

CHANDRAKONA VIDYASAGAR MAHAVIDYALAYA



Project Report
On
Attitude Towards Menstrual Hygiene Among Adolescent College students.



Submitted by
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1.Introduction:

1.1Background of project study:

My flourishing attention about Menstruation or Menstrual hygiene that how it is affected on adolescent girls and women's uniquely started few years ago then, I bought my first menstrual sanitary napkin and begun using it . My monthly experience of menstruation was very exclusive .From then and now I am always trying to interpose and showing the satisfaction of it whenever I have got a chance. And I have thought out the prospects for substantial transition to menstrual comfort ; if each & every adolescent girls could benefit from Menstrual sanitary Napkin . At the moment, I do. I always believe that menstruation is a basic natural part of women's life that's why often received to be something of a non-issue. And girls are managed very confidently with whatever she has , during menstrual periods. Though they are utterly conscious of societal challenges.

College Days are noteworthy period in the life of students. They starts their college life possibly from 19 years and ends at 22-23 years. This is the interim period for any students. Not only the educative developments of the students incur several physical , psychological , & emotional developments during that college periods. This developments or interchanges are normal and natural . And adolescence is a distinct phase of students life. Adolescence has recently acquire acknowledgement as a distinct phase of with its own exclusive needs. And also this term adolescence contains cognitive , societal and behavioral characteristics of this period. Adolescent girls attain menarche which is the onset of menstruation, that time girls are introduce first menstrual period and prompts the start of woman's reproductive age. For adolescent girls , it is backbreaking experience which is usually associated with taboo and surrounded by silence and myths (pandey 2014).

Menstruation is the biological process of releasing of blood from uterus through vagina for 1-7 days in every month from age of maturity until menopause. Each periods starts approximately every 28 days if women does not become pregnant during this cyclical process. A girl will have approximately 500 period in her life time. In Indian society , menstruation is seen as impure and culturally disgraceful occurrence. Therefore , adolescent students are needed to good practices towards menstruation for health & hygienic life. Also menstrual hygiene is an significant aspect of reproductive health and should be the effective management of menstrual bleeding by adolescent girls and women's. If it is not take care appropriately , may create gynecological problems. Even students dropouts are pivotal problems during menstrual periods. Secure menstrual hygiene management is very significant to achieve education and financial equity. And it is estimated that in India 23% girls drop out after attaining puberty(sohn,2014)..

In Indian society we see that the adolescent girls and women's perceptions towards menstrual hygiene vary with their culture and religion , tradition & thoughts. Girls keep enough privacy about their period and also embarrassed to talk on menstruation with friend , parents & teacher. But menstrual experiences should be the different among adolescent girls, if they sincerely conscious about menses before menarche, they can make themselves to accept and carry it confidently . Therefore possible to build positivistic attitude towards menstruation and menstrual hygiene . Although , there is a lack of adequate and accurate knowledge about

menstruation and menstrual hygiene. Hence , increasing burden of all reproductive phase complications. And good attitude towards menstruation and menstrual hygiene being differ. If girls wants to make positive attitude towards menstrual hygiene, they require a gratifying knowledge and awareness...

Hence it is necessitous to study this work " Attitude towards Menstrual Hygiene among Adolescent college students"-Which will definitely encourage to pre-plan and accomplish the obligatory educative interventions in college curriculum to amplify the consciousness.

1.2 Objectives of the study:

- To study the attitude of adolescent college students towards menstrual Hygiene.
- To find out if there exists any statistical significant difference of attitude towards Menstrual hygiene of adolescent college students in reference to their place of residence
- To find out if there exists any statistical significant difference of attitude towards menstrual Hygiene of adolescent college students in reference to their Gender.
- To find out if there exists any statistical significant difference of Attitude towards Menstrual hygiene of adolescent college students in reference to their stream of studying.

1.3: HYPOTHESIS:

- There will be no statistical significance difference of attitude towards Menstrual hygiene of adolescent college students in reference to their place of residence.
- There will be no statistical significance difference of attitude towards Menstrual hygiene of adolescent college students in reference to their Gender.
- There will be no statistical significance difference of attitude towards Menstrual hygiene of adolescent college students in reference to their stream of studying.

1.4 Rational of this Project work:

Today's adolescents are future's adults who are the strength of nation. But most of the adolescents are extremely unaware of their own body and their physical wellbeing & psychological changes. Every adolescent students need to better knowledge and attitude towards Menstrual hygiene in their life. It is very indispensable to practice good menstrual hygiene for normal life because it may cause reproductive tract infection. But due to social taboos students have very poor and inadequate information about menstruation and menstrual Hygiene & also made the issues of menstrual hygiene misunderstood. Even attitude towards menstrual hygiene must be impartial. Other side, some adolescents are found to be lagging behind compete with students who have righteous attitude towards menstrual hygiene. Those students are unable to study in proper way and dropout in the college increased. In this arena, it is essential to this project work of the attitude towards menstrual hygiene among adolescent college students. It is also hoped that from this project work must generate further interest in the research field of reproductive health and menstrual hygiene in the context of rural areas adolescent college students.

