

**Menstrual Hygiene Management among Adolescent Girls**

2021

- Yamsari Pun

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Menstrual Hygiene Management among Adolescent Girls

**A Thesis**

**Submitted to Department of Health and Population  
In the Partial Fulfillment for Master of Education in Health Education**

**By**

**Yamsari Pun**

**Tribhuvan University**

**Faculty of Education**

**Central Department of Education**

**Health and Population Education Department**

**Kirtipur, Kathmandu**

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**2021**

**Submission Date (AD): 8/12/2021**

**Viva Date AD): 20/12/2021**

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## **Declaration**

I, hereby, declare that to the best of my knowledge this thesis is my original work no part was earlier submitted for the candidature of research degree to any university, colleges or educational institutions. The subject matter presented in this thesis is the result of my own work.

Date: December, 2021

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**Yamsari Pun**



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### Recommendation

The research work entitled **Menstrual Hygiene Management among Adolescent Girls** is prepared by **Yamsari Pun** under my supervision, as a part of the requirement to complete Master of Education in Health Education. To the best of my knowledge, the study is original and carries useful information Menstrual Hygiene Management among Adolescent Girls. . I forwarded this to the thesis committee with recommendation.

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### Certification

This dissertation work entitled **Menstrual Hygiene Management among Adolescent Girls** submitted by **Yamsari Pun** in partial fulfillment of the requirement of the degree of Master Degree in Health Education has been approved.

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## **Acknowledgements**

I am greatly indebted to the Department of Health and Population education for providing me the opportunity to carry out this study.

I would like to express my sincere gratitude to my thesis supervisor Mr.Bishnu G.C for his valuable guidance suggestion and feedback during the research work. Without all his hard work, support and tips about conducting research I would not have been able to complete this dissertation. I felt lucky to have carried out this study under his guidance. I would like to acknowledge all the respected teachers of Department of HPE, especially Head of Department Lecturer Mr. Pitambar Acharya, Prof. Dr. Shyam Krishna Maharjan, Pro. Dr. Kamal Gautam Lecturer Mr. Santi Prasad Khanal, Dr. Bhagwan Aryal, Mrs. Sharmila Pokheral for their continuous encouragement and support in completion of the study.

I can't forget giving my special thanks to the respondents of Sworgdwari, municipality ward no 2 during this day of field research by which in the absence of them my research and thesis could not be completed successfully.

Although, I would like to thank my colleagues for their valuable support, feedback and kind co-operation of the study.

December, 2021

Yamsari Pun

## Abstract

This study entitled "**Menstrual Hygiene Management among Adolescent Girls**" is a study of adolescent girls of Sworgdwarai municipality of Pyuthan district has been carried out with the objective to indent the menstrual hygiene management of adolescent girls. Using primary and secondary source of data obtained from 227 respondents of adolescent girl. Respondent were selected by census method. The objectives of the study were to find the knowledge of adolescent girls on menstruation, find out the problem faced by adolescence girls during menstruation in sanitary pad and identify the menstrual hygienic practice and management. Open ended and closed question were used for data collection. This study was done on 227 respondents and interview schedule was the major tool for data collection.it was descriptive study and the data were collected by using questionnaires. After collecting the required information about the menstruation problem the data were tabulated in master chart after that they were analyzed and interpreted with the help of figures and tables.

Among the total respondents, the study found that the knowledge on reproductive health is good, more than half of the respondents had not idea about reproductive health but knowledge on menstruation was satisfactory. Knowledge about menstruation was found that 33.92 percent respondents were took of the normal phase 14.53 percent respondents were took phase of maturity. Knowledge ager generally about menstruation starts was found that 37.88 percent respondents were took 9-12 years were the first menstruation,6.60 percent respondents were took 8-9 years the first menstruation starts age. All most 54.18 percent of the respondents said that main affection of leading factor of menstruation is nutrition and 3.08 percent of the respondents did not have any idea about leading factor of menstruation.

Traditional beliefs regarding menstruation still persist and menstrual hygiene among the adolescents was found to be unsatisfactory. It highlighted the need of targeted interventions to raise awareness and provision of family health education package to all girls. Menstruation hygiene is an issue that needs to be addressed at all levels.

