

**A STUDY TO ASSESS KNOWLEDGE, ATTITUDE,
AND PRACTICES TOWARDS MENSTRUAL
HYGIENE AMONG SCHOOL GIRLS
ADOLESCENTS IN A SLUM AREA OF
INDIRAPURAM, NYAY KHAND, U.P”**

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Introduction: Menstrual Hygiene Management

- It is about access to menstrual hygiene products to absorb or collect menstrual blood.
- Privacy to change the materials, and access to facilities to dispose of used menstrual management materials.
- Menstrual hygiene management can be particularly challenging for girls and women in developing countries, where clean water and toilet facilities are often inadequate.
- Menstrual waste is largely ignored in schools in developing countries, despite it being a significant problem.
- Menstruation can be a barrier to education for many girls, as a lack of effective sanitary products restricts girls' involvement in educational and social activities.
- Menstrual hygiene day creates an occasion for publicizing information about menstrual hygiene management issues in the media.



- MHM can be particularly challenging for girls and women in developing countries, where clean water and toilet facilities are often inadequate. In addition, traditional cultures make it difficult to discuss menstruation openly
- The onset of menstruation is challenging for school-aged girls in low-income settings. This include school absenteeism, missed class time, reduced participation, teasing, fear and shame, and risky adaptive behaviours.
- Further challenges that menstruating school girls face are a lack of knowledge, communication, and practical guidance prior to menarche and during menstruation; inadequate water, sanitation, and hygiene (wash) facilities; and ineffective or unavailable menstrual management materials.



Literature review

- Pooja Chauhan et al in 2018 showed that a total of 226 females were included in the study. Overall, menstrual cycle knowledge was very poor. Menstrual awareness was therefore also found to be low. For most girls information about menstrual cycle was mothers, followed by friends. Many of the girls used sanitary pads. Practices related to menstrual hygienics have been found to be appropriate but they want improvements in menstrual waste disposal. The menstrual knowledge was found to be very poor with schools showing no part in its advancement. Institutes should be encouraged to convey the right information and to inspire teenagers to speak out. Lack of schooling and reproductive system message further heighten the issue. Studies have shown that menstrual knowledge isn't sufficient. Lack of menstrual hygiene management may lead to Problems like genitourinary tracts.



- In 2017 ram Naresh Yadav et al showed that the study was conducted among 276 grade 7 and 8 students out of 11 colleges. Structured questionnaires were used to gather information from school girls. Descriptive research on menstrual hygiene management was conducted to assess the school girls' KAP. Many participants had fair knowledge and some participants had good knowledge about managing menstrual hygiene. Among the 141 girls who participated, however, only 56 were interested in good menstrual hygiene activities. Half the participants therefore had an optimistic attitude towards managing menstrual hygiene. Accordingly, the study concludes that knowledge on MHM among girls was fair, and that attitude and practice need to be advanced. It was mentioned that with the support of education, there is a need for behavior change communication program. Operation of menstrual hygiene remains a myth in many countries, as in nepal. Cultural attitudes about times like food prohibition and untouchability have adverse effects on teenage girls' self-respect, wellbeing and teaching.



Research Question:

What are existing menstrual hygiene practices among slum school going adolescent girls of 10-19 years of age?

Aim:

A study to assess knowledge, attitude, and practices towards menstrual hygiene among school girls adolescents in a slum area of Indirapuram, Nyay Khand, U.P

OBJECTIVE:

- To assess the knowledge, practice and attitude related to menstrual hygiene of slum adolescents' girls.
- To know social stigma related to menstrual hygiene.
- To increase menstrual hygiene awareness among adolescent girls.
- To increase awareness about using of high quality of sanitary napkins to adolescent girls in slum area.



Research Methodology

- **Type of study:** community based cross-sectional study.
- **Place of study:** slum area of Nyay- Khand situated in Indirapuram.
- **Sample size:** all school going adolescent girls in the age group of 10-19 years living in slum area of Indirapuram. A total of 30 children who were willing to be part of the study were interviewed.
- **Study tool:** pre-designed and structured questionnaire.
- **Inclusion criteria:**
 1. Those who have attained menarche.
 2. Those who gave consent for the study (informed consent from the parents of school girls).
 3. Those who were going to school.



