



# MENSTRUATION MANAGEMENT AMONG FEMALE SCHOOL ADOLESCENTS IN MAKAWANPUR DISTRICT, NEPAL

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## ABSTRACT

Menstruation is a natural process that starts from the age of 8/9 years and ends around the year of 50. Adolescence is a period of physical, mental, social and emotional change. Menstruation is the sign of maturity among the girls. The aim of this study is to assess the menstrual management among adolescent school girls. The data required for the study was collected from 200 adolescent school girls of the age group of 15-19 years in 10 higher secondary sampled schools of Makawanpur districts of Nepal. The systemic random sampling method was used to select the required number of respondents and the proportionate stratified random sampling technique was administered to select the required number of school. There are significant association (( $p=0.009$ ), ( $p=0.049$ ) and ( $p=0.015$ )  $<0.05$  in two-side) between the caste, religion and age of the respondents, respectively and leaving school during the period of menstruation, whereas other demographic variables have no significant association. There is significant association ( $p=0.012<0.05$  in two-side) between marital status and the use of absorbent for the management of menstruation in case of not leaving school, while other demographic variables have no significant association. There is significant association ( $p=0.004<0.05$  in two-side) between location of the respondents and the way of managing menstrual pads or materials in school. Menstruation is a hindering problem for the school girls. It is necessary to manage safety menstrual pad in school for emergency period, which prevents girls from shame, insult and leaving school. The government should provide the budget for it.

**KEY WORDS:** Menstruation, management, female, school, adolescents, Makawanpur.

## INTRODUCTION:

Adolescence is a period of change, in which rapid growth and development takes place. According to , adolescence is the time of human growth and development, which befalls in between childhood to adulthood within the age of 10 to 19 years. Adolescence indicates the critical changeovers in the life span and is categorized by a wonderful step in growth and development that is additional only to that of infancy. Biological progression motivates many features of this growth and development, with the beginning of puberty marking the path from childhood to adolescence.

Menstruation is the flow of blood among female in every month. It is a natural process. The menstruation at the first time is known as menarche. The age of menstruation depends on the climatic condition and intake of nutritional diet, which determine the process of growth and development. The website has defined menstruation as the periodic blood that expulsions from the uterus. It is also called menorrhoea. The time period of menstruation is referred as menses.

Menstruation is not taken as easy by females. It is as same as curse for them due to the religious and cultural beliefs, norms etc. According to , the menstruation is an unpleasant matter in the community, indicated by beliefs and traditions that influence on its management and in the everyday life of females and girls. It is taken as the period of contamination and disease. So, the menstrual blood is managed secretly. In addition stated that the Kumari, girls who have the prestige of living goddesses, are assumed to fail their Devine powers when they experience of menstruation and they lose their position instantly in Nepal.

On the other hand, hygiene related to menstrual period is one of the most important matters to be safe from bad smelling, diseases and so on. The described that the menstrual sanitation and its management is a subject that is inadequately approved and has not established sufficient consideration in the reproductive health and Water, Sanitation and Hygiene (WASH) divisions in developing countries containing Nepal and its relationship with and influence on attaining several Millennium Development Goals is hardly accepted. In addition, stated that the menstruation has a major cleanliness challenge, but there is important social innovation in several cultures, enclosed by several cultural practices, which strongly change a girl's life. The capacity of managing menstruation practically may also influence a girl's life, reliant on the accessibility of suitable absorbent products and access to secret cleanliness facilities. Although the information that the menstruation is shared by more than 50 percent of the world's population, it is a subject that fundamentally all culture are uneasy to argue at some level, and maximum girls are informed negatively regarding menstruation and are not ready for menarche.

