

*Assessment of knowledge and practices about
menstruation and menstrual hygiene among adolescent
girls of Dindori district,
Madhya Pradesh.*

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0382
MBA HM Batch 2016-18

INDIA
MADHYA PRADESH
DISTRICT DINDORI



TAHSILS

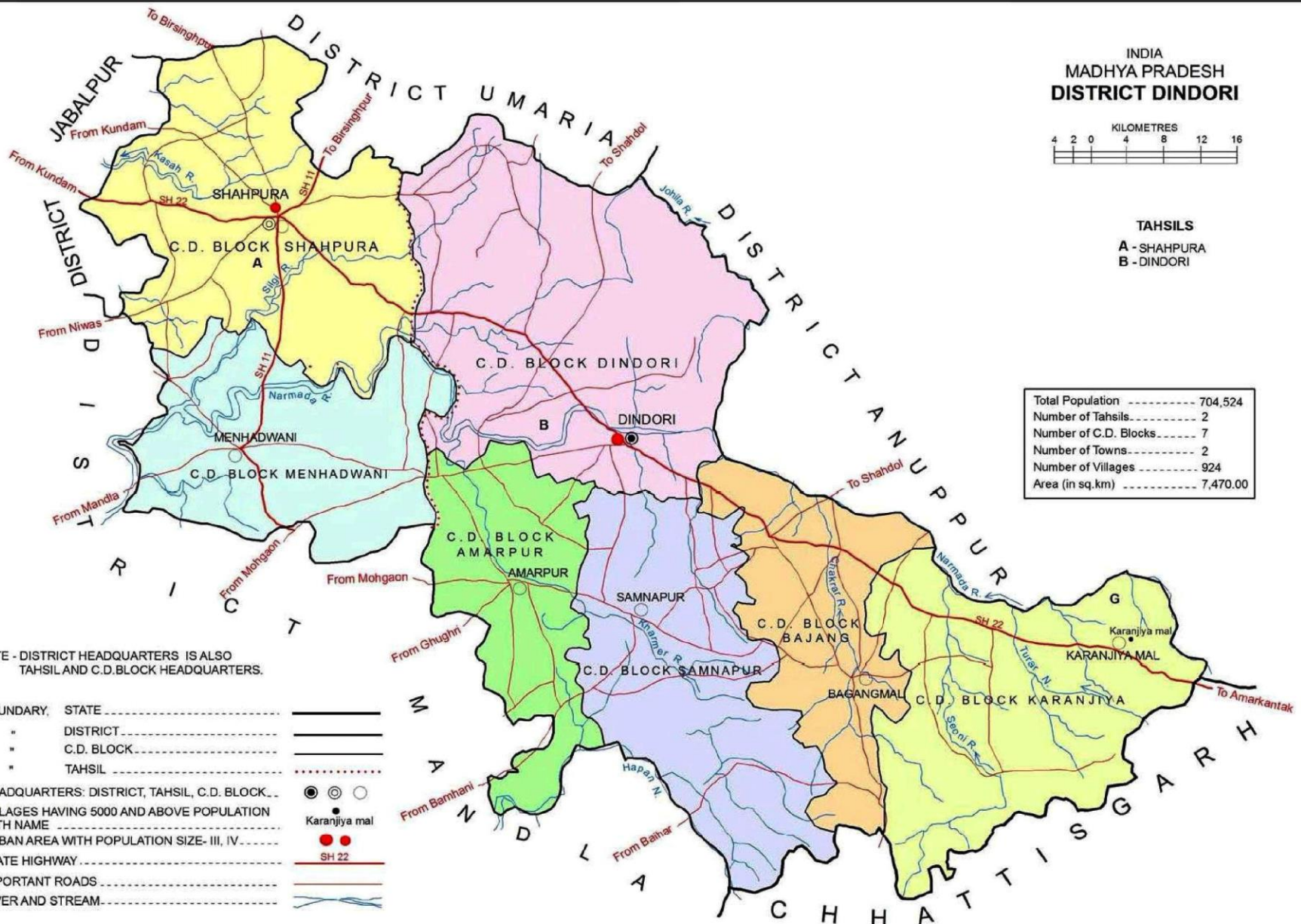
A - SHAHPURA
B - DINDORI

Total Population	704,524
Number of Tahsils	2
Number of C.D. Blocks	7
Number of Towns	2
Number of Villages	924
Area (in sq.km)	7,470.00

NOTE - DISTRICT HEADQUARTERS IS ALSO
TAHSIL AND C.D.BLOCK HEADQUARTERS.