1.5 Statement of the project work:

The project work title is stated as bellow:

"ATTITUDE TOWARDS MENSTRUAL HYGIENE AMONG ADOLESCENTS COLLEGE STUDENTS"

In this project work, the investigator has selected students of Chandrakona Vidyasagar Mahavidyalaya, in Paschim Medinipur district. Menstruation is an issue that each adolescent students of rural and urban areas in Paschim Medinipur districts are rarely mentioned publicly due to superstitions and social taboos. Furthermore there is no adequate institutions to guide the adolescents students in managing their menstruation. Neither are there gender friendly college toilets, Nor is there on the part of teachers to assist menstruating students of the provision of the information. Also investigator wanted to improve the attitude of the adolescents students of Chandrakona Vidyasagar Mahavidyalaya, in Paschim Medinipur districts. So, it can be said that adequate knowledge, positive attitude towards menstruation and menstrual hygiene and proper guidance would pave the way for the advancement of the equal standards of adolescent college students. Therefore, this project study of Attitude towards menstrual hygiene especially at the puberty stage, become very indispensable.

1.6 Significant of the study:

Adolescent college students have to grow their hygiene management skills on menstruation to progress in college education as well as socio-economic status. Although, education of pre-menarcheal generally comes from mothers, peers, sometimes teachers and assist adolescent students in accepting menstruation as normal physiological change. But it is seen that adolescents students are less informed, and less experienced on menstrual hygiene; even they have different attitude such as avoiding holy places, not touching others or not touching plant & sometime rural adolescent students have no absorbent materials., they used of leaves, mud, and cow-dung materials as absorbent materials. Also, rural areas, have strong notion about menstruation; as an illness. Therefore, this project work is considered as a pivotal one. Also to be emergently attained to in order to guide the adolescent college students who are to achieve a good personal, academic, professional and social life. Adequate reproductive health and proper hygiene is important to the adolescent college students to face real life situation. It is an eminent issue and every adolescent college students should be care full on healthy hygiene management skill. Also most of the adolescent students of parents are depending upon agriculture, they have zero knowledge about menstrual hygiene to guide their children about reproductive health. Even socio-economic status condition and environment is not supportive for acquiring knowledge and changing the attitude towards menstrual hygiene in this area. Hence, this project work is prerequisite to find out the solution.

1.7 Operational Definitions:

Menstruation: It is the process in a woman of discharging blood and other material from the uterus at interval of about one lunar month from puberty until menopause (oxford dictionary).

Attitude: An attitude is an individual's degree of like or dislike for something as an idea, object or person. Here, attitude means that positive or negative thought towards menstruation or menstrual hygiene.

College Students: Here college students means that an individual who is full time pupil attending an institution of higher education.

1.8.Delimitations:

- This project work was restricted to students of Chandrakona Vidyasagar Mahavidyalaya in Paschim Medinipur district.
- This project work was limited to only 90 students only.
- This project study is confined to 45 boys and 45 girls students only
- This study was also restricted to 45 urban and 45 rural students only.

2. Review of Literature:

1.9 International level:

01. A study was conducted by Gregory J. Boyale., (1997) with title "Effects of menstrual cycle moods and symptoms on academic performance of senior secondary school students". Aims of the study was to expected that menstrual related moods & symptoms would have both negative and positive influences on academic learning outcomes, and the magnitude of these effects would be directly proportional to the salience of such moods and symptoms across the monthly cycle. The sample comprised of 427 female students attending a number of secondary school of Melbourne b area, Australia. And data were collected through Menstrual distress questionnaire. Major findings indicates that the premenstrual, menstrual and inter-menstrual phases, moods and symptoms significantly predicted grades in 14%, 7%, and 13% of instances, respectively. Although most significant relationships were negative. So, menstrual cycle variables play a small, but discernible role on academic learning outcomes, contributing both positively and negatively performance. Prospective studies are now needed to provide a more definite account of menstrual cycle influences on academic performance.
2. . A study was conducted by Turkan Turan., (2003) with title "Determination of knowledge and practices about menstruation". The data was collected using a 21 item questionnaire developed by the researcher based on information in the literature. The mean age of the girls included in the study was 12.88+0.94. More than half of the girls 52% had begun menstruating. And mean age for menarche was 12.29+0.81. Major findings indicates that the majority (90%) had received information about menstruation. And a significant difference was found between frequency of changing sanitary pads and students income status. As their income level decreased their frequency of changing pads decreased. So, the children had a knowledge deficit about menstruation & education needs to be given at their schools and in their families.
3. A study was conducted by Trinoye OO, Opgunghomi A, Ajo Ao., (2003) With title "Menstruation : Knowledge Attitude and Practices of students in Taiwan". The purpose of the study was to explore gender differences in knowledge and attitude towards menstruation among Taiwanese adolescents. This study was a cross sectional comparison study conducted in Taiwan. The survey was conducted among 287 female and 269 male students at a junior high schools participated in the study. The study findings showed that almost all students had heard about menstruation and most of them had received menstrual information in school. However their knowledge about menstruation was not accurate. But male students expressed more negative attitude towards menstruation than the female students.
- 4 . A study was conducted by Ei-Gilany AH, Badawai K., (2005) with title "Menstrual hygiene among adolescent school girls in Mansoura, Egypt". This study was conducted among 664 school girls aged 14-18 in Egypt. Girls were selected by cluster sampling technique in secondary school in rural and urban areas. Data were collected through an anonymous, self-administered, open-ended questionnaire. This study findings showed that use of sanitary pad may be increasing, but not among girls from rural and urban families. And other aspects of personal hygiene were generally found to be poor, such as not changing pads regularly, not bathing during menstruation. Lack of privacy was most important problem. But a large majority of girls said they needed more information.
5. A study was conducted by Rembeck G I, Moller .M., (2006) With title "Attitude and feelings towards menstruation and womanhood in girls at menarche". The survey was adopted and the study was conducted among 309 girls students. Data were collected through questionnaire. The study findings showed that post-