The school is a public place, where the menstruating girls can't get secret place for changing pads. So, the absenteeism is higher during menstrual periods. According to , the lack of secrecy and place for changing, washing, drying or removing materials, as well as inadequate accessibility of water for individual cleanliness show up as significant areas where cleanliness systems often fail to provide to the requirements of menstruating girls and women. Likewise,

expressed that providing the sanitary pads and instructional materials to the girls is important and recruiting school nurses as mentors in menstrual sanitation practices might be beneficial for permitting girls to stay in school throughout menstrual period. Boys as well as parents also essential to involve exposing myths and diminishing the stigma associated with menstruation. Finally, toilets need to be modified to comprise waste containers, soap, proper lighting and secrete hand-washing places. The purpose of the study is to assess the menstrual management among adolescent school girls.

## MATERIALS AND METHODS:

### Research Design:

The study has applied the descriptive research design.

### Setting of the Study:

The study was conducted in 9 to 12 classes running 10 sampled higher secondary schools in Makawanpur district, Nepal.

### Population:

The population targeted for the study was the adolescent students of 9 to 12 classes, of 15-19 years age group of female.

### Sample Size:

Among 200 school-going adolescent female students from each grade of 9 to 12 were selected for the study.

### Sampling Technique:

Makawanpur district is the study area. First of all, the district was divided into five strata i.e. four electoral region and one Hetauda municipality, because of its different characteristics within electoral region 3. After the separation of strata, proportionate stratified random sampling technique was used to select the required number of school for 200 respondents. The 10 schools were selected among 30 higher secondary schools in Makawanpur district. Systemic random sampling method was used to select the respondents for questionnaire survey. And cross-sectional method was used to gather the data from the selected respondents.

### Tool for the Study:

For the finalization of the study tools (questionnaire), language translation and back translation as well as expert opinion was done to check the validity of instrument (questionnaire), after that pilot study was done among 10 percent of respondents.

### Data Analysis:

The data collected from the respondents was analyzed with the help of SPSS and Chi-square test, as well as presented in frequency table and analytically discussed with secondary data to explore the relationship between variables.

## RESULT AND DISCUSSION:

Most of the community based schools have not managed menstrual pads at

school because of budgetary problem, but most of the institutional schools have provided menstrual pads during menstrual period. So, absenteeism is less in

institutional schools than community schools. The management of school adolescents during menstruation at school is analysed below.

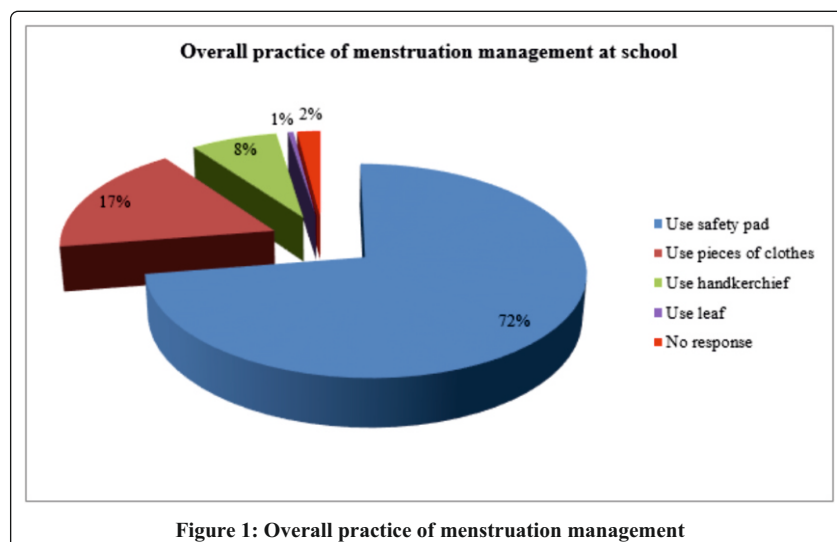
**Table 1: Use of absorbent for the menstrual management in case of not leaving school on the basis of demographic variables**

