

## Knowledge of Adolescence Hygiene Especially in the Menstrual Period of the Students of Laxmipur Girls School, Rajshahi.

Md. Nahid Uz Zaman<sup>1\*</sup>, Nahid Afroze<sup>2</sup>

<sup>1</sup>Nursing Instructor, Dr. Jubeida Khatoon Nursing Institute, Rajshahi-6000, Bangladesh

<sup>2</sup>Senior Staff Nurse, Bangabandhu Sheikh Mujib Medical University, Dhaka, Bangladesh

### **Abstract**

The cross sectional types of descriptive study design was used to explore the knowledge of adolescence hygiene especially in the menstrual period among the student of Laxmipur Girl's school, Rajshahi. In addition the relationships among students knowledge were examined. The study was carried out from, January 2015- June 2015. Fifty students were selected for study, the age of respondents is an important aspect during the interpretation of results. Regarding age of the student were 2% age of 13 years, 4% age of 14 years and 80% age of 15 years and 14% age of 16 years. Finding of the marital status all of the student respondent were 100% single. In response to the yes / no question knowledge about the age of menarche, the respondent 98% told that yes and 2% told no answer. Regarding symptoms of first menstruation, the respondent 92% told that yes and 8% told no. Face any pre menstrual problem (fear, syncope, anxiety), the respondent 24% told that yes 76% told no answer. Face any problem during menstruation (abdominal pain, back pain, weakness, sleeplessness), the respondent 56% told that yes and 44% told no answer. Awareness about menstruation, the respondent 92% told that yes and 8% told no answer. Regular menstruation has occurs, the respondent 86% told that yes and 14% told no answer. The inter menstrual interval of the respondent, about 18% (<21 days), 76% (21-35 days), and 6% (>35 days). Amount of menstruation, the respondent 86% normal, 10% scanty, 4% excessive amount of menstruation.

*Key Words:* Knowledge; Adolescence; Hygiene; Menstrual Period; Students; Girls; Rajshahi.

### **1. Introduction**

There are many challenges during this transition period such as the challenge of understanding self, the challenges of family relationship and counselling, the challenges of peer pressure, and the challenges of physical and sexual maturation. Among these challenges the maturation process with parental counselling capacity and devotion can take the lion share in shaping the maturing individual (Williams, 1983; Elissa and Jill, 1995; Taffa *et al.*, 1999).

Early adolescence is a time of physical, intellectual, emotional, and social development during which young people confront the questions. Here, physical maturation and particularly sexual maturation, has significant effects on self-concept and social relationships during this period. This period is influenced by peer, parents and teachers (Smith *et al.*, 1983; Elissa and Jill, 1995; Taffa *et al.*,1999) When a healthy child is somewhere between 9 and 16 years old, he or she will enter puberty. Puberty refers to the onset of sexual maturation. It is the period under the influence of hormones when the child experiences physical and sexual changes. Adolescence is the period of transition between puberty and adulthood. The onset of menstruation (menarche) is

\*Corresponding author: Md. Nahid Uz Zaman, Nursing Instructor, Dr. Jubeida Khatoon Nursing Institute, Rajshahi-6000, Bangladesh. Mobile No.: +8801719826120, Email: nuz1192@gmail.com

studies demonstrated that both pre- and post-menarcheal girls regard menarche as a hygienic crisis than as a maturational event. The role of parents in preparing girls for maturation is often complex and challenging. The explanations they provide to girls as they prepare their daughters for menstruation may be unsuitable and misdirected, infact be partly inadequate to represent all the realities of menstruation, such as the emotional and cognitive changes that arrive with menarche. The other challenge to mothers is the social prohibition that causes parents to avoid discussing menstruation with their daughters, leaving the girls feeling unprepared for menarche (Smith *et al.*, 1983; Williams, 1983; Elissa and Jill, 1995; Brumberg, 1997).

Hygiene related practices of women during menstruation are of considerable importance especially for young girls who don't have experience. Especially during the onset, at menarche, menstrual flow could occur accidentally while they are still in class or out of home. Water, privacy in school to change products and dispose used materials at schools have got psychological impact and disruption of academic performance. A study in Iran showed that only 32% of study subjects have practiced personal hygiene during menstruation such as taking bath, used hygienic protective gears, changed it every 6-8 hour etc. (Chang, *et al.*, 2000).

