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***Research Article** (Open Access)*

KNOWLEDGE, ATTITUDE AND PRACTICE OF MENSTRUAL HYGIENE AMONG THE SCHOOL GOING ADOLESCENT GIRLS IN SOME RURAL AND URBAN AREAS OF SRIKAKULAM DISTRICT, ANDHRA PRADESH, INDIA

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ABSTRACT
The purpose of the present study is to investigate the Knowledge, Attitude and Practice of Menstrual Hygiene among the School Going Adolescent Girls in Some Rural and Urban Areas of Srikakulam District, Andhra Pradesh, India. In the present investigation in rural area majority of the respondents 575(70.72%) were used cloth during menstruation period. 180(22.14%) and 58(7.13%) were used sanitary pads and both respectively. Whereas in urban area majority of the respondents 153(81.81%) were used sanitary pads. 25(13.36%) and 9(4.81%) were used cloth and both during menstruation respectively. In the present study in rural area, majority of the respondents 575(70.32%) have abdominal pain, 165(20.29%), 38(4.67%), 25(3.07%) and 10(1.23%) of the respondents have severe bleeding, irritation and headache, nausea and vomiting and other issues respectively. Whereas in urban area majority of the respondents 105(56.14%) have abdominal pain, 46(24.60%), 21(11.23%), 12(6.41%) and 3(1.60%) of the respondents have severe bleeding, nausea and vomiting, irritation and headache and other issues respectively.

Keywords: *Knowledge, Attitude, Practice, Adolescent Girls*

INTRODUCTION
Adolescence is a vital stage of growth and development. It is a period of life that is associated with the growth spurt and attainment of puberty. Defined by WHO as individuals between the ages of 10–19 years, adolescents make up approximately 20% of the world's population (UNICEF, 2015). Although adolescence is a time of enormous physiological, cognitive, and psychological change, it is acknowledged that adolescents remain a neglected group. According to Belbase *et al.,* (2021) the mean age group of the respondents was 14.17±1.25 years ranging from age 11 to 17 years. The mean age at menarche was 12.47±1.02 years. 67.1% of the respondents had abdominal pain at menarche. Rajavardhana *et al.,* (2021) conducted an investigation to assess the knowledge, attitude, practice of menstrual hygiene in 442 adolescent girls in around Anantapur town, Andhra Pradesh, India. According to them majority of the respondents were belongs to age group of 13-15 years. Pramodha and Shashirekha (2021) studied about the knowledge, attitude and practice of menstrual hygiene from rural areas of Dakshina Kannada, India. In this study they have reported 86.15% of the respondents don't have enough knowledge about menstruation. Hence the purpose of the present study was conducted to assess the knowledge, attitude and practice of menstrual hygiene among rural and urban adolescent girls from Srikakulam district, A.P., India.

MATERIALS AND METHODS
Selection of area
The study was carried out to assess the Knowledge, Attitude and Practice of Menstrual Hygiene among the School Going Adolescent Girls in Some Rural and Urban Areas of Srikakulam District, Andhra

Pradesh, India. Adolescent girls aged 11 to 16 years were living in rural and urban areas of Bandapalli, Meliaputti, Pathapatnam, Nelabonthu, Saravakota, Hiramandalam in Srikakulam District were selected for this study.

Selection of the samples

A total of one thousand samples, including eight hundred and thirteen (813) rural adolescent girls of Bandapalli (217), Pathapatnam (133), Nelabonthu (163), Saravakota (100), Hiramandalam (200), and random urban samples (187) of Srikakulam District were selected by random sampling method. The selected adolescent girls belonging to the lower middle class of age between 11 to 16 years were chosen for the investigation.