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## **Abbreviations**

MHM	: Menstrual Hygiene Management
MPDS	: Multi-purpose Development Society
NMT	: Nepal Medical Trust
RH	: Reproductive Health
RTI	: Reproductive tract Infection
SACOLSAN	: South Asian Conference on sanitation
SDG	: Sustainable Development Goals
T.U.	: Tribhuvan University
UTI	: Urinary tract infection
WHO	: World Health Organization

## **Chapter I: Introduction**

### **Background of the Study**

Menstruation is a normal physiological phenomenon for females indicating her capability for procreation and abnormalities of menstruation are a major gynecological problem in adolescent. Menarche is the onset of menstruation .It really brings physiological changes of female adolescent's .Adolescence is the period of following the onset of puberty during which a young person develops from a child into an adult. There are both natural processes with the development of an anatomy of female adolescent facing this process menarche to menopause (Rayamajhi, 2016).

Menstruation is the availability of material resources to absorb or collect menstrual blood, facilitate personal hygiene and dispose of waste, ideally with adequate privacy Women and girls in low-income settings have low awareness on hygienic practices and lack culturally appropriate materials for menstrual hygiene management (MHM) Practices. Menstruation and associated activities are surrounded by silence, shame, and social taboos that are further manifested in social practices that restrict mobility, freedom, and access to normal activities in India and Nepal (Budhathoki & Bhattachan, 2018).

In Bangladesh menstrual blood is seen as 'the greatest of all pollution' (Blancnet, 1987).

Up until now poor menstrual hygiene in developing countries has been an insufficiently knowledge problem. In several cultures there are (cultural and or religious) taboos concerning blood, menstruating girls and women and menstrual hygiene (varina, 2007).

WHO (2005) says that defines adolescence as the period of life between 10 and 19 years of age. As distinct from the varied interpretation of WHO is considered an "adolescent" the word "teenage" is more easily defined: it describes a person who is 13 to 19 years of age.

According to Multi-purpose Development Society (MPDS, 2003) menstruation is known as in our society, nearly 40% menstruate girls get appropriate nutrition and they take bath only 4<sup>th</sup> day of menstruation, menstruate girls go to take

bath in stream or separate tap and they use mat, blanket and straw beds, but all the menstruated girls every work outside home. Menstruate females are not allowed to touch water 5 to 8 days of their menstruation. MPDS further says as result, female are facing problems like personal hygiene, high prevalence of anemia, malnutrition and pneumonia suffering from sexual assaults, animal disturbance, susceptible for skin and eye disease high child mortality restlessness.

Standards, environmental influence and indulgence in strenuous physical activities may affect the age of menarche. The estimated blood loss is between 20 ml to 50 ml (Thapa, 2009).

Delhi declaration (2008) in the third South Asian conference on sanitation (SACOSAN) says that there is need to make major efforts to ensure the special needs of women (menstrual hygiene management). There are integrated in planning implementation monitoring and measurement of sanitation programs outcomes. Although often not acknowledged, it clear that measure to adequately address menstrual hygiene and management will directly contribute (Ten, 2001).

Menstruation is one of the very important physiological processes of female that starts at the time of puberty. Such significant transition from childhood to womanhood for adolescent girls is further manifested in Nepal through traditional and socio-cultural aspects of menstruation, which is perceived as and impure, bound by silence, shame and social taboos. There is lack of mobility, freedom, and access to normal activities and services and public school in Nepal, where most of the girls spend one fourth of their day is not gender friendly, doesn't provide privacy and supplementary facilities such as water supply, space for washing, cleaning and changing (Nepal Medical Trust, 2015).

### **Statement of the Problem**

Menstruation is a normal cyclical process the age span of menstruation is also known as reproductive age. Lack of awareness proper knowledge and unhygienic practices during menstruation that increase morbidity and high maternal mortality. In adolescents who experienced menstruation for the first time, menstrual hygiene management is constrained by practical, social, economic and cultural factors such as

the expense of commercial sanitary pads, lack of water and latrine facilities , lack of private rooms for changing sanitary pads, and limited education about the facts of menstrual hygiene. Adolescents enter puberty unprepared and the information they receive is often selective and surrounded by taboos. In many curricula, there is emphasis on the reproductive process but not on the practical issues. In females, because of lack information and counseling they fell guilty of themselves causing different psychological and physical problems. Menstruate girls faced many kind of problem even the do not tell their menstruation problem to others person. They are suffering from abnormal menstruation pain, psychological problem, untouchable problem in fact due to the lack of RH education, majority of younger's and adults are facing different reproductive complications even if uterine cancer, breast cancer and many more. Nobody try to learn about this behavior simply. There are some social cultural, educational and economic factors responsible as well as for menstrual health problem. Menstruate girls are facing many problem in school and home. Most of girls do not go school during menstruation. Education situation is not good even health policy is failed in practice. This is becoming serious problem for the coming generation. Therefore, it is quite necessary and important to do research on problem faced during menstruation period (Rayamajhi, 2016).

