



## Awareness Of Menstrual Problems & Menstrual Hygiene Among Adolescents Girls In Muzaffarnagar U.P

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### Abstract

**Background-** The issue of menstrual hygiene is inadequately acknowledged and has not received proper attention. Use of sanitary pads and washing the genital area are essential practices to keep the menstrual hygiene. Education about menstruation is a sensitive topic for young female students; providing appropriate knowledge is essential for maintaining and improving their health.

**Methods-** The present study was a questionnaire based in order to collect data which affects health of young girls. Lack of awareness and unhygienic practices affect the health in many ways. Altogether 200 students responded to survey. Our main objective is to know the menstrual pattern in young girls and awareness about menstruation.

**Result-** In our study we found that in spite of awareness still Indian women are lacking behind in getting proper health.

**Conclusion-** From our study we concluded, in spite of so-many programmes still we need more to create awareness. Due to social stigma most of the mother don't take their child to doctor. Therefore workshops, adding a chapter to some course's literature focusing on improving the lifestyle and associated modifiable factors with raising girls' general information.

**Keywords:** Awareness, Adolescents girl, Menstruation

### Introduction

The onset of menstruation (menarche) is one of the most significant transformations that girls go through during their adolescent years. Menstrual hygiene management (MHM) and practices by adolescent females of low-middle income group are a severe concern (1,2). Lack of menstrual hygiene is connected with negative effects such as infections of the reproductive and urinary tract, which may lead to future infertility and birth complications (3). Proper knowledge about menstrual hygiene and its application can improve adolescent girls' reproductive health to a great extent. Girls' and

women's health, education, and integrity are all dependent on good menstrual hygiene (4). According to the National Family Health Survey 5 (NFHS-5), women between the ages of 15 and 24 years who safeguard themselves throughout their menstrual period with hygienic ways are 77.3% in India (urban 89.4%, rural 72.3%) (5). Therefore, this study was aimed to assess the knowledge and practice of menstrual hygiene among school girls in North India.

### Material and Methods-

**Study Type-** It was web based questionnaire methods

**Study place-** The study was conducted in Muzaffarnagar medical college, the survey based questions were distributed among female students of some schools in rural areas near Muzaffarnagar medical college belong to class 7th to 12th class .The participants were asked to responded to web based questionnaires after proper consent . The questions were based to know menstrual patterns and awareness among adolescents girls.

**Sample size:** 200

**Sample technique:** Simple sampling technique  
**Inclusion criteria :**

Female students of school belong to class 7th to 12th class. **Exclusion criteria:**

1. Age >20 yrs

2. Patient with medical disorder such as coagulation disorders, hypothyroidism ,hyperthyroidism .

**Statistical analysis:** The statistical analysis done by using SPSS software. **Study period-** The period was from October 2023 to December 2023

**Selection criteria-** As the main background of our study to know the menstrual pattern among adolescents girls so we decided the age group between 11-20 years.

**Procedure -** Our procedure was simple , we explained our study to all participants and ask them to fill online survey questionnaire after informed consent.

**Results**

All the 200 participants after giving the consent ,had participated and filled the web-survey. The participants age were in between 11-20 yrs, with the mean age of 14+/-0.92years.

**Table 1 shows duration of menstrual cycle**

Duration of cycle	Number	Percentage
3-6 days	97	48.5%
7-9 days	44	22%
>9 days	2	1%
Others	57	28.5%

The duration of menstrual cycle in 97 girls had of 3-6days(48.5%),44 girls had of 7-9 days(22%),only 2 girls had more than 9 days(1%) and 57 girls not responded to question(28.5%).

**Table 2 shows frequency of menstrual cycle**

Frequency	Number of participants	Percentage
Regular	181	90.5%
Irregular	19	9.5%

Out of 200, 181 had regular frequency (90.5%) and 19 were irregular (9.5%).

**Table 3 shows the presence of dysmenorrhea and treatment taken**

Features	Participant	Percentage
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Experience of pain	129	64.5%
Severity of pain	69	34%
Treatment	6	3%

In table 2 shows ,129 experienced pain(64.5%), 69 had severe pain (34.5%) and only 6 had taken medication (3%)from 200.

**Table 4 ,showed experience of clots and flow and how many experience anemia,**

Features	Parti cipan	Perce ntage
Clots	62	31%
Heavy flow	15	7.5%
Anemia	56	28%

Out of 200, 62 girls had passed clots (31%) , 15 had heavy flow(7.5%) . From 200 girls 56,had anemia (28%), 1 had taken antifibronlytic ( tabtranexmic acid)

**Table 5 shows the menstrual hygiene awareness and how many practices menstrual hygiene**

Idea of MH	Parti cipan	Perce ntage
Yes	151	75.5%
No	49	24.5%
Practice of MH		
Yes	10	5%
No	190	95%

Among 200, 151 had idea about menstrual hygiene (75.5%)but only 10 girls change pad every 6 hours(5%) and 49 had no idea regarding menstrual hygiene (24.5%).

**Table 6 showed features awareness among girls**

Aware nes s	Parti cipan	Perce ntage
Mother	133	68.5%
Friends	36	18%
Doctor	20	10%

## Discussion

In our study the mean age is around 14.04+<sub>-</sub> 0.92 years which is similar to studies conducted in Andhra Pradesh in 2016 and Madhya Pradesh in 2021(4,6). In our study duration of menstrual cycle was 3-6 days(48.5%), similar to study showed that 79 % had duration of menstrual blood flow is 3-7 days and also in other study (7) where 83.3% had duration of 3-7 days(8). In our study dysmenorrhea was present in 129 girls (64.5%) similar to McKay and Diem(67%)(9) and Sundel et al, (67%)(10) but only 64 had severe pain 34.5% and only 6 girls took medication for pain relief(3%) so this is a big concern that in spite of having pain, patient didn't take any treatment. In our study, 62 girls had passed clots (31%) and only 15 had heavy flow(7.5%). Other studies conducted in India show that HMB may be experienced in 4 to 22% of the respondents(11). In our study, 75.5% had idea about menstrual hygiene but only 5% practice it which is very low as compared to other studies. In our study majority of girls get awareness from mother which is 66.5% much higher from other study(12). In our study many mothers don't take their girls to doctor in spite of acne(35.5%), facial hair(10%) and they thought menstrual blood is impure blood ( 5.5%). The limitations was less sample size.

## Conclusion

From our study we concluded, in spite of so many programmes still we need more to create awareness. Many of them have only idea of hygiene but don't practice it which create more infection to genital tract. Due to social stigma most of the mother don't take their child to doctor in spite of having pain, acne and facial hair, by awareness programs these barriers can be removed. There should be more menstrual health programmes to teach students to consider the connections between knowledge, behaviour, and improved human health, also assist in the improvement of maternal health. There is a need to address the menstrual morbidities in young girls' initial stages of life. Therefore workshops, adding a chapter to some course's literature focusing on improving the lifestyle and associated modifiable factors with raising girls' general information.

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