BOUNDARY, STATE	=====
" DISTRICT	=====
" C.D. BLOCK	=====
" TAHSIL	

HEADQUARTERS: DISTRICT, TAHSIL, C.D. BLOCK	● ○ ○
VILLAGES HAVING 5000 AND ABOVE POPULATION WITH NAME	● Karanjia mal
URBAN AREA WITH POPULATION SIZE- III, IV	● ● SH 22
STATE HIGHWAY	=====
IMPORTANT ROADS	=====
RIVER AND STREAM	~~~~~



Geographical profile–Dindori district

- ▶ Dindori district is a district of Madhya Pradesh located on the eastern part of the state and bordering Chhattisgarh; which includes seven blocks and two towns.
- ▶ District population is **704,524**(Census 2011),in which rural population is around **95.4** percent.The adolescent population of the district is 20.27 percent.
- ▶ Approximately **64** percent of the total population belongs to the scheduled tribe groups(in which The **Baiga** are a predominant tribe.

INTRODUCTION

- ▶ Adolescents form a significant section of the population. They are living in diverse circumstances and have diversified health needs socially, physically and mentally.
- ▶ In India, between 43 percent to 88 percent of girls wash and reuse cotton cloths rather than use disposable pads. 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.

- ▶ 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.
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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 dindori.

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
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RESEARCH QUESTION

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

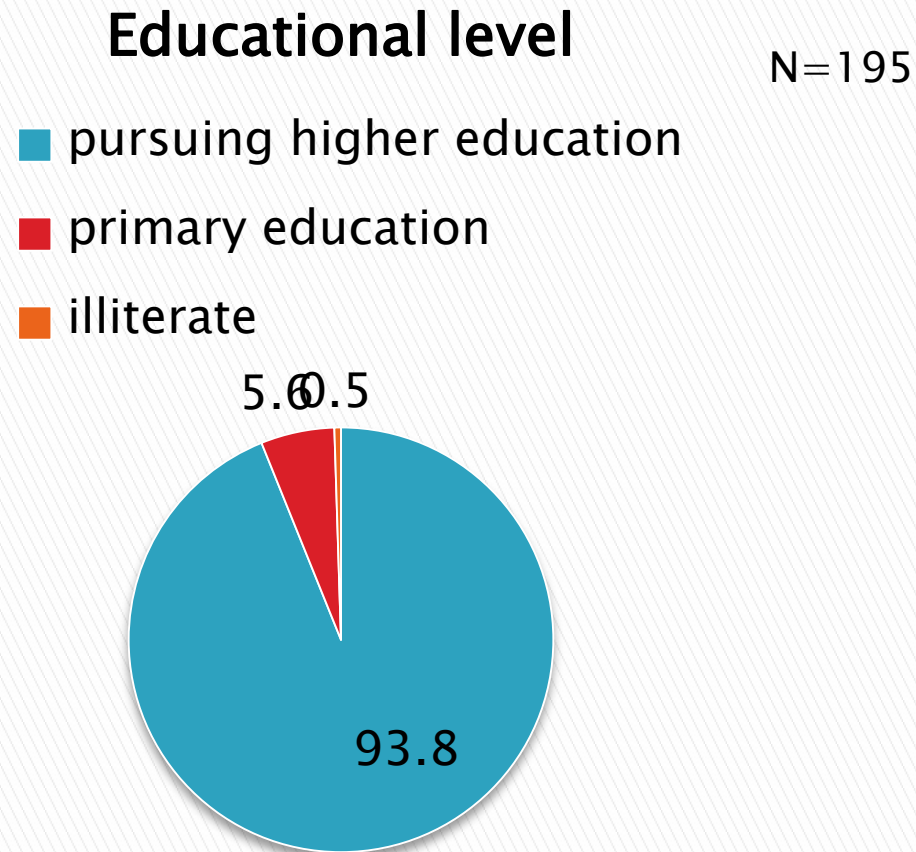
Methodology

- ▶ **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 adolescent female population, Dindori district.