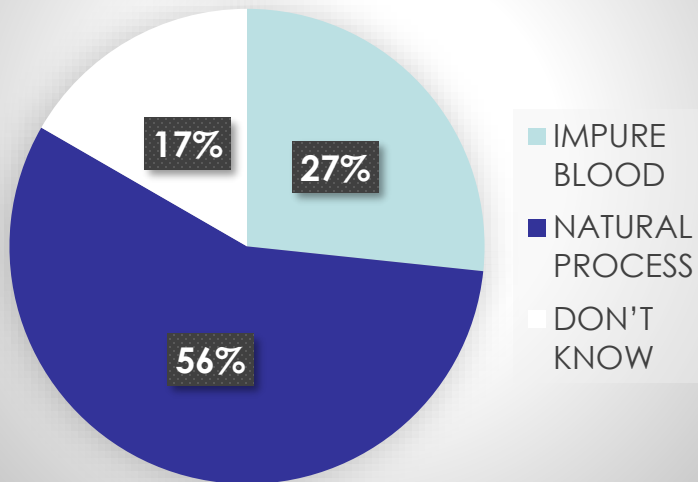
- **Exclusion criteria:**
- Those who have not yet attained menarche.
- Those who are refusing to participate in the study

- **Data collection:**
- 1. Primary data was collected from the children aged (10-19 years) under supervision of their parents in the form of interview schedule.
- 2. IdI with school going adolescent girls about their current practices was done.
- 3. A pre- designed, pre-tested questionnaire was used for the collection of data by personal interviews method.

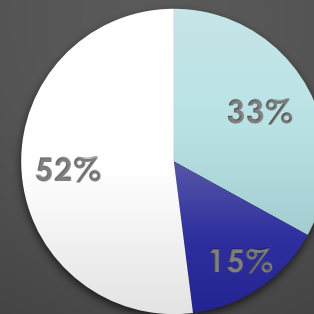


Data Analysis: Knowledge Regarding Menstruation

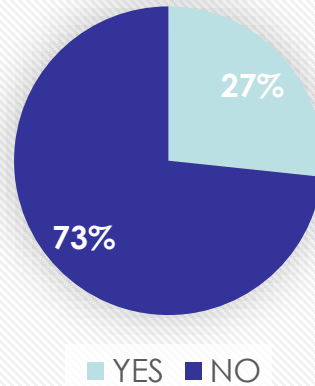
what is menstrual cycle?



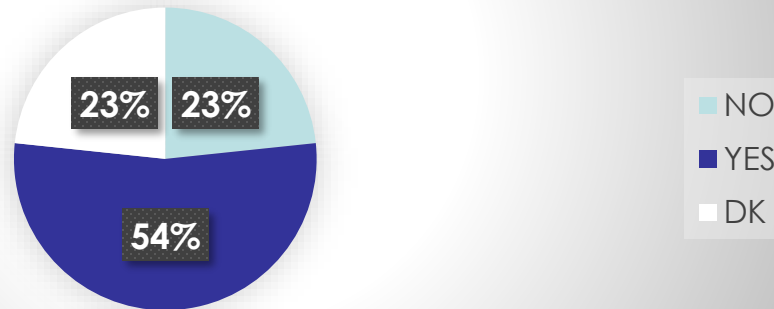
organ of menstruation



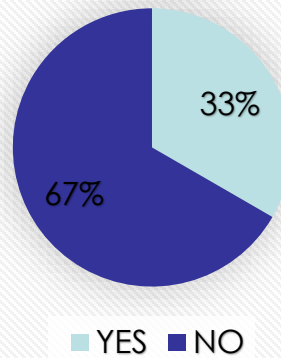
knew about menstruation
hygiene?



