A Descriptive Study to Assess the Knowledge Regarding Early Menarche Among School Going Girls in Selected School at Community Area, Pallithottam

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Abstract— The research work undertook was "A descriptive study to assess the knowledge regarding early menarche among school going girls in selected school at community area, Pallithottam". The objectives of the study were, to assess the knowledge regarding early menarche among school going girls. The researchers used non experimental descriptive design. The study was conducted among 60 school going girls in selected schools, Kollam. The samples were selected by using nonprobability convenient sampling technique. The researchers collected the data using self-structured knowledge questionnaire and the data was analysed using descriptive statistics. The study results showed that, 1.7% had adequate knowledge, 88.3% had average knowledge and 10% had poor knowledge regarding early menarche. Association between knowledge score and demographic variables among school going girls was analysed using chi square test. There were no significant association between knowledge score and demographic variables such as age, class, age at menarche, education of mother, type of family, type of food, and source of information.

Index Terms- Assess, Knowledge, Self-Structured Questionnaire Early Menarche

I. INTRODUCTION

Adolescence is a period of transition from childhood to adulthood characterized by rapid physical, psychological, and mental development and maturity. It is also the time of rapid development of secondary sexual characteristics including the initiation of menstruation for girls1. Menstruation is a natural physiological process that requires proper management. Unlike other normal bodily processes, menstruation is linked with religious and cultural meanings that can affect the perceptions of young girls as well as the ways in which the adults in the communities around them respond to their needs.

Menstruation is the physiological process of releasing blood from the uterus through the vagina as part of the menstrual cycle experienced by adolescent girls and women in reproductive age. This is the periodic shedding of the inner lining of endometrium, which was prepared to support the growth of the fertilized egg, in the absence of fertilization of egg with sperm.2 The onset of menstruation for the first time is known as menarche, which usually occurs during early adolescence (10–14 years of age). Although menstruation is a natural phenomenon, it is surrounded by socio-cultural and religious beliefs and taboos in low and middle-income countries (LMICs) including India. Because of these harmful beliefs and taboos, menstruation is considered as embarrassing, shameful and something that has to be hidden which restrict adolescent girls to discuss menstruation and reproductive health with their parents or other family members, friends and teachers. These restrictions create barriers to access accurate and comprehensive information about menstruation and related hygienic management for adolescent girls. This in turn leads to a misconception of adolescent girls about menstruation. As a result, a substantial number of adolescent girls in LMICs attain menarche without adequate knowledge and preparation about menstruation and its hygienic management. Studies in India, Gambia and Benin revealed that less than two-thirds of girls were informed about menstruation before its occurrence and most of them felt unprepared for menarche. Unpreparedness was more frequently reported by girls who experienced menarche at a relatively early age.1

II. OBJECTIVES

- To assess the knowledge regarding early menarche among school going girls.
- To find out the association between knowledge regarding early menarche among school going girls with selected demographic variables.

III. MATERIALS AND METHODS

Approach: Quantitative approach
Design: Descriptive design
Population: School going girls.
Sample: School going girls of classes 5-7.
Sampling technique: Non probability convenient sampling
Setting: St. Joseph UP School Valiyakada, Kollam
Data collection method: Self-structured knowledge questionnaire.

Inclusion criteria
School going girls of classes 4-7

Exclusion criteria
- School going girls who are not willing to participate in the study.
- School going girls who were absent.
- School going girls who were disabled.

Data collection process
Data collection is the system used to gather information from participants, programmes, and other elements for evaluation.15After getting permission from the Principal of Bishop Benziger College of Nursing Kollam; data collection was done on 20 September 2023. The researcher introduces them to the subjects and the purpose of the study was explained to them. Confidentiality was assured and verbal consent was obtained. The sample for the study was selected by convenient sampling method. Structured questionnaire was given to 60 school going girls who fulfilled inclusion and exclusion criteria. The completed questionnaires were collected for analysis.

Ethical approval and informed consent permission was obtained from Institutional ethical committee. Formal permission was received from school authority and consent letter was obtained from the participants.

IV. TOOL

SECTION A: DEMOGRAPHIC PROFORMA
Included information related to selected socio demographic variables like Age of the students, Class, age at menarche, Education of mother, Type of family, Type of food and Source of information regarding early menarche.

SECTION B
Structured knowledge questionnaire: knowledge questionnaire consisted of 25 multiple choice questions to collect data. Each right answer was given a maximum score of 1 mark. The total mark was 25. No negative mark for wrong answers. as poor (1- 8), moderate (9- 16) and adequate (17 – 25).

