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## A study to assess the knowledge and practice regarding menstrual hygiene among women in reproductive age group in rural area, Erayamangalam

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### Abstract

Menstruation is a normal physiological process of females at their reproductive age. There is lack of awareness on the process of menstruation and proper requirements for managing menstruation among women. Poor menstrual hygiene and inadequate self-care are major determinants of morbidity and other complications among women. Learning about menstrual hygiene is a vital part of health education for women so that they can continue throughout their life. The main objective of this study to conducted to assess the knowledge and practice regarding menstrual hygiene among women in reproductive age group in rural area, Erayamangalam. Quantitative approach and a descriptive design one group pre-test and post-test design were adopted. The sample size was 30 reproductive age women selected by using convenient sampling technique from Erayamangalam. Sample includes reproductive age group women in rural area, who fulfil the inclusion criteria were selected. The study finding revealed that knowledge and practice about menstrual hygiene among women post-test mean score of knowledge was 12.17 with Standard Deviation 3.97 was higher than the pre-test mean score of knowledge was 6.40 with Standard Deviation 3.20. The calculated paired 't' test value of  $t = 5.634$  was found to be statistically highly significant at ( $P < 0.001$ ) association between post-test knowledge scores and socio-demographic variables. This demonstrates a need to design acceptable awareness creation and advocacy programs to improve the knowledge and promote safe hygienic practice of reproductive age group women during menstruation.

**Keywords:** Menstrual hygiene, knowledge, practice, reproductive age women

### Introduction

Menstruation is a phenomenon unique to the females. The onset of menstruation is one of the most important changes occurring among the women during the reproductive years. Menarche, which is an important milestone in a girl's transition to womanhood. Hygiene practice among women during maturation are of cultural importance, as it has a health impact in terms of increase vulnerability to reproductive tract infection and noticeable <sup>[1]</sup>.

Menstruation and menstrual practices are still clouded by taboos and social cultural restriction resulting in women remaining ignorant of scientific practice and fact. Studies have reported restrictions in daily activities, restriction to play, go to school and enter holy places are still practiced. Dietary restrictions during menstrual are also imposed <sup>[2, 3]</sup>.

Menstruation is generally considered as unclean in Indian society. Attitude of parents and society is discussed they related issues are barriers to the right kind of information among especially in the rural areas. This problem is particularly seen in rural and poorly educated people, which is the due to cultural restriction <sup>[4]</sup>.

There is a need for enveloping information, education and communication strategies create awareness regarding reproductive health problem. It was therefore related to conduct the study explore the level of knowledge practice regarding menstrual hygiene. A key priority for women and girls is to have necessary knowledge, facilities and cultural environment to manage menstruation hygiene with dignity <sup>[5, 6]</sup>.

Improper menstrual hygiene practice pre-disposing the female towards many communicable diseases. Poor menstrual hygiene is developing countries had been an insufficient and acknowledged problem. The increased burden of reproductive tract infection among women due to poor menstrual hygienic remains a concern on public health agent <sup>[7]</sup>.

Today millions of women are suffering of RTI and its complication and other often the infection is transmitted to the offspring of the women.

Reproductive tract infection is also linked with the incidence of cervical cancer, HIV/AIDS, infertility, ectopic pregnancy and a myriad of other symptoms. Thus, inculcating safe hygiene practices in the girls who, in future when land up in reproductive events such as childbirth, abortion, postpartum complications [8].

Further health of women, hygiene care dissolving around the menstrual cycle, needs to address create awareness and emphasis on health care essential to shape they quality of life in the year to come. Technology offers sanitary pads, tampons to the women to decide what suits her best. Majority of women acquire knowledge regarding menstruation and menstrual hygiene through their parents, friends and relatives [9, 10].