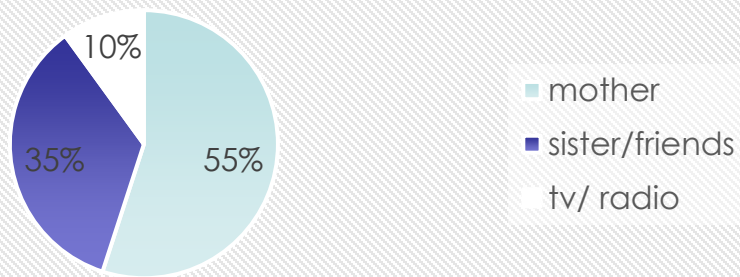
Is there any napkin distribution
in your school



received info from school before the
onset

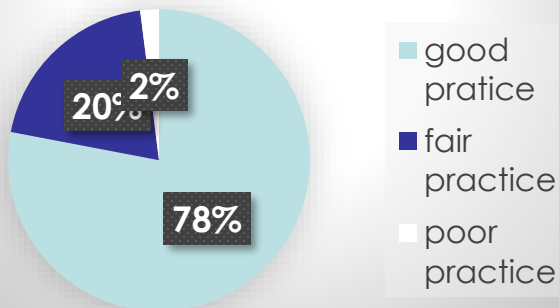


where did you get the
information about
menstruation

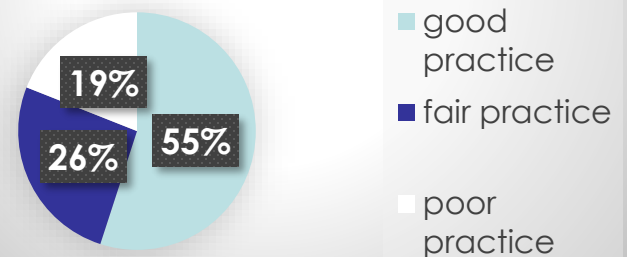


Data Analysis: Practice Related To Menstruation

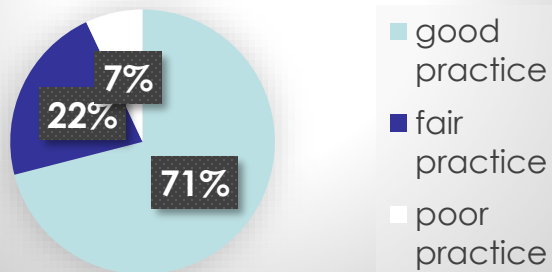
Use commerically made napkins during menses



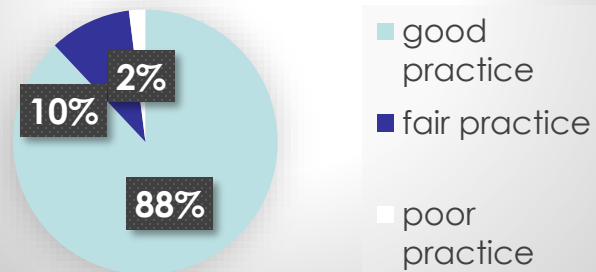
changes pad every 4-6hours during menstruation



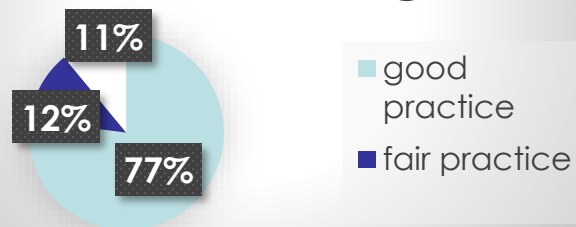
use soap and water to wash hands after pad change



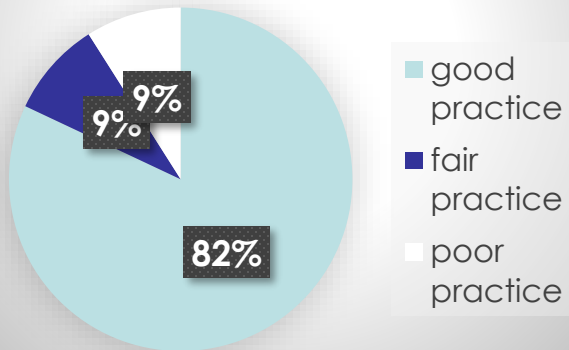
clean genitalia after every toilet visit during menstruation