menarcheal girls were less positive attitude towards menstruation than pre-menarcheal girls. Many of the girls claimed that they had been called cunt or whore. 17% stated they felt alone. Mothers were those with whom girls could most easily chat about their periods. 67% received information about menstruation from school nurses.

6. A study was conducted by Adina and Adinma., (2008) with title "Perceptions, problems, practices of menstruation amongst Nigerian secondary school girls". A cross sectional survey was conducted. 550 girls were randomly selected to determine their perceptions, problems and practices on menstruation. The majority of the students were aged 15-17 years. Pre-designed, Self-administered questionnaire was used for data collection. This study findings indicates that Only 39.3% perceived menstruation to be physiological. Abdominal pain discomfort (66.2%) was the commonest medical problem encountered by respondents, although 45.8% had multiple problems. The study also reveals that unsanitary menstrual absorbents were used by 55.7% of the respondents. The perceptions on menstruation were found to be poor and school girls quiet often used incorrect practices during menstruation.

7. A study was conducted by Rondini s et al., (2009) with title "knowledge, attitude and practices on reproductive health among secondary school students in Bolgatanga, Upper East Region, Ghana". The aim of the present study was to learn about the knowledge, attitudes and practices of reproductive health among adolescent students in Bolgatanga. The study population comprised students from five schools in Bolgatanga. Quantitative data were collected through questionnaire which included open and closed questions. A sample size of 219 students from the selected schools answered the questionnaire. The study findings showed that concerning low familiarity of the student population with family planning methods which combined with minimal contraceptive use, pose them for unwanted pregnancies and sexual infections transmission. Also, poor infrastructures and low accessibility of these rural areas in Ghana may have led to uneven distribution of reproductive health education programs in the country; urging more programs & interventions aimed to particularly at these high risk.

8. A study was conducted by Lawan UM., (2010) with title "Menstruation and menstrual hygiene amongst adolescent school girl in Kano, Northwestern, Nigeria". This study examined the knowledge and practices of adolescent school girls in Kano, Nigeria around menstruation & menstrual hygiene. A cross-sectional design was used to study a sample of 400 adolescent female secondary school students. The students were selected using a the multistage sampling technique. The study findings indicates that Majority had fair knowledge of menstruation, although deficient specific knowledge areas. Most of them used sanitary pads as absorbent during their last menses; changed menstrual dressings about 1-5 times per day. Institutionalizing sexuality education in Nigerian schools; developing & disseminating sensitive health messages targeted at both parents and their children; improving access of the adolescents to youth services are veritable means of meeting the adolescent reproductive health needs in Nigeria.

9. A study was conducted by Oster et al., (2010) with title "Menstruation and Education in Nepal". This study aimed to determine the prevailing knowledge and experience of menstrual hygiene management in the daily lives and routines among adolescent school girls in rural and urban areas of Nepal. The survey was conducted by stratified randomization technique in schools which located in both rural and urban areas in Nepal. Major findings revealed that respondents had attained menarche between 10 and 16 years. And the mean age a menarche being 13.3 years. The study findings concluded that knowledge and perception about menstruation and hygienic practices were very poor among adolescent girls in both rural and urban areas of Nepal.

10. A study was conducted by Aflaq, F et al., (2012) with title "Experiences and attitudes related to menstruation among female students". Aim of the study was to explore the relationship between attitude and experiences related menstruation among female adolescents. Sample consisted of 245 female adolescents studying at intermediate to post-graduate levels in post graduate college for women in Islamabad. Convenience sampling was utilized for the sample selection. And checklist on experiences related menstruation was developed in the present study. The study findings showed that significant positive correlation between attitude and experiences related to menstruation. Overall negative attitudes and experiences prevailed among students. Also mothers as a major source of information regarding menstruation had more positive attitudes and experiences. Further, those who used ready-made sanitary napkins showed significantly more positive attitudes & experiences than those who used home-made sanitary napkins.

