

ORIGINAL ARTICLE

Assessment of Menstrual Hygiene Practices among Adolescent Girls in selected Schools

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ABSTRACT

Adolescents' are 10-19 years age group. Adolescent is the stage of transition between puberty to adulthood. It is a unique period of human development and an important time for rapid growth of physical, cognitive and psychosocial health.¹ Girls miss 1-2 days of school per month.⁴ Globally more than 300 million women are menstruating and approximately 500 million women has inadequate facilities like menstrual products for menstrual hygiene management.⁶ Aim of the study was to assess menstrual pattern and menstrual hygiene among adolescent girls in selected government schools of Wardha district in Maharashtra. Study was community based cross sectional survey design conducted under 284 adolescent girls from six different schools from Wardha district, Maharashtra. sample size estimated on the basis of previous study. study conducted from February 2022 to September 2023. Study conducted in two phases, in first phase covered girls' students to administer questionnaire and then conduct a school teaching programme in different methods like discussion, group participation and cooperative learning methods. adolescent girls those were attended menarche age between 11-15 years age group. Outcome of the study was majority of adolescent girls were 18 (45%) in 13 years, 30% (12) years age and 8 were (20%) 14 years age group. 28 (70%) had attended menarche at the age of 12 years, 9(23%) had at the age of 11 years, 3 (7.5%) attended menarche in 13 years of age. most of the adolescent 70% were belongs in nuclear family and 56% girls were vegetarian. 80% girls were using sanitary pad and 20% girls were using both cloth and sanitary pad. most of the girls herd menstrual cycle from mother or teachers. 28% girls were facing dysmenorrhea, 5 % were experienced heavy bleeding more than 7 days 90% girls were faced achene problems, pain in abdomen and breast heaviness. two girls shared her problem like irregular cycle and gaining weight. 100% girls faced problem changes of absorbent in school, dust bean how to discard and sanitation facilities like water

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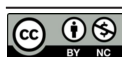
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and soap. so the main reason during first and second day most of the student not come in college. 64% girls were under weight and weak. only 20% of girls took iron folic acid supplementation in weekly that provided by government of India. After intervention majority of students had 88% moderate knowledge and 8% had good knowledge and 2% had poor knowledge. Study depicted that there is need to create awareness programme and develop environment so the girls will able to tell their problems in detail and agree to change or modify the behaviour.

KEYWORDS

• Adolescent girls • Menstrual Health • Menstrual Hygiene

INTRODUCTION

Background of the study:

*Menstruation something you hate but are scared not to have basically a bitter but truth in every girl's life it is basic required for every adolescent girl to have proper knowledge regarding menstruation and hygiene.*¹¹

WHO report 'Adolescents' is 10-19 years age group. Adolescent is the stage of transition between puberty to adulthood. It is a unique period of human development and an important time for rapid growth of physical, cognitive and psychosocial health. In India has approximate 180 million adolescent girls population. India has the largest adolescent population in the world, 253 million and every fifth person is between 10-19 years. hence all this prove the early adolescent age is critical vulnerable group to easily carry infection like reproductive infection and also facing medical, social, ethical problems. So that need a lot of care and awareness so that researcher selected preadolescent age group.¹⁰

Need of the study:

As per NFHS-V reported that 242 million adolescent population under aged 10-19 years in India. India has largest population in the world. In the world's total population, 20.1% of adolescent population. In the world, approx. 1.8 billion girls menstruate.³ A study reported that 70.5% of the girl's menarche started at the age of 10-14 years. Menstrual problems in girls 12.2% had heavy bleeding, 61.95% had dysmenorrhea, and 17.85% girls they remained absent in school during periods. 53.4% of the girls had difficulty in concentrating in study at school.¹⁵ **National Hygiene Survey** report said 30% of adolescent school girls

still missing average 2.5 days school during their menstrual period.¹⁸ In many countries and especially developing areas schools does not access to clean toilet or private space to change menstrual products in schools. inadequate water and soap supply are another major problem in rural and developing area's schools. 27 Menstrual hygiene is the practice of every girls and women to deal in her life. Still in Indian people are conservative they feel that menstruation is unclean and dirty but it is a natural process. Menstrual hygiene means women and adolescent girls are using a clean menstrual management material to absorb or collect menstrual blood, that can be changed in privacy as often as necessary, using soap and water for washing the body as required, and having access to safe and convenient facilities to dispose of used material.