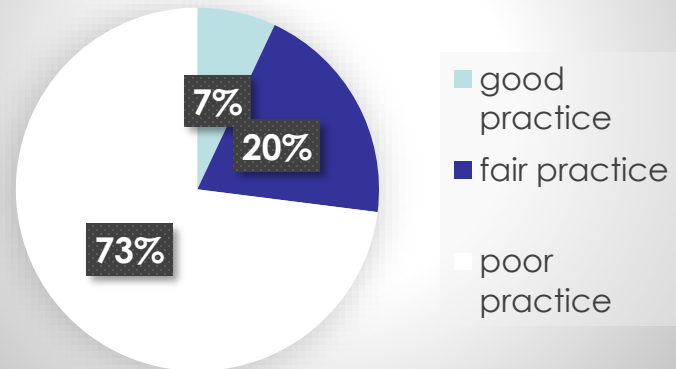
clean genitalia front to back motion during...



take bath daily during menstruation

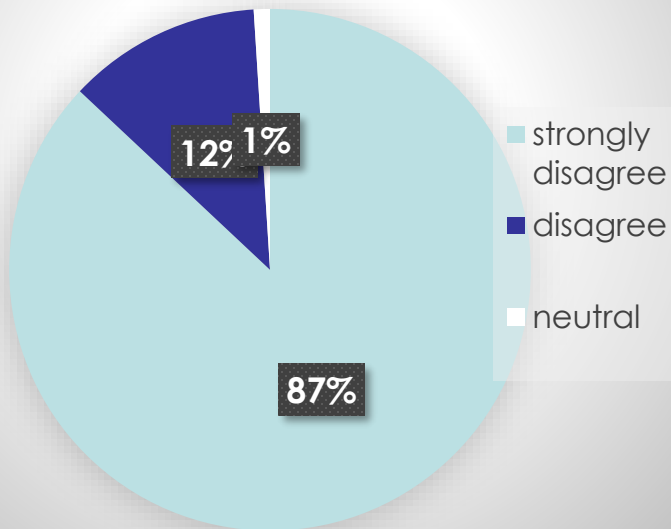


use school toilet during menstruation

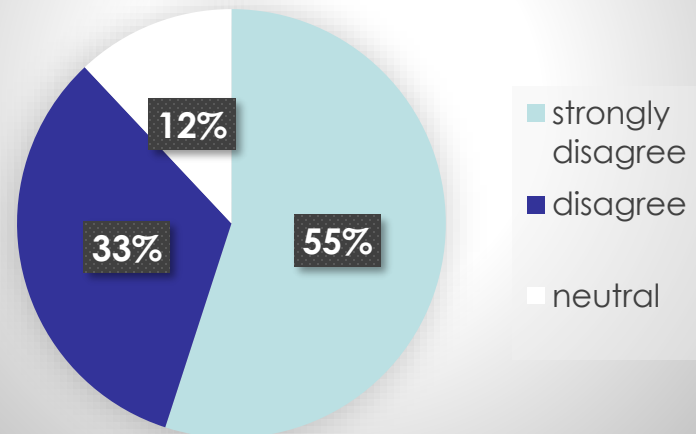


Data Analysis: Attitude Related To Menstruation

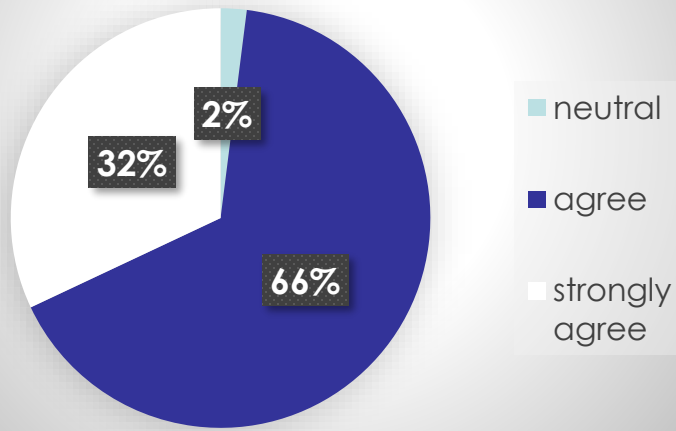
