



# A DESCRIPTIVE STUDY TO ASSESS THE AWARENESS REGARDING USING SANITARY PADS AMONG ADOLESCENT GIRLS (13-19) IN SELECTED RURAL AREAS.

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**ABSTRACT: Objectives:** To study the awareness regarding using sanitary pads among adolescent girls in the selected rural areas, to assess the awareness regarding using sanitary pads among adolescent girls (13-19) in selected rural areas and to associate the score of adolescent girls about using sanitary pads. **Material and Methods:** Non-Probability Convenient sampling technique was used to select the sample. Quantitative research approach with descriptive research design was used. The data collected during 4<sup>th</sup> March 2022 to 8<sup>th</sup> March 2022 among adolescent girls, using socio demographic data sheet and Questionnaire to assess the knowledge regarding sanitary pads among adolescent girls in selected rural area. **Results:** 60 adolescent girls participated in this study with majority of the samples in the study, majority of the subjects 100% were from the age group of 13 – 14 years, majority of the subjects 100% having 6 – 10 std level of education, majority of the subjects 61.7% having below 10000 income and majority of the subjects 63.3% having extended family. The level of knowledge score is divided under following heading of poor, average, good and excellent. In the level of knowledge score, out of 60 subject's majority 50% of subjects had good level of knowledge score, 43.33% had excellent level of knowledge score, 6.67% had average level of knowledge score and 0% had poor level of knowledge score. Mean knowledge score of the subjects was 14.58 + 2.775. Minimum knowledge score was 10 and Maximum Knowledge score was 19. **Conclusions:** The investigator concludes that, according to the findings that the investigator in the form of questionnaire helped the subjects to improve their knowledge regarding maintaining menstrual hygiene during menstruation.

**KEYWORDS:** Assess, Awareness, Sanitary Pads, Adolescent girl, Rural area.

## INTRODUCTION:

Menstruation is a normal cycle and a healthy part of girls' and women's lives, but there are some cultural and religious misconceptions regarding the menstrual period.<sup>1</sup> The benefits of maintaining good hygiene during periods include a reduced risk of urinary tract infections, genitals rashes, and cervical cancer.<sup>2-3</sup> India has 355 million menstruating girls and women. Millions of these women and girls face a significant barrier to a comfortable and dignified experience with menstrual hygiene management.<sup>4</sup> A previous study showed that in 2005 showed that 90% of India's women used an unhygienic cloth to manage their menstrual period, whereas only 11.2% used hygienic sanitary pads and 3.9% used locally prepared napkins.<sup>2</sup> Menstruation is not openly talked about in families or at school. It is actually estimated that over half of girls don't know about menstruation when they first get their periods. Their mothers are too ashamed to talk about it and frequently lack knowledge of the biological explanation of menstruation and of the adequate ways of managing periods. Schools tend not to fill this gap either. Adolescents aged

15–19 years were more likely to use sanitary napkins than those aged 10-14 years. Older adolescents tend to have high levels of education, which may explain their higher use of sanitary napkins.<sup>5</sup> However, the association between community education (mother) and the use of sanitary napkins was not significant. Mothers play a crucial role in educating their daughters about health matters.<sup>6-7</sup> Teaching a girl about menstruation before she has her first period is the best way to make sure she knows what will happen, explain why she should not be scared and ensure she can keep coming to class. It's also a great time to combat social taboos and false information about menstruation that can hurt a girl's well-being. While most girls get their first period at about 12 years old, some girls will start menstruating as young as nine - so it's a good idea to start talking early about how your body changes as you grow up.<sup>8</sup>

#### Need for the study

Menstruation in India has always been a neglected topic involving myths and taboos resulting in a lack of awareness. Many girls around the age of 10-18 years in India drop out of school because they don't have access to menstrual hygiene facilities.<sup>9</sup> Neglect of menstrual issues has deprived many girls of accessing their fundamental Right to Education and even the Right to Life. This contributes to the increase in illiterate population in our country, mistreatment of girls, etc. Females in rural and backward areas of the country face most of the problems related to menstrual health and access to resources.<sup>10</sup> Menstruation makes the need for safe water, sanitation and hygiene, especially, important for women. In such conditions, access to safe water, sanitation and hygiene can be a matter of life and death. According to a report published by WaterAid, illnesses related to a lack of water, basic sanitation and hygiene were responsible for the deaths of almost 800,000 women around the world in a single year making it the fifth biggest killer of women behind heart disease, stroke, lower respiratory infections and chronic obstructive pulmonary disease.<sup>11</sup> Near about 6.6 % of women's has cervical cancer in which main cause is poor menstrual hygiene.<sup>12</sup>

Hence the investigator decided to conduct this study on awareness regarding using sanitary pads among adolescent girls.

