

A Study of Adolescent Girls Menstrual Hygiene Knowledge and Practice of Bakhtiyarpur Block

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Abstract: Adolescence is main stage physical and reproductive development lasts from adolescence to adulthood. Adolescence becomes more challenging especially for adolescent girls because during this time they go through the process of menstruation. They should take special care of themselves during this time, so that they do not have to face any problems related to menstruation in the future. Especially regarding hygiene and health knowledge related to menstruation because proper menstrual hygiene knowledge and practice helps in maintaining good health during this time. Therefore, it is important to study on important issues related to menstruation, menstrual hygiene knowledge and practice. Its main objective to is menstrual hygiene and knowledge of adolescent girls. This study included 400 adolescent girls. To collect information on socio-demographic variables, a structured questionnaire about household and hygiene practices was used. all of these answers have been expressed as percentage form.

➤ **Result:**

66.25% of adolescent girls had no knowledge of menstruation prior to menstruation, while only 33.75% of adolescent girls knew about menstruation prior to menstruation. 62.5% of adolescent girls in rural areas still use cloth during menstruation and 37.5% use sanitary pad. 88.5% of adolescent girls did not know where bleeding occurs during menstruation. Only 14.5% were aware that bleeding occurs from the uterus. 75% of adolescent girls don't clean their external genitals properly during menstruation, while 25% of adolescent girls considered cleaning of external genitals important. 65.75% of the adolescent girls were using old and dirty clothes to wear during menstruation. Whereas 34.25% were using clean and new clothes.

➤ **Conclusion:**

Adolescent girls have a high level of knowledge about menstrual hygiene. As adolescent girls are weak and poor, assessing menstrual hygiene knowledge is critical.

Keywords: *Adolescents, Menstrual Hygiene and Knowledge.*

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I. INTRODUCTION

Adolescence is a major stage of psychological, physical and reproductive development that lasts until adulthood. Adolescence is defined by the World Health Organization as the age the range of 10 and 19 years. Menstruation is regarded as a natural physiological process that occurs during adolescence. Adolescent girls' hygiene during menstruation is an essential function, and it should be included in menstrual hygiene management for health care. Adolescent girls with limited knowledge of menstrual hygiene are more likely to develop urinary and reproductive tract infections, which can lead to birth complications and infertility. Adolescent girls' Proper knowledge and practice can be significantly improve reproductive health. Menstrual hygiene and management. Adolescent and female health education and integrity depend

on proper menstrual hygiene. The family's cultural values influence Menstrual hygiene. Educational and social status.

The India's national family health Survey (NFHS-5) conducted in India found that 77.3% of women and adolescent girls between the ages 15 and 24 years practice menstrual hygiene. (Urban 89.4%; rural 72.3%).

Adolescents number of worldwide is approximately 1.2 billion and it is 21% of the Indian population. (Vidhi and shashwat 2022). Adolescent girls reproductive life and menstrual hygiene is an important topic which adolescents girls and women's still find uncomfortable discussing. To maintain menstrual hygiene and health, adolescent girls should use soap, water and sanitary pads as needed and have access to convenient and safe disposal facilities for used

absorbent materials. Menstrual hygiene information is an important part of health education in order to reduce the various health problems and side effects caused by poor menstrual hygiene. Adolescent girls who have good knowledge about menstrual hygiene are less likely to suffer from health problems and reproductive tract infections. There is need to openly confront and study menstrual hygiene because it can save adolescent girls from facing various challenges and difficulties in the future.

➤ *Important Things*

- Menstrual hygiene is a significant concern for adolescent girls and women.
- Uncleanliness during menstruation can have a negative impact on reproductive function.
- Mothers and sisters should talk. Communicate openly about menstrual hygiene.
- Menstruation and menstrual hygiene should be discussed openly about at Home, in Society, at school, and elsewhere without feeling shy.
- During menstruation, adolescent girls need to be told openly about hygiene like clean water, soap, clothes, sanitary pads etc. so that they do not face any health related problems in the future.
- Adolescent girls should be taught at school, home and in society, that menstrual hygiene is a normal and important functions of a healthy body.