Learning about menstrual hygiene is a vital part of health education for women so that they can continue to work and maintain habits throughout their women life. Better knowledge and safe menstrual practices will avoid risk against reproductive tract infections and consequences. This prevented the enough information regarding puberty hygiene on lead to superstition perceptions and beliefs above dysmenorrhoea and menstrual hygiene in rural areas [11]. The purpose of this study is [1] To assess the pre-test knowledge on menstrual hygiene among reproductive age group [2] To assess pre-test and post-test knowledge about menstrual hygiene [3]. To determine the association between demographic variable and knowledge of menstrual hygiene

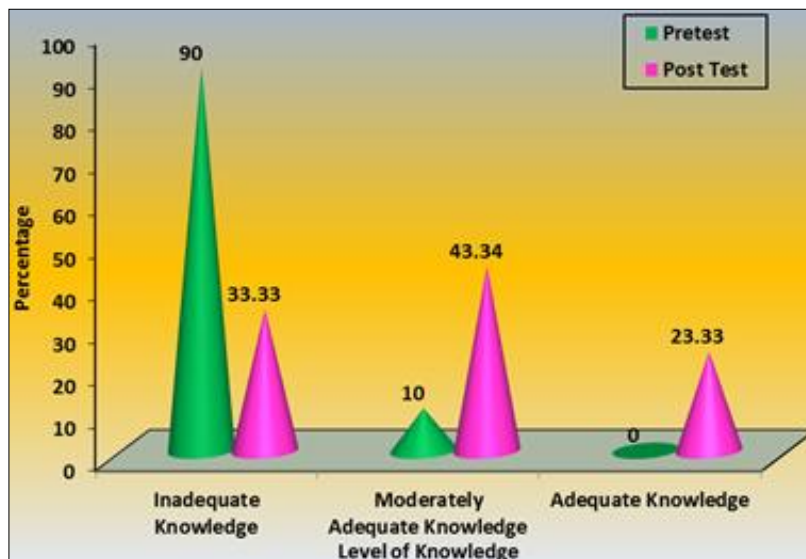
among women in reproductive age group [4]. To associate the post-test knowledge regarding menstrual hygiene among women with their selected demographic variables.

**Material and Methods**

A quantitative approach with descriptive one group pre-test and post-test design was used to conduct the study. The study was conducted in rural area, Erayamangalam. The data were collected in all age group of reproductive women using convenient sampling technique with 30 women receiving knowledge and practice who met the inclusion criteria. The inclusion criteria for sampling are who are all available at the time of data collection. The survey has been through and were conducted from November 24, 2019. The data were collected obtaining written informed consent permission from the panchayatt. Data were assembled using structured interview schedule for pre-test and after one hour conducted post-test to same reproductive women. Informed consent before started the pre-test. This questionnaire contains 20 questions. The sample characteristics were described using frequency and percentage.

**Result and Discussion**

Figure 1: Frequency and percentage distribution of level of knowledge regarding menstrual hygiene among women in reproductive age group.



**Fig 1:** Percentage distribution of level of knowledge regarding menstrual hygiene among women in reproductive age group

The above Figure 1 shows that in the pretest, 27(90%) had inadequate knowledge and 3(10%) had moderately adequate knowledge. Whereas in the post test, 13(43.34%) had moderately adequate knowledge, 10(33.33%) had adequate knowledge and 7(23.33%) had adequate knowledge regarding menstrual hygiene among women in reproductive age group.

**Table 1:** Comparison of pretest and post-test level of knowledge regarding menstrual hygiene among women in reproductive age group. n = 30

| Knowledge | Mean  | S. D | Paired 't' test Value        |
|-----------|-------|------|------------------------------|
| Pretest   | 6.40  | 3.20 | t = 5.634<br>p = 0.0001 S*** |
| Post Test | 12.17 | 3.97 |                              |

\*\*\*p < 0.001, S – Significant

The table 1 depicts that the pretest mean score of knowledge was 6.40 with standard deviation 3.20 and the post-test mean score of knowledge was 12.17 with standard deviation 3.97. The calculated paired 't' test value of t = 5.634 was found to be statistically highly significant at p < 0.001 level. This clearly infers that there was significant improvement was observed in the post-test level of knowledge regarding menstrual hygiene among women in reproductive age group.

Another study we also supported the present study is Akhil R Nair, Harshima *et al.*, (2019) [12] Poor menstrual hygiene and inadequate self-care are major determinants of morbidity and other complication among adolescent age group. Some of these problems include Urinary tract infection, scabies in the vaginal area, abnormal abdominal

pain, and absence from school. Due to the silence prevailing in developing countries related to the topic of menstruation and related issues, many young girls lack appropriate information of menstrual hygiene. Learning about menstrual hygiene is a vital part of health education for adolescent girls so that they can continue to work and maintain hygiene habits throughout their adult life.

### Conclusion

There is a need to educate the girls about menstruation, its importance and hygiene maintenance to enable them to lead a healthy reproductive life in future.

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