11. A study was conducted by Cajetan et al., (2016) with title "Menstrual hygiene practices and sources of Menstrual Hygiene information among adolescent secondary school girls in Abakaliki education Zone of Ebonyi state". The study was designed to ascertain the menstrual hygiene practices & sources of menstrual hygiene information among 1200 adolescent secondary school girls, who completed the questionnaire designed for the study. Percentages and chi-square statistic were used to analyze the data. This study findings shows that girls menstrual hygienic practices were not cheering & received menstrual information from undependable sources. Significant differences were found among the in their menstrual hygiene practices and sources of menstrual hygiene information. So, Menstrual hygiene should be linked to the hygienic education programme in schools with active involvement of teachers.

12. A study was conducted by Ephrem Biruk., (2017) with title "Assessment of menstrual hygiene management and its determinants among adolescent girls in Addis Ababa, Ethiopia". The objective of the study was to assess the menstrual hygiene management and its determinants among adolescents girls in Addis Ababa, Ethiopia. A Cross sectional study design with quantitative method was carried out among 770 systematically selected adolescent school girls of Addis Ababa from april 1 to 5 may, 2017. A self-administered pretest close ended Amharic questionnaire at school setting was used for data collecting. Major findings indicates that a significant positive association between good knowledge of menstrual hygiene management. Also majority of participants had good knowledge of menstrual hygiene, although knowledge was better than practice, And girls should be educated about the process, use of proper pads or absorbents and proper disposal.

2.0.National Level:

13. A study was conducted by Suvarnalekha, devi, K., (2008) with title "Menstrual hygiene and related physical psychosocial problems among adolescents girls of Trivandrum". The present study is intended to assess the level of knowledge of adolescent girls regarding menstrual problems and menstrual hygiene. A quasi experimental method was adopted. The sample consisted of 1000 girls studying in 7th to 10th standards. The sample included the students who had and had not attained menarche. The sampling technique was multi stage sampling. Pre-test data was collected using two structured questionnaire. This study findings showed that existing knowledge about menstruation and coping strategies school girls are meagre. They improved after educational programme and there was considerable increase in the tolerance of menstrual problems. And also menstrual hygiene practices improved significantly after the intervention.

14. A study was conducted by **Dasgupta A, Sarker., (2008)** with title "**Menstrual hygiene: How hygiene is the adolescent girls**". A descriptive, cross sectional study was conducted among 160 adolescent girls of a secondary school situated in the field practice area of rural health unit and training center, Singur, West Bengal with the help of pre-designed and pre-tested questionnaire. Also probability sampling technique was adopted. Data was analyzed statistically by simple proportions. **Major findings indicates** that among 160 respondents, 108 (67.5%) girls were aware about menstruation prior to attainment of menarche. The mother was the first informant. A majority of the girls, 138 (86.25%) believed it as physiological process. Only 18 (11.25%) girls used sanitary pads, 136 (85%) girls practiced different restrictions during menstruation.

15. A study was conducted by **Barathalakshmi J. et al., (2013)** with title "**Knowledge and practice of menstrual hygiene among school going adolescent girls**". The objectives of the study was to assess the knowledge and practice of menstrual hygiene among school going adolescent girls. A descriptive cross sectional study was conducted among 435 school girls of 8th -12th standard. A pre-designed, structured questionnaire was used in the study. Descriptive statistic, pearson, Chi-square test were applied in the study. **The study findings revealed** that only 28% girls were aware of menstruation before menarche and 49% girls knew that practicing good hygiene during menstruation would prevent reproductive tract infections. Sanitary pads were used by 90% of the study population. And satisfactory cleaning of the external genitalia with soap was practiced by only 14% girls. So, awareness regarding the need for information about healthy menstrual practice is very important; it is essential to design a mechanism to gain the access of hygienic menstrual practice for girls.

16. A study was conducted by **Barathalakshmi J. et al., (2013)** with title "**Knowledge and practice of menstrual hygiene among school going adolescent girls**". The objectives of the study was to assess the knowledge and practice of menstrual hygiene among school going adolescent girls. A descriptive cross sectional study was conducted among 435 school girls of 8th -12th standard. A pre-designed, structured questionnaire was used in the study. Descriptive statistic, pearson, Chi-square test were applied in the study. **The study findings revealed** that only 28% girls were aware of menstruation before menarche and 49% girls knew that practicing good hygiene during menstruation would prevent reproductive tract infections. Sanitary pads were used by 90% of the study population. And satisfactory cleaning of the external genitalia with soap was practiced by only 14% girls. So, awareness regarding the need for information about healthy menstrual practice is very important; it is essential to design a mechanism to gain the access of hygienic menstrual practice for girls.

17. A study was conducted by **Bhattacharya R et al., (2014)** with title "**Menstrual Hygiene: knowledge and practice among adolescent school girls in rural areas of West Bengal**". The objective of the study was to assess the knowledge and practice of menstrual hygiene and also assess the restrictions which were practiced by adolescent girls during menstruation. An observational cross sectional study was performed between October 2012 to September 2013 among adolescents girls. Four girls schools in Kolkata were randomly selected.. All girls of class viii, ix, x of two schools were interviewed by using pre-designed, pre-tested, semi-structured schedule. Total 462 students were interviewed. **Major findings indicates** that there is substantial lacuna in the knowledge, about menstruation among adolescent girls. Hygiene - related practices of women during menstruation are of considerable importance as it has a health impact in terms of increased vulnerability to reproductive tract infections. Good hygienic practices as the use of sanitary pad

and adequate washing of genital area are essential during menses. MHM will directly contribute to the millennium development goal on universal education & MDG-3 on gender equality and women empowerment.

