

ORIGINAL ARTICLE



ADOLESCENT GIRLS KNOWLEDGE ABOUT MENSTRUATION AND RESPONSES TO FIRST MENSTRUATION

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Abstract

Adolescence is a significant period in life of women during which is the period of transition from childhood, which are formative years when maximum amount of physical, psychological & behavioral changes take place. Adolescent girls often lack information regarding reproductive health ,including menstruation which can be due to socio cultural barriers in which they grow up. These differences create numerous psychological problem for them .Need of the hour for girls is to have information ,education and an enabling environment to cope with menstrual issues .It is commonly found that they practice taboo like avoiding going out of home , entry in to holy place. Not touching others ,restriction to cooking specially many girls avoid going to school ,there is urgent need to create awareness about that menstruation as normal functioning of body and to react rationally

Key Words Adolescence Girls Menarche Menstruation .

INTRODUCTION

Adolescence is a significant period in life of women during which is the period of transition from childhood, which are formative years when maximum amount of physical, psychological & behavioral changes take place. As per WHO life span between 10 to 19 is termed as Adolescence¹ .It is also a period of extreme stress and strain due one important mile stone that is menarche. Onset of Menarche and menstruation are bound to elicit tremendous psychological , social and cultural response among girls Adolescent girls often lack information regarding reproductive health ,including menstruation which can be due to socio cultural barriers in which they grow up. These differences create numerous psychological problem for them .Need of the hour for girls is to have information ,education and an enabling environment to cope with menstrual issues and girls have to be educated to understand and cope with stress associated with changing reproductive function as normal human body's physiology Menstruation still considered as dirty and unclean she is made to practice it ,some of the families restrict her to enter temples and kitchen In the present study titled "adolescent girls knowledge

about Menstruation and responses to first menstruation “an attempt has been made to know the knowledge and their reaction to first menstruation among adolescents residing in, urban field practice area of department of community medicine B L D E university’s Shri B M Patil Medical college Vijapur Karnataka state. Vijapur city is a district head quarter

OBJECTIVES

1. To study the knowledge about menstruation among adolescent girls
2. To elicit reactions to first menstruation

MATERIAL AND METHODS

Study area- Kalal galli urban field practice area of Dept of community medicine Vijapur city
 Study design –Cross sectional
 Sample size- 342 Adolescents girls residing in kalal galli
 Study period—one month (August 2012)
 Study technique:- Questionnaire / Interview
 Statistical analysis: Data was presented using Percentage and association was done using Chi square Test.

OBSERVATIONS

Among 342 respondents maximum respondents 69(20.18%) were in age of 18 years .183 (53.80%) respondents were Hindus .158 (46.20 %)were belonged to Muslim .Maximum number of girls were from nuclear family 64.61% and 35.39% were from joint families .94.74 % of respondents were literates .51.75% of respondents belonged to lower socio economic class 4&5².It is found that only 63(18.42 %)had knowledge about Menstrual cycle before attainment of menarche. Mother is source information for 40(63.49%) respondents .sisters are source of information for 15(23.80%) girls. maximum 27(42.85 %) opined that age at menarche is between 12 to 14 years .Durge and Waradpande ³ in their cross sectional study showed their maximum girls attained menarche between 13 and 14 years

All respondents opined that they practice taboo like avoiding going out of home , entry in to holy place. Not touching others ,restriction to cooking Ahuja and Tiwari ⁴ noticed that 84%of girls are practicing some taboo during menstruation 50% avoid holy places and 20 % are restricted from kitchen related work .Majority of girls had negative reaction to menarche and this might be due to superstition prevalent in the social milieu around them and also highlighted the fact that girls are unaware till the onset of menarche

Elango ⁵ observed that 96% of slum girls were using old cloths during period and only 2.9 % used sanitary napkins and 1.1 % did not use any thing due to very scanty bleeding

Table 1-Educational status and their knowledge about onset of menarche

Educational status	Yes No (%)	No No (%)	Total
Illiterate	3(4.7)	15(5.38)	18
Primary	18(28.57)	39(13.99)	57
Secondary	24(38.09)	80(28.67)	104

High school	8(12.70)	70(25.08)	78
PUC	10(15.87)	58(20.79)	68
Degree	-	17(6.09)	17
Total	63(100)	279(100)	342

$X^2=16.03$ $P>0.007$

Table 2-Educational status and their reaction to MC

Educational status	Scared No	Shy No	Sad No	Total
Illiterate	6	9	3	18
Primary	13	42	2	57
Secondary	49	38	17	104
High school	26	41	11	78
PUC	11	47	10	68
Degree	1	12	4	17
Total	106	189	47	342

Pooled $X^2=37.981$ $P<0.000$

SUMMERY

There is lack of awareness about Menarche and menstruation among the girls .this may lead to stress and strain among them .Girls regular activities hamper due to misconception related to cultural practices during menstruation there is urgent need to give health education regarding healthy management of menstrual cycle. Care has to be given to educate girls about Human reproductive health .Mothers ,Health workers Teachers ,peer group associations have to give prime concern to the Issues related to menarche and menstrual cycle

Encourage girls to utilize services of Adolescent clinics ARSH⁶ programme by government of India .Media has vital role in creating awareness about this unique mile stone of womanhood

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