The knowledge score was categorized as: Adequate: 17-25
Moderate: 9-16
Poor: 1-8

V. RELIABILITY

Reliability was checked by using test retest method. The reliability coefficient was found to be 0.92, indicating that the tool was highly reliable.
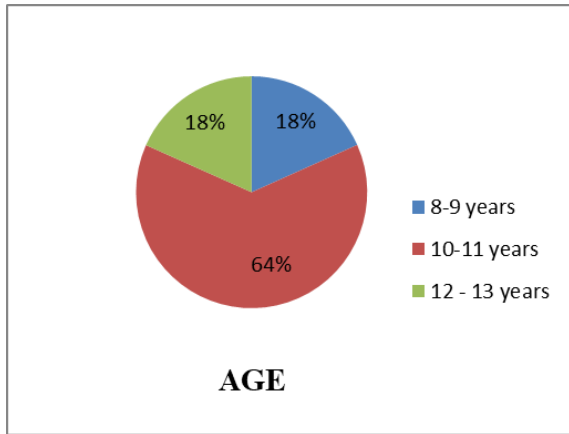
VI. ANALYSIS

DESCRIPTIVE ANALYSIS:
1. Frequency and percentages distribution of subjects as per demographic variables.
2. Knowledge regarding early menarche among school going girls.

INFERENTIAL ANALYSIS
1. Association between knowledge regarding early menarche among school going girls and selected socio-demographic variable.
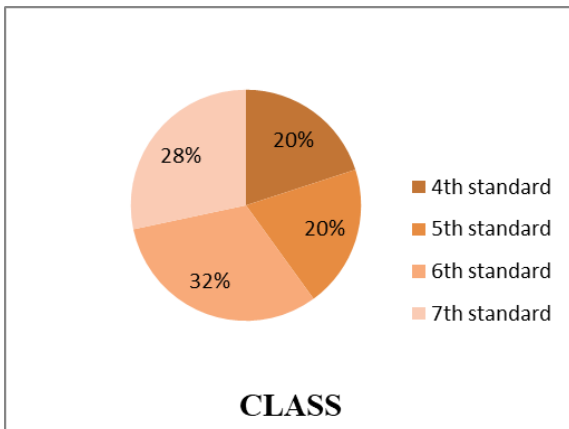
VII. RESULTS

Percentage wise distribution among school going girls according to their age.
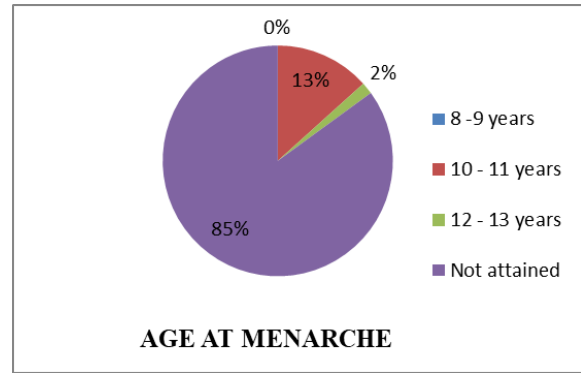
AGE

The data presented in figure shows that out of 60 samples 18% were in the age group of 8-9 years, 64% were in the age group of 10-11 years and 18% were in the age group of 12-13 years.

Percentage wise distribution among school going girls according to their class of studying.
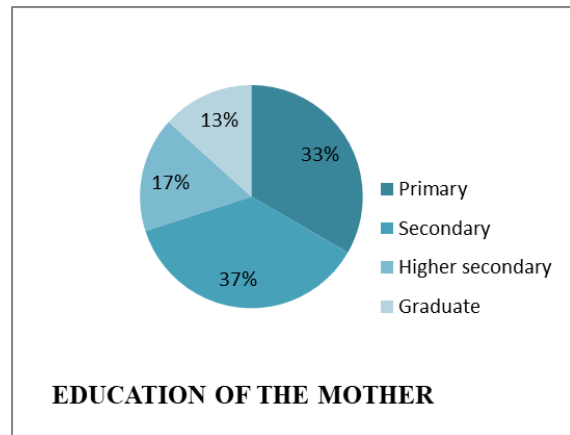

CLASS

The data presented in figure shows that out of 60 samples 20% were from 4th standard, 20% were from 5th standard, 32% were from 6th standard and 28% were from 7th standard.

Percentage wise distribution among school going girls according to their age at menarche.
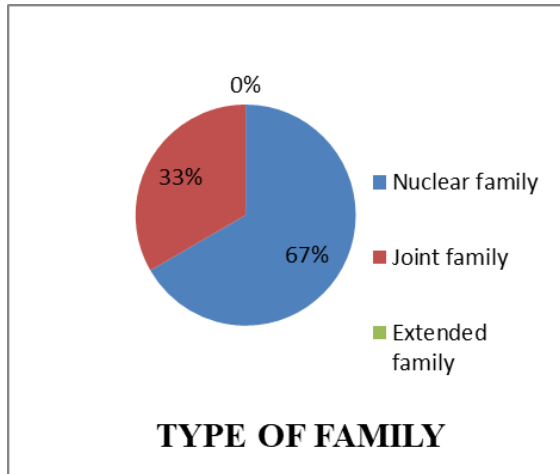

AGE AT MENARCHE

The data presented in figure shows that out of 60 samples none of them attained menarche between 8-9years, 13% attained menarche between 10-11 years, 2% attained menarche between 12-13 years and 85% had not attained menarche.

