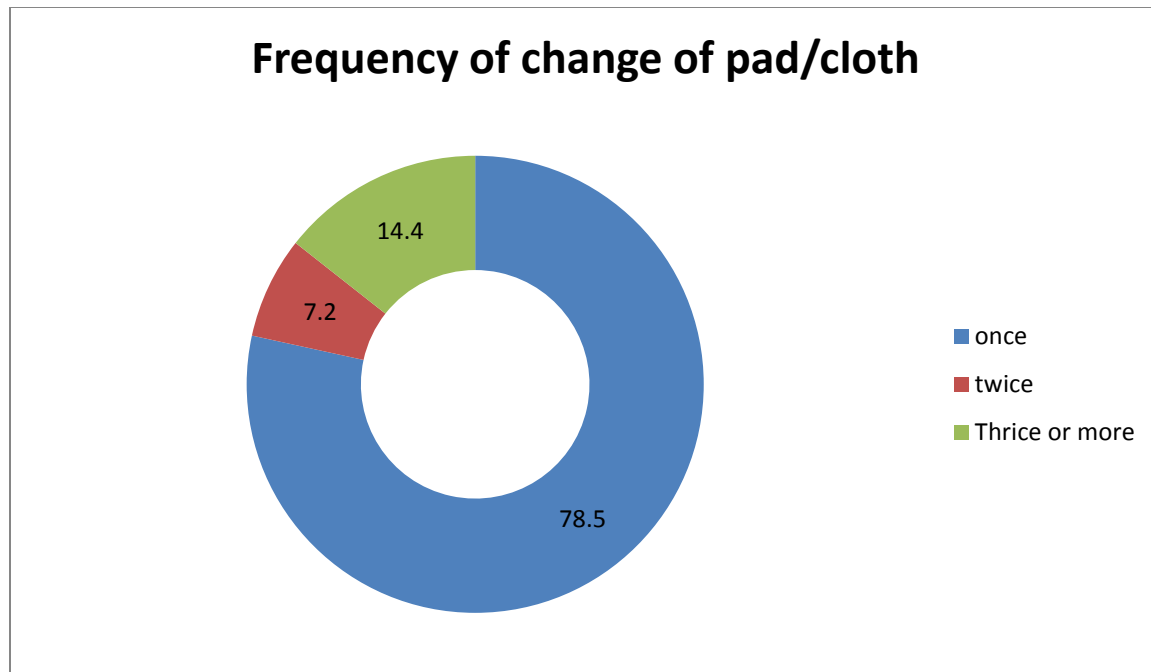


Fig12 Frequency of change of cloth or pad

According to figure 14, respondents mentioned that the frequency of change of cloth or pad during menstruation is majorly once during the day (78 percent), which should be a major concern as frequency should be every 3-4 hours as using the pad or cloth more than that leads to odour and build up of bacteria.

