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“A study to assess the Effectiveness of planned teaching programme on knowledge of Menstrual Hygiene among Adolescent girls (13-15 years) in selected Govt. School Jabalpur (M.P)”

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Abstract: Menstrual hygiene is an essential component of adolescent girls' health and well-being. The present study aimed to assess the effectiveness of a planned teaching programme on knowledge regarding menstrual hygiene among adolescent girls in a Government Higher Secondary School, Tamarahi, Jabalpur. An exploratory research approach with purposive sampling was used, and 40 adolescent girls participated in the study. Pre-test findings revealed inadequate knowledge regarding menstrual hygiene among many participants. After the planned teaching programme, post-test scores showed significant improvement in knowledge levels. Statistical analysis confirmed a positive effect of the intervention. The study emphasizes the importance of health education programmes in improving menstrual hygiene awareness among adolescent girls.

Keywords: Study, assess, Effectiveness, planned teaching, programme, knowledge, Menstrual, Hygiene, Adolescent girls.

Introduction

Menstrual hygiene is a vital aspect of women's health, often shrouded in myths and taboos. It refers to practices and measures taken to maintain cleanliness and prevent infections during menstruation. Proper hygiene reduces the risk of UTIs and RTIs, boosts confidence, and promotes overall health. Tips include using sanitary products, changing them regularly, washing hands, and cleaning the genital area. Let's break the stigma – menstruation is natural! No shame, no silence. Encourage open conversations and educate girls and women about menstrual hygiene. By doing so, we empower them with knowledge for better health outcomes. Menstrual hygiene is not just a women's issue, it's a health issue. Let's work together to create a culture of awareness and acceptance.

NEED OF STUDY - Majority of the girls are not prepared in any way for their first menstruation. Girls begin to experience the physical and emotional changes that puberty brings and many parents feel unprepared to support their child through these changes. Helping their girls to learn to take care of their physical needs and, at the same time, coping with behaviour that can occur, is a challenge. Girls described the onset of menarche as a shocking or fearful event (Russell et al., 1995). Young girls shared that they were not told anything specific about menstruation, especially the physiological basis. For example, where the menstrual flow comes from until their first personal experience of and this may bring some physical and emotional discomforts. The inadequate knowledge,

misconception and wrong ideas lead to undue fear, anxiety and undesirable attitudes in the minds of adolescent girls.

Girls from the age of around 12 and until they teach the menopause somewhere in their 40s, every woman has to deal with it. Every girl needs to be equipped with proper information on how to handle this issue best for their health and dignity (Ahuja, 2013).

OBJECTIVES –

1. To assess the pre-test knowledge score of adolescent girl student regarding, menstrual hygiene.
2. To assess the effectiveness of planned teaching programme regarding menstrual hygiene.
3. Assess the compare between pre-test, post-test knowledge menstrual hygiene.
4. To compare between pre-test and post-test score of knowledge.

HYPOTHESIS

H1-There will be significant difference between pre-test and post-test knowledge score regarding menstrual hygiene among adolescent girls students

H2- There will be significant association between pre-test knowledge score regarding menstrual hygiene among adolescent girls students and their selected demographic variables.



RESEARCH METHODOLOGY – RESEARCH APPROACH –

In this study as the investigator wanted to assess the effectiveness of the planned teaching programme on menstrual hygiene among the adolescent girls the exploratory approaches seemed to be suitable.

RESEARCH DESIGN –

Research Design incorporates the most important methodological design that a research works in conducting a research study (Polit and Beck 2004). It helps the investigator in the selection of subjects, of independent variables and identification of statistical methods to be used to interpret the data. The selection of design depends upon the purpose of the study, research approach and variables to be studied.

SETTING OF THE STUDY

The present study was conducted in the Government Higher Secondary School, Tamarahi of Jabalpur. This school is run by the State government of Jabalpur (M.P.), India

POPULATION OF THE STUDY – “A population is a set of persons or object that possess some Common characteristics of interest to the researcher”.

TARGET POPULATION -

In the present study the population consist adolescent girls of Jabalpur, Tamarahi study.” In the pre Govt. girls School.

SAMPLE AND SAMPLING TECHHIQUE

SAMPLE – Sample is subject of population. Sample consist of a adolescent girls. Jabalpur students based on inclusion and exclusion criteria.