The study was carried out with a view to school girl's knowledge regarding adolescence hygiene especially in the menstrual period at the Laxmipur Girl's school, Rajshahi.

## 2. Results

### 2.1 Demographic information for the students

The age of respondents is an important aspect during the interpretation of results. Regarding age of the student were 1(2%) age of 13 years, 2(4%) age of 14 years and 40(80%) age of 15 years and 7(14%) age of 16 years. In cases of weight of the student were 4(8%) of 31-40 kg, 28(56%) of 41-50 kg, 12(24%) of 51-60 kg, and 6(12%) of 61-70 kg body weight. In cases of gender of the student were 50(100%) female and 0(0%) male. Finding of the marital status all of the student respondent were 50(100%) single. Regarding religion, the result showed that maximum number of students 43(86%) were Muslim, while Hindu 6(12%) and Christian were 1(2%) .

Table 1. Demographic information of the participated student in the Girl's High School.

Variable	Parameter	No= 50	%
Age	13	01	02
	14	02	04
	15	40	80
	16	07	14
Weight	31-40	04	08
	41-50	28	56
	51-60	12	24

	61-70	06	12
Gender	Male	00	00
	Female	50	100
Marital Status	Single	50	100
	Married	00	00
	Widow	00	00
Religion	Muslim	43	86
	Hindu	06	12
	Christian	01	02

## 2.2 Knowledge related question to the students

In response to the yes / no question knowledge about the age of menarche, the respondent 98% told that yes and 2% told no answer. Regarding to the yes / no question about symptoms of first menstruation , the respondent 92% told that yes and 8% told no answer. With respect to the yes / no question regarding Face any pre menstrual problem ( Fear, Syncope, Anxiety), the respondent 24% told that yes 76% told no answer. In response to the yes / no question about Face any problem during menstruation (Abdominal pain, Back pain, Weakness, Sleeplessness), the respondent 56% told that yes and 44% told no answer. About to the yes / no question regarding to do house hold activities during menstruation, the respondent 70% told that yes and 30% told no answer. Regarding to the yes / no question about to take bath daily during menstruation , the respondent 100% told that yes. In response to the yes / no question about wash genitalia with soap and water where ever you change cloth or sanitary pad, the respondent 98% told that yes and 2% told no answer. With respect to the yes / no question to take balance diet during menses, the respondent 72% told that yes and 28% told no answer. About to the yes / no question follow that do exercise during menses , the respondent 16% told that yes and 84% told no answer. In response to the yes / no question regarding awareness about menstruation , the respondent 92% told that yes and 8% told no answer. Regarding to the yes / no question sleep on routine bed , the respondent 66% told that yes and 34% told no answer. With respect to the yes / no question about regular menstruation has occurs , the respondent 86% told that yes and 14% told no answer. About to the yes / no question follow that go to your workplace during menstruation , the respondent 98% told that yes and 2% told no answer. In response to the yes / no question about attending work facing any difficulty during menstruation , the respondent 14% told that yes and 86% told no answer. With respect to the yes / no question follow that knowledge about menstrual hygiene , the respondent 100% told that yes.

Table 2. Knowledge regarding question about adolescence hygiene in menstrual period .

No	Variable	Yes	%	No	%
1	Do you know age of menarche?	49	98	01	02
2	Do you know the symptoms of first menstruation (Fear, Syncope, anxiety)?	46	92	04	08
3	Do you face any pre menstrual problems ( Nausea, vomiting and Headache)?	12	24	38	76
4	Do you face any problem during menstruation ( Abdominal pain, back pain, weakness, sleeplessness)?	28	56	22	44
5	Do you do house hold activities during menstruation?	35	70	15	30
6	Do you take bath daily during menstruation?	50	100	00	00
7	Do you wash genitalia with soap and water where ever you change cloth or sanitary pad?	49	98	01	02
8	Do you take balance diet during menstruation?	36	72	14	28
9	Do you do exercise during menstruation?	08	16	42	84
10	Do you have awareness about menstruation?	46	92	04	08
11	Do you Sleep on routine bed?	33	66	17	34
12	Do you have regular menstruation?	43	86	07	14
13	Do you go to your workplace during menstruation?	49	98	01	02
14	When attending your work do you face any difficulty during menstruation?	07	14	43	86
15	Do you have any knowledge of menstrual hygiene?	50	100	00	00

### 2.3 Multiple choice questions for the students

Data collection shows the inter menstrual interval of the respondent, about 18% (<21 days), 76% (21-35 days), and 6% (>35 days). In response to a question about the amount of menstruation, the respondent 86% normal, 10% scanty, 4% excessive amount of menstruation. In response to a question about the length of cycle, the respondent 48% (3-5 days), 46% (5-7 days), 6% (>7 days).

