



A Study To Assess Knowledge And Practice Of Menstrual Hygiene Among Students: Systematic Literature Review

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Menstrual is not a problem, poor menstrual hygiene is.

-World MC Hygiene Day.

No one saw that blooded body as they were passing. But everyone noticed those small blood stains on lies skirt.

---- Parth bishnaw

Abstract:

Introduction. Menstruation is natural phenomenon which leads from adolescence to womanhood. Still in developing countries female are sounded by supernatural belief, misconception and myths lack of information /knowledge among girls lead to fear, embarrassment and guiltiness during menstruation bleeding which restrict them to practice good hygiene. **Methodology:** Study design was systematically review and it includes studies from data bases of PubMed & Medicine. Major studies were using Cross Section Research Design. **Result:** Total ten relevant articles were taken. Studies included are related to menstruation hygiene, knowledge and practice among females. Abstracted information is related to their design, population characteristics. **Conclusion.** The finding indicates that practicing hygiene during menstruation helps in reducing infection.

Key words: Knowledge, Menstrual hygiene, Adolescent schoolgirls, Sanitary Pad, Awareness

Introduction:

Hagawane D., Kela P., Patel E. (2021). Pubertal development & sexual maturation comes at the time of adolescence. The word adolescence is derived from Latin word "adolescence" means grow into maturity. WHO defines adolescence as individual between 10-19 years of age also known as teenage. It is the transition period from girl hood to women hood. Menarche is referred as first menstruation period which occurs between 11-15 years with mean of 13 years. In developing countries, with rural and urban region. Menstruation hygiene is not maintained due to taboos and social stigma. It is also not practices due to knowledge and awareness among females of rural & urban region. As result most of them are suffered with UTI's.

Thakre SB et al (2011). Menstruation" was earlier known as unclear period in which women/girls//female was enforced to isolate which brought negative attitude towards this Phenomenon. The new era brought good hygiene practices i.e. use of different sanitary pads and cleaning of genital areas adequately.

Belayneh Z. & Mekuriaw B. 2019. The study showed that majority (77.7%) of adolescence school girls had dysmenorrhea, more than half (67.6%) had menarche between 12-15 years. It also slowed that 59.7% were having irregular menses.

Hagawane D punam kela & Esha Patel. Showed in her study that more than half 60.53% of subjects were aware about their menarche process less than half (36.84%) were aware about menstrual through their mother, sister (10.53%), friend (5.26%), teachers (5.26%) & through other source (2.6%). It also revealed that more than half of subject practice taking regular bath. nearly half of the subject (55.26%) were using clean water to wash hand whereas less than half (36.8%) used soap and water to clean their hand after changing sanitary pad.

Thakre et al. made clear that half of the girls (57.23%) use soap & water as cleaning agent. In the current study maximum girls (93.42%) were feeling shy or not changing their pad in college due to inadequate facility.

Bulto G.A. (2022) is case study states that majority (90.0%) of adolescence girls were familiar its menstrual before onset of menarche. Adolescent girls (43.2%) received information through their mother's & nearly half (56.1%) of Adolescent discussed about menstruation problem with their parents. The factors not to discuss menstruation problems were same (12.5%), not habitual (16.1%), privacy/secretcy (15.4%). Less than half of adolescent knew that menstruation is due to physiological process & menstruation blood is received from uterus. Majority of adolescent had menses at the age of (9-17 years) more than half of (66.3%) of the adolescent used sanitary pad during menses. nearly half (56.8%) were cleaning their genital parts by soap and water. Majority (62.8%) of them change their sanitary pad in school.

Jisha V.G., Rapashve R. Somnath T. (2022) stated that more than half 55.08% of adolescence had menstruation at 13 years of age. One-fourth (25-67%) had menstruation at age of 14 years more than half (57%) had knowledge about menstruation, in adolescence (59%) mother was source information about menstruation. Majority of adolescence (96%) used sanitary pad and (77%) girls were aware that menstruation blood comes from uterus.

Pramodha M. S., Shashirekha H. D. (2021). The study showed that menarche was attained by participants at the age of 12 years. Majority (86.15%) were not having knowledge related to menstruation, more than three-fourth (80%) had knowledge related cleaning the underpants, more than half of the participants were aware that menstruation is the physiological phenomenon. Less than half of the participants showed their interest in taboos and myths. One fourth of participants felt shamed in carrying sanitary pads. More than half were using cloth during menstruation. Nearly half of the participants were uncomfortable in sharing information regarding menstruation to their family members/ elders and health care workers.

The Reviewed literature indicates that practicing hygiene during menstruation helps in reducing infection. Knowledge deficit among participants reveals unpreparedness while entering menarche and their strong views of menstruation as social taboo shows various restrictions, owing to such strong socio-cultural beliefs and practices. Thus awareness regarding menstruation needed to practice healthy habits during menstruation to overcome from social myths and stigma of taboos. Thus its essential to design a mechanism to address and for the access of healthy menstrual knowledge.

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