SAMPLE SIZE- sample consist of 40 adolescent girls

SAMPLING TECHNIQUE – Purposive sampling technique was used for the study

SAMPLE SELECTION CRITERIA -Inclusion criteria Sampling criteria Inclusion Criteria

FINDINGS AND DISCUSSION

SECTION- 1:- Sample characteristics of data collection study.

23 (57.5%) of student belongs to 12-13 years of age group and 17 (42.5%) of student belongs to 14-15 years of age group and 16-17 years 0 (0%) and 18-21 years 0 (0%).

38 (95%) of students are Hindu and 2 (5%) of students are Muslim and Christian and others 0 (0%).

33 (82.5%) are belongs 12-13 years of menarche age and 7 (17.5%) of students belongs 14-15 years of menarche age and 16-17 (0%) and 18-21 (0%)

30 (75%) of students gain knowledge their mother and 7 (17.5%) of student gain knowledge their friends and 3 (7.5%) of student gain knowledge their teachers and others 0 (0%).

30 (75 %) of students speak Hindi and 10 (25%) students who speak English and Urdu is 0 (0%)

SECTION-2:- Menstrual hygiene knowledge with the selected demographic variable of the total subject i.e. age menarche, knowledge, language, religion about menstrual hygiene.

TABLE NO. 1

ASSESSMENT OF PRETEST KNOWLEDGE SCORE OF THE ADOLESCENT GIRL REGARDING MENSTRUAL HYGIENE. N=40

S. NO	CATEGORI ES	FREQUEN CY (N)	PERCENTA GE (%)	MEA N	SD
1	GOOD	10	25%	13.85 %	87.58 %
2	AVERAGE	12	30%		
3	POOR	18	45%		

The data presented in table fullfills the objective – 1 clearly indicate that 10 (25%) students have good knowledge and 12 (30%) have average knowledge and 18 (45%) have poor knowledge regarding menstrual hygiene. The mean and SD also justify the knowledge of students.

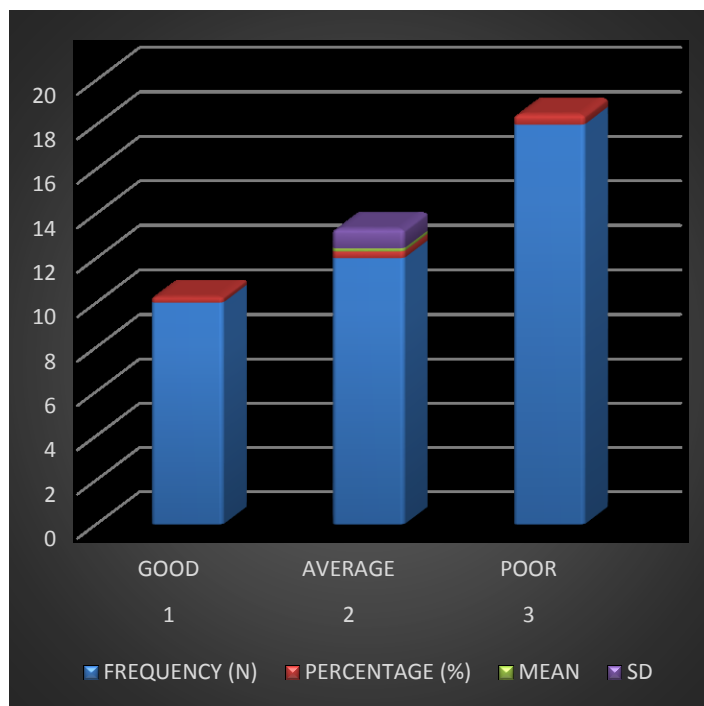


FIG. NO. 1 Bar diagram showing the frequency of pre - test knowledge of the students



TABLE NO. 2
ASSESSMENT OF POST TEST KNOWLEDGE OF ADOLESCENT GIRL REGARDING MENSTRUAL HYGIENE N=40

S.NO	CATEGORY	FREQUENCY	PERCENTAGE	MEAN	SD
1	GOOD	23	57.50%	19%	11.62
2	AVERAGE	14	35.50%		
3	POOR	3	7.50%		

The data presented in table fulfils the objective:-3 clearly indicate that 23 (70%) students have good knowledge, 14(25%) have average knowledge and 3% have poor knowledge regarding menstrual hygiene. The mean and SD also justify the knowledge of students.



FIG. NO. 2 Bar diagram showing the frequency of post-test knowledge of the students

TABLE NO. 3
CORRELATION BETWEEN PRE TEST AND POST TEST KNOWLEDGE OF STUDENTS.