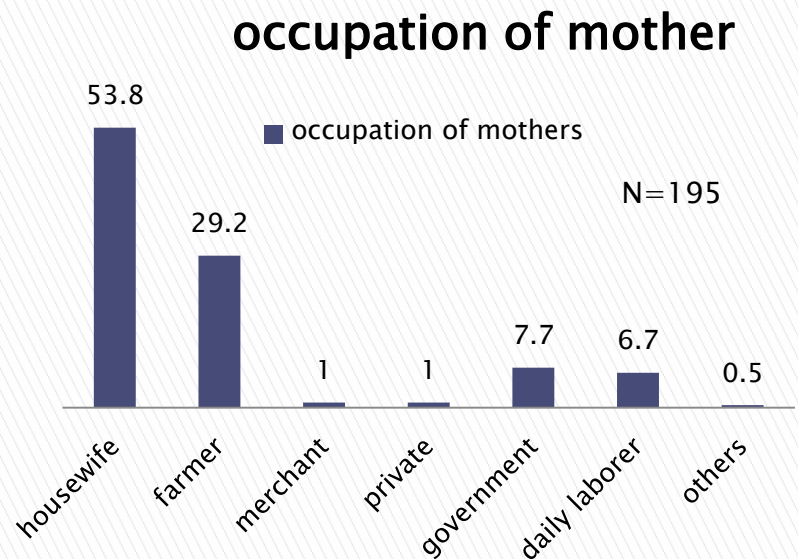
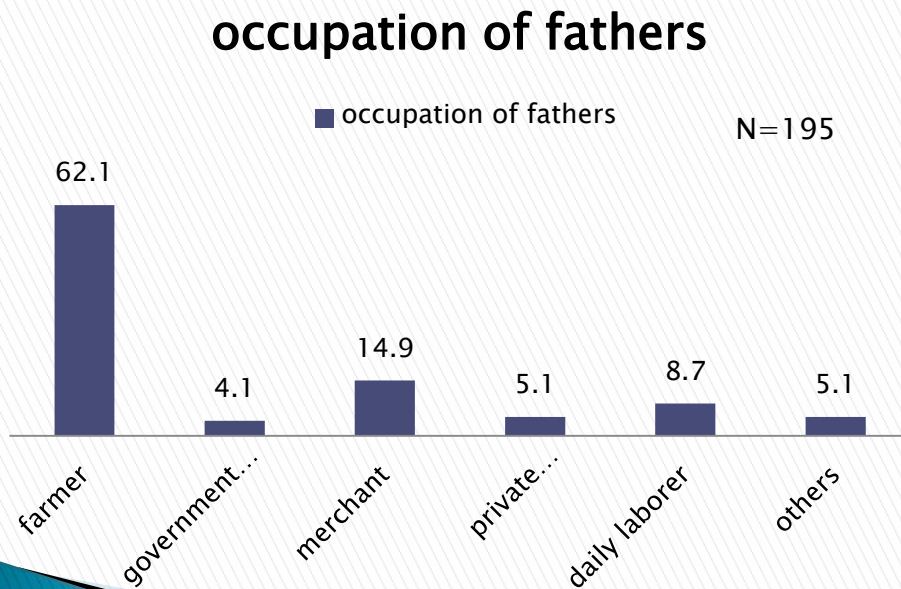
- ▶ **SAMPLING:** Sample size was taken as (n=195). Purposive sampling was used to collect desired sample size. Sample was collected from the adolescent girls visiting the AFHC clinics and RKSK adolescent female population.
- ▶ **DATA COLLECTION INSTRUMENT:**
Standard Structured Questionnaire was used.
- ▶ **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.