REVIEW OF LITERATURE

Menstrual hygiene is a hygienic practice can prevent infections, reduce odors and maintain comfortable during period. **(WASH, Centre for disease control and prevention)**

Mudey Abhay et al (2019) study report shown to Majority of the girls received the information regarding menstruation from their mothers (41%), followed by Media (24%) and friends (19%). Girls who developed genital tract infections, 66% used cloth. 37% girls do not disclose about their their menstruation. Cleanliness of external genitalia was unsatisfactory.

Research Question: Does Menstrual hygiene practice affect the menstrual pattern among adolescent girls in selected schools.

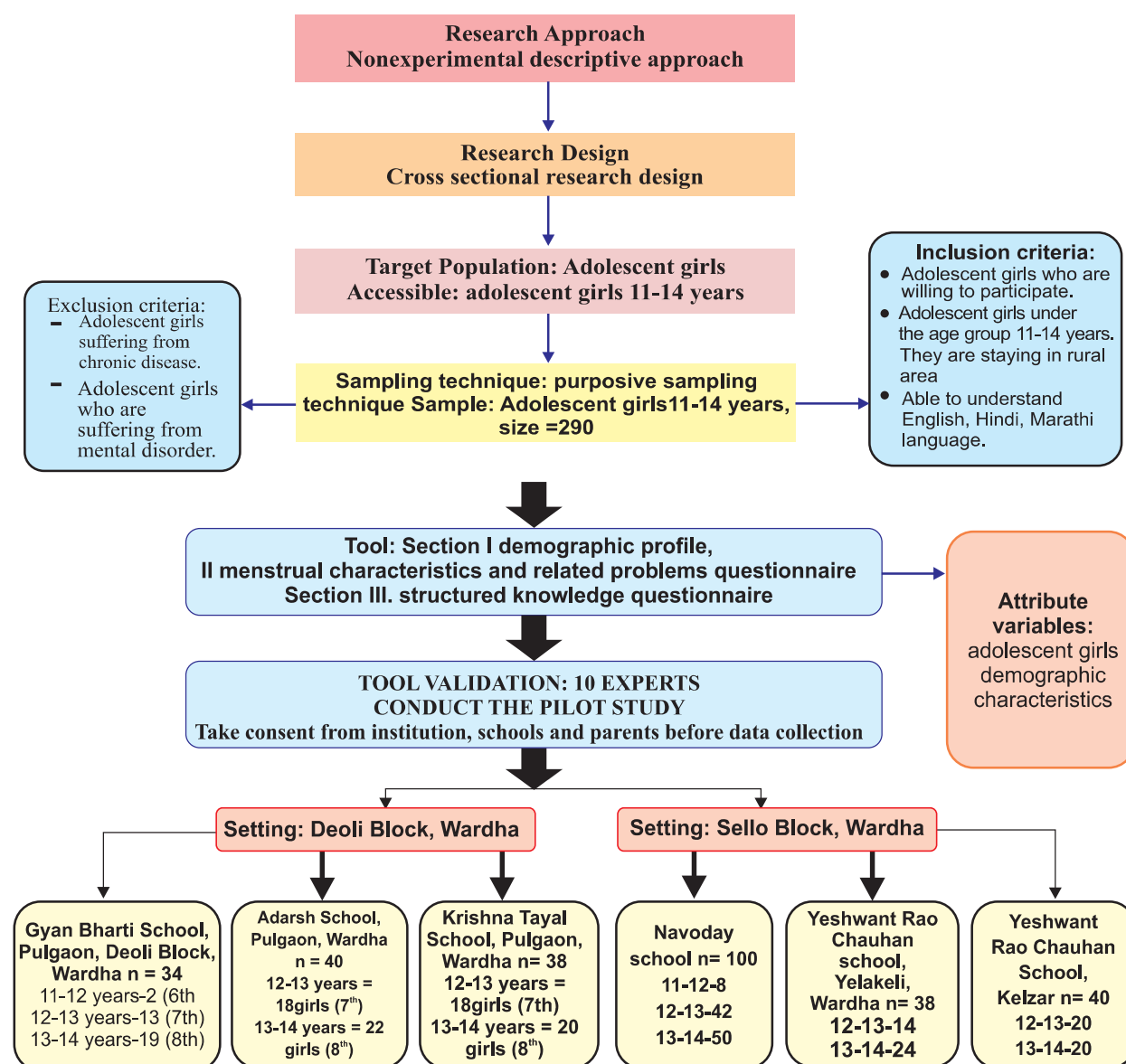
PICOT Format

P- Population	Intervention	C- Control/ comparison	O-Outcome	T- Time
Adolescent girls	Class based intervention (CLAP) Cooperative learning activity programme at the end of data collection procedure	Not included in study.	Outcome: Assessment of menstrual pattern and menstrual hygiene among adolescent girls. Identification of menstrual related health problems.	2024 January to December 2024.