a woman can temple during menses



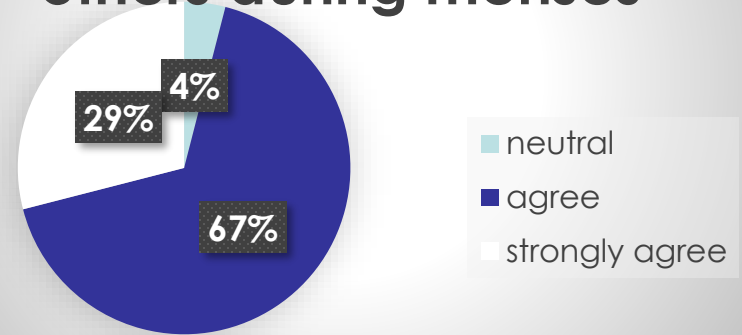
a woman can enter kitchen during menses



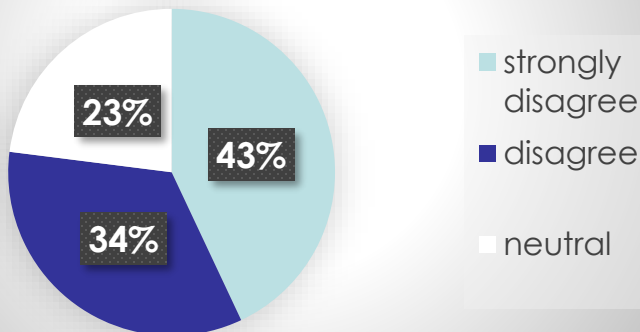
**a woman can wash
hair during menses**



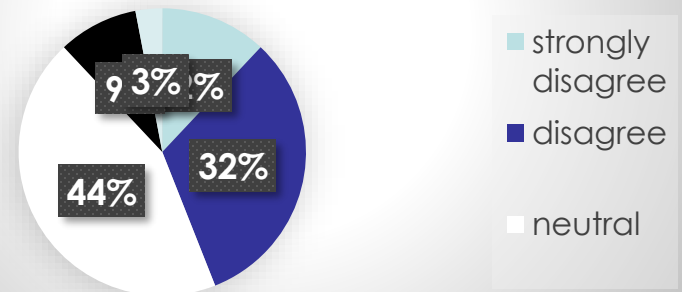
**a woman can sleep
on same bed as
others during menses**