➤ *Objective*

- To explore menstruation hygiene and knowledge among adolescent girls.

➤ *Hypothesis*

- Education and society are the main contributors in influencing adolescent girls knowledge of menstrual hygiene practices.

II. REVIEW OF LITERATURE

A mandatory review of the literature should be part of my research endeavour. The most important function of a researcher is to review the previous work done in his own and related field of study. In this chapter, literature related directly or indirectly to the study of menstruation hygiene related to menstruation among adolescent girls has been reviewed.

Panda et.al (2024) According to their study, while 61% of teenage girls used sanitary pads during their periods, approximately 46% of teenage girls had never heard of menstruation before starting a period. In their research, they examined menstrual knowledge regarding discovered to be significantly correlated with education. Mother's education, adolescent girls education, age, caste, availability of water, sanitation facility, access to sanitary pads were all associated with education and awareness regarding proper menstrual hygiene.

Beeva et.al (2022) The survey found that 91.76% of teenagers who participated in the survey were aware that menstruation is a typical physiological process. Of teenage girls, 27.65% were aware of menstruation, and of teenage girls 54.12% were aware of the reason behind menstrual bleeding. Just 33.53% The teenage girls come to the realization that the bleeding was coming from the uterus. 74.12% of adolescent girls used sanitary pads while menstruating. In addition, 18.82% used cloth. adolescent girls absorb 63.53% of household garbage.

Gupta et.al (2021) Adolescent girls were 76.8% unaware of this before the about 23.78% of teenage girls lacked knowledge about the onset of menstruation. In rural areas, 4.72% of people used sanitary pads. And 79.39% were used old clothes as absorbent, while 75% of adolescent girls in cities sanitary pads were used in various areas. 52.36% of teenage girls living in rural regions cleaned their external genitalia using. Menstrual hygiene in rural areas has been found to be pathetic condition.

Belayneh and Meekuriaw (2019) Conducted a study with 791 adolescent girls. It was found that. Adolescent girls knew very little about menstruation 68.3%. 69.5% teenage girls were they clean their external genitals during menstruation. In general, 60.3% adolescent girls lacked menstrual hygiene.

Mahajan and kaushal (2019) The study of 100 adolescent girls revealed that only 29% were well-informed about menstrual hygiene, while the other 71% lacked adequate knowledge on the subject.

III. METHODOLOGY

➤ *Area of the Study:*

This study is led from the rural areas of Bakhtiyarpur block of Patna district. The study is based on primary data analysis using government schools, college and door to door working together to learn about menstruation hygiene related to menstruation. A structured questionnaire was prepared for all the adolescent girls using local languages and the adolescent girls living in houses studying in schools of Bakhtiyarpur block were requested to read and answer the question. This has been done with the consent of school teachers and other employees and family members.

➤ *Study Design:*

This study's design is cross-sectional and focused on a rural community.

➤ *Selection of Sample:*

Data has been selected from government schools, college and door to door. And only those adolescent girls who reported that they have started menstruation is included for the analysis. The sample is mentioned on the basis of irregular criteria.

This includes only adolescent girls.

Information has been obtained with the consent of parents and school teachers.

➤ *Sample Size:*

400 girls have been selected from government schools, college and homes in the rural areas of Bakhtiyarpur block.

➤ *Research Instrument:*

For specific information, the questionnaire schedule has been used and assessed as follows.

➤ *Data Analysis:*

An Excel spreadsheet was used to record the responses to the data that was gathered. Sheet, and the findings were routinely collected and totaled. Statistical methods have been used to interpret the data. Data were included as a category considering the source of information on menstruation and hygiene knowledge related to it. Categorical data are presented as percentages.

➤ *Table 1: Shows the Sociodemographic Profile of Teenage Girls.*

➤ *List of Figure:*

- Before you begin your period, learn about menstruation.
- Details regarding the kind of menstruation pads that teenage girls use.
- Where bleeding occurs during menstruation.
- Whether or not to wash your genitals during menstruation.
- Details on the types of clothing that teenage girls should wear during menstruation.
- Which type of absorbent material should be used during menstruation.

