

AN ANOVA APPROACH FOR STUDYING MENSTRUAL HYGIENE PRACTICES AMONG HIGH SCHOOL STUDENTS OF KALABURAGI DISTRICT- A CASE STUDY

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Abstract

Menstruation is still regarded as something unclean or dirty in Indian society and it is related with socio-cultural restriction, such as, visiting holy places, taking bath during menstruation, and entering into the kitchen...etc. Lack of knowledge and poor hygiene practices can lead to various gynecological problems in the reproductive life of girls. Menstruation is a monthly occurrence that requires access to appropriate materials and facilities, without which girls suffer from poor menstrual hygiene which restricts their movement and self confidence. The aim of this study is to identify and analyze the menstrual hygiene practices among the high school students of kalaburagi district using ANOVA. The analysis is done with the help of SPSS package. Assessing the significance of menstrual hygiene practices among adolescent girls is essential to reinforce safe and hygiene practice during menstruation.

Key Words: Menstruation, Hygiene Practices, High School Girl Students, ANOVA.

1. Introduction

Hygiene related practices of women during menstruation are of considerable importance especially for young girls who do not have experience especially during the onset at menarche. Menstruation is the major part of life for millions of young girls and women worldwide. A woman will have approximately 500 periods in her lifetime, on average; women will menstruate for 3,000 days during her lifetime. The estimated blood loss is between 50 ml and 200 ml (1).

Box 1. Normal Menstrual Cycles in Adolescent Girls ↵

Menarche (median age):	12.43 years
Mean cycle interval:	32.2 days in first gynecologic year
Menstrual cycle interval:	Typically 21–45 days
Menstrual flow length:	7 days or less
Menstrual product use:	Three to six pads or tampons per day

Good hygienic practices such as the use of sanitary napkins and frequently change of menstrual absorbents are essential during menstruation. Having a good menstruation hygiene practice will enhance the confidence of females in many aspects. On the other hand, poor menstrual hygiene practice will increase susceptibility to reproductive health related problems. The effective, hygienic management of menstruation is essential for women and girls to participate in society with dignity and comfort. Effective menstrual hygiene management (MHM) includes access to clean absorbents, with facilities to change, clean or dispose of these as needed, and access to soap and water for cleaning the body and absorbents.



Menstruation and Menstrual Hygiene Management

2. Survey of literature

Dr. C.P.S. Hungund and Ashwini S.R (2019) has conducted the study of “Determinates of Factors Influencing Menstrual Hygiene during Menstruation among High School Going Girls Students of Kalaburagi District, Karnataka, India”. This paper presents a study of practices of menstrual hygiene during menstruation among school going girls of five talukas of Kalaburagi district. For this study respondents were selected

randomly from high schools of five talukas of Kalaburagi district viz: Aland, Jevargi, Sedam, Chitapur and Kalaburagi with 1500 respondents. The significance of the hygiene factors with respect to five talukas were tested using the Chi-Square test of independence. The results reveals that there is a significant association between the menstrual hygiene factors and the respondents belonging to different talukas. Further the authors identified and analyzed the most influencing hygiene factors using factor analysis. Among the 14 hygiene factors which were considered for the study, 11 hygiene factors were identified as the most decisive hygiene factors through factor analysis using SPSS package.

Lawan U.M, Yusuf N.W, Musa A.B (2010): conducted a study in Kano, Northwestern Nigeria about menstruation and menstrual hygiene amongst adolescent school girls. This study examined the practices of adolescent girls around menstruation and menstrual hygiene. Data was collected quantitatively and analyzed. Most of them used sanitary pads as absorbent during their last menses, changed menstrual dressing about 1-5 times per day and three quarter increased the frequency of bathing.

Manjula R, Geethalakshmi R.G, Sangam D.K (2011) conducted a cross-sectional study in Pre-university colleges present in Davangere city, Karnataka. A total of 362 students were included, of which 114 students were ISSN: 2320-5407 Int. J. Adv. Res. 6(2), 586-600 589 from Government Colleges and 248 students from private colleges. The sample selected is proportional to the total number of students in the colleges. Later the data was collected regarding the menstrual problems and their practices during menstruation with the help of pre- structured proforma and analyzed. Results showed that 68% of them attain menarche by 12 years of age and the 97% of them with normal menstrual flow. About 97% of them complained of dysmenorrhea and 80% of them had taken treatment from doctors for the same. About 3% of them had abnormal white discharge. It is encouraging to know that about 60% of them used sanitary napkins during menstruation and knew the correct methods of disposal. In this study among PU girls, though they had experienced menstruation for about 4-5 years, their level of menstrual hygiene was not good. Realizing the needs and interest to use sanitary pads, it should be made available to all segments of society by social marketing.