#### Objective of the study

- To study the awareness regarding using sanitary pads among adolescent girls in the selected rural areas.
- To assess the awareness regarding using sanitary pads among adolescent girls (13-19) in selected rural areas.”
- To analyses the various infections caused using sanitary pads.
- To study the status of menstrual hygiene management among adolescent girls in selected rural areas.
- To associate the score of adolescent girls about using sanitary pads.

#### Operational definitions

##### Descriptive

In this study, the descriptive study is the one in which the information is collected without changing the environment.

##### Awareness

In this study, the awareness refers to the knowledge that has to be given to the adolescent girls.

##### Sanitary Pads

In this study, sanitary pads is the main criteria to be focused on.

##### Adolescents girls

In this study, adolescent girls are referring to as subject of the study.

##### Rural areas

In this study, rural area is the selected area where study has to be done or conducted.

#### Scope of the study

- The study can help to determine the level of knowledge acquired by adolescent girls in selected rural areas regarding awareness of using sanitary pads.

#### Hypothesis

- **H<sub>0</sub>** = There is no significant menstrual hygiene among adolescent girls in selected rural areas
- **H<sub>1</sub>** = There is a good menstrual hygiene among adolescent girls in the selected areas

#### Ethical aspects

- Prior permissions had been obtained from the institutional ethical committee.
- Prior permission had been obtained from school principal.
- Informed written consent had been obtained from the study subject.

- Confidentiality were maintained by coding the information obtained from the subjects.

## Sampling Criteria

### Inclusive criteria

- Adolescent girls
- 13-19 years of age
- Students who were present at the time of data collection.

### Exclusive criteria:

- Students who were not willing to participate.
- Students who were not present during the research study.

## METHODOLOGY:

Non-probability Convenient sampling technique was used to select the sample. Quantitative research approach with descriptive research design was used. The data collected during 4<sup>th</sup> March 2022 to 8<sup>th</sup> March 2022 among adolescent girls, using socio demographic data sheet and Questionnaire to assess the knowledge regarding sanitary pads among adolescent girls I selected rural area. Total 60 samples were selected by using sample calculation formula with the help of prevalence rate. The sample was calculated by using cochran's formula. Self-administered questionnaire to assess the knowledge regarding using sanitary pads. The tools was validated by 8 faculty members from community health nursing, medical surgical nursing, and child health nursing department. After the validation of tools to check the reliability by of the study is that 0.75 by using split half method. So after that finalized the tools for collection of main data or data collection.

## TOOLS:

**Socio demographic data sheet:** It contains data regarding age, educational status, income of the family and type of family.

**Knowledge questions:** This section contains 40 questions to assess the knowledge regarding sanitary pads.

### Scoring Technique

Grading of knowledge score among subjects

Level of Knowledge Score	Score Range	Percentage of Marks
Poor	0 – 10	0-25%
Average	11 – 20	26-50%
Good	21 – 30	51-75%
Excellent	31 – 40	76-100%

## RESULTS:

In this study, out of 60 adolescent girls participate in this study with majority of the subjects 100% were from the age group of 13 – 14 years, majority of the subjects 100% having 6 – 10 std level of education, majority of the subjects 61.7% having below 10000 income and majority of the subjects 63.3% having extended family. The pre-test post-test level of knowledge score is divided under following heading of poor, average, good and excellent. In the level of knowledge score, out of 60 subject's majority 50% of subjects had good level of knowledge score, 43.33% had excellent level of knowledge score, 6.67% had average level of knowledge score and 0% had poor level of knowledge score. Mean knowledge score of the subjects was  $14.58 \pm 2.775$ . Minimum knowledge score was 10 and Maximum Knowledge score was 19. The analysis reveals that there was significant association between knowledge score was no any demographic variables. There was no significant association between knowledge score with others demographic characteristics like age, education, income and type of family.

Level of knowledge score	Score Range	Percentage score	Level of Knowledge Score	
			Frequency (f)	Percentage (%)
Poor	0-5	0-25%	00	00
Average	6-10	26-50%	04	6.67
Good	11-15	51-75%	30	50
Excellent	16-20	76-100%	26	43.33
Mean $\pm$ SD knowledge score			14.58 $\pm$ 2.775	
Mean % knowledge score			72.92%	
Minimum score			10	
Maximum score			19	

**CONCLUSION:**

The investigator concludes that, according to the findings, there was a significant increase in the knowledge and awareness regarding using menstrual pads helped improve their knowledge. Hence, based on the above finding, it was concluded undoubtedly that the written prepared material by the investigator in the form of questionnaire helped the subjects to improve their knowledge regarding maintaining menstrual hygiene during menstruation.

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