➤ *Figure of Survey*



Fig 1 Survey

IV. ANALYSIS AND RESULTS

In this chapter the results obtained during the study have been presented systematically and sequentially and their applied statistical analysis has been done.

➤ *This is Discussed in the Following Sections etc:*

• *Background Information on Adolescent Girls:*

This section deals with the birth statistics profile year, religion, family size, family member related information.

Table 1 Shows the Sociodemographic Profile of Teenage Girls (n=400).

Variable	Description	Number	Percent %
Years	12-13	78	19.5%
	14-15	205	51.25%
	16-17	60	15%
	18-19	57	14.25%
Religion	Hindu	278	69.5%
	Muslim	122	30.5%
Educational status of adolescent girls	Middle	53	13.25%
	Primary	76	19%
	Highschool	233	58.25%
	Higher secondary	38	9.5%

Size of family	Nuclear	200	50%
	Joint	200	50%
Member of family	<5	123	30.75%
	5 to 8	171	42.75%
	>8	106	26.5%

Table 1 Socio-natal statistical profile table 1. Presents the information collected about 400 adolescent girls. It was found that 19.5% of the teenage girls were in the 12-13 years. 51.25% were between 14-15 years, 15% were between 16-17 years while 14.25% were between 18-19 years. Most of them were 69.5% Hindu girls followed by 30.5% Muslim girls. 13.25% teenage girls were enrolled in middle school. 19% of adolescent girls were enrolled primary school, while 58.25% teenage girls were 9.5% teenage girls were enrolled higher

secondary education, and 9.5% were in high school, and teenage girls were studying in. Regarding family size, it can be inferred from the table that 50% of the adolescent girls belonged to a nuclear family and 50% lived in a joint family. 30.75% adolescent girls had less than 5 members in their families, 42.75% adolescent girls had 5-8 members while 26.5% adolescent girls had more than 8 members in their families.

