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## Effectiveness of structured teaching programme on knowledge and practice regarding menstrual hygiene and sanitary napkin among adolescent girls who attained menarche at selected area in Madurai

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### Abstract

The current trend of antenatal care starts from puberty. This concept was emphasized by Kumara (2014) who conducted a study among girls regarding menstrual hygiene revealed that only few girls were using sanitary napkin and many did not practice the same. Menstrual hygiene involves the personal hygiene measures to be adopted by women and adolescent girls. It includes the use of clean material to absorb all collected menstrual blood and these materials can be changed in privacy as after as necessary for the duration of menstruation. Descriptive survey approach was used in this study. And the study was conducted among adolescent girls who attained menarche in Masthanpatti village. 30 samples were selected by convenient sampling who fulfill the inclusion criteria. Findings from the analysis revealed that majority 60% of respondents were between the age group of 16-17 yrs. 63% of them were having inadequate knowledge regarding menstrual hygiene and sanitary napkins. 47% of them were practicing inadequately. After structured teaching programme, knowledge & practice were improved. Recommendations were made based on the findings that nurses and other health professionals should teach the adolescent girls regarding menstrual hygiene and sanitary napkin.

**Keywords:** Menstrual hygiene, menarche

### Introduction

Each adolescent girls undergo many changes when the growth and development take place over a school period of time. These development changes are common among both girls and boys, one of such physiological and psychological changes in the lives of the adolescent girls. Generally, menarche indicates the girl's maturity and the readiness for marriage sexual activity. The menstrual hygiene practices are greatly emphasized among adolescent girls in order to promote the reproductive health, which also improves the girls self image and promote their attitude towards good reproductive health. Many gynecologists believe that sanitary napkin can act as a precautionary measure to prevent reproductive tract infection. Hygiene practice is neglected by girls especially in the rural areas due to lack availability and inability to afford sanitary napkins. The role of community health nurse is important to include the concept of use of sanitary napkin during menstruation among school girls because it prevents fungal infection, reproductive tract infection and urinary tract infection which might leads to cervical cancer.

### Objectives

1. To assess the pretest level of knowledge and practice regarding menstrual hygiene and sanitary napkin among adolescent girls who attained menarche.
2. To assess the effectiveness of structured teaching programme on knowledge and practice regarding menstrual hygiene and sanitary napkin among adolescent girls who attained menarche.
3. To find out association of pretest level score of knowledge and practice with its selected demographic variables.

### Methodology

The research design used for the study was descriptive design. This study was conducted among adolescent girls who attained menarche at selected area in Madurai. Data collected from 30 samples. The period of data collection was 2 weeks at community area in Madurai. The convenient sampling technique was used for the study. The researcher established rapport with the respondents.

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The purpose of the study was explained to them and oral consent was obtained. The data was collected from 15 respondents per week. Descriptive and inferential statistics were adopted for the analysis and interpretation.

## Findings and Discussion

### Section I: Description of demographic variable

- Majority of the respondents (60%) were between the age group of 16-17 years.
- Most of the respondents (60%) education level were 11<sup>th</sup> & 12<sup>th</sup> std.
- 87% of the respondents were belongs to Hindu religion
- Majority of the respondents (63%) parent monthly income were between 10,000 -15,000 rupees.
- 63% of respondents have 2 siblings.

### Section II: Comparison of pre and post test level of knowledge & practice

In the pretest majority of respondents (63%) had inadequate knowledge and 47% had inadequate practice. 27% & 40% have moderately adequate knowledge and practice. Remaining 10% and 13% have adequate knowledge and practice. After structured teaching programme, in post test 33% of respondents have adequate knowledge and 60% have moderately adequate knowledge 90% have adequate practice and 10% have moderately adequate practice. None of them have inadequate practice. This shows that structured teaching program is effective.

### Section III: Effectiveness of knowledge & practice regarding menstrual hygiene and sanitary napkin

Respondents regarding knowledge exhibited mean score of 10.10 in pretest with standard deviation 1.38. In post test it was increased to 14.43 with SD 2.91. The paired 't' test value obtained was 33.07 which is greater than the table value at 0.001 level of significance. This proves that structured teaching programme was effective. Regarding practice respondents exhibited a mean score of 4.83 in the pretest with SD 1.53. In post test it was increased to 7.8 with SD 1.27. The paired "t" test value obtained was 13.50. Which is greater than the table value at 0.001 level of significance. It proves that the structured teaching programme regarding practice was effective.

### Section IV: Association of demographic variables with pre test scores

No significant association were found regarding knowledge and practice of menstrual hygiene and sanitary napkins among adolescent girls who attained menarche with its selected demographic variables such as age, education, religion, type of family, income and siblings.

## Conclusion

The adolescents are more anxious about their menstrual hygiene and sanitary napkin during the time of menstruation. The findings of the study revealed that adolescents have the poor knowledge of menstrual hygiene and sanitary napkin. So the nurses and other health professional should teach the adolescents girls regarding menstrual hygiene and sanitary napkin.

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