In females, this period of adolescence is marked with onset of menstruation.in adolescents who experienced menstruation for the first time menstrual hygiene management (MHM) is constrained by practical, social economic and cultural factors such as the expense of commercial sanitary pads, lack of water and latrine facilities, lack of private rooms for changing sanitary pads, and limited education about the facts of menstrual hygiene `Adolescents enter puberty unprepared and the information they receive is often selective and surrounded by taboos; in many curricula, there is emphasis on the reproductive process but not on the practical issues (Shrestha,2019).

Nepal is a multicultural, multiethnic, multilingual, country which holds many superstitious beliefs. Among the many atrocities that the females are facing, the inhuman behavior at the time of menstruation is too big to be ignored. The Nepalese women, especially in the rural areas are treated as untouchables during menstruation, Thus it is necessary to know about the problems faced by them: to know about their current situation. Due to wide held practice of creation girls in their menstruation

period as untouchable, they deprived of daily facilities instead of getting extra care during this period. Due to traditional beliefs and superstitious, most parents take serious exceptions to the unhygienic menstrual blood and isolate their daughters. During their menstrual cycle the daughters are not allowed to touch water, food items, trees of fruits and religious places among others. Therefore, the research was based on the improvements of the health problems during menstruation. Some Nepalese cultures people believe that if girls passing through menstrual cycle do not touch trees, they were ruined and the places and the people were defiled. If they drink milk and its milk products, the cow and buffalo was not gave milk and some places like water, pond and taps. They are forced to sleep in much neglected, dark dingy rooms without good bed. It is necessary to have a study and hence problem is stated as menstrual hygiene management among adolescent girl.

### **Objectives of the Study**

The study was conducted to fulfill the following objectives:

- 1) To find out the knowledge of adolescent girls on menstruation.
- 2) To identify problem faced by adolescence girls during menstruation in sanitary pad.
- 3) To analysis the menstrual hygienic practice and management.

### **Significance of the Study**

This study was found out the problems and management. The study specific well focused on the importance of the adolescence girls of menstruation hygiene. Menstruation is the natural process. In this period many changes and health problems are shy, fear, happy, angry, uneasy etc. The adolescent girls are suffering from poor menstrual practice, which is leading to serious problem .so this study well tried to find out the menstruation problem and there management. The study well helps girls to understand situation and to realize them to adopt appropriate behavior due to menstrual cycle. In addition the specific significance of this study is as follows:

- The result of the study is helpful to the planner and policy makers to action plan.
- This study is useful adolescence girls for the give knowledge and awareness.

- The solving method is use in this study.
- It is supported to the new research.

### **Delimitations of the Study**

Delimitation of the study determines the boundary of study area. In this study the major delimitations were following:

- The study was based on descriptive design and quantitative method.
- The study was focused in Sworgdwari municipality Pyuthan, district of Nepal.
- The study was conducted in adolescence girl only.
- The study was delimited to find out the knowledge, practice, problem and management during menstruation.

### **Definition of the Terms Used**

**Adolescent:** It is the period of life span aged 10-19 years (WHO).

**Hygiene:** It is the practice of keeping the vagina clean dry during menstruation.

**Menarche:** Beginning of menstruation.

**Menopause:** The end of the menstrual cycle.

**Knowledge:** Adolescent understanding ability was facts, figures, situation, and phenomenon related to menstruation.

**Management:** Dealing or controlling practice of the family during menarche and menstruation.

**Menstruation:** Normal cycle of blood flow from reproductive tract among women from menarche to menopause

## **Chapter II: Review of Related Literature**

### **Theoretical Literature Review**

Timalsina (2015) The majority of respondents 97 percent believed that menstruation is the period discharge of blood and mucus and only three percent believed that menstruation is bleeding from uterus due to any injury or disease all respondents have good knowledge on menstruation. 80.64 percent get information about menstruation before menarche, among them 64.19 percent respondent getting information from their mother and only 2% are getting from teacher.

Menstrual health hygiene management (MHM) is the basic right of every female. In developing countries like Nepal, this right is less understood or utilized. Parental and family influences and hence the societal influences plays vital role in behavioral change. In urban sector, the girls studying in the private schools are mostly from privileged background. Therefore, there is a need to observe the pattern of practices among private school girls, which reflects the scenarios in privileged urban sector (Singh, 2019).

Menstruation is a natural part of the reproductive cycle during which blood is lost through the vagina. Most adolescents experience their first menstruation (menarche) between the ages of 11 and 14 years. However, some girls start as early as 8 and some at 17 older. Hygiene during the period of menstruation is fundamental to the dignity and well-being of women and girls and an issue that every girl has to deal with once she enters adolescence around the age of 12 and until she reaches menopause. Menstrual hygiene products such as tampons, sanitary pads, menstrual cups, cloths, paper material, or plant material are used by women and girls to absorb menstrual blood and to maintain personal hygiene during the period of menstruation (Mohammed, 2020).