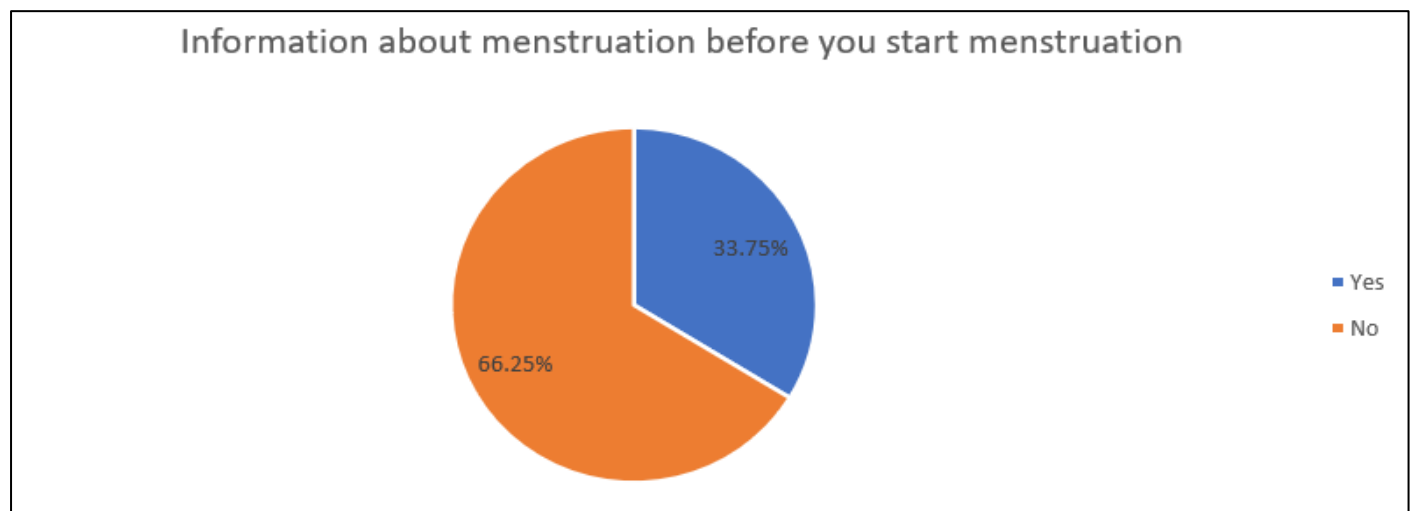


Fig 2 Before you Begin your Period, Learn about Menstruation.

According to Figure- 2, 66.25% adolescent girls knew nothing about menstruation prior to it. only 33.75% adolescent girls information available about menstruation to begin before of menstruation.

Differences were observed in the studies regarding menstruation before you started menstruating when compared with the findings of previous studies. Panda *et.al* (2024) In there study found that 46% adolescent girls not have access to information about menstruationbefore they started menstruating.

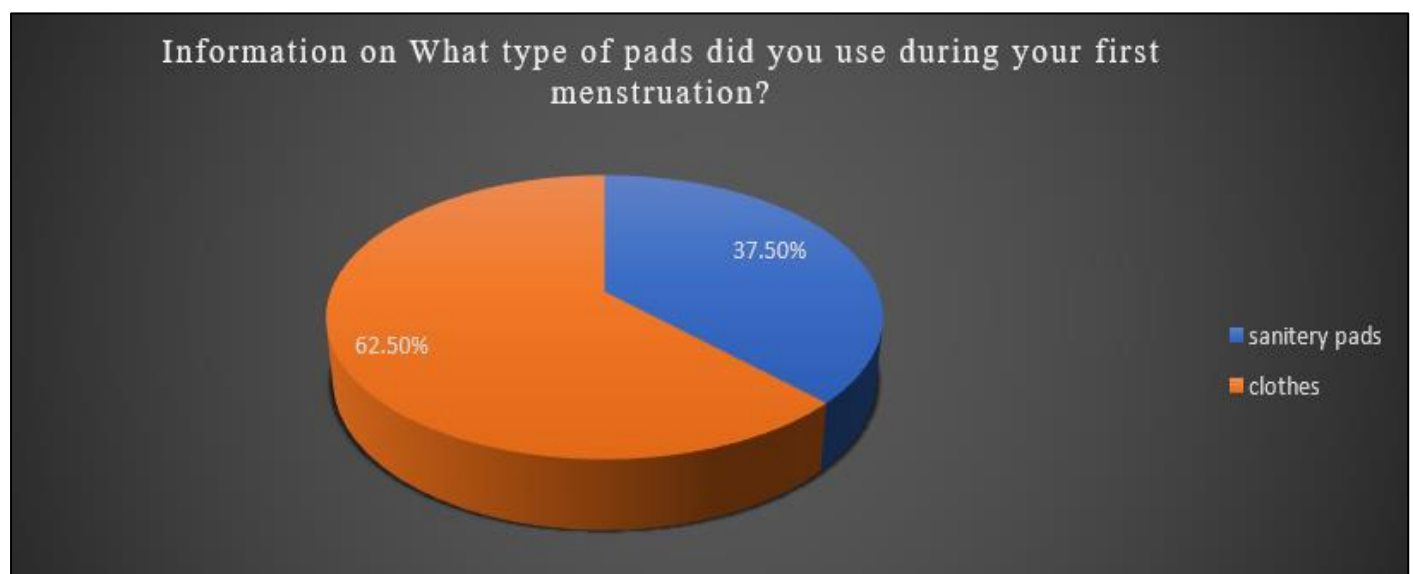


Fig 3 Details Regarding the Kind of Menstruation Pads that Teenage Girls use.

According to Figure- 3, 62.5% of adolescent girls in rural areas still use cloth during menstruation and 37.5% use sanitary pad.

