

A Comparative Study of Knowledge Regarding Menstrual Aspects Among Adolescent Girls According to Age, Education, Family Type, Members and Yearly Family Income

ANURADHA YADAV^{1*} AND RASHMI BISHNOI²

¹Research Scholar and ²Professor

¹Department of Home Science, University of Lucknow, Lucknow (U.P.) India

²Department of Home Science, N.S.C.B. Government Girls P.G. College, Lucknow (U.P.) India

ABSTRACT

A comparative study of knowledge regarding menstrual aspects among adolescent girls according to age, education, family type, members and yearly family income was conducted and presented in this paper. One hundred adolescent girls aged 15 - 20 years were selected from the Lucknow district using multi stage stratified sampling techniques. The percentage of knowledge regarding menstrual aspects towards regularity of mensural cycle, menstrual cycle taught in the class and felt any problem during menstrual period were significantly differed between the adolescent girls according to age and education, type of family and number of members in the family respectively while the knowledge of all the other aspects were insignificantly differed between the adolescent girls according to age, education, type of family, number of members in the family and family yearly income.

Key Words : Menstrual aspects, Adolescent girls, Age, Education, Family type, Yearly family income

INTRODUCTION

Knowledge, attitude and practices regarding menstrual aspects among adolescent girls were effected their health in which knowledge regarding menstrual aspects is the most important factor. The majority of the girls viewed menstruation as natural and sign of womanhood (Thakur *et al.*, 2014). The studies conducted in India and abroad on knowledge regarding menstrual aspects among adolescent girls revealed that certain characteristics *i.e.* socio-economic and demographic were significantly responsible for the health of the adolescent girls. Menstrual health and hygiene is mostly ignored in major parts of society irrespective of culture, religion, caste, language, place or status. The purpose of the present study is to know the factor which affects the knowledge regarding menstrual aspects among the

adolescent girls.

Objective of the study :

To compare the knowledge regarding menstrual aspects among adolescent girls according to their certain characteristics.

METHODOLOGY

One hundred adolescent girls were selected from Lucknow district as a unit of information through multistage stratified random sampling technique and the required information was obtained by using pre-tested questionnaire by the researcher.

Tools of the Study :

A self-constructed and pre-tested questionnaire

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developed by the investigator was used to compare the knowledge regarding menstrual aspects among adolescent girls according to their certain characteristics in the present study.

RESULTS AND DISCUSSION

The collected data were tabulated, analyzed, discussed and presented in the tables given below :

Table 1 reveals the comparison of of knowledge regarding menstrual aspects among adolescent girls according to their age. The knowledge of menstrual cycle, not aware about menstrual cycle before start, menstrual cycle taught in the class, regular menstrual cycle and felt any problem during menstrual period were found to be more among the adolescent girls aged 18 - 20 years as compared to adolescent girls aged 15 - 17 years. Statistically, significant difference regarding regularity of menstrual cycle was observed among the adolescent girls according to their age ($p < 0.05$) while no significant

differences in knowledge of menstrual cycle, aware about menstrual cycle before start, menstruation cycle taught in the class and felt any problem during menstrual period were found among the adolescent girls aged 15-17 and 18 - 20 years even at 5% level of significance. Paria *et al.* (2014) conducted a study on menstrual hygiene among urban and rural adolescent girls and their finding supported a significant difference in the awareness of menstrual hygiene among girls according to their age. Subhas *et al.* (2011) in their study observed that only 36.95% of the adolescent girls were aware of menstruation before menarche and the menstrual hygiene showed a significant difference between the adolescent girls according to age.