S.NO.	DISCRIPTION	MEAN	SD	CORRELATION
1	PRETEST KNOWLEDGE	13.85	87.58	0.79
2	POSTTESTKNOWLEDGE	19	120.16	

Table shows the comparison between pre-test and post-test knowledge made by correlation. Correlation is the appropriate statistical method to compare the pre-test and post-test knowledge score. The result shows positive correlation.

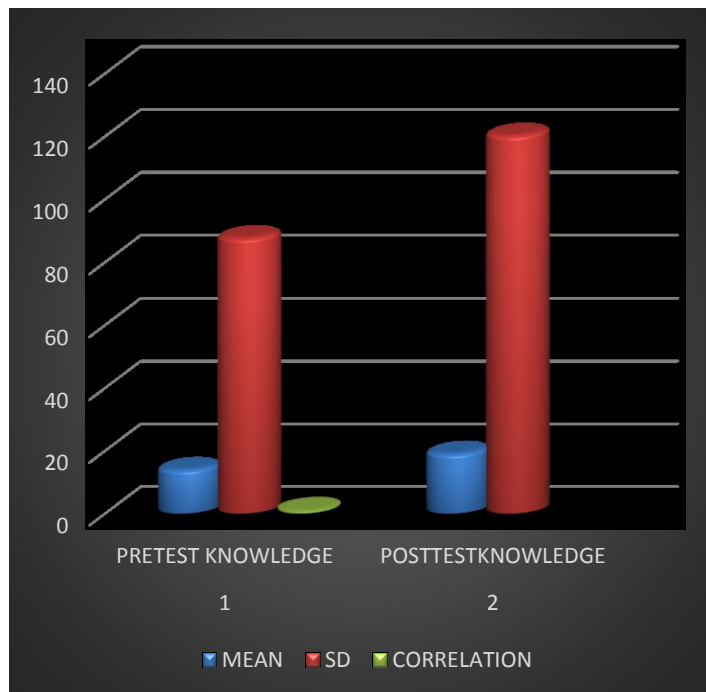


FIG. NO. 3 BAR DIAGRAM SHOWING THE COMPARISON BETWEEN PRETEST AND POSTTEST KNOWLEDGE OF THE STUDENTS.

TABLE NO.4
COMPARISON OF PRE TEST AND POST TEST KNOWLEDGE OF ADOLESCENT GIRL REGARDING MENSTRUAL HYGIENE.

S.NO.	DESCRIPTION	MEAN	SD	T TEST
1	PRETEST KNOWLEDGE	13.85	87.58	2.31
2	POSTTEST KNOWLEDGE	19	120.16	

The table shows the comparison between pre-test and post-test made by t- test. The pre-test and post-test knowledge was statistically tested by applying T-test method at the level of 0.05%.

SECTION- 3 Association of Pre Test Knowledge of Adolescent Girl Regarding Menstrual Hygiene.

(result significant at 0.05 level of significant)
Association between knowledge of girl students regarding menstrual hygiene with selected demographic variables is statistically tested by applying chi-square test. Demographic variables Religion, Age of menarche, Language was found not significant. Only Previous knowledge was found significant.



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LIMITATION

- ❖ Students from selected in tamarahai government girls higher secondary school Jabalpur.
- ❖ Students those are present at the time of study.
- ❖ Students those are willing to participate in research.

Vol-5(5): 1027-1033to their life processes and promoting their quality of life.

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ETHICAL GUIDELINES

Permission obtained from school authorities in selected Govt. schools, Jabalpur.

Approval taken from Institutional Ethics Committee before data collection. Verbal/written assent taken from the adolescent girls themselves after explaining the study in age-appropriate language.

Participation was voluntary with the right to withdraw at any time without penalty.

IMPLICATION

- ❖ Nursing is based open body of knowledge that always changing it new discoveries and innovation the opportunity for a nursing carried are limitless.
- ❖ There are many excellent health care facilities and vary best skill and knowledge the finding of the study have implication for nursing practice.
- ❖ Education nursing administration and research.

Conclusion

The research study concludes that study supports need for the community and the girls living in community. In this study planned teaching programme was conducted to provide knowledge regarding menstrual hygiene among adolescent girl.

Hence the future needs to improve their knowledge by the conduction the health awareness programme especially among adolescent girl to improve their knowledge level for their understanding regarding menstrual hygiene.

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