Percentage wise distribution among school going girls according to the education of their mother.
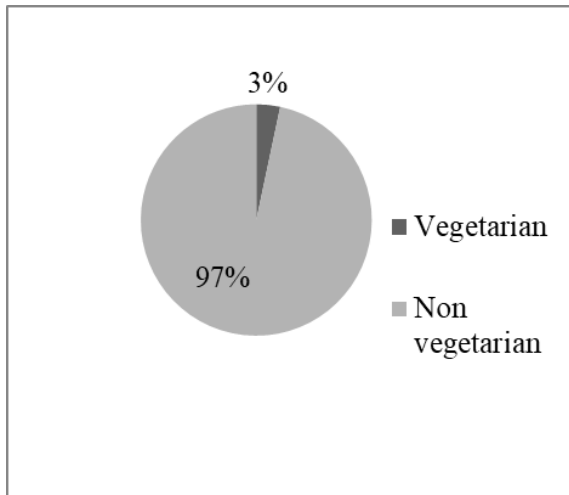

EDUCATION OF THE MOTHER

The data presented in figure shows that out of 60 samples 33% had primary education, 37% had secondary education, 17% had higher secondary education and 13% were graduated.

Percentage wise distribution among school going girls according to their type of family.

TYPE OF FAMILY

The data presented in figure shows that out of 60 samples 67% were from nuclear family, 33% were from joint family and none of them belonged to extended family.
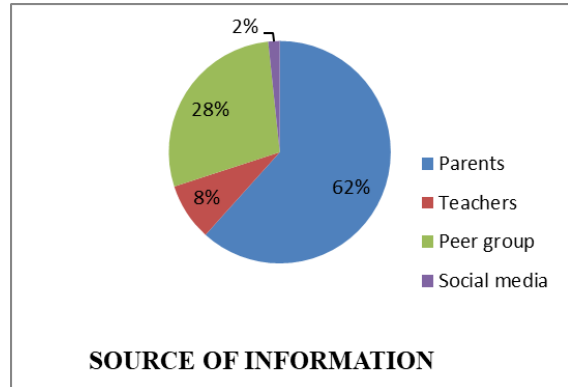
Percentage wise distribution among school going girl according to their type of food

The data presented in fig 6 shows that out of 60 samples Percentage wise distribution among school going girls according to their source of information.

SOURCE OF INFORMATION

The data presented in fig 7 shows that out of 60 samples 62% acquired information from their parents, 8% acquired information from teachers, 28% acquired information from peer group.

97% were non-vegetarians and 3% were vegetarians.

Association between knowledge and selected socio-demographic variables among school going girls.

SL.No	Variables	Adequate	Moderate	Poor	d/f	Chi square v	Table valu	Level of significance
1.	Age							
	8 – 9 years	0	8	3	4	5.565	9.48	NS
	10 – 11 years	1	34	3				
	12 – 13 Years	0	11	0				

2.	Class							
	4	0	10	2	6	5.087	12.59	NS
	5	0	10	2				
	6	0	17	2				
	7	0	16	0				
3.	Age at menarche							
	8 – 9	0	0	0	6	0.347	12.59	NS
	10 – 11	0	7	1				
	12 – 13	0	1	0				
	Not attained menarche	1	46	5				
4.	Education of the mother							
	Primary							
	Secondary	0	28	2	6	7.620	12.59	NS
	Higher secondary	0	19	3				
	Graduate	0	9	1				
		1	7	0				
5.	Type of family							
	Nuclear family	1	34	4	4	0.486	9.48	NS
	Joint family	0	18	2				
	Extended family	0	0	0				
6.	Type of food							
	Vegetarian	0	1	1	2	3.672	5.99	NS
	Non- Vegetarian	1	52	5				
7.	Source of information							
	Parents	1	33	3	6	1.433	12.59	NS
	Teachers	0	4	1				
	Peer group	0	15	2				
	Social media	0	1	0				

Among 60 school going girls, no association was found between knowledge and demographic variable such as age of the students, Class, age at menarche, Education of mother, Type of family, Type of food and Source of information regarding early menarche.

DISCUSSION

The present study was conducted to assess the knowledge regarding early menarche among school going girls in selected Schools at community area, Pallithottam. In order to achieve the objectives of the study non experimental design was adopted. The sample was selected by non-probability convenient sampling. The sample consisted of 60 school going girls. The present study revealed that 1.7% had adequate knowledge, 88.3% had average knowledge and 10% had poor knowledge regarding early menarche. There were no significant association between knowledge score and demographic variables such as age, class, age at menarche, education of mother, type of family, type of food, and source of informations.

CONCLUSION

The present study was undertaken to assess the knowledge regarding early menarche among school going girls in selected Schools at community area, Pallithottam.. The study results showed that, 1.7% had adequate knowledge, 88.3% had average knowledge and 10% had poor knowledge regarding early menarche. Association between knowledge score and demographic variables among school going girls was analyzed using chi square test. There were no significant association between knowledge score and demographic variables such as age, class, age at menarche, education of mother, type of family, type of food, and source of information.

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