3. Aims and Objective of the study

The present study was planned to assess the practices of menstrual hygiene among high school girls of five talukas of Kalaburagi district. The main aim of the study is to identify and analyze the significance of the most influencing menstrual hygiene factors using ANOVA.

4. Method: A Cross sectional study on 1500 girl students of age group 12-16 years from the high schools of 5 talukas viz: Kalaburagi, Sedam, Chitapur, Aland and Jevargi talukas of Kalaburagi district selected randomly using convenience sampling. A structural questionnaire was used to collect scio- demographic and menstrual hygiene data. Chi-square test is used to test the association between the scio-demographic factors and respective talukas of the respondents. The ANOVA approach is used to test the significance of demographic factors with respect to each of menstrual hygiene factors which were identified through factor analysis (2) using SPSS.

5. Association between demographic factors and Taluka of the respondents.

This section aimed to test the association between demographic factors viz; Age, Type of school, Education of students, Education of mother, Parents job status, Monthly income, Number of girl children with respect to taluka of the respondents.

H₀: There is no significant association between demographic factors and the respondents of different talukas

Table 5 Significance of demographic factors

Scio- Demographic Variables	Chi-Square test	p-Value
Age	71.564	0.000
Type of school	50.750	0.000
Education of students	48.671	0.000
Education of mother	157.879	0.000
Parents job status	58.685	0.000
Monthly income	157.880	0.000
Number of girl children's	53.425	0.000

Table 5 shows the measures of association between demographic factors and respondents belonging to different talukas. Study reveals that the null hypotheses are rejected for all the demographic factors since the result is significant in all the cases. The significant values show less than 0.05 in all the cases, which means that there is a significant association between the demographic factors and the respondents belonging to different talukas.

6. Results of Factor Analysis

The following table shows the most influencing hygiene factors which were identified through factor analysis (2) are as follows.

Table 6: Factors loading values

Components	Factors name	Factors loading value	Factors name
1	Offered sanitary napkins	0.734	Usage of Sanitary pads
	Able to use sanitary napkins	0.574	
2	Cleaning cloth with sanitizers	0.638	Hygiene practices in using cloths
	Using new cloth every time	0.582	
3	Rapping pad before disposing	0.643	Disposal of absorbents
	Disposing sanitary napkins in disposal bin	0.626	
4	Washing hands with soap/ sanitizers	0.653	Usage of sanitizers
	Practicing hygiene	0.506	
5	Maintaining hygiene when in school	0.761	Hygiene practices in school
	Changing absorbent in school	0.643	
6	changing absorbent often in a day	0.781	Changing absorbents often in a day

Interpretation

The results of factor analysis reveals that the most influencing factors of menstrual hygiene are usage of sanitary pads, hygiene practices in using cloths, disposal of absorbents, usage of sanitizers, hygiene practices in school, changing absorbent often in a day. For the hygiene management support from family or by the school play an important role for school going girls. The respondent's level of menstrual hygiene practices in the above mentioned factors are satisfactory among the school going girls. The study reveals that majority of the girl students level of hygiene practices is good. The level of hygiene practices in using cloth, drying cloth outside the house and taking bath when menstruated were not appraised. The hygiene practice by rural school going students is not satisfactory. In the rural area many students have practices of using old cloth as menstrual pads and that they reused after washing with soap and water. Hence the study recommends that there is need to mobilizes the adolescent girls to use sanitary pads using new cloth every time and cleaning with sanitizers, rapping pads and disposing in disposal bin, washing hands with soap/ sanitizers and changing absorbents often in a day which are the most important factors for the menstrual hygiene management.



Menstrual hygiene tips you need to follow!

7. Analysis of hygiene factors and demographic variables of high school going girls students

In this section we made an attempt to test the demographic factors viz: education of students and education of mother for its significance with respect to the most influencing hygiene factors identified through factor analysis (table 6) using ANOVA.

Education of students: ANOVA test for testing the significant difference among the students at different education level with respect to hygiene factors.