18. A study was conducted by Yagnik, S., (2015) with title "Knowledge, attitude, and practice of women men about menstruation and menstrual practices in Ahmedabad, India". The purpose of the study is to explore the relationship among important psychosocial variables pertaining to menstruation and menstrual hygiene. A qualitative methodological approach was adopted to conduct the study. A structured questionnaire was used for collect data. Sample size of the study was 475. A probability random sample consisting of both women and men, from Ahmedabad was selected using multi-stage cluster sampling technique. Descriptive & analytical statistical techniques were employed to analyzed data. The study findings revealed that a positive attitude menstrual hygiene practice is related to women washing their genitalia more frequently and lower use of new cloth pieces. And cognitive involvement & knowledge of menstrual practices in men & women; behavioral involvement & knowledge of menstrual practices for men & women were statistically significant. Also this study empower girls & women by providing data on crucial aspects of menstruation which will lead to greater information of and lower stigma attached to menstruation & menstruating females.

19. A study was conducted by Channawar Kanchan et al., (2015) with title "Menstrual Hygiene: Knowledge and Practice among Adolescent School Girls". This cross sectional questionnaire-based study was carried out to assess the knowledge and the practices of menstrual hygiene among rural and urban school going adolescent girls in Hyderabad. 263 adolescent girls of age 13-16 years were involved in the study. Pre-designed, pre-tested, semi-structured questionnaire was prepared for collection data. The study findings revealed that only 154 (58.5%) of the participants were aware about menstruation before menarche & the most important sources of the information were mother and friends. 85% of the girls were not aware of the cause of bleeding. There are many restrictions which were practiced during menstruation And the proper menstrual hygiene, & correct perception can protect the women from suffering. The girls should be educated about the facts of menstruation and also all about proper hygienic practices and selection of disposable sanitary menstrual absorbent.

20. A study was conducted by Borkar RS et al., (2015) with title "Attitude of adolescent school students towards reproductive health education". The purpose of the study was to find out attitude of adolescent school students towards reproductive health education. The study was cross sectional and carried out on 500 adolescent higher secondary school students in Sholapur city. Pre-tested, self-administered questionnaire was used for collection of data. This study findings showed that students had favourable attitude towards reproductive health education as majority (84%) of them recommended reproductive health education in school curriculum. Regarding reproductive health issues, 52% students preferred to communicate with health workers followed by friends. And this study stressed the need of providing correct scientific, information to adolescents regarding reproductive health by incorporating reproductive health education in school curriculum.

21. A Study was conducted by Seenivasan et al., (2016) with title "Knowledge, attitude and practices related to menstruation among adolescent school girls in Chennai". The purpose of the study was to

assess the knowledge, attitude and practices related to menstruation . The cross sectional study was carried out among 500 school going adolescent girls. A pre-tested questionnaire was administered for the study. **Major findings of this study indicates that** 69% of the girls attained menarche at 11-13 years, 40% of the girls knew about menstruation before menarche with mother being informant . Most of the girls felt scared on first menstruation (59%). So , the needs of the adolescents to have accurate adequate information about menstrual hygiene.. Immense efforts are needed to curb myths about menstruation among adolescent school girls.

22. A study was conducted by **Rokade HG , Kumavat AP., (2016)** with title "**Menstrual Pattern and Menstrual Hygiene Practices among adolescent girls**". This study was conducted to know the awareness about menstruation before menarche and the source of information ; to compare menstrual pattern and menstrual hygiene among adolescent girls from slum and non-slum area. A cross sectional study was conducted among 324 late adolescent girls, 200 from slum and 124 from non-slum. House to house survey was done. **Major findings indicates that** awareness of menstruation before menarche was seen in 56.48% girls and mothers and friends were the main informant . The difference in mean age of menarche and regularity of cycles was statistically significant . 34% girls from slums and 45% from non-slum areas were practicing menstrual hygiene and this difference was statistically significant. Also literacy status of adolescent was found to be the determinant of menstrual hygiene.

23. A study was conducted by **Mohite RV et al., (2016)** with title "**Menstrual hygiene practices among slum adolescent girls**". **Objectives of the study was** to assess the menstrual hygiene practices and utilization of health care services by adolescent girls residing in slum dwellings. A community based cross sectional study was conducted in adolescent girls residing in slum area. A total of 250 girls were interviewed by using pre-tested questionnaire .**The study findings showed that** The mean age at menarche was 12.8 years maximum, 70% had history of regular ,menstrual cycle . 12% were practiced disposable absorbent sanitary napkins whereas 87% practiced reusable cloth materials. And cleaning of external genital parts followed by 95% girls respectively. Education of girls , mothers education & economic class are significantly associated with sanitary napkins.. Overall poor practices of menstrual hygiene in slum adolescent girls. Formal as well as informal channels of communication need to be emphasized for the delivery of information pertained to menstrual hygiene through organized community efforts.