Findings

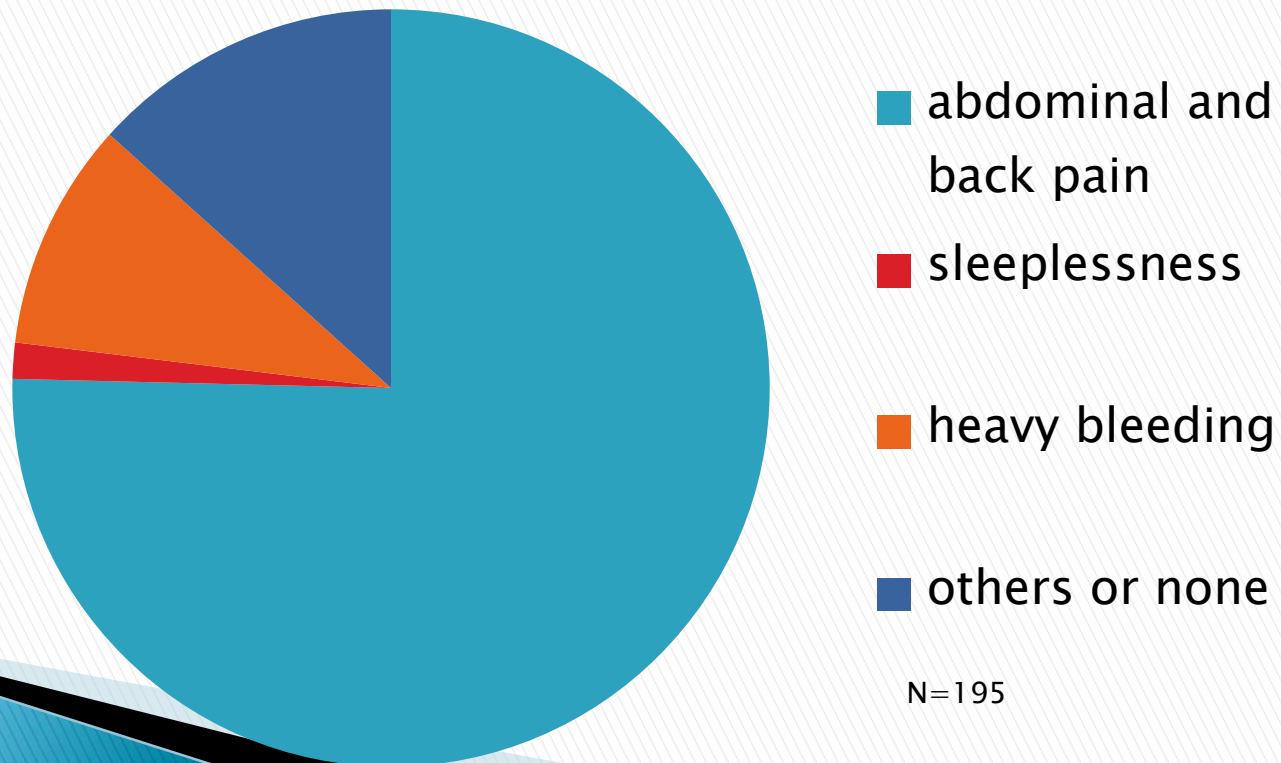
- ▶ 1) Around 93.8 percent of girls are currently pursuing **higher education**(10th std and above)



- ▶ 2) 37.9 percent of fathers and 54.9 percent of mothers are illiterate.
- ▶ 3) Around 62 percent of fathers are farmers by occupation whereas 53.8 percent mothers are housewives.



- ▶ 4) 39.5 percent of girls **attain menarche** at the age of **14** years of age. Adolescent girls in this age range must be given special consideration about the impending physical and biological changes.
- ▶ 5) Under **physical symptoms**, around 3/4th (75 percent) complain of abdominal pain and back pain during menses.