Categories of respondents		Use safety pad	Use pieces of clothes	Use handkerchief	Use leaf	No response	Total	Chi-Square value		
								Value	df	Asymp. Sig. (2-sided)
Caste of Respondents	Brahmin	69.8	17.5	9.5	0.0	3.2	100.0	14.919	12	.246
	Chhetri	85.7	8.6	2.9	2.9	0.0	100.0			
	Janajati	71.1	21.1	6.7	0.0	1.1	100.0			
	Dalit	58.3	16.7	16.7	0.0	8.3	100.0			
	Total	72.5	17.5	7.5	.5	2.0	100.0			
Religion of Respondents	Hindu	74.1	14.0	8.4	.7	2.8	100.0	7.999	8	.434
	Buddhist	71.4	24.5	4.1	0.0	0.0	100.0			
	Christian	50.0	37.5	12.5	0.0	0.0	100.0			
	Total	72.5	17.5	7.5	.5	2.0	100.0			
Age of Respondents	15 years	80.4	11.8	3.9	0.0	3.9	100.0	17.690	16	.342
	16 years	66.7	20.0	11.1	0.0	2.2	100.0			
	17 years	71.7	15.2	10.9	0.0	2.2	100.0			
	18 years	66.7	30.0	0.0	3.3	0.0	100.0			
	19 years	75.0	14.3	10.7	0.0	0.0	100.0			
	Total	72.5	17.5	7.5	.5	2.0	100.0			
Educational Status of Respondents	Class 9	70.0	14.0	12.0	0.0	4.0	100.0	15.359	12	.221
	Class 10	80.0	8.0	10.0	0.0	2.0	100.0			
	Class 11	66.0	28.0	4.0	0.0	2.0	100.0			
	Class 12	74.0	20.0	4.0	2.0	0.0	100.0			
	Total	72.5	17.5	7.5	.5	2.0	100.0			
Marital Status of Respondents	Married	69.2	0.0	30.8	0.0	0.0	100.0	12.839	4	.012
	Unmarried	72.7	18.7	5.9	.5	2.1	100.0			
	Total	72.5	17.5	7.5	.5	2.0	100.0			
Location of Respondents	Urban	85.7	12.2	2.0	0.0	0.0	100.0	6.789	4	.147
	Rural	68.2	19.2	9.3	.7	2.6	100.0			
	Average	72.5	17.5	7.5	.5	2.0	100.0			

Source: Field survey 2015

The above table 1 shows that among 200 respondents, 72.5 percent of them have used safety menstrual pad, whereas 17.5 percent of them used the pieces of clothes, 7.5 percent of them used handkerchief, 0.5 percent of them used leaf as pad in an emergency period. Most of the schools have not managed menstrual pads, so the adolescent girls have used many things instead of safety pad in their emergency period. There is significant association ( $p=0.012<0.05$  in two-side) between marital status and the use of absorbent for the management of menstruation in case of not leaving school, while other demographic variables have no significant association. According to (Water Aid, 2009c), maximum number of the respondents (66%) used re-usable cloths to engross menstrual pour throughout menstruation, the use being expressively higher amongst village than the school girls of town. The practice of using old clothes was pointedly higher amongst

rural girls. The main reason of not using disposable sanitary pads is lack of knowledge about its accessibility (41%) and expensiveness (38%), as supposed by the respondents. The cheap and easily available of scrap cloth was perceived to the most usually used by girls in the location of both village and town, though many of them wished sanitary pads. According to , around 33 percent of the girls used sanitary pads as menstrual absorbent throughout their previous menstruation. The urban girls having educated mother and higher monthly expenses had higher chances of using sanitary pads than their colleagues. In excess of 50 percent of girls informed to have inattentive from school during the menstruation period. The girl students, who did not use sanitary pads, were more possible to be inattentive from school. More than half (58%) of the girls said that their performance in school had decreased after having menarche.



The above figure shows that 72 per cent of the total female school adolescents have used safety pad whereas only 1 per cent have used leaf. At the same time 17 per cent have used pieces of clothes, 8 per cent have used handkerchief.