H₀: There is no significant difference in the practices of menstrual hygiene among the girls students at different level of education.

Table 7: ANOVA for different level of education of girl students

Factors name			Sum of Squares	df	Mean Square	F	Sig.
Usage of Sanitary pads	Afford sanitary napkin	Between Groups	12.429	3	4.143	3.609	.013
		Within Groups	1717.125	1496	1.148		
		Total	1729.554	1499			
	Able to use sanitary napkin	Between Groups	3.219	3	1.073	.975	.403
		Within Groups	1645.714	1496	1.100		
		Total	1648.933	1499			
Hygiene practices in usage of cloth	Cleaning cloth with soap/sanitizers	Between Groups	5.691	3	1.897	1.402	.240
		Within Groups	2023.836	1496	1.353		
		Total	2029.527	1499			
	Using new cloth every time	Between Groups	2.731	3	.910	.737	.530
		Within Groups	1846.349	1496	1.234		
		Total	1849.079	1499			
Disposal of absorbent	Rapping pad before disposing	Between Groups	3.401	3	1.134	1.009	.388
		Within Groups	1679.997	1496	1.123		
		Total	1683.397	1499			
	Disposing pads in disposal bin	Between Groups	2.480	3	.827	.651	.582
		Within Groups	1898.040	1496	1.269		
		Total	1900.519	1499			
Usage of sanitizers	Washing hands with soap/sanitizers	Between Groups	9.031	3	3.010	2.769	.040
		Within Groups	1626.718	1496	1.087		
		Total	1635.749	1499			
	Practicing hygiene	Between Groups	5.391	3	1.797	1.507	.211
		Within Groups	1783.945	1496	1.192		
		Total	1789.336	1499			
Hygiene practices in school	Maintain hygiene when in school	Between Groups	9.991	3	3.330	3.231	.022
		Within Groups	1541.918	1496	1.031		
		Total	1551.909	1499			
	Changing absorbents in school	Between Groups	16.708	3	5.569	4.847	.002
		Within Groups	1719.068	1496	1.149		
		Total	1735.776	1499			
Number of times changing absorbent in a day	Changing absorbent often in a day	Between Groups	5.757	3	1.919	1.583	.192
		Within Groups	1813.429	1496	1.212		
		Total	1819.186	1499			

Table 7 (a) Descriptive statistics of student's hygiene practice scores

Factor name	Education of students	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean	
						Lower Bound	Upper Bound
Afford sanitary napkin	7th class	204	3.04	1.116	.078	2.89	3.20
	8th class	295	3.20	1.079	.063	3.07	3.32
	9th class	438	3.28	1.013	.048	3.18	3.37
	10th class	563	3.09	1.095	.046	2.99	3.18
	Total	1500	3.16	1.074	.028	3.10	3.21
Able to use sanitary napkin	7th class	204	3.18	1.027	.072	3.04	3.32
	8th class	295	3.14	.952	.055	3.03	3.24
	9th class	438	3.12	1.080	.052	3.02	3.22
	10th class	563	3.05	1.080	.046	2.96	3.14
	Total	1500	3.11	1.049	.027	3.05	3.16
Cleaning cloth with soap/sanitizers	7th class	204	2.74	1.112	.078	2.59	2.89
	8th class	295	2.58	1.169	.068	2.45	2.72
	9th class	438	2.69	1.168	.056	2.58	2.80
	10th class	563	2.58	1.174	.049	2.49	2.68
	Total	1500	2.64	1.164	.030	2.58	2.69
Using new cloth every time	7th class	204	2.78	1.102	.077	2.63	2.94
	8th class	295	2.81	1.151	.067	2.68	2.94
	9th class	438	2.79	1.113	.053	2.68	2.89
	10th class	563	2.71	1.091	.046	2.62	2.80
	Total	1500	2.76	1.111	.029	2.70	2.82
Rapping pad before disposing	7th class	204	2.97	1.026	.072	2.83	3.11
	8th class	295	2.95	.985	.057	2.84	3.07
	9th class	438	2.84	1.108	.053	2.74	2.94
	10th class	563	2.90	1.070	.045	2.81	2.99
	Total	1500	2.90	1.060	.027	2.85	2.96
Disposing pads in disposal bin	7th class	204	2.99	1.132	.079	2.83	3.15
	8th class	295	2.90	1.027	.060	2.78	3.02
	9th class	438	3.01	1.176	.056	2.90	3.12
	10th class	563	2.94	1.135	.048	2.85	3.03
	Total	1500	2.96	1.126	.029	2.90	3.02
Washing hands with soap/sanitizers	7th class	204	3.17	.973	.068	3.03	3.30
	8th class	295	3.21	1.004	.058	3.09	3.32
	9th class	438	3.04	1.078	.052	2.94	3.14
	10th class	563	3.02	1.059	.045	2.93	3.11
	Total	1500	3.08	1.045	.027	3.03	3.14
Practicing hygiene	7th class	204	2.84	1.021	.071	2.70	2.98
	8th class	295	2.86	1.067	.062	2.74	2.99
	9th class	438	3.00	1.140	.054	2.90	3.11
	10th class	563	2.92	1.092	.046	2.83	3.01