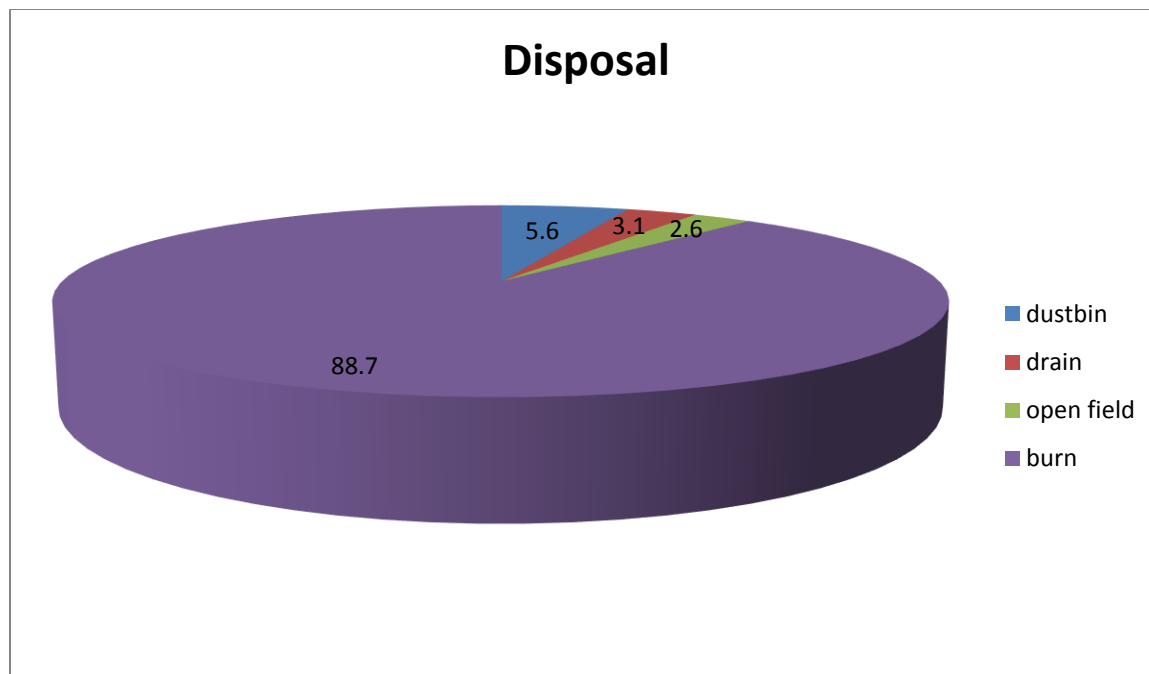


Figure 13 **Method of disposal**

According to figure 15, majority of the respondents (88 percent) mentioned that they burn the used cloth or pad. Disposal by burning (pads) leads to release of harmful toxins in the environment. Improper disposal of used cloth or pad leads to accumulation of heaps and blockage of drainage.

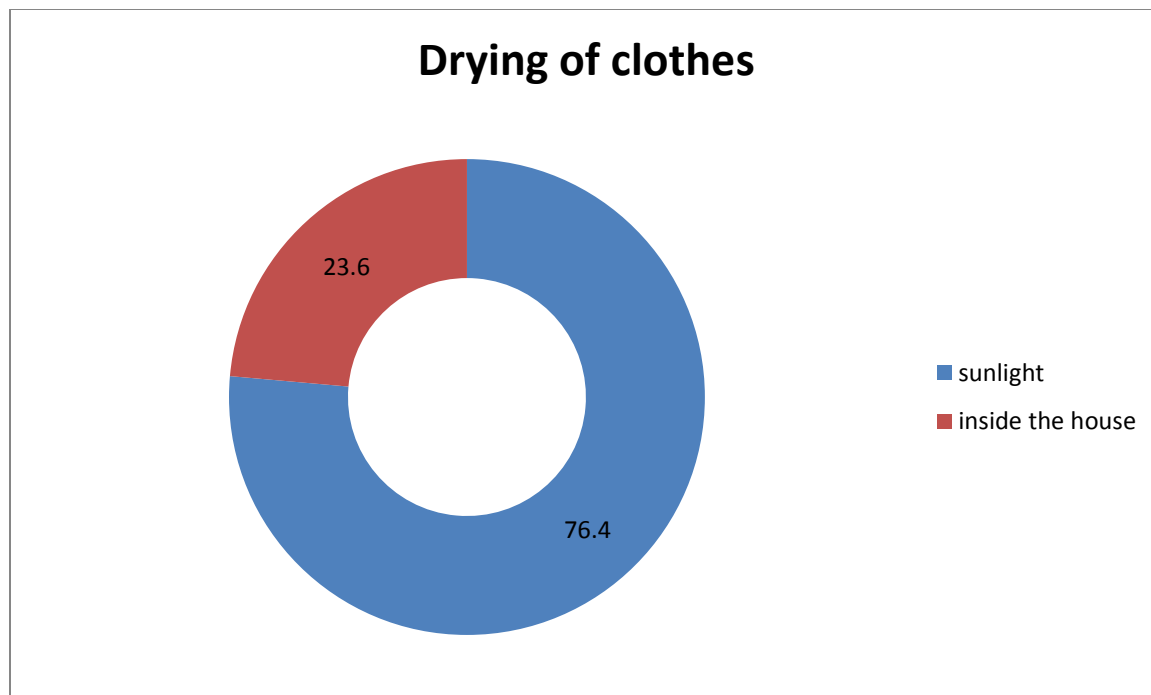


Figure 14 **Drying of cloth material**

According to figure 16, around 24 percent of the respondents stated that they used to dry clothes inside the house (without sunlight), which leads to incomplete drying of the cloth. Using damp cloth leads to irritation and provides a base for build up of bacteria.