When compared with the findings of earlier studies, differences observed in pad use during menstruation. Gupta *et.al* (2021) In their study found that 4.72% of rural areas were using sanitary pads. And 79.39% were using old clothes as absorbent.

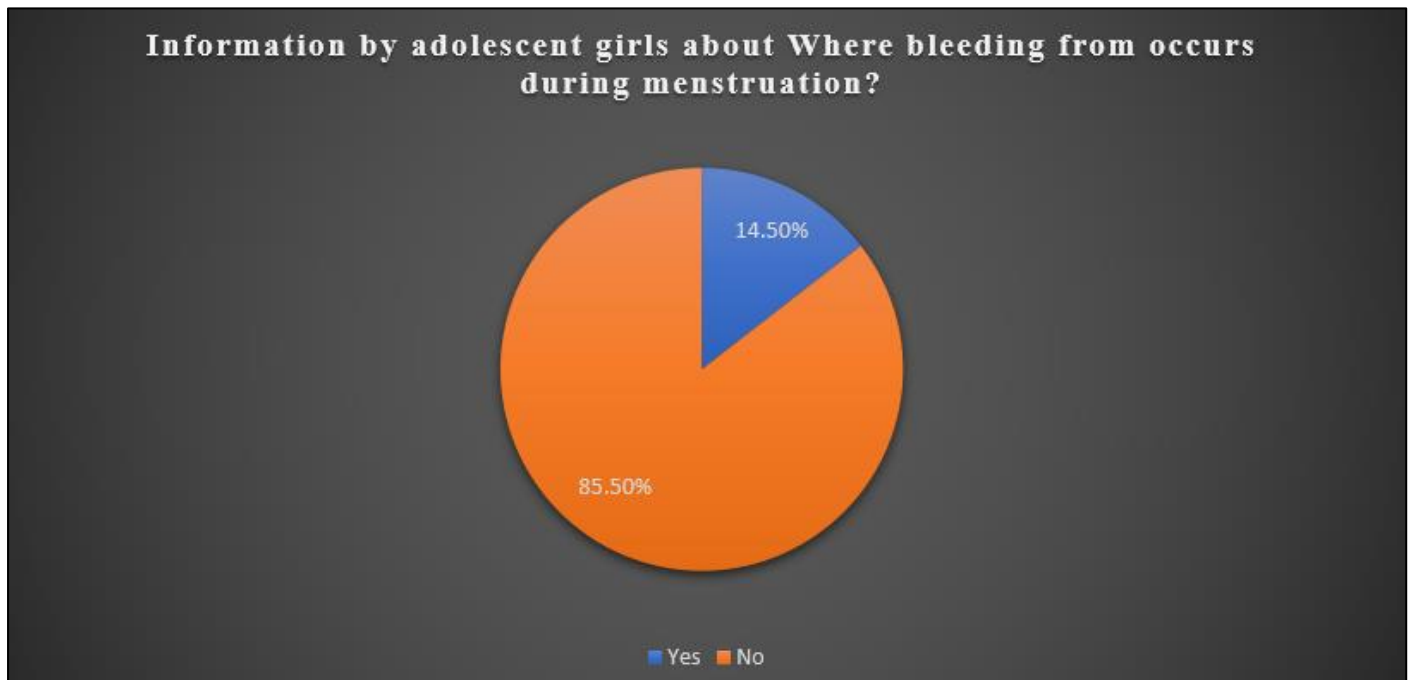


Fig 4 Where Bleeding Occurs during Menstruation.

According to Figure- 4, 85.5% of adolescent girls did not know where bleeding occurs during menstruation. Only 14.5% knew that bleeding occurs from the uterus.

previous studies. Beeva *et.al* (2022) discovered that of teenage girls, 54.12% were unaware of the cause of menstrual bleeding. Just 33.53% adolescent girls were aware that bleeding originates in the uterus.