3. :Methodology:

Methodology is the study of methods by which we acquire knowledge. It deals with the cognitive process imposed on research by the problems arising from the nature of its subject (H.P Rickman-1967). Also it can be said that research methodology much involves the systematic process through which any researcher can start the research work in a scientific & planned way . In this project study , the plan and procedure immerged and explained in a systematic and scientific way.

Research Method: In this project work survey method has been adopted . It is one of the best method and used for change of attitude towards menstrual hygiene among adolescent college students. And only one college that is chandrakona vidyasagar Mahavidyalaya , in paschim medinipur District , have been selected for this project study.

2.1 Population of the study:

Adolescent college students of chandrakona vidyasagar Mahavidyalaya , in paschim medinipur district are considered as the population of the study. And total 90 adolescent college students from different streams have been selected for the study.

2.2 Samples and Tool Techniques:

Sample selected for the study: Adolescent college students of chandrakona vidyasagar mahavidyalaya , are taken as samples of this project work . Total 90 samples are taken from different streams of the college of this project work .This samples are selected as randomly. Details are given below to the table:

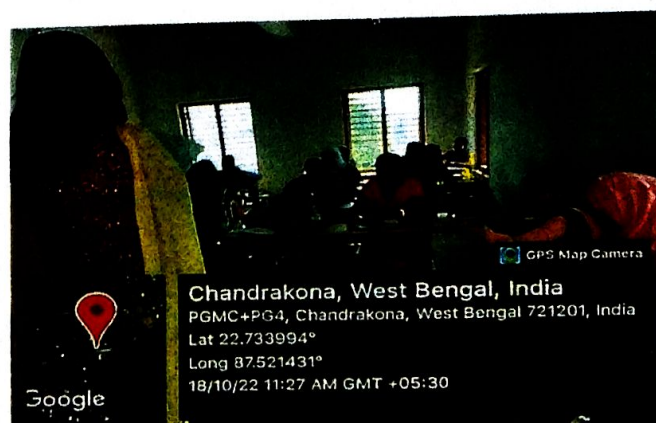
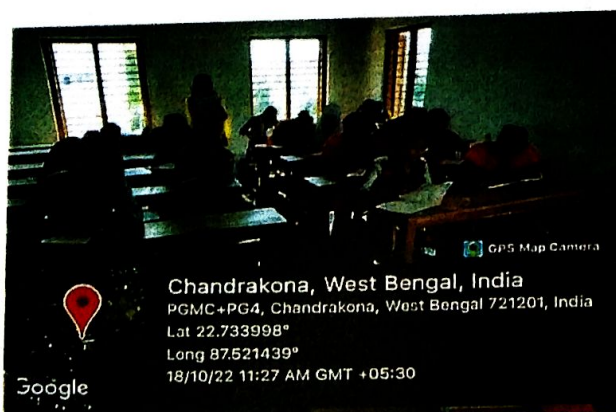
| | BOY | GIRLS | TOTAL STUDENTS |
|----------------|-------|-------|----------------|
| | URBAN | RURAL | |
| SCIENCE STREAM | 22 | 23 | 45 |
| ARTS STREAM | 23 | 22 | 45 |
| | 45 | 45 | 90 |

Variables taken for the project study: The following tables shows the variables taken for this project work:

| DEPENDENT VARIABLES | INDEPENDENT VARIABLES |
|--|---|
| Attitude towards menstrual hygiene.... | The category variables are considered as independent variables such as Gender: Male & Female , Place of Residence: Urban & Rural , also Stream of studying : Science & Arts.... |

Securing administrative support: Before data collection as a preparatory measure , researcher discussed with the principal and made him understand that the significance of this project work. Also researcher made an earnest request to the principal for giving their support for the collection of data from different stream of the college . The whole faculty realized the important of the collection of data and accepted the request of the researcher. They promised their whole hearted support for the collection of data. Therefore, researcher procured the full support of students and Teachers from different departments of Chandrakona Vidyasagar Mahavidyalaya .

Tools selected for the project work: This project work aims at collecting data from adolescent college students of Chandrakona Vidyasagar Mahavidyalaya for study the attitude towards menstrual hygiene . Therefore , Tools as Questionnaire for the Adolescent college students have been used for this project work . It has been prepared in English and Bengali language to facilitate the adolescent easily . It has been consisted with 22 items for study the attitude towards menstrual hygiene of adolescent college students. Before the preparation of questionnaire , researcher consulted with educational experts. The questionnaire was prepared with the help of the research adviser and eminent professors of different universities. Each statement aimed at searching the students attitude towards menstrual hygiene..



2.3 Analysis And Interpretation:

In this project work, t-test, Mean, standard deviation method were employed and also 0.05 level of significance was used to interpret the result. The data was taken from different strata such as male & female students, Arts & science stream etc. After very carefully analysis of collected data result reveals that 71% adolescent college students belongs to moderate attitude towards menstrual hygiene, 10% adolescent students belongs low level attitude towards menstrual hygiene and 15% students kept high level attitude towards menstruation and its management.

H-1: There will be no statistical significance difference of attitude towards Menstrual hygiene of adolescent college students in reference to their place of residence.