Problem statement: A Descriptive study to assess the menstrual pattern and menstrual hygiene practices among adolescent girls in selected schools with view to develop and implement CLAP intervention.

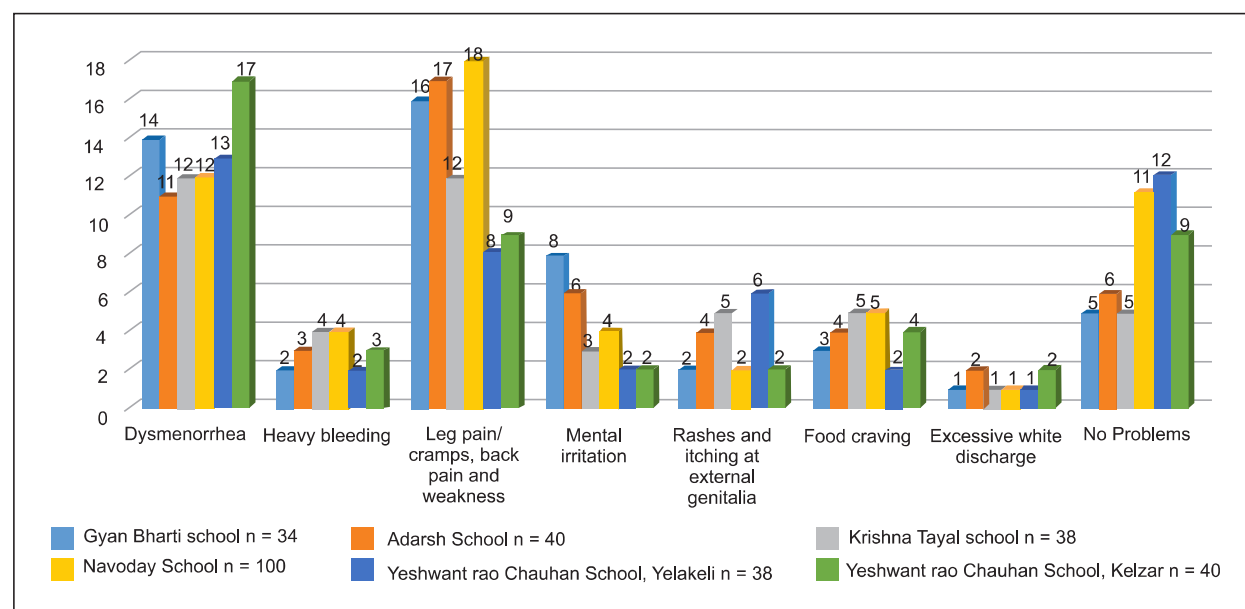
Aim: To assess the baseline information related to menstrual pattern and menstrual hygiene among adolescent girls.

MATERIAL AND METHOD



RESULTS OF THE STUDY

Problem complaints	Gyan Bharti school n=34	Adarsh School n=40	Krishna Tayal school n=38	Navoday School n=100	Yeshwant rao Chauhan School, Yelakeli n=38	Yeshwant rao Chauhan School, Kelzar n=40
Dysmenorrhea	14 (48%)	11 (32%)	12 (36.3%)	12 (13.4%)	13 (50%)	17 (54.8%)
Heavy bleeding	2 (7%)	3 (13%)	4 (12.1%)	4 (4.4%)	2 (7.6%)	3 (9.6%)
Leg pain/ cramps, back pain and weakness	16 (55%)	17 (71%)	12 (36.3%)	18 (20.2%)	8 (30.7%)	9 (29%)
Mental irritation	8 (27.5%)	6 (25%)	3 (9%)	4 (4.4%)	2 (7.6%)	2 (6.4%)
Rashes and itching at external genitalia	2 (7%)	4 (17%)	5 (15.1%)	2 (2.2%)	6 (23%)	2 (6.4%)
Food craving	3 (10%)	4 (17%)	5 (15.1%)	5 (5.6%)	2 (7.6%)	4 (13%)
Excessive white discharge	1 (4%)	2 (8%)	1 (3%)	1 (1%)	1 (3.8%)	2 (6.4%)
Others	5 (15%)	6 (15%)	5 (13%)	11 (11%)	12 (31.5%)	9 (22.5%)