9. Discussion:

- Dindori is one of the high priority Tribal districts in Madhya Pradesh. And under RKSK program there are many initiatives to promote adolescent awareness (peer education groups, adolescent health day, menstrual hygiene scheme). Majority of the respondents (80 percent) were not aware about menstruation and associated reproductive organs and cause of menstruation before attaining menarche which must decrease. They must be sensitized about the reproductive biology to understand the process thoroughly. There is taboo and unawareness among girls in the same age group; as only 62 percent girls discuss about menstruation with other adolescent girls. Only 62 percent of girls were not aware about menstruation before reaching menarche and source of information is majorly their mother/family members which is 73 percent. Friends (17 percent) also play a part in enlightening the girls as there are many girl students from remote areas staying in girls hostels. 17 percent of respondents mentioned foul odor during menstruation and 19 percent mentioned about unhygienic blood. This must be taken in consideration and should be checked. The major distinguishing factor is that only 26 percent of the respondents mentioned about exclusive usage of pads, 30 percent mentioned about combined usage of cloth and pads whereas 42 percent of the respondents mentioned about exclusive usage of cloth as absorbent. Sadly there 78 percent of the respondents whom frequency of change of pad/cloth is only once during a day; which is precarious as long duration of keeping the absorbent could lead to physical damages, rashes, itching or an infection. Using cloth as an absorbent needs a lot of care and requires hygiene maintenance but 24 percent of the respondents stated that they used to dry cloths inside the house (without sunlight). Use of sanitary pads should be promoted aggressively. Through behavioral change communication the acceptance of sanitary pad and proper disposal should be encouraged.

Conclusion:

- The overall knowledge and awareness of the adolescent girls needs to be raised, as 80 percent of the respondents were not aware about menstruation and menstrual reproductive biology.
- Exclusive usage of Sanitary pads should be promoted.
- Frequency of change of pad or cloth is very low i.e once daily.
- Approximately one fourth of the respondents mentioned that they used to dry cloths inside the house(without sunlight).

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QUESTIONNAIRE

Sociodemographic variables			
S no.	Questions	Options	Remark
1	Age		
2	Education	1.pursuing higher secondary education 2.primary education 3.illiterate	
3	Religion	1.hindu 2.Muslim 3.others	
4	What is your father's education level	1.Illiterate 2.Literate 3.Primary school(1st-4 th std) 4.primary school(5 th -8 th grade) 5.secondary school 6.college diploma and above	
5	What is your mother's education level	1.Illiterate 2.Literate 3.Primary school(1st-4 th std) 4.primary school(5 th -8 th grade) 5.secondary school 6.college diploma and above	
6	Occupation of father	1.farmer 2.government employee 3.merchant 4.private org.employee 5.daily laborer 6.other	
7	Occupation of mother	1.Housewife 2.farmer 3.merchant/trade 4.private organization employee 5.government employee 6.Daily laborer 7.Other	

About Menstruation			
S no.	Questions	Options	Remark
1	When did you attain your menarche?		
2	What were your physical symptoms when the first time you had your menses?	1.Abdominal and back pain 2.sleeplessness 3.Heavy bleeding 4.other	
3	In how many days interval was your menses occurring, when you started menstruating?	-----days	
4	What the average duration of your menstruation flow?	-----days	
5	Amount of bleeding during menstruation?	1.Scanty 2.Moderate 3.Heavy	
6	Do you have any problem associated with menstruation?	1.Headache 2.vomiting 3.Weakness 4.Anorexia 5.Abdominal pain 6.back pain 7.other	

Knowledge on menstruation			
S no.	Questions	Options	Remark
1.	What is menstruation?	1.Physiological 2.Pathological 3.curse 4.other 5.don't know	
2.	What is the cause of menstruation?	1.Hormones 2.Curse of god 3.caused by disease 4.other 5.don't know	
3.	From which organ does menstrual blood comes?	1.Uterus 2.vagina 3.bladder 4.Abdomen 5.other 6.don't know	
4.	At what age,do you think most girls usually get their first period?	1.aware 2.aware	
5.	What is the duration of normal menstruation in a normal female?	1.aware 2.not aware	
6.	What is the interval between two menstrual cycles?	1.aware 2.not aware	
7.	Did anyone tell you about menstruation before you started menstruating?	1.Yes 2.No	
8.	From where you got the information about menstruation?	1.Mother/family members 2.Teacher 3.Friends 4.Books 5.Media 6.Others	
9.	Do you experience any foul odor during menstruation?	1.yes 2.no	
10.	Do you think menstrual blood is unhygienic ?	1.Yes 2.No	

Practises of menstruation			
S no.	Questions	Options	Remark
1	Do you use absorbent material?	1.Yes 2.No	
2	What absorbent material do you use during menstruation?	1. Commercially made sanitary pad 2.Napkin 3.Rag made pad 4.Cloth 5.Commercially made sanitary pad and cloth both	
3	How do you maintain cleanliness during menses?	1.soap and water 2.only water 3.other	
4	If you are using cloth how do you dry the cloth?	1.sunlight 2.inside the house 3.others	
5	How many times do you change the cloth/pad in a day?	1.Once 2.twice 3.Thrice or more	
6	Method of disposal of used pad/cloth	1.Dustbin 2.Drain 3.Toilet 4.open field 5.Others/Burn	