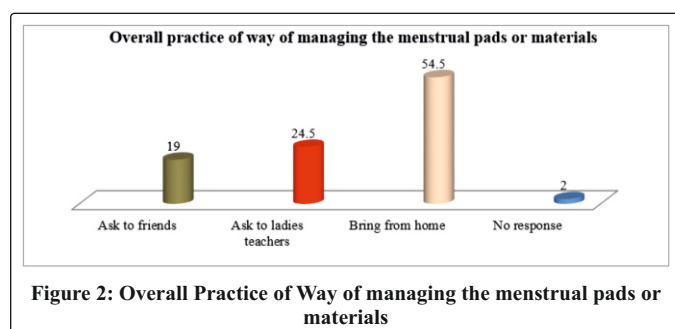
The schools, who could not manage safety menstrual pads, should provide the knowledge about menstruation and its management as well as the formation of habit to carry pads with them in the period of menstruation.

**Table 2: Way of managing the menstrual pads or materials on the basis of demographic variables**

		Ask to friends	Ask to ladies teachers	Bring from home	No response	Total	Chi-Square value		
							Value	df	Asymp. Sig. (2-sided)
Caste of Respondents	Brahmin	22.2	28.6	47.6	1.6	100.0	9.510	9	.392
	Chhetri	22.9	20.0	54.3	2.9	100.0			
	Janajati	13.3	25.6	60.0	1.1	100.0			
	Dalit	33.3	8.3	50.0	8.3	100.0			
	Total	19.0	24.5	54.5	2.0	100.0			
Religion of Respondents	Hindu	20.3	25.9	51.0	2.8	100.0	5.849	6	.440
	Buddhist	14.3	24.5	61.2	0.0	100.0			
	Christian	25.0	0.0	75.0	0.0	100.0			
	Total	19.0	24.5	54.5	2.0	100.0			
Age of Respondents	15 years	23.5	31.4	43.1	2.0	100.0	15.298	12	.226
	16 years	15.6	33.3	48.9	2.2	100.0			
	17 years	15.2	10.9	71.7	2.2	100.0			
	18 years	23.3	13.3	63.3	0.0	100.0			
	19 years	17.9	32.1	46.4	3.6	100.0			
	Total	19.0	24.5	54.5	2.0	100.0			
Educational Status of Respondents	Class 9	16.0	26.0	56.0	2.0	100.0	11.565	9	.239
	Class 10	30.0	30.0	38.0	2.0	100.0			
	Class 11	12.0	20.0	64.0	4.0	100.0			
	Class 12	18.0	22.0	60.0	0.0	100.0			
	Total	19.0	24.5	54.5	2.0	100.0			
Marital Status of Respondents	Married	30.8	46.2	23.1	0.0	100.0	6.472	3	.091
	Unmarried	18.2	23.0	56.7	2.1	100.0			
	Total	19.0	24.5	54.5	2.0	100.0			
Location of Respondents	Urban	4.1	36.7	59.2	0.0	100.0	13.127	3	.004
	Rural	23.8	20.5	53.0	2.6	100.0			
	Total	19.0	24.5	54.5	2.0	100.0			

Source: Field survey 2012

The above table 2 shows that among the 200 female respondents, 19 percent adolescents girls have asked to friends for pad, 24.5 percent of them have asked to ladies teacher for pad and 54.5 percent of them have brought from home. The result indicates that more than half of the female adolescents themselves were aware about menstruation management. There is significant association ( $p=0.004<0.05$  in two-side) between location of the respondents and the way of managing menstrual pads or materials in school.



The above figure shows that overall 54.5 per cent of female adolescents bring pads from their home, 24.5 percent of them have asked to ladies teacher for pads and 19 per cent of them have asked to their friends for managing menstruation at school.

#### CONCLUSION:

Makawanpur district of Nepal has multi-geographic, multi-ethnic and multi-cultural characteristics, where menstruation has been taken as a curse for female. People behaved female as untouchable during the period of menstruation. The management of menstruation has also been in a low priority. At the same time, female are using unhygienic old clothes as pad during menstrual period, which may lead them to the problems of RTI, STI and UTI. So, the proper awareness

programme on menstrual management is essential to the female adolescents and the school should initiate it. As well the school should manage hygienic menstrual pad in school for the regular presence of adolescent girls.

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