Group Statistics

| RESIDENCE | N | Mean | Std. Deviation | Std. Error |
|-----------|----|-------|----------------|------------|
| | | | | Mean |
| Urban | 20 | 76.70 | 8.183 | 1.830 |
| Rural | 70 | 71.69 | 9.369 | 1.120 |

Independent Samples Test

| | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | | |
|-------------------------------|---|------|------------------------------|--------|-----------------|-----------------|-----------------------|---|-------|
| | F | Sig. | t | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | |
| | | | | | | | | Lower | Upper |
| Total Equal variances assumed | .029 | .865 | 2.167 | 88 | .033 | 5.014 | 2.314 | .416 | 9.613 |
| Equal variances not assumed | | | 2.337 | 34.565 | .025 | 5.014 | 2.145 | .657 | 9.371 |

It is make out from the above table that mean value of urban and rural adolescent colleges students are 76.70 & 71.69 respectively. And, independent sample test showing that t-value is 2.167 which is significant at 0.05% level. so there is a significant difference between Urban and Rural adolescent college students in their attitude towards menstrual Hygiene. Also Levene's Test reveals that calculated value of 'F' is .029 which is significant at

0.05 level. Thus it is said that equality of variances have existed. It can be interpreted that there is exist mean difference of attitude towards menstrual hygiene between urban and rural adolescent college students.

H-2 : There will be no statistical significance difference of attitude towards Menstrual hygiene of adolescent college students in reference to their place of Gender.

Group Statistics

| | GENDER | N | Mean | Std. Deviation | Std. Error Mean |
|-------|--------|----|-------|----------------|-----------------|
| Total | Male | 45 | 69.09 | 8.011 | 1.194 |
| | Female | 45 | 76.51 | 9.117 | 1.359 |

Independent Samples Test

| | | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | | |
|-------|-----------------------------|---|------|------------------------------|--------|-----------------|-----------------|-----------------------|---|--------|
| | | F | Sig. | t | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | |
| | | | | | | | | | Lower | Upper |
| Total | Equal variances assumed | 1.725 | .193 | -4.103 | 88 | .000 | -7.422 | 1.809 | -11.018 | -3.827 |
| | Equal variances not assumed | | | -4.103 | 86.568 | .000 | -7.422 | 1.809 | -11.018 | -3.826 |

It is inferred from the above table that mean value of Male and female adolescent colleges students are 69.09 & 76.51 respectively. Value of mean difference is 7.422. And, independent sample test showing that t-value is 4.10 which is significant at 0.05% level. so there is a significant difference between Male and Female adolescent college students in their attitude towards menstrual Hygiene. Also Levene's Test reveals that calculated value of 'F' is 1.72 which is significant at 0.05 level. Thus it is said that equality of variances already remained. It can be interpreted that there is exist mean difference of attitude towards menstrual hygiene between Male and Female adolescent college students.

H-3 : There will be no statistical significance difference of attitude towards Menstrual hygiene of adolescent college students in reference to their stream of studying.

Group Statistics

| | | N | Mean | Std. Deviation | Std. Error Mean |
|-------|---------|----|-------|----------------|-----------------|
| Total | STREAM | 59 | 74.05 | 10.410 | 1.355 |
| | Arts | 31 | 70.42 | 6.238 | 1.120 |
| | Science | | | | |

Independent Samples Test

| | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | | |
|-------------------------------|---|------|------------------------------|------|-----------------|-----------------|-----------------------|---|-------|
| | F | Sig. | t | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | |
| | | | | | | | | Lower | Upper |
| Total Equal variances assumed | 8.113 | .005 | 1.77 | 88 | .079 | 3.631 | 2.041 | -.425 | 7.688 |
| Equal variances not assumed | | | 2.06 | 86.3 | .042 | 3.631 | 1.758 | .136 | 7.127 |

It is inferred from the above table that the mean value 74.05 of adolescent arts stream students on attitude towards menstrual hygiene are near about science stream students 70.42. so, there is a significant difference between Science and Arts adolescent college students in their attitude towards menstrual Hygiene. And also from independent sample test showing that t-value is 1.77 which is significant at 0.05% level. It can be interpreted that there is exists mean difference of attitude towards menstrual hygiene between science and Arts stream adolescent college students.

2.4 Findings of the study:

- *It is shown that only 15% adolescent college students have high level of attitude towards menstrual hygiene.*
- *There remains significant mean difference between attitude towards menstrual hygiene of Urban and Rural adolescent college students.*
- *There remains significant mean difference between attitude towards menstrual hygiene of Male and Female adolescent college students.*
- *There remains significant mean difference between attitude towards menstrual hygiene of Arts and science stream adolescent college students.*

4. Conclusion:

The health of adolescent girl has always been a pivotal social goal of all societies. Over the years adolescent health has manifested through various stages and improving of adolescent girls health , hence we can smoothly provide a healthy population.

