

# **AWARENESS ON MENSTRUAL HEALTH AND HYGIENE AMONG ADOLESCENT GIRLS: AN EMPIRICAL STUDY**

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## **ABSTRACT:**

The study aims to understand the awareness level of menstrual health and hygiene among adolescent girls, the study also focuses on identifying the average age of attaining menarche among adolescent girls and the problems associated with menstruation. According to the study, the most adolescent girls attain menarche at an early age and it is necessary to educate the children at their school level about the health and hygiene practices during menstruation time. It is necessary that mother and teachers should educate adolescent girls about hygienic practices and also remove the social stigma.

### **Statement of the Problem**

Menstrual Hygiene is vital to the empowerment and well-being of women and girls worldwide. It is about more than just access to sanitary pads and appropriate toilets – though those are important. It is also about ensuring women and girls live in an environment that values and supports their ability to manage their menstruation with dignity.

This study focuses on the awareness aspect as most adolescent girls lack knowledge about menstrual hygiene and health. In the age group of 12-16 years, girls are prone to get their first menstrual cycle and most of them lack knowledge of how to handle the situation keeping in mind the health and hygiene factor. It will help us analyze the current awareness level and the factors of hygiene the adolescent girls are currently using.

### **Objectives of the Study**

- To understand the awareness level of Menstrual Health and Hygiene among Adolescent girls.
- To identify the average age of attaining menarche among adolescent girls.
- To know about the problems faced by girls during mensuration.

**Research Design:** The research design indicates the type of research methodology undertaken to collect the information for the study. The researcher used descriptive research and involves surveys and fact-finding inquiries of different kinds. This study describes the characteristics of the population or phenomenon that is being studied, which include surveys, naturalistic observation and describe or validate some sort of hypothesis or objectives.

**Sources of Data:** The primary data are collected from the adolescent girls by using the questionnaire method using Google form. Secondary data are collected from journals, websites, newspapers and survey reports.

**Sample size & Sampling Methodology:** The total sample size for this study was 187 and the sampling methodology used for this research was convenience sampling, which involves the sample being drawn from that target population in North Bangalore.

**Methods of Data Analysis:** The data analysis methods used are as follows:

- a) Reliability Analysis
- b) Chi Square Analysis
- c) Correlation Analysis
- d) Linear Regression Analysis

**Conclusion:** Before bringing any change in menstrual practices, the girls should be educated about the facts of menstruation, physiological implications, the significance of menstruation and development of secondary sexual characteristics, and above all, about proper hygienic practices with the selection of disposable sanitary menstrual absorbent. This can be achieved through educational television programmes, school nurses/health personnel, compulsory sex education in the school curriculum and knowledgeable parents so that her received education would indirectly wipe away the age-old wrong ideas and make her feel free to discuss menstrual matters including cleaner practices without any hesitation. This study reveals that there is a good amount of awareness about menstrual hygiene and menstrual waste disposal among adolescent girls. It is very important for parents and teachers to educate the girls before to attain menarche and give information about hygienic practices. Thus, there is the need to encourage safe and hygienic practices among adolescent girls and bring them out of traditional beliefs, misconceptions and restrictions regarding menstruation.