Differences were observed in the studies regarding menstrual bleeding when compared with the findings of

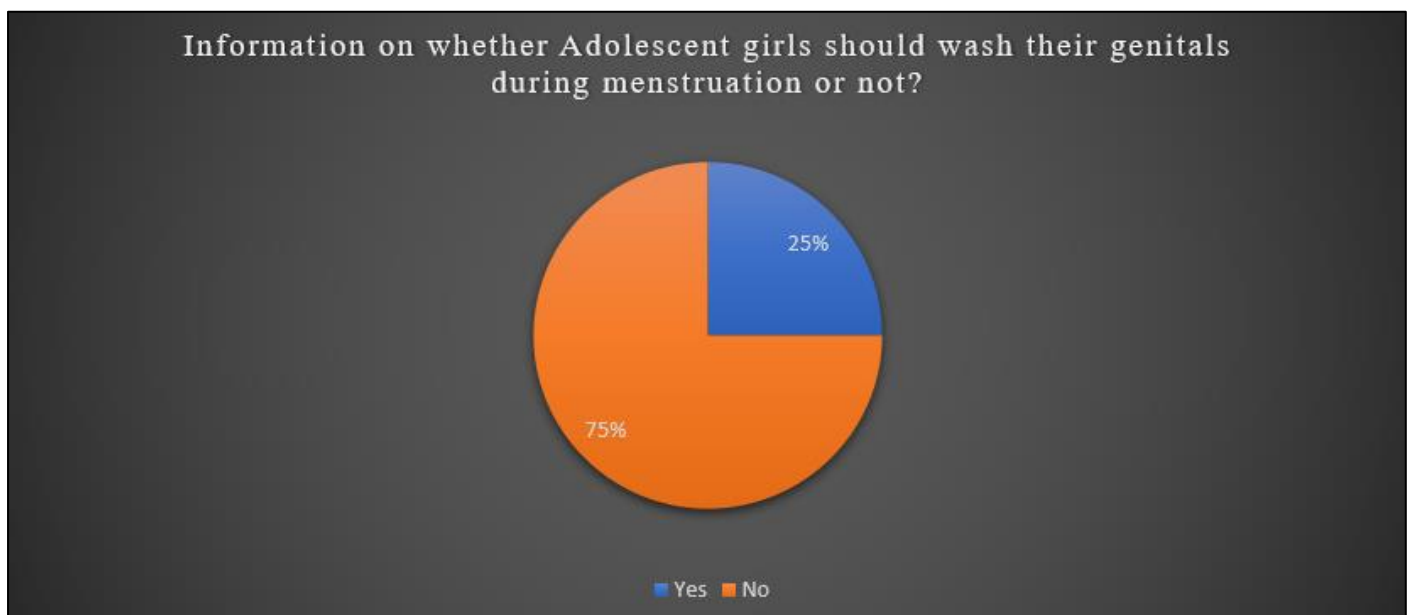


Fig 5 Whether or not to Wash your Genitals during Menstruation.

According to Figure- 5, 75% of adolescent girls in rural areas reported were not properly cleaning their external

genitals during menstruation, while 25% of adolescent girls considered cleaning of external genitals important.