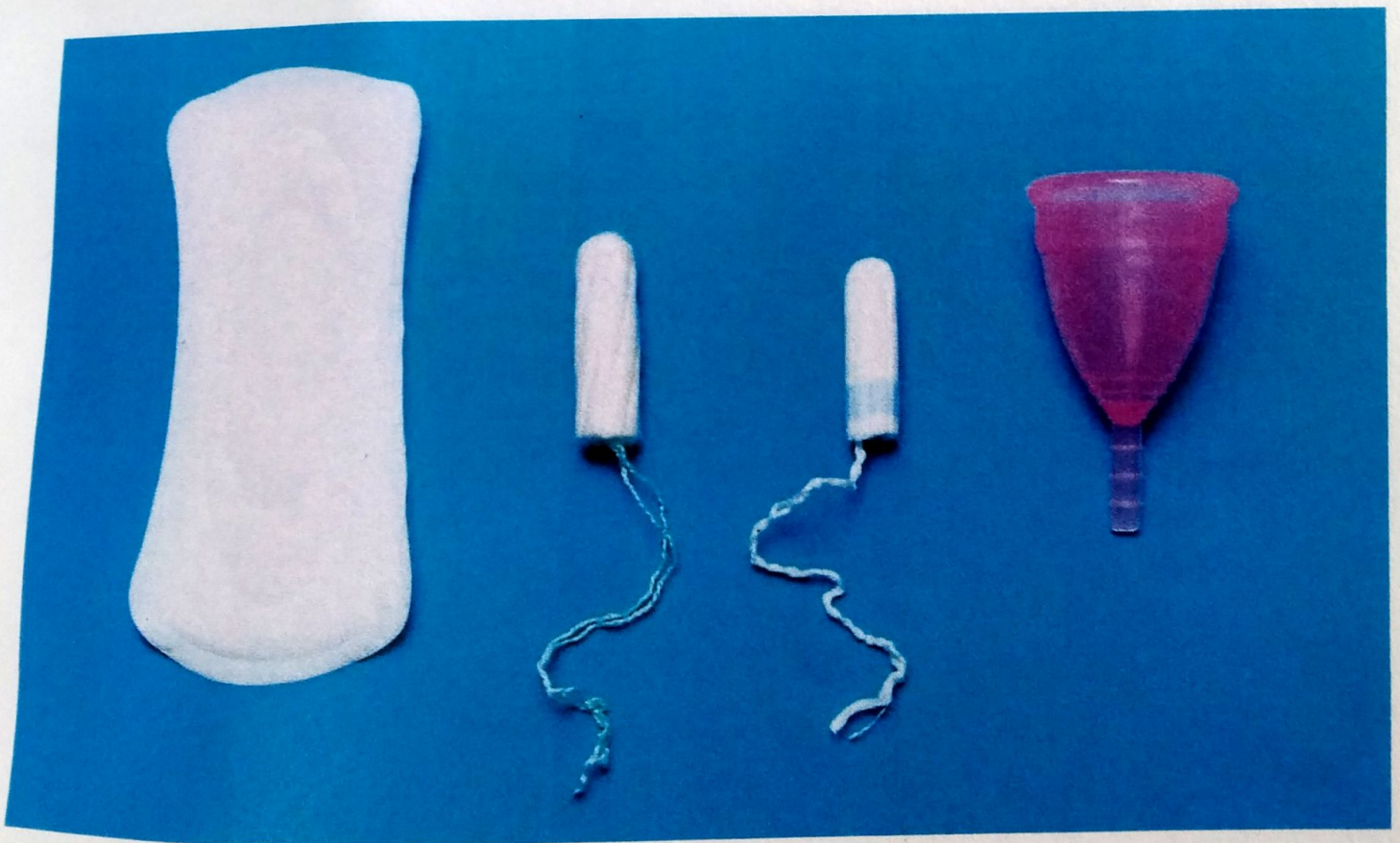
The findings led to the conclusion that Adolescent college students of Chandrakona Vidyasagar Mahavidyalaya have less knowledge , several misconceptions on menstruation and its Management . Overall findings of this project work reveals that college students have very divergent attitude and belief on the experience of the menstrual hygiene & their attitude towards menstrual hygiene as a taboo. Also , An important findings of this project that sanitary napkins were not used by all girls participants which was the reason of not better menstrual hygiene attitude among them. Therefore , program for providing free sanitary napkins to be implemented district wise to give our adolescent girls students with a positive menstrual hygiene experience. Even massive advocacy campaigns are also needed to combat the deeply ingrained religious & cultural restrictions , taboo related to menstruation and menstrual hygiene.

Recommendations:

- *A well informed continuous , college educational program on MHM should be delivered to students.*
- *To encourage adolescent students to attend menstrual hygiene related awareness program positively.*
- *A qualitative research involving focus group discussions should be conducted to understand the attitude of girls regarding menstruation at college.*
- *Information on safe menstrual hygiene and sanitary practices must be included in the college curriculum.*
- *To encourage teachers to do further studies on menstrual hygiene management*
- *Menstrual hygiene management friendly WASH infrastructure and facilities must be created at college.*
- *Interventions to increase access to hygienic absorbents (sanitary napkins , Menstrual cup & Tampon) and disposal of MHM items are the issues that should be addressed at the college.*

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Menstrual Hygiene Materials