RESULTS AND DISCUSSION

Table 1: Class

Class	Number of Respondents (Rural)	%	Number of Respondents (Urban)	%
6th	140	17.22	32	17.11
7th	127	15.62	19	10.16
8th	144	17.71	23	12.30
9th	263	32.34	42	22.45
10th	139	17.10	71	37.96
Total	**813**	**100**	**187**	**100**

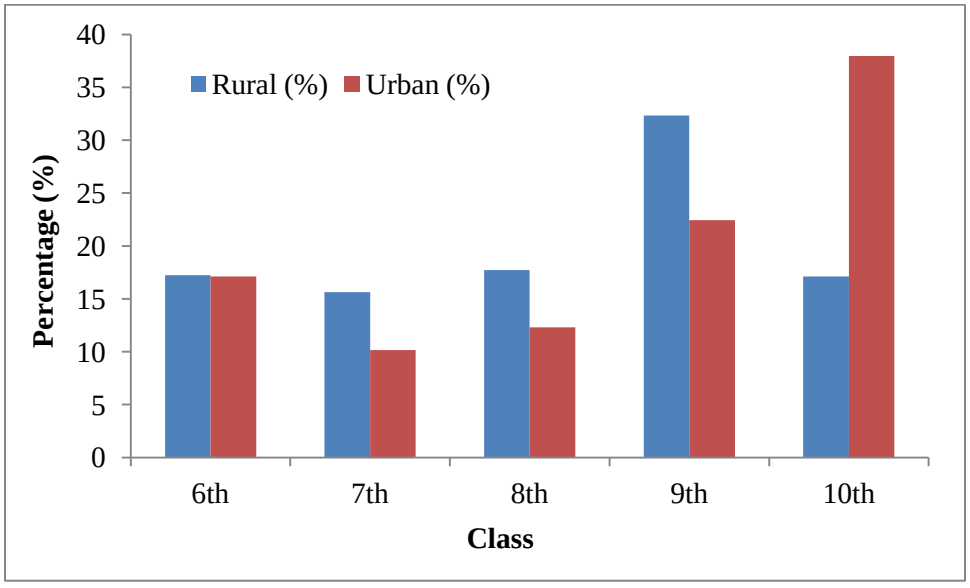

Figure 1: Class

Reshmi *et al.*, (2020) reported that in the rural area (n=320), 110 (34.38%) of respondents belongs to 8th class, 110(34.38%) of respondents belongs to 9th class, 100 (31.25%) of respondents belongs to 10th class. Whereas in the urban area (n=330) 80 (24.24%) of respondents belongs to 8th class, 100 (30.30%) of respondents belongs to 9th class, 150 (45.45%) of respondents belongs to 10th class. Rameswar (2012) recorded the highest and lowest percentage of prevalence was observed for both rural and urban areas as 56(22.4%); 55(22%); 40(16%) 45(18%) in 10th, 8th, and 12th classes students respectively. Similarly in the present study the highest and lowest percentage of prevalence was observed for both rural and urban areas as 263(32.34%); 71(37.96%); 127(15.62%) 19(10.16%) in 9th, 10th, and 7th classes students respectively.

Table 2: Practice during menstrual cycle

Practice	Number of Respondents (Rural)	%	Number of Respondents (Urban)	%
Use of Cloth	575	70.72	25	13.36
Use of Sanitary Pad	180	22.14	153	81.81
Both	58	7.13	9	4.81
Total	**813**	**100**	**187**	**100**