**a woman can touch
pickle during menses**

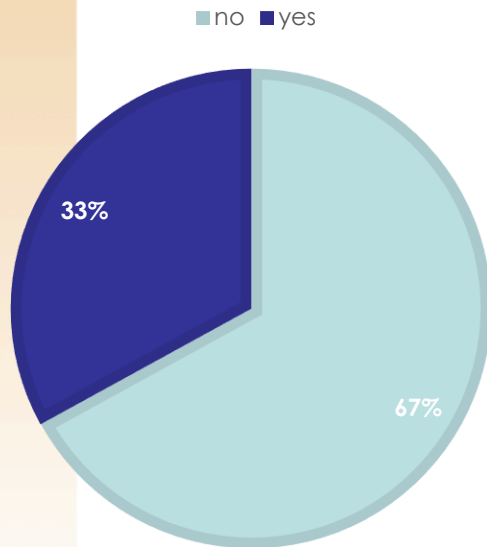


**a woman can sex
intercourse during
menses**

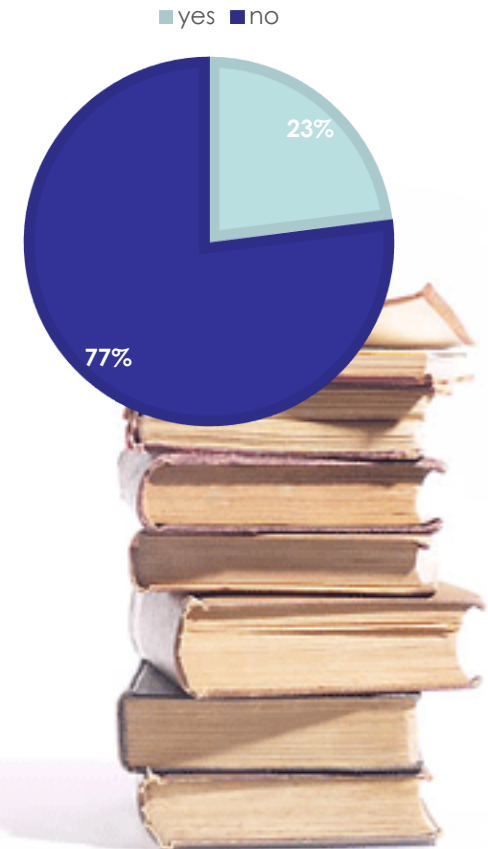


Data Analysis: School Absenteeism

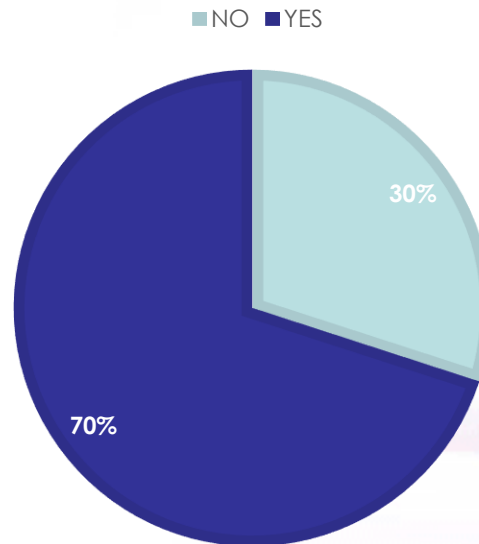
SANITARY BINS IN GIRLS TOILET



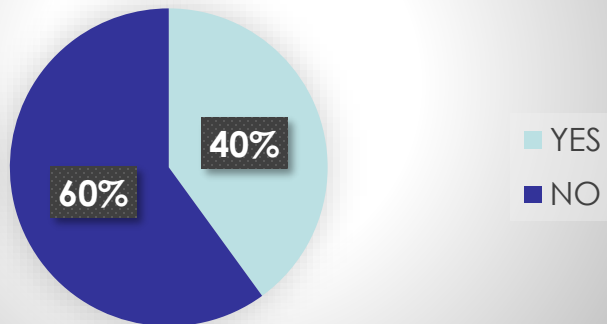
SOAP IN SCHOOL GIRLS TOILET



HYGIENE KIT

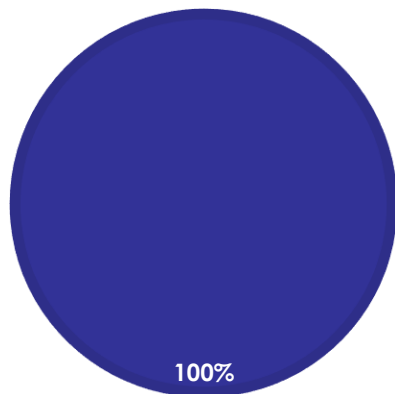


Water storage in school



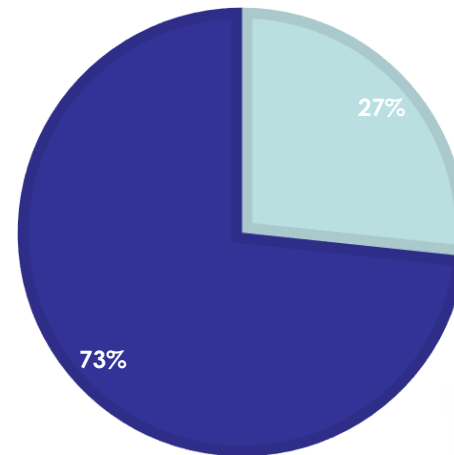
Go to school during menses

yes no

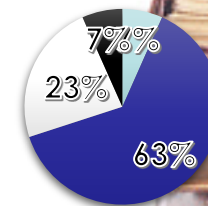


If no place to dispose what you do

DONOT CHANGE STAYING AT HOME DIPOSE IN TOILET

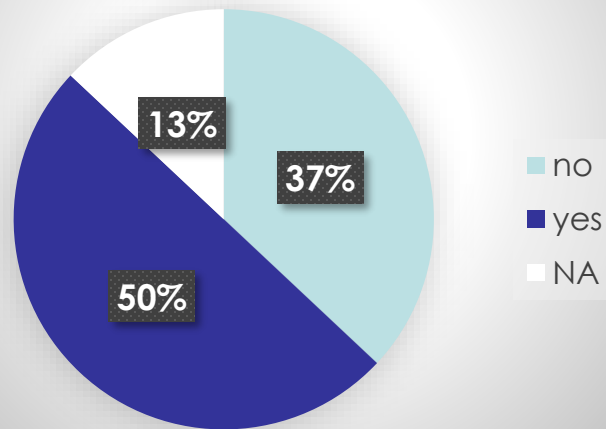


if not to school whhy

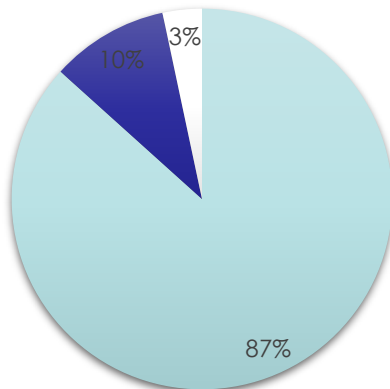


- no water available
- don't feel comfortable
- remain sick
- over bleeding

Male teases you during menses



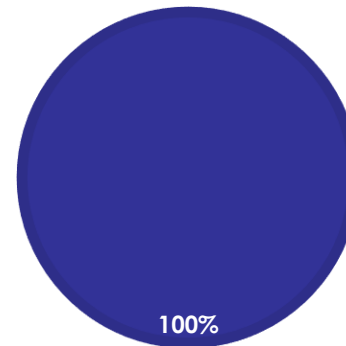
Interference problem how



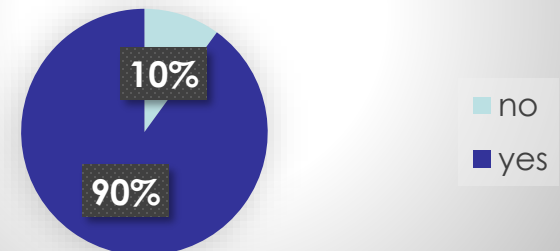
■ LOW CONCENTRATION ■ MISSING LESSONS ■ OTHER

Menses interference school performance

■ yes ■ no



know any girl who dropped out due to menses



Conclusion

- Menarche awareness was found to be very low in the current study, and only a few girls considered menstrual cycle as physiological process. Just 33 per cent of girls know the uterine bleeding is taking place from uterus. In this research, it is found that for most girls the source of knowledge was mother (55 per cent).
- In this study, 27% know the importance of menstrual hygiene, 67% stated that school has not provided knowledge regarding menstruation, and 54% girls admitted that napkins were distributed.