Practice related menstrual hygiene in adolescent girls

Items	Gyan Bharti school n = 34	Adarsh School n = 40	Krishna Tayal school n = 38	Navoday School n = 100	Yeshwant rao Chauhan School, Yelakeli n = 38	Yeshwant rao Chauhan School, Kelzar n = 40
Type of Sanitary pads used						
Sanitary pad	28 (82.3%)	30 (75%)	25 (66%)		30 (78.9%)	28 (70%)
Cloth / cloth pad	4 (11.7%)	3 (7.5%)	5 (13.1%)	100 (100%)	2 (5.2%)	2 (5%)
Both	2 (6%)	7 (17.5%)	8 (21.05%)		6 (15.7%)	10 (25%)
Frequency of changing of sanitary pads						
< 3 times/day	16 (47%)	16 (40%)	12 (31.5%)	10 (10%)	19 (50%)	18 (45%)
> 3 times/day	18 (52.9%)	24 (60%)	26 (68.5%)	70 (70%)	19 (50%)	22 (55%)
Method of disposing used sanitary napkin						
Through in open garbage	14 (41.2%)	20 (50%)	8 (21%)		13 (34.2%)	10 (25%)
Wrap in a dustbin	11 (32.3%)	6 (15%)	12 (31.5%)	100(100%)	15 (39.4%)	20 (50%)
Burntine	8 (23.5%)	14 (35%)	18 (47.3%)		9 (23.6%)	10 (25%)
Flush down latrine	1(3%)				1 (2.6%)	

Items	Gyan Bharti school n = 34	Adarsh School n = 40	Krishna Tayal school n = 38	Navoday School n = 100	Yeshwant rao Chauhan School, Yelakeli n = 38	Yeshwant rao Chauhan School, Kelzar n = 40
Wash genitals while changing the napkins every time						
• Yes	15 (44%)	17(42.5%)	14(37%)	90(90%)	22 (58%)	30 (75%)
• No	19(56%)	23 (57.5%)	24(63%)	10 (10%)	16 (42%)	10 (25%)
Reasons for not cleaning the genitals every time changing the napkin						
• Not in habit	3 (16%)	5 (22%)	8 (33%)	7(85%)	2 (12.5%)	3 (30%)
• No water sanitation facility in school/home	16 (84%)	18 (78%)	16 (67%)	3 (15%)	14 (87.5%)	7 (70%)
• No toilet facility						
Challenges faced while changing sanitary napkins						
• Problem faced at-School						
• Problem faced at-Home	34(100%)	25(62.5%)	30 (79%)	3 (3%)	30 (79%)	28 (70%)
Problems experienced for changing Napkins						
• No water facility at school	10 (29.4%)	4 (10%)	15 (39.4%)	Nil	4 (10.5%)	Nil
• No toilet facility at school						

DISCUSSION

Total 290 adolescent girls who were attended menarche included in this study and all the adolescent girls were aware about menstruation and their mother and teacher were first informant. The mean age of menarche was 12-13 years.

- The socio-economic status distribution 75% adolescent girls were in lower middle class category (score 11 to 15) and 25% adolescent girls were upper lower category (score 5 to 10). 80% girls were nonvegetarian. The most common complaint or problems among adolescent girls were dysmenorrhea, leg pain and cramps. Most of the girls were using sanitary napkin/pad but cleaning practice disposal of used sanitary pad and changing of sanitary pad practices were poor.
- They were lot of hesitation shyness and social restriction like not to enter in kitchen, religious place and physical work.
- Some of the students were not to come in school first two days during menstruation start as in toilet was not functioning properly and handwashing sanitation facility, dustbin was not there.
- 12 adolescent girls were found that having family troubles, financial problems, inadequate nutrition weight loss and they were not willing to share their problems.

- 6 adolescent girls were having heavy bleeding, 4 were diagnosed weight gain (obesity) and 2 were diagnosed sever dysmenorrhea. That informed to their parents and teachers for treatment. Similar study supported that
- Majority of the students face problems for changing sanitary napkins at schools because of water scarcity, inadequate number of toilets, and lack of privacy.

CONCLUSION AND RECOMMENDATION

School provided education about menstrual hygiene management but it was not fulfilling all the information and inadequate. Because hesitation and shyness can remove only when girls will open between their co-groups. So there is need to involve the student to share knowledge, experience, problems and practices to their class mates teacher and family members. Motivation is very important to change their knowledge, attitude and practice. So here researcher recommended to implement cooperative learning based educational strategy so the girls will open and learn lot of the things and minimize their problems.

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