The knowledge regarding menstrual aspects among adolescent girls according to education was studied, analyzed and presented in the Table 2. The knowledge of menstrual cycle, not aware about menstrual cycle before start, menstrual cycle taught in the class, regular menstrual cycle and felt any problem during menstrual

| Knowledge Regarding Menstrual Aspects | Response | Age in year | | | | Statistical Values | | | |
|--|----------|----------------|------|----------------|------|--------------------|----------------|----|-------|
| | | 15-17 (N = 40) | | 18-20 (N = 60) | | Total | | | |
| | | No. | % | No. | % | No. | X ² | Df | p |
| Do you know about Menstrual cycle? | Yes | 35 | 87.5 | 55 | 91.5 | 90 | 0.463 | 1 | >0.05 |
| | No. | 5 | 12.5 | 5 | 8.3 | 10 | | | |
| Are you aware about Menstrual cycle before start. | Yes | 12 | 30.0 | 15 | 25.0 | 27 | 0.304 | 1 | >0.05 |
| | No | 28 | 70.0 | 45 | 75.0 | 73 | | | |
| Is any chapter related to menstrual cycle taught in your class ? | Yes | 19 | 47.5 | 32 | 53.3 | 51 | 0.327 | 1 | >0.05 |
| | No. | 21 | 52.5 | 28 | 46.7 | 49 | | | |
| Is your menstrual cycle is regular ? | Yes | 29 | 72.5 | 57 | 95.0 | 86 | 10.091 | 1 | <0.05 |
| | No | 11 | 27.5 | 03 | 05.0 | 14 | | | |
| Have you felt any problem during menstrual period ? | Yes | 25 | 62.5 | 39 | 65.0 | 64 | 0.065 | 1 | >0.05 |
| | No | 15 | 37.5 | 21 | 35.0 | 36 | | | |

| Knowledge Regarding Menstrual Aspects | Response | Educational Status | | | | Statistical Values | | | |
|--|----------|---------------------------|------|---------------------------------|------|--------------------|----------------|----|-------|
| | | Upto High School (N = 33) | | Intermediate and above (N = 67) | | Total | | | |
| | | No. | % | No. | % | No. | X ² | Df | p |
| Do you know about menstrual cycle? | Yes | 28 | 84.9 | 62 | 92.5 | 90 | 1.452 | 1 | >0.05 |
| | No. | 05 | 15.1 | 05 | 7.5 | 10 | | | |
| Are you aware about menstrual cycle before start. | Yes | 10 | 30.3 | 17 | 25.4 | 27 | 0.273 | 1 | >0.05 |
| | No | 23 | 69.7 | 50 | 74.6 | 73 | | | |
| Is any chapter related to menstrual cycle taught in your class ? | Yes | 15 | 45.5 | 36 | 53.7 | 51 | 0.6.6 | 1 | >0.05 |
| | No. | 18 | 54.5 | 31 | 46.3 | 49 | | | |
| Is your menstrual cycle is regular ? | Yes | 24 | 72.7 | 62 | 92.5 | 86 | 7.207 | 1 | <0.05 |
| | No | 09 | 27.3 | 05 | 07.0 | 14 | | | |
| Have you felt any problem during menstrual period ? | Yes | 20 | 60.6 | 44 | 65.7 | 64 | 0.2436 | 1 | >0.05 |
| | No | 13 | 39.4 | 23 | 34.3 | 36 | | | |

period were found to be more among the adolescent girls educated to intermediate level and more as compared to adolescent girls educated up to high school level.

Statistically, significant difference regarding regularity of menstrual cycle was observed among the adolescent girls according to educational level ($p < 0.05$) while no significant differences in knowledge of menstrual cycle, aware about menstrual cycle before start, menstruation cycle taught in the class and felt any problem during menstrual period were found among the adolescent girls educated upto high school and intermediate level and more ($p > 0.05$). Kandpal *et al.* (2019) supported the finding of the present study that very few adolescent girls were having menstrual irregularities where as dysmenorrhea was common in all. Drakshayani Devi and Venkata Ramaiah (1994) conducted a study on menstrual hygiene among rural adolescent girls in Bapatla, Andhra Pradesh. The finding of the study shows that majority of the girls have adequate knowledge about menstruation.

