



ISSN (E): 2277- 7695
ISSN (P): 2349-8242
NAAS Rating: 5.03
TPI 2019; 8(6): 1149-1152
© 2019 TPI
www.thepharmajournal.com
Received: 22-04-2019
Accepted: 23-05-2019

Ashwini Hasanale
BSc Nursing Student, Bharati
Vidyapeeth Deemed University
College of Nursing, Pune,
Maharashtra, India

Dnyaneshwari Wagh
BSc Nursing Student, Bharati
Vidyapeeth Deemed University
College of Nursing, Pune,
Maharashtra, India

Shilpa Baby
BSc Nursing Student, Bharati
Vidyapeeth Deemed University
College of Nursing, Pune,
Maharashtra, India

Rupam Jawale
BSc Nursing Student, Bharati
Vidyapeeth Deemed University
College of Nursing, Pune,
Maharashtra, India

Takshashila Sonwane
BSc Nursing Student, Bharati
Vidyapeeth Deemed University
College of Nursing, Pune,
Maharashtra, India

Correspondence
Ashwini Hasanale
BSc Nursing Student, Bharati
Vidyapeeth Deemed University
College of Nursing, Pune,
Maharashtra, India

A study to assess the self-reported practices during menstrual cycle among adolescent girls from the selected schools of Pune city

Ashwini Hasanale, Dnyaneshwari Wagh, Shilpa Baby, Rupam Jawale and Takshashila Sonwane

Abstract

Introduction: Mensuration is a unique natural process is happened in the girls. Our country there are many taboos and myths which is circled by around females. Focusing to this particular factors girls are not allowed to take participation in any functional events, rituals and they are refused to involved in such enjoyable moments.

Related to these backgrounds of study which we conducted by assessing the self-reported practices during menstruation. Many girls follow unhygienic practices and some girls who performed proper hygiene practices. Overall study shows that this adolescent have average practices and there need to make them aware about proper hygiene during menstruation. It is necessary to avoid infection, abdominal pain and disease related to unhygienic practices. Thus, mothers, nursing student and other health team member must try to educate girls by conducting various health programmes. So, that adolescent group may gain appropriate knowledge. Hence, they will not have any issues regarding menstruation.

Purposes: The purpose of study is to find out the self- reported practice during menstrual cycle among adolescent girls from the selected schools of Pune City.

Objectives: To assess self- reported practice during, menstrual cycle among the adolescent girls to associate the findings with the selected demographic variable.

Result: Mean score of self-reported practice during menstrual cycle among adolescent girl was 37.305 with 5.14 standard deviation that shows average practice.

Conclusion: Self-reported practice during menstrual cycle among adolescent girl was average.

Keywords: Self-reported practices, menstrual cycle, adolescent girls

Introduction

Need of the study

Adolescent is an important phase of life. It is a stressful period in which the adolescent tries to manage to his/her physical, emotional and psychological changes the adolescent confused in these stage, they have many questions but the thing is whom to ask questions. Hence, there are many restrictions in Indian society, the adolescent cannot freely approach to their parents for guidance. Though adolescent are not satisfied with parents answer even they try to seek information from friends, relatives, social media, films etc. but the information which they reside is inappropriate.

Most of the girls in our country are deprived of education. They are educated up to 6th to 8th std. seeing to all this very few girls have got an opportunity to know about menstrual hygiene practices. Therefore, they is a need to provide appropriate information to the adolescent to enable girls about menstruation and menstrual hygiene.

The period of adolescent girls becomes changes according to their growth. Good hygiene practice like disposing of sanitary pad and proper washing of the genital area. During the type of menstruation. We need to give adequate information, knowledge and practices regarding menstrual health to adolescent girls. The school going girls have less practice regarding menstruation.

In our country less knowledge and poor practice during menses has been associated with serious illness which range from infection and odour and urinary tract infection. The unhealthy practice which perform by adolescent girls and women washing genital area.

Objectives of the study

- To assess the self-reported practice during menstrual cycle among adolescent girls.
- To associate the findings with the selected demographic variable.

Sample Selection Criteria

Inclusion Criteria

- All the adolescent girls staying in 8th, 9th and 10th students studying in selected schools of Pune City.
- The girls who are present on the day of data collection.

Exclusion Criteria

- The girls who are not willing to participate in the research study.
- Girl who was already exposed to similar type of research.
- Girls who was not available of data collection.

Section: 1

Demographic characteristics of sample to assess the self-reported practiced during menstrual cycle among adolescent girls.