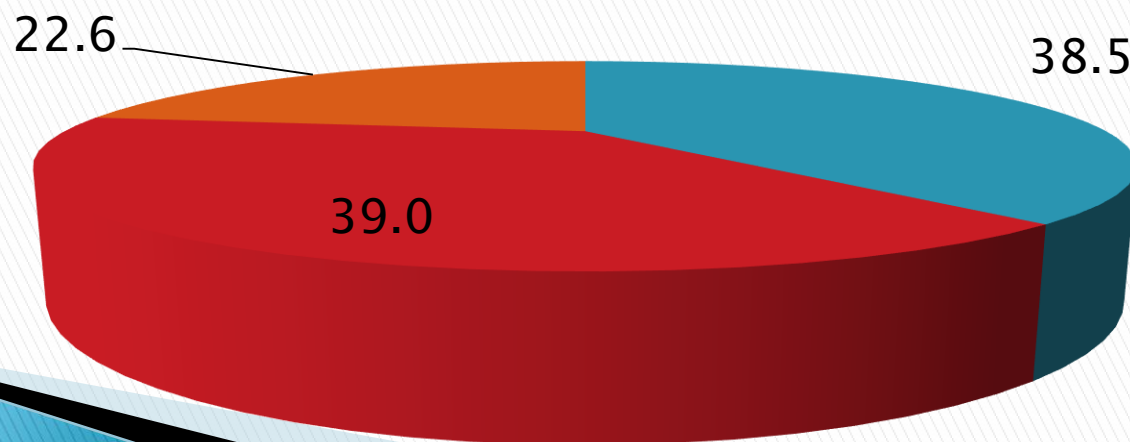


- ▶ 6) Approximately 62 percent of girls stated that there is only 1-3 days gap between two menses ;whereas 49percent of girls stated that the average duration of menstrual flow is 3-5 days. Most of the respondents mentioned that they get regulated, timely periods.
- ▶ 7)39 percent of girls experienced moderate flow of bleeding and 38 percent experienced scanty blood flow.

Amount of bleeding

N=195

■ scanty ■ moderate ■ heavy

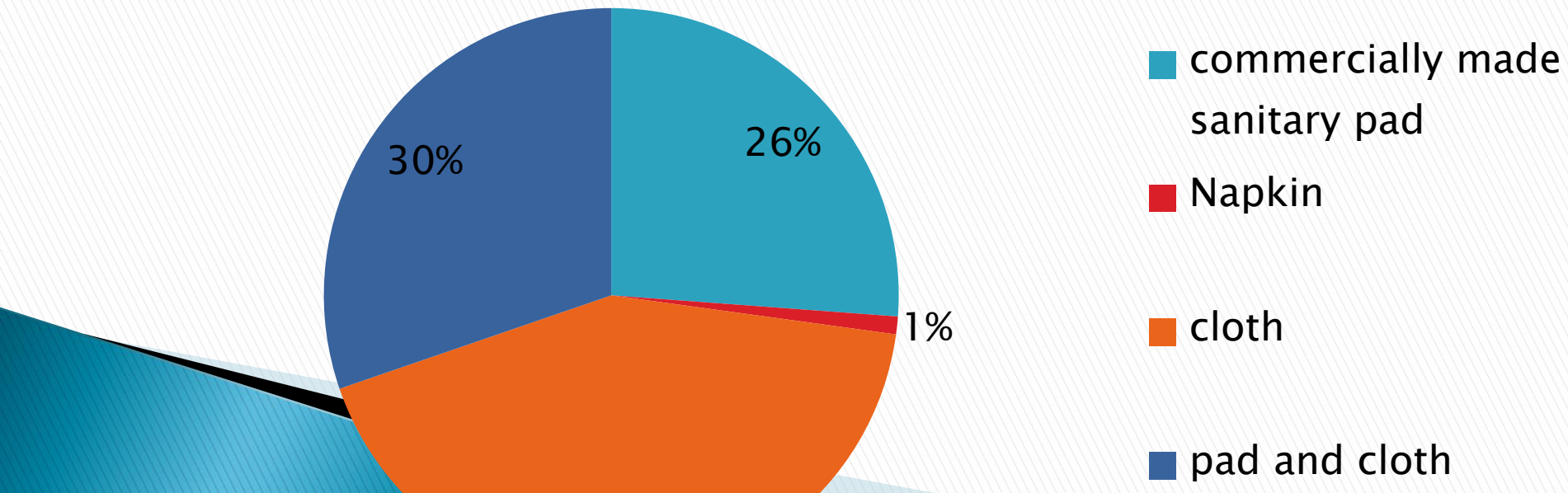


- ▶ 8) **Majority** of the respondents(80 percent) were **not aware** about menstruation and associated reproductive organs and cause of menstruation.
 - ▶ 9) There is **taboo** and unawareness among girls in the same age group; as only 62 percent girls discuss about menstruation with other adolescent girls.
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10) **62 percent** girls were **not aware** about menstruation **before reaching menarche** and source of information is majorly mother or family members (73 percent). Friends also have 17 percent participation in it.