	Total	1500	2.92	1.093	.028	2.87	2.98
Maintain hygiene when in school	7th class	204	2.98	1.012	.071	2.84	3.12
	8th class	295	2.99	1.027	.060	2.87	3.10
	9th class	438	3.16	1.037	.050	3.07	3.26
	10th class	563	2.99	.993	.042	2.90	3.07
	Total	1500	3.04	1.017	.026	2.99	3.09
Changing absorbents in school	7th class	204	3.06	1.006	.070	2.92	3.20
	8th class	295	2.74	1.035	.060	2.62	2.86
	9th class	438	2.98	1.094	.052	2.88	3.08
	10th class	563	2.85	1.097	.046	2.76	2.95
	Total	1500	2.90	1.076	.028	2.84	2.95
Changing absorbent often in a day	7th class	204	2.90	1.066	.075	2.75	3.04
	8th class	295	2.83	1.088	.063	2.70	2.95
	9th class	438	2.80	1.141	.055	2.70	2.91
	10th class	563	2.94	1.088	.046	2.85	3.04
	Total	1500	2.87	1.102	.028	2.82	2.93

The ANOVA concerning for the education of school going girls, the factors that are significant are the factors usage of sanitary pads in which the variable afford sanitary napkin is significant. The factor usage of sanitizers in which the variable washing hands with soaps/ sanitizers is significant. The factor hygiene practices in school in which all the variables are significant.

Since the analysis shows the significance of the factors we discuss the demographic variable education of student utilizing the mean scores of menstrual hygiene factors. The variable affords sanitary napkin with mean scores ranging from 3.04 to 3.28. The factor washing hands with soaps/ sanitizers with mean scores ranging from 3.02 to 3.21. The factor maintain hygiene when in school with mean scores ranging from 2.98 to 3.16 and the factor changing absorbents in school with mean scores ranging from 2.74 to 3.06. The analysis reveals that there is significant difference in the practices of hygiene with respect to the factors afford sanitary napkin, washing hands with soaps/ sanitizers, maintain hygiene when in school and changing absorbents in school among the girls students at different education level.

Education of mother: ANOVA test for testing the significant difference among the students mother at different education level with respect to hygiene factors.

H₀: There is no significant difference in the practices of menstrual hygiene among the students with respect to their mothers at different level of education.

Table 7.1: ANOVA for different education level of mothers of girl students

Factors name			Sum of Squares	df	Mean Square	F	Sig.
Usage of Sanitary pads	Afford sanitary napkin	Between Groups	13.985	4	3.496	3.047	.016
		Within Groups	1715.569	1495	1.148		
		Total	1729.554	1499			
Able to use sanitary napkin		Between Groups	1.018	4	.254	.231	.921
		Within Groups	1647.916	1495	1.102		
		Total	1648.933	1499			