Section: 2

Frequency and percentage of adolescent girls by their in mean and standard deviation from the selected schools of Pune City.

Section: 3

To associated the finding with the selected demographic variable.

Section: 1

Demographic characteristics of sample to assess the self-reported practices during menstruation cycle among the

adolescent girls.

Table 1: Shows that the majority of samples were in the age group of 13 to 14 years i.e 50% and 15 to 16 years 50%, n=200

Characteristics	Frequency	Percentage
Age		
1) 13 Years to 14 Years	100	50 %
2) 15 Years to 16 Years	100	50 %

Table 2: Shows that majority of sample were in the area. Urban area 100% in rural area are 0%, n = 200

Characteristics	Frequency	Percentage %
Area/ Address		
1) Urban area	200	100 %

Table 3: Show that the majority of sample were in the area. 8th 29.5% in 9th 30% in 10th 40%, n=200

Characteristics	Frequency	Percentage %
Education		
1) 8 th	59	29.5 %
2) 9 th	61	30.5 %
3) 10 th	80	40 %

Section: 2

Analysis the self- reported practices during the menstrual cycle among adolescent girls from the selected school of Pune City.

Table 4: Represent that there is 26% of always practice, and 32.77% are sometime practice and 40.25% never practices are perform.

Q. No	Question	Always		Sometime		Never	
		f	%	f	%	F	%
1	I take bath every-day during the menstruation?	199	99.5%	0	0%	1	0.5%
2	I have specific dietary pattern during the menstruation?	29	14.5%	29	14.5%	142	71%
3	I have Irregular menstruation?	63	31.5%	50	25%	87	43.5%
4	I have back pain during menstruation?	64	32%	55	27.5%	81	40.5%
5	I have absenteeism in school during menstruation?	36	18%	61	30.5%	103	51.5%
6	I follow cultural norms in the time of menstruation?	36	18%	37	18.5%	127	63.5%
7	I have allergy, rashes, itching in the area of genital area during menstruation?	42	21%	72	36%	86	43%
8	I have problems related menstruation?	34	17%	74	37%	92	46%
9	I take preventive measure during menstruation?	53	26.5%	62	31%	85	42.5%
10	I feel comfortable in school during menstruation?	36	18%	82	41%	82	41%
11	I have allergy of sanitary pad?	43	21.5%	65	32.5%	92	46%
12	I have mood swings during menstruation?	29	14.5%	98	49%	73	36.5%
13	I use cloth material instead of sanitary pad?	36	18%	59	29.5%	105	52.5%
14	I have specific symptoms in menstruation? (Vomiting, headache stomach pain, giddiness)	43	21.5%	84	42%	73	36.5%
15	I am Physically stable during menstruation?	29	14.5%	103	51.5%	68	34%
16	I have sore while walking during the menstruation?	53	26.5%	67	33.5%	80	40%
17	I dispose the sanitary pad properly?	77	38.5%	67	33.5%	56	28%
18	I am mentally stable during menstruation?	37	18.5%	100	50%	63	26.5%
19	If I do not wash genital area frequently it feel itching?	75	37.5%	67	33.5%	58	29%
20	If I do not change sanitary pad frequently in menstrual cycle its smell bad?	65	32.5%	79	39.5%	56	28%

Mean and standard deviation of menstruation cycle from the selected schools of Pune city.

Table 5: It contain analysis of self- reported practice during menstruation 37.305 with standard deviation is 5.142392.

	Mean Score	Standard Deviation	Rating
Self -reported practice during menstruation	37.305	5.142392	Average practice.

Section: 3

- To assess the self- reported practices during menstrual cycle among the adolescent girls.

- To associated the findings with the selected demographic variables.

Table 6: Shows that associated calculation

Demographic	Fisher Exact/Chi Square Value	Df	P- Value	Remark
Age	17.14866	4	0.001809	Associated
Area	0	2	1	NA
Education	25.5581	4	0.00038	Associated

The above table explain about the practices which is perform by self in the adolescent girls during menstruation which are associated with good average and poor practices. Therefore chi square value is 17.14866 is for age it is associated, chi square value is 0 for area it is not associated and for education chi square value is 25.5581.

Findings of the study

The major findings of the study are shown below:

Section: A

Demographic Variable:

Table no 1: Shows that the majority of samples were in the age group of 13 to 14 years i.e. 50% and 15 to 16 years 50%.

Table no 2: Shows that majority of sample were in the area. Urban area 100%.

Table no 3: Show that the majority of sample were in the area. 8th 29.5% in 9th 30 in 10th 40%.