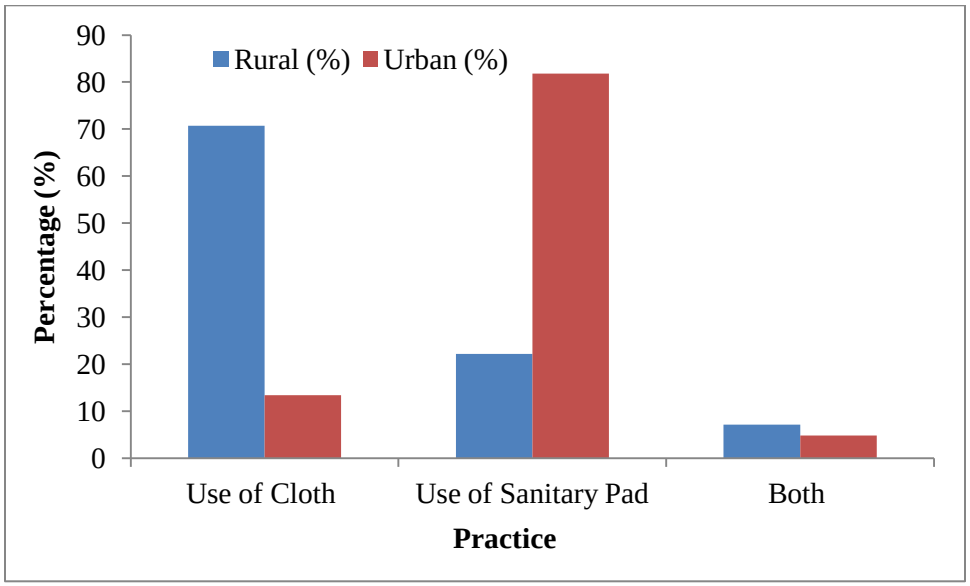

Figure 2: Practice during menstrual cycle

Hakim *et al.*, (2017) reported that 232(46.4%) of the respondents were used sanitary pads during menstruation. 152(30.4%) of the respondents were used both sanitary pads and cloths. 116(23.2%) of the respondents were used only cloth during menstruation. Kapoor and Kumar (2017) reported that majority of the respondents 78(59.09%) were used sanitary pads, 08(20.45%), 10(7.58%) 09(6.82%), and 27(6.06%) were used pad plus old washed cloth, old washed cloth, new cloth and pad plus new cloth respectively. Similarly in the present investigation in rural area majority of the respondents 575(70.72%) were used cloth during menstruation period. 180(22.14%) and 58(7.13%) were used sanitary pads and both respectively. Whereas in urban area majority of the respondents 153(81.81%) were used sanitary pads. 25(13.36%) and 9(4.81%) were used cloth and both during menstruation respectively.

Table 3: Health Issues during menstruation

Health Issues	Number of Respondents (Rural)	%	Number of Respondents (Urban)	%
Abdominal Pain	575	70.72	105	56.14
Nausea and Vomiting	25	3.07	21	11.23
Irritation and Headache	38	4.67	12	6.41
Severe Bleeding	165	20.29	46	24.60
Other issues if any	10	1.23	3	1.60
Total	**813**	**100**	**187**	**100**