- 78% of girls use sanitary pads, 55% change their pads after 4-6 hour. In this study, 71% of girls wash their hands with soap after pad change, 88% hygiene genitalia after every toilet visit. 56% clean genitalia after pad change.
- Regarding knowledge of menstrual hygiene in the community, majority of girls do not have good knowledge because schools or educational institutions are not providing enough and proper knowledge regarding menstruation.



- In terms of practices, girls are practicing good menstrual hygiene as compared to other studies.
- Attitude/ restrictions related to menses and are also been followed by the girls during menses, because of lack of knowledge among girls and families, also they have many miss understandings related to it and not proper training given to them by teachers that how to deal in menses.
- School absenteeism was seen among the girls because of lack of concentration, and remain sick during menses and hence they are not comfortable sitting next to male students in menses. Also, the complaint that there was not proper water facility in the school.



Recommendation

- The results show that most adolescent girls don't have information of menstrual hygiene but it hasn't changed the accurate practice, so different behaviour change programs should be directed in the community. Advocacy programs should be done so that people become aware of it, and it also helps fight against menstruation-related religious and cultural violations, prohibitions, and misconceptions. Schools WASH facilities are insufficient for the girls to be able to manage their menses securely; there is not enough water existing, gender-friendly toilets, hand-washing services are also absent. Hence, WASH friendly infrastructures and services for menstrual hygiene management must be developed at schools.



Thank you