The knowledge regarding menstrual aspects among

adolescent girls according to family type was studied, analyzed and displayed in the Table 3. The knowledge of menstrual cycle, aware about menstrual cycle before start, menstrual cycle taught in the class and felt any problem during menstrual period were found to be slightly more among the adolescent girls belonged to joint families as compared to adolescent girls belonged to nuclear families. Statistically, significant difference regarding menstruation cycle taught in the class was observed among the adolescent girls belonged to nuclear and joint families ($p < 0.05$) while no significant differences in knowledge of menstrual cycle, aware about menstrual cycle before start, regularity of menstrual cycle and felt any problem during menstrual period were found among the adolescent girls according to family type even at 5% level of significance. Similar finding was also reported by Thakur *et al.* (2014) as they found that the adult girls were aware about menstruation prior to menarche.

The knowledge regarding menstrual aspects among adolescent girls according to number of members in the families was studied, analyzed and presented in the Table

Table 3 : Comparison of knowledge regarding menstrual aspects among adolescent girls according to family type

| Knowledge Regarding Menstrual Aspects | Response | Family Type | | | | Statistical Values | | | |
|--|----------|------------------|------|----------------|------|--------------------|----------------|----|-------|
| | | Nuclear (N = 40) | | Joint (N = 60) | | Total | | | |
| | | No. | % | No. | % | No. | X ² | Df | p |
| Do you know about menstrual cycle? | Yes | 53 | 86.9 | 37 | 94.9 | 90 | 1.686 | 1 | >0.05 |
| | No. | 08 | 13.2 | 02 | 05.1 | 10 | | | |
| Are you aware about menstrual cycle before start. | Yes | 15 | 24.6 | 12 | 30.8 | 27 | 0.461 | 1 | >0.05 |
| | No | 46 | 75.4 | 27 | 69.2 | 73 | | | |
| Is any chapter related to menstrual cycle taught in your class ? | Yes | 23 | 37.7 | 28 | 71.8 | 51 | 11.063 | 1 | >0.05 |
| | No. | 38 | 62.3 | 11 | 28.2 | 49 | 11.063 | | |
| Is your menstrual cycle is regular ? | Yes | 54 | 88.5 | 32 | 82.1 | 86 | 0.828 | 1 | <0.05 |
| | No | 07 | 11.5 | 07 | 17.9 | 14 | | | |
| Have you felt any problem during menstrual period ? | Yes | 36 | 59.0 | 28 | 71.8 | 64 | 1.686 | 1 | >0.05 |
| | No | 25 | 41.0 | 11 | 28.2 | 36 | | | |

Table 4 : Comparison of knowledge regarding menstrual aspects among the subjects according to family members

| Knowledge Regarding Menstrual Aspects | Response | Family Members | | | | Statistical Values | | | |
|--|----------|----------------|------|--------------------|------|--------------------|----------------|----|-------|
| | | Below (N = 41) | | 5 & above (N = 59) | | Total | | | |
| | | No. | % | No. | % | No. | X ² | Df | p |
| Do you know about menstrual cycle? | Yes | 36 | 81.8 | 54 | 91.5 | 90 | 0.372 | 1 | >0.05 |
| | No. | 05 | 12.2 | 05 | 08.5 | 10 | | | |
| Are you aware about menstrual cycle before start. | Yes | 12 | 29.3 | 15 | 25.4 | 27 | 0.181 | 1 | >0.05 |
| | No | 29 | 70.7 | 44 | 74.6 | 73 | | | |
| Is any chapter related to menstrual cycle taught in your class ? | Yes | 23 | 56.1 | 28 | 47.5 | 51 | 0.723 | 1 | >0.05 |
| | No. | 18 | 43.9 | 31 | 52.5 | 49 | | | |
| Is your menstrual cycle is regular ? | Yes | 38 | 92.7 | 48 | 81.4 | 86 | 2.578 | 1 | <0.05 |
| | No | 03 | 07.3 | 11 | 14.6 | 14 | | | |
| Have you felt any problem during menstrual period ? | Yes | 21 | 51.2 | 43 | 72.9 | 64 | 4.927 | 1 | >0.05 |
| | No | 20 | 48.8 | 16 | 27.1 | 36 | | | |