Table 3. Multiple choice question for the participated student.

Variable	Parameters	N=50	%
1. Inter menstrual interval-	< 21 days	09	18
	21-35 days	38	76
	> 35 days	03	06
3. Amount of menstruation-	Normal	43	86
	Scanty	05	10
	Excessive	02	04
4. The length of cycle-	3-5 days	24	48
	5-7 days	23	46
	> 7 days	03	06

### 3. Discussion

Adolescence girls are affected irrespective of socio-economic status, race or cultural background, and family clusters are well documented. The causes of the premenstrual syndrome have not been clearly elucidated but have been attributed to hormonal change, neurotransmitters prostaglandin, diet, drugs and lifestyle (Schellenberg, 2001). The study on the practices during menstruation showed that 15 (30%) students used old cloth pieces during menstruation and 35 (70%) used new pieces of clothes.

The study come by a wonderful result, revealed the prevailing situation around menstruation hygiene among school students. Menstruation is routine, always occurring, but unspoken. It is associated with psychological, physical, social and educational problems, but not well addressed or given due attention. Different studies showed that age at menarche depends on body fat accumulation. Girls from better off families reach at lower age than poor ones. In this study there was difference in the mean ages at menarche within nurses. Studies showed that nurses who do more physical exercise, or have a long, tiresome way to hospital have a greater expenditure of calorie, at the same time low amount of fatty tissues may delay menarche (Ayatollahi *et al.*,1999; Bagga and Kulkarni ,2000; Khan *et al.*,1995).

Though dysmenorrhoea in adolescents usually begins 2 to 3 years following the onset of menses, it can also be experienced even in the anovulatory period soon after onset. It is characterized by crampy lower abdominal pain that begins prior to the onset of a menstrual period and lasts for 1 more days in to the period and subsides. Pain may be mild to severe, and associated with nausea and vomiting and changes in bowel habits either constipation or diarrhoea (Chang *et al.*, 2000). Most females experience some degree of pain and discomfort during menstrual period, which can impact on their daily activities, and disturb their productivity at home or at their workplace. Some studies report the prevalence of dysmenorrhoea as high as 50% during the reproductive life of women. In the same studies showed that nearly 10% of females with dysmenorrhoea experienced an absence rate of 1 to 3 days per month from work or were unable to perform their regular daily tasks due to severe pain (Montero *et al.*,1999; Chang *et al.*, 2000; Billewicz *et al.*, 1981; Odujinrin and Ekunwe, 1991).

Awareness regarding the need for information on healthy menstrual practices is very important. It is essential to design a mechanism to address and for the access of healthy menstrual practices. The high ratio of section to student and toilet cubicle to student; the lack of privacy and absence of private individual cubicle in the latrine; lack or absence of washing facility or water sources near and/or in the latrines are important contributing factor for girls' absenteeism and discomfort at school.

#### 4. Conclusion

This can be further investigated by a comparative longitudinal or cross sectional studies with the objective to see the nutritional status of maturing girls in adolescent girls encounter their first menstruation while they are still in elementary schools, before they get sufficient information and counselling about menstruation or how to deal with it.

Though most of the girls apparently had classes or obtained information on menstruation related facts that focused more on biologic and hygienic aspect, basically they weren't address the cultural taboo related to menstruation that has got negative psychosocial effect on the girls. This directly or indirectly contributes to absenteeism and lead to poor performance at school.

So, the girls should be educated about the process and significance of menstruation, use of proper pads or absorbents and its proper disposal. This can be achieved by giving them proper training and health education (by teachers, family members, health educators, and media), so that there won't be any misconception to the girls regarding menstrual hygiene. It can be said that among the girls the knowledge on menstruation is adequate and the practices are often optimal for proper hygiene.

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