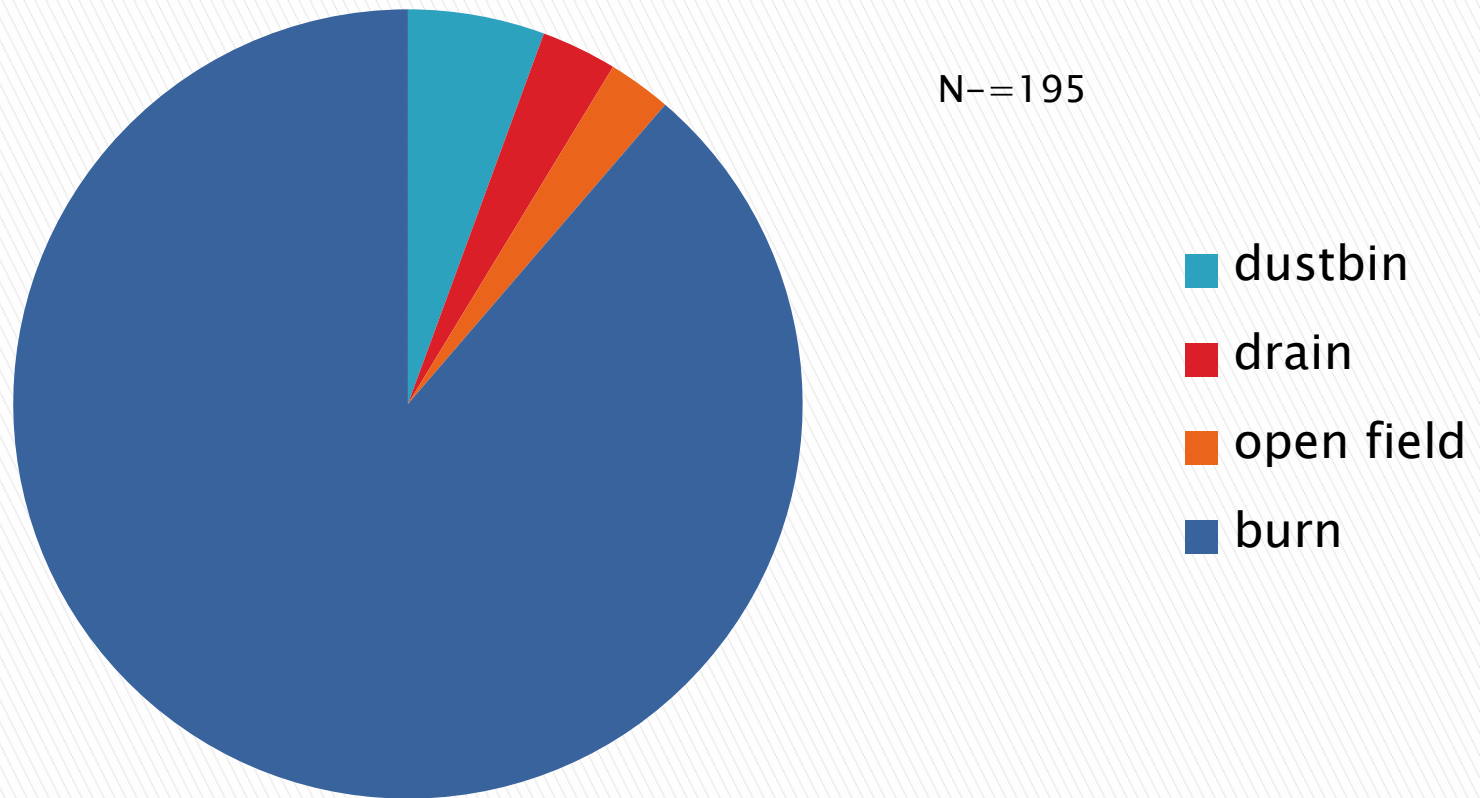
11) Only **26 percent** of the respondents mentioned about **exclusive** usage of **pads**, **30 percent** mentioned about **combined** usage of cloth and pads whereas **42 percent** of the respondents mentioned about **exclusive** usage of cloth as absorbent.

Absorbent used during menses N=195



12) 78 percent of the respondents mentioned that Frequency of change of pads during a day is only once.

13) **Majority** of the respondents (88 percent) mentioned that they **burn** the used cloth/pad.



▶ 14) 24 percent of the respondents stated that they used to **dry** cloths **inside** the house (without sunlight).

► 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. 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 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 who are 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).
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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 they used to dry cloths inside the house(without sunlight).
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THANK YOU