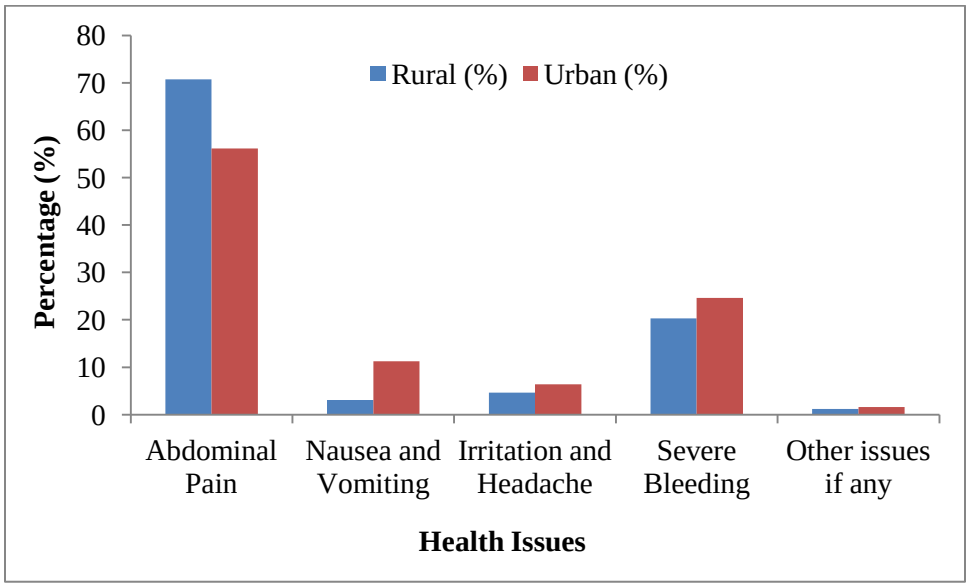

Figure 3: Health Issues during menstruation

Basavaraju *et al.*, (2019) reported that, majority of the respondents 113 (56.5%) have abdominal pain, 34 (17%), 16(8%), 14(7%), 10(5%), 7(3.5%) and 6(3%) of the respondents have leg cramps and back pain, nausea, vomiting, headache and irritation, body ache, loss of appetite and palpitation and giddiness respectively. Hakim *et al.*, (2017) recorded that majority of the respondents 329 (65.80) have abdominal pain, 154 (30.80), 85 (19), 56(11.20), 38 (7.6), 20 (4), 10(2) and 4(0.8) of the respondents have backache, leg cramps, heavy bleeding, no symptoms, headache, nausea and other symptoms respectively. Similarly in the present study in rural area, majority of the respondents 575(70.32%) have abdominal pain, 165(20.29%), 38(4.67%), 25(3.07%) and 10(1.23%) of the respondents have severe bleeding, irritation and headache, nausea and vomiting and other issues respectively. Whereas in urban area majority of the respondents 105(56.14%) have abdominal pain, 46(24.60%), 21(11.23%), 12(6.41%) and 3(1.60%) of the respondents have severe bleeding, nausea and vomiting, irritation and headache and other issues respectively.

Table 4: Causes

Causes	**Number of Respondents (Rural)**	**%**	**Number of Respondents (Urban)**	**%**
Deficiency of iron	426	52.40	62	33.15
Deficiency of proteins	140	17.22	24	12.83
Deficiency of Vitamins	234	28.78	94	50.27
No information	13	1.60	7	3.74
Total	**813**	**100**	**187**	**100**

Mengistu *et al.*, (2019) recorded majority of the respondents 419(99%) (n=423) have no iron supplement in their diet. Only 4(1%) of the respondents have iron supplement in the diet. Mousa *et al.*, (2016) reported 444(48.6%), 104(11.4%) and 88(9.6%) of the respondents have iron deficient but non-anemic. Whereas 276(30.2%) of the respondents have iron deficiency and were anemic. Thomas *et al.*, (2015) recorded 11.4 (3.4), of the respondents have mild anemic with iron deficiency, 9.9 (3.2) and 9.4 (3.0) of the respondents have moderate and severe anemic conditions with iron deficiency. Similarly 1.0 (0.8) of the respondents have mild anemia with deficiency of vitamin B12, 0.8 (0.7) and 0.5 (0.7) of the respondents have moderate and severe anemic conditions with deficiency of vitamin B12. Similarly in the

present study in rural area, majority of the respondents 426(5.40%) have no iron supplement in their diet. 234(28.78%), 140(17.22%), 13(1.60%) of the respondents have deficiency of vitamins, proteins and no information on diet respectively. Whereas in rural area, majority of the respondents 94(50.27%) have deficiency of vitamins, 62(33.15%), 24(12.83%) and 7(3.74%) of the respondents have deficiency of iron, proteins and no information on diet respectively.

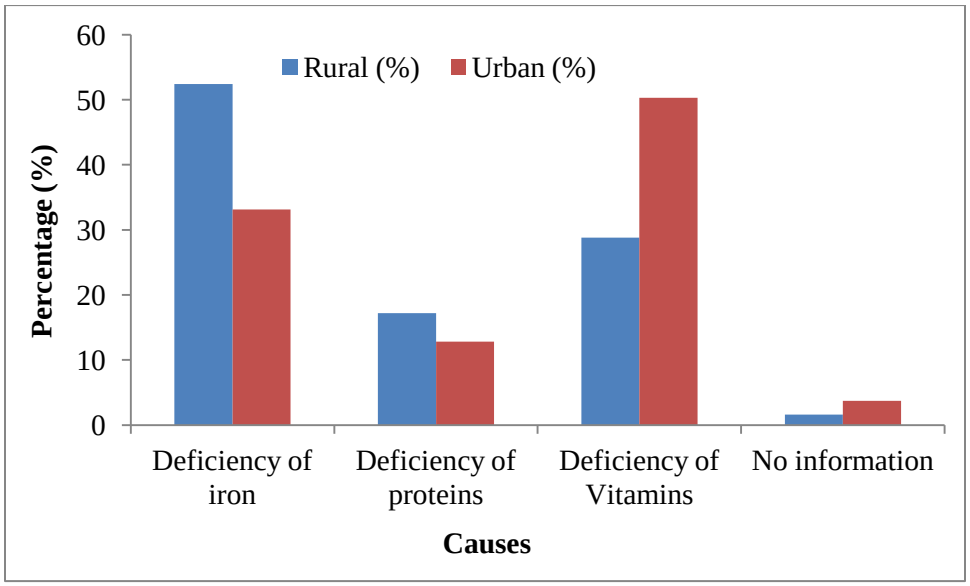

Figure 4: Causes

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