Table 5 : Comparison of knowledge regarding menstrual aspects among adolescent girls according to family yearly income

| Knowledge Regarding Menstrual Aspects | Response | Family Yearly Income | | | | Statistical Values | | | |
|--|----------|------------------------------|------|------------------------------|-------|--------------------|----------------|----|-------|
| | | Below Rs. 150000 (N = 40) | | 150000 and above (N = 60) | | Total | | | |
| | | No. | % | No. | % | No. | X ² | Df | p |
| Do you know about menstrual cycle? | Yes | 31 | 91.2 | 59 | 89.4 | 90 | 0.079 | 1 | >0.05 |
| | No. | 03 | 08.8 | 07 | 10.6 | 10 | | | |
| Are you aware about menstrual cycle before start. | Yes | 06 | 17.6 | 21 | 31.8 | 27 | 2.286 | 1 | >0.05 |
| | No. | 28 | 82.4 | 45 | 68.2 | 73 | | | |
| Is any chapter related to menstrual cycle taught in your class ? | Yes | 15 | 44.1 | 36 | 54.6 | 51 | 0.977 | 1 | >0.05 |
| | No. | 19 | 55.9 | 30 | 45.4 | 49 | | | |
| Is your menstrual cycle is regular ? | Yes | 28 | 82.4 | 58 | 87.9 | 86 | 0.559 | 1 | <0.05 |
| | No. | 06 | 17.6 | 08 | 12.10 | 14 | | | |
| Have you felt any problem during menstrual period ? | Yes | 24 | 70.6 | 40 | 60.6 | 64 | 0.971 | 1 | >0.05 |
| | No. | 10 | 29.4 | 26 | 39.4 | 36 | | | |

4. The percentage knowledge of menstrual cycle was slightly more among the adolescent girls belonged to families having below 5 members as compared to adolescent girls belonged to families having 5 members and above. While the percentage knowledge regarding aware about menstrual cycle before start, menstrual cycle taught in the class, regularity of menstrual cycle and felt any problem during menstrual period were more among the adolescent girls belonged to families having 5 members and above as compared to adolescent girls belonged to families having below 5 members. Statistically, no significant differences regarding menstrual cycle, aware about menstrual cycle before start, menstrual cycle taught in the class and regularity of menstrual cycle were observed among the adolescent girls according to number of members in the families ($p > 0.05$) while significant difference in knowledge of any problem felt during menstrual period was found among the adolescent girls according to number of members in the families even at 5% level of significance. Deshpande *et al.* (2018) indicates in his study that girls had lack of information about menstruation, psychological effect of menstruation and weakness during the menstrual period. A study on knowledge and practices of menstrual hygiene between 11-16 years adolescent girls in one of the Municipal Corporation School, Ahmednagar was conducted by Pundkar *et al.* (2014) and similar finding was reported that girls were aware of source of menstrual bleeding.

Table 5 reveals the comparison of knowledge regarding menstrual aspects among adolescent girls according to family yearly income. The percentages of knowledge regarding menstrual cycle was more among the adolescent girls belonged to families having yearly

income of below Rs.1,50,000 as compared to adolescent girls belonged to families having yearly income of Rs.1,50,000 and above while the percentages of knowledge regarding aware about menstrual cycle before start, menstrual cycle taught in the class, regularity of menstrual cycle and felt any problem during menstrual period were more among the adolescent girls belonged to families having yearly income of Rs.1,50,000 and above as compared to adolescent girls belonged to families having yearly income of below Rs.1,50,000. Statistically, no significant differences regarding all aspects *i.e.* menstrual cycle, aware about menstrual cycle before start, menstrual cycle taught in the class, regularity of menstrual cycle and felt any problem during menstrual period were observed among the adolescent girls according to their family yearly income ($p > 0.05$). Verma (2019) suggested in her study that menstrual hygiene is mostly ignored in major part of the society irrespective of culture, caste, status, religion, language or place. Most of the girls explained that in their initial years of menstruation they feel lot of problems ie placing napkin properly cleaning genitals, washing vagina regularly, changing pads, due to which they either drop out from their school or feel embarrassed.

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