

Menstrual Hygiene among adolescent girls in the rural field practice area of medical college in Mandya

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ABSTRACT

Background: Menstrual Hygiene is an issue that every girl and woman has to deal with once she enters adolescence. Adolescence in girls signifies the transition from girlhood to womanhood. Menstruation is a biological event imbued with social, cultural and personal significance. Hence this study was done with the objective to assess the menstrual hygiene practices among adolescent girls in rural Mandya district. **Methodology:** This cross sectional study was carried out among adolescent girls in schools coming under Bellur field practice area. A total of 257 adolescent girls formed the sample size. A pre tested semi structured questionnaire was used for collection of data. Data was entered in MS EXCEL and was analyzed, using percentages and chi square test. **Results:** Among 257 adolescent girls, Government school children constituted 44.4% and private school children of 55.6%. 85.6% of them had heard about menstrual hygiene. 72.8 % were using sanitary pads during menstruation. 36.2% were following burial method to dispose sanitary pads. 48.5% of them had good practice scores, 44.5% had fair scores and 7.0 % poor scores. **Conclusion:** Menstrual hygiene practices among participants were not satisfactory even though knowledge was good. Private school children were performing well when compared to government school children.

Key Words: Adolescent, Hygiene, Menstruation, Sanitary pad