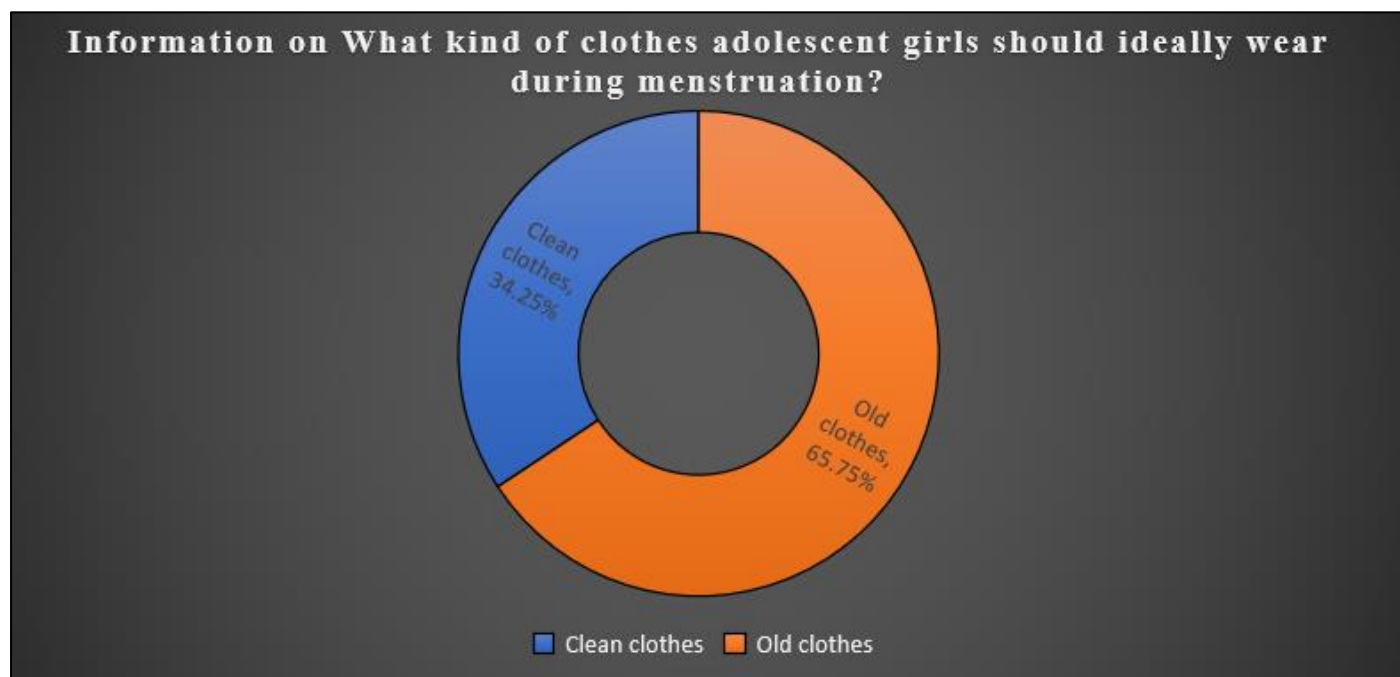


Fig 6 Details on the Types of Clothing that Teenage Girls should Wear during Menstruation.

According to Figure- 6, 65.75% of the adolescent girls were using old and dirty clothes to wear during menstruation. Whereas 34.25% were using clean and new clothes.