Hygiene practices in usage of cloth	Cleaning cloth with soap/sanitizers	Between Groups	4.010	4	1.003	.740	.565
		Within Groups	2025.517	1495	1.355		
		Total	2029.527	1499			
	Using new cloth every time	Between Groups	16.866	4	4.217	3.441	.008
		Within Groups	1832.213	1495	1.226		
		Total	1849.079	1499			
Disposal of absorbent	Rapping pad before disposing	Between Groups	3.372	4	.843	.750	.558
		Within Groups	1680.026	1495	1.124		
		Total	1683.397	1499			
	Disposing pads in disposal bin	Between Groups	.325	4	.081	.064	.993
		Within Groups	1900.195	1495	1.271		
		Total	1900.519	1499			
Usage of sanitizers	Washing hands with soap/sanitizers	Between Groups	4.434	4	1.109	1.016	.398
		Within Groups	1631.315	1495	1.091		
		Total	1635.749	1499			
	Practicing hygiene	Between Groups	2.858	4	.715	.598	.664
		Within Groups	1786.478	1495	1.195		
		Total	1789.336	1499			
Hygiene practices in school	Maintain hygiene when in school	Between Groups	3.975	4	.994	.960	.429
		Within Groups	1547.934	1495	1.035		
		Total	1551.909	1499			
	Changing absorbents in school	Between Groups	10.052	4	2.513	2.177	.069
		Within Groups	1725.724	1495	1.154		
		Total	1735.776	1499			
Number of times changing absorbent in a day	Changing absorbent often in a day	Between Groups	6.416	4	1.604	1.323	.259
		Within Groups	1812.770	1495	1.213		
		Total	1819.186	1499			

Table 7.1 (a) Descriptive statistics of student's hygiene practice scores

Factor name	Education of mother	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean	
						Lower Bound	Upper Bound
Offered sanitary napkin	0	942	3.14	1.078	.035	3.07	3.21
	Primary/SSLC	315	3.15	1.075	.061	3.03	3.27
	PUC/Degree	120	3.01	1.033	.094	2.82	3.20
	PG/Phd	39	3.41	1.044	.167	3.07	3.75
	Others	84	3.48	1.047	.114	3.25	3.70
	Total	1500	3.16	1.074	.028	3.10	3.21
Able to use sanitary napkin	0	942	3.12	1.050	.034	3.05	3.19
	Primary/SSLC	315	3.10	1.099	.062	2.98	3.23
	PUC/Degree	120	3.07	1.002	.091	2.89	3.25

	PG/Phd	39	3.00	.795	.127	2.74	3.26
	Others	84	3.06	1.022	.112	2.84	3.28
	Total	1500	3.11	1.049	.027	3.05	3.16
Cleaning cloth with soap/sanitizers	0	942	2.67	1.193	.039	2.59	2.74
	Primary/SSLC	315	2.58	1.127	.064	2.45	2.70
	PUC/Degree	120	2.52	1.077	.098	2.32	2.71
	PG/Phd	39	2.72	1.191	.191	2.33	3.10
	Others	84	2.62	1.074	.117	2.39	2.85
	Total	1500	2.64	1.164	.030	2.58	2.69
Using new cloth every time	0	942	2.71	1.124	.037	2.64	2.78
	Primary/SSLC	315	2.76	1.048	.059	2.65	2.88
	PUC/Degree	120	2.85	1.128	.103	2.65	3.05
	PG/Phd	39	3.18	1.097	.176	2.82	3.54
	Others	84	3.04	1.103	.120	2.80	3.27
	Total	1500	2.76	1.111	.029	2.70	2.82
Rapping pad before disposing	0	942	2.88	1.051	.034	2.81	2.95
	Primary/SSLC	315	2.94	1.084	.061	2.82	3.06
	PUC/Degree	120	3.02	1.016	.093	2.84	3.21
	PG/Phd	39	2.79	1.031	.165	2.46	3.13
	Others	84	2.88	1.145	.125	2.63	3.13
	Total	1500	2.90	1.060	.027	2.85	2.96
Disposing pads in disposal bin	0	942	2.95	1.115	.036	2.88	3.02
	Primary/SSLC	315	2.96	1.125	.063	2.83	3.08
	PUC/Degree	120	2.98	1.137	.104	2.78	3.19
	PG/Phd	39	3.00	1.124	.180	2.64	3.36
	Others	84	3.00	1.261	.138	2.73	3.27
	Total	1500	2.96	1.126	.029	2.90	3.02
Washing hands with soap/sanitizers	0	942	3.07	1.041	.034	3.01	3.14
	Primary/SSLC	315	3.16	1.028	.058	3.04	3.27
	PUC/Degree	120	3.01	1.057	.097	2.82	3.20
	PG/Phd	39	2.87	1.239	.198	2.47	3.27
	Others	84	3.12	1.034	.113	2.89	3.34
	Total	1500	3.08	1.045	.027	3.03	3.14
Practicing hygiene	0	942	2.93	1.086	.035	2.86	3.00
	Primary/SSLC	315	2.92	1.124	.063	2.80	3.05
	PUC/Degree	120	2.88	1.142	.104	2.67	3.08
	PG/Phd	39	2.74	.993	.159	2.42	3.07
	Others	84	3.05	1.029	.112	2.82	3.27
	Total	1500	2.92	1.093	.028	2.87	2.98
Maintain hygiene when in school	0	942	3.02	1.049	.034	2.95	3.08
	Primary/SSLC	315	3.08	.991	.056	2.97	3.19
	PUC/Degree	120	3.18	.886	.081	3.01	3.34
	PG/Phd	39	3.03	1.063	.170	2.68	3.37
	Others	84	2.94	.910	.099	2.74	3.14