Section: B

Table no 4: Represent that there is 26.97% of always practices, and 32.77% are sometime practices, and 40.25% never practices are perform.

Table no 5: It content analysis of self-reported practice during menstruation 37.305% is standard deviation with standard deviation is 5.142392.

Section: 2

To associated the findings with the selected demographic variable. The above table explain about the practices which is perform by self in the adolescent girls during menstruation which are associated with good, average and poor practices. Hence, age area and education practices.

Therefore chi square value is 17.14866 for age is associated, chi square value is 0 for area it is not associated and for education chi square value is 25.5581.

Discussion

The objective of the study

- To assess the self-reported practice during menstrual cycle among adolescent girls.
- To associated the findings with the selected demographics variable.

Limitation of the study

- Limited sample size.
- Time limitation for collecting tool.
- Limitation to the setting as mention in the study.
- Limitation to only can participants who are willing interested.

Recommendation of the study

- This study can perform in different age group.
- A comparative study can be performed between rural and

urban.

- The same study can be done to know knowledge about menstruation to adolescent girls.
- Same study can be conducted on large population.

References

1. <https://www.ncbi.nlm.nih.gov/pubmed/3974461/>
2. Aggarwal K, Kannan. Dysmenorrhoea in adolescent girls in a rural area of Delhi. A community-based survey. *Indian J of Public health.* 1997; 41:84-85.
3. Czerwinski BS. Adult feminine hygiene practices. *Appl Nurs Res,* 1996.
4. EI-Gilanya AH. Menstrual Hygiene among Adolescent School girls in Mansoura, Egypt. 2005; 13(26):147-152.
5. Esser J. Hygiene in Children and Adolescents. *Forsch Med.* 1979; 97(19):891-4. 59. Fakeye O, E
6. George M. Preparing girls for menarche. *The Nursing Journal of India,* 2003, 44.
7. Habiger P. Menstruation, menstrual hygiene and women's health in ancient Egypt. *Newest news FAQ's Directory,* 1998, 1-17. <http://www.org/germnt5htm>
8. Harlow SD, Campbell OMR. Epidemiology of menstrual disorders in developing countries. A systemic review *BJOG: An International Journal of Obstetrics and Gynaecology.* 2004; 111:6-16.
9. Huffman JW, Dewhurst CJ, Capraro VJ. *The gynaecology of childhood and adolescence.* W.B. Saunders Company. Philadelphia, 1981, 455-469.
10. James A. (1997). Menstrual hygiene. A study of knowledge and practices. *The Nursing Journal of India: Oct 88 (10): 221-222.*
11. Kantero R, Widholm O. Correlation of menstrual traits between adolescent girls and their mothers. *Acta obstet.gynaecologica scand supp:!* 1971; 7:14.
12. Koff E. Early adolescent girls understanding of menstruation (CD ROM). *Women's Health: Abstract from silver platter file.* 1995; 22(4):1-21.
13. Rimpela Teperi J. Menstrual Pain health and behaviour in girls. *Social Science medicine.* 1989; 29:163-9.
14. Sebanti G, Rekha D, Sibani S. Aprofile of adolescent girls with gynaecological problems. *J Obste Gynecol India.* 2005; 4(55):353-355.
15. <https://www.ncbi.nlm.nih.gov/pubmed/11137909/>
16. Singh MM, Devi R, Gupta SS. Awareness and health seeking behavior of rural adolescent school girls on menstrual and reproductive health problems. *Indian J Med Sci.* 1999; 53:439-443.
17. WHO. *The reproductive health of adolescents.* Geneva, 1989.
18. <https://www.researchgate.net/publication/307845523> knowledge and practice about menstruation hygiene among adolescent girls in around village of Haryana.
19. Kjellen M, Pensulo C, Nordqvist P, Fogde M. *Global review of sanitary system trends and interactions with menstrual management practices,* 2011.
20. <https://journals.sagepub.com/dio/abs/10.1177/6642400012000113>
<https://www.google.co.in/url?q=https://www.slideshare.n>

et/mobile/HFGProject/literature-review-to-assess-menstrual-hygiene-management-practices-among-adolescent-girls-in-india

21. <https://www.google.co.in/url?q=https://www.slideshare.net/mobile/DrAkankshaVerma/assess-the-level-of-awareness-about-menstrual-hygiene-practices-among-adolescent-girls>.
22. <https://www.researchgate.net/publication/267415792> Menstrual Hygiene Knowledge and Practice among Adolescent School Girls of Saoner Nagpur District.