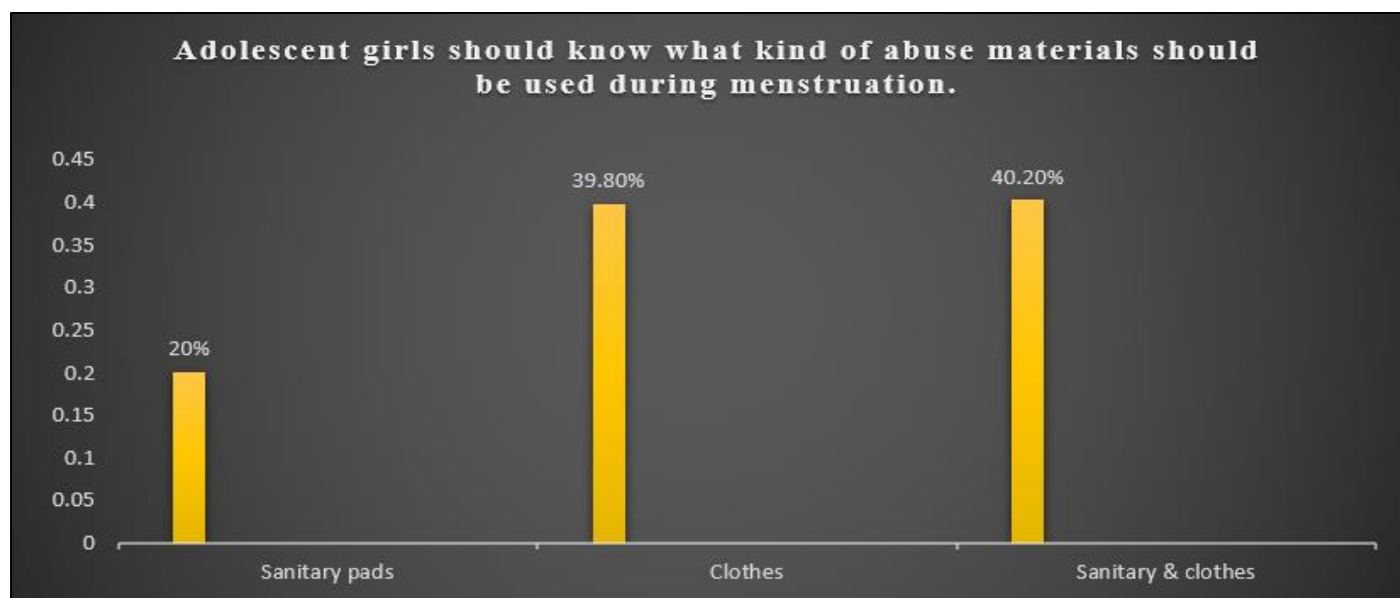


Fig 7 Which Type of Absorbent Material should be used during Menstruation.

According to Figure- 7, 20% of adolescent girls use sanitary pads for menstruation. and 40.2% of adolescent girls reported using sanitary and clothes as absorbent material. 39.8% of adolescent girls said they used old cloth as an absorbent during menstruation.

V. SUMMARY AND CONCLUSIONS

This research is based on the situation related to menstruation by visiting schools and house to house in Bakhtiyarpur block. Menstrual hygiene of adolescent girls is an important issue for everyone and it is a matter of concern for the whole world.

This survey was developed by combining information on age of the adolescent girls, religion, educational level of children, family size, family members and 400 adolescent girls were selected for the study.

The findings show that 50% of adolescent girls live in nuclear families and 50% in joint family. It was found that 19.5% of adolescent girls were in the 12-13 age range, 51.25% were between 14-15 years, 15% were between 16-17 years while 14.25% were between 18-19 years. Majority of the adolescent girls were Hindus 69.5% and Muslims 30.5%. Of these 30.75% adolescent girls were living with less than 5 family members, 42.75% adolescent girls were living with 5

to 8 members and 26.5% adolescent girls were living in a family with more than 8 members. The study concluded that out of 400 adolescent girls. 66.25% of teenage girls had inadequate knowledge about menstruation only 33.75% of adolescent girls knew a lot about menstruation started. 62.5% of adolescent girls from rural areas were using old and dirty clothes as absorbent during menstruation, and 37.5% of the during their periods, teenage girls were using sanitary pads. 85.5% did not know the location of menstrual bleeding, only 14.5% of teenage girls were the uterus is the source of the bleeding that occurs during menstruation. 75% of adolescent girls did not know whether they should wash or clean their external genitals during menstruation, whereas only 25% of the adolescent girls emphasized the importance of cleaning their external genitals during menstruation. 65.75% of adolescent girls in rural areas were used old and dirty clothes during menstruation, compared to 34.25% who wore clean and new clothes. 20% of adolescent girls used sanitary pads, while 40.2% of adolescent girls reported using sanitary products and clothes as absorbent material, and 39.8% of adolescent girls menstruation is reported to be treated with old cloth as an absorbent material.

According to the current study, most adolescent girls in rural areas still do not have menstrual hygiene should be properly understood and practice. Adolescent girls should be educated on menstrual facts and proper hygiene. This important issue can be increased, raised through various health programs and community-level education awareness and menstrual hygiene campaigns for adolescent girls and society.

VI. SUGGESTION

Mass awareness education should be provided regularly in schools to promote menstrual hygiene related to menstruation. Before making any changes in hygiene knowledge and practice related to menstruation, adolescent, physical effects, development of secondary sexual characteristics. This can be achieved through educational television programs, school and health workers, compulsory sex education in the school curriculum, cultural influences, and educated parents.

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