	Total	1500	3.04	1.017	.026	2.99	3.09
Changing absorbents in school	0	942	2.86	1.072	.035	2.79	2.93
	Primary/SSLC	315	2.93	1.079	.061	2.81	3.05
	PUC/Degree	120	2.98	1.092	.100	2.79	3.18
	PG/Phd	39	3.33	1.009	.162	3.01	3.66
	Others	84	2.85	1.092	.119	2.61	3.08
	Total	1500	2.90	1.076	.028	2.84	2.95
Changing absorbent often in a day	0	942	2.84	1.134	.037	2.77	2.92
	Primary/SSLC	315	2.96	1.021	.058	2.84	3.07
	PUC/Degree	120	2.91	.996	.091	2.73	3.09
	PG/Phd	39	3.10	1.142	.183	2.73	3.47
	Others	84	2.75	1.139	.124	2.50	3.00
	Total	1500	2.87	1.102	.028	2.82	2.93

The ANOVA concerning for the education of mothers of school going girls, the factor that are significant are the factor usage of sanitary pads in which the variable afford sanitary napkin is significant. The factor hygiene practices in usage of cloth in which the variable using new cloth every time is significant. Since the analysis shows the significance of the factors we discuss the demographic variable education of mother utilizing the mean scores of menstrual hygiene factors. The variable affords sanitary napkin with mean scores ranging from 3.01 to 3.48. The factor using new cloth with mean scores ranging from 2.71 to 3.18. The analysis reveals that there is significant difference in hygiene practices among the girl students with respect to the hygiene factors afford sanitary napkins and using new cloth based on different education level of students mother. The hygiene

practices among the students whose mothers are highly educated (PG/Phd and others) shows poor with respect to the hygiene factors, usage of sanitary pads during menstruation.

8. Study Findings and conclusion: The chi-square test for testing the association between socio-demographic factors and taluka of the respondent's reveals that the results are significant since the significant value shows less than 0.05 which means that there is a significant association between the demographic factors and the respondents of different talukas. The test of significance of the demographic factors with respect to the most influencing hygiene factors identified through factor analysis (table 6) reveals that

Education of students: The ANOVA concerning for education of students, the factors afford sanitary napkin, washing hands with soap/sanitizers, maintain hygiene when in school, changing absorbents in school are significant. Which reveals that there is significant difference in the practices of hygiene factors viz; afford sanitary napkin, washing hands with soaps/ sanitizers, maintain hygiene when in school and changing absorbents in school among the school students with respect to different education level.

Education of mother: The ANOVA concerning for education of mother, the factors afford sanitary napkin, using new cloth every time are significant. This reveals that there is significant difference in the practices of menstrual hygiene among the girl students with respect to the hygiene factors afford sanitary napkins and using new cloth based on different education level of students mother. The hygiene practices among the students of highly educated mother (PG/Phd and others) are poor in the usage of sanitary pads during menstruation.

The study concludes that there is a significant difference in the menstrual hygiene practices among the students with respect to the demographic factors education of students and education of student's mother. To conclude, efforts should be taken to improve the menstrual hygiene practices with respect to the following menstrual hygiene factors, use of sanitary napkins, changing the absorbents often in a day, if using cloth cleaning the cloth with sanitizers and drying outside the house, disposing sanitary napkins in disposal bin, rapping pads before disposing and taking bath when menstruating. It is suggested that all mothers irrespective of their educational status should be taught to break their inhibitions about discussing with their daughters regarding menstruation before the age of menarche. Also education regarding knowledge about menstruation should be included as part of school curriculum.



Awareness about menstruation among girls in rural schools helps them discuss their problems without inhibitions

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