Onset of menstruation is one of the vital changes happening in all females during their period of adolescence. Menarche is not just a physiological process but it is a psychological, social, and behavioral transition from adolescence to womanhood. Menstrual hygiene means necessities and requirements such as the use of sanitary pads or clean and soft absorbents, adequate washing of the genital area, proper

disposal of used absorbents, and other special healthcare needs of women during monthly menstrual cycle. In woman's life, good hygiene practice during menstruation is very important which prevents from adverse health outcomes (Bhusal, 2020).

Menstruation is a natural event that is a physiological and psychological milestone in women's reproductive life. However, Menstrual Hygiene Management (MHM) continues to be a monthly challenge for adolescent girls in low-income countries, including Ethiopia harming their school attendance, health, and daily life. Therefore, this study aimed to determine the practice of MHM and associated factors in central Ethiopia (Bulto, 2021).

The majority of adolescent girls and women face difficulty in accessing appropriate sanitary pads either due to unavailability or due to unaffordability, particularly in low income and rural settings. The economic crisis resulting from the pandemic has exacerbated the issue. In a welcome move, the government has allocated funding for the distribution of sanitary pads to schools, though reports suggest lockdowns are preventing some girls from accessing products. Sanitary pads continue to be considered as luxury items and hence subject to a 13% value-added tax, despite a grassroots movement to remove it (Conroy, 2021).

Bajracharya (1998) describes that the female urethra is only 4cm, which is easily contaminated from vagina and faecal matter from the catcall region. It is called ascending infection and the causative organism is bacteria. Bajracharya further says the time of menstruation, the possibility of ascending infection is more; therefore, the women should follow proper menstrual hygiene in each period.

The first menstruation period is called menarche. It usually happens around age 12 but may start as early as age 9. Menstruation is of the girl, is growing up and becoming a women. Along with starting the period, body is changing and began to grow breasts, public hair. And underarm hair and hips began to widen. Menstruation also indicates if a girl has sex, she can get pregnant and can even get pregnant in the month before the first period start (Husney, 2004).

In Hindu society menstruation period is taken as impure period or stage therefore a women kept distance during the period. It is customary among high caste

Hindu family to keep away from home to any early adolescents girls during the period of her first couple of menstrual cycle. It is because of the belief that own father, brothers are not allowed see face of daughter/sister during their first three menstrual cycle to follow this practice newly menstruated psychologically harassed girl are sent to live in a house of relative. In the far-western and mid-western regions, chaupadi system is quite common and widely criticized from both modernization process and gender perspective (Adhikari, 2007).

Bhattra (2007) in a thesis entitled "Menstruation cycle: A case study of Bhaktapur district" described that majority of the respondents felt normal at that time of their menarche. Because of confusion on their natural change, they frightened as if there was anything wrong to them. Some respondent who had knowledge on menstruation felt shame. Because of confusion on their natural change, they frightened as if there was anything wrong to them. Some respondent who had knowledge on menstruation felt shame. This shown that, there is lack of knowledge on menstruation and other reproductive health issues. Respondents were found aware about the personal hygiene 99 percentage of them agreed menstruation cycle brought psychological development, normal and abnormal feeling, shy, fear, worry etc. could make them psychologically change to. The used to consulting their parents, schoolteacher and friends to share their feelings. Due to educational attainment, they are very frank to deal about RH complications and findings of solution. It is very positive matter to the adolescent.

Empirical literature on MHM among adolescent girls in SSA dates back over three decades, although it remains scarce. Most of this literature focuses on knowledge, attitudes, and practices, with meager attention to interventions. Many studies report 11–15 years as when menarche occurs, with older onset more common among rural adolescent girls. At menarche, most adolescent girls in SSA are often unprepared. They are poorly equipped with adequate knowledge on menstruation and its hygienic management; this varies between 4% and 90% and has disparities by socio-economic status. The adolescent girls. Dominant sources of information such as peers, female siblings, and mothers, are often not well informed. (Ssewanyama & Yafesi, 2017).

## Empirical Literature Review

According to Gauli (2017) adolescent girls in Nepal face many sexual and reproductive health problems and challenges, amidst gender disparity and other discriminatory social norms in Nepali society. Child marriage is legally prohibited. Yet one in four girls is married before the age of 19. The median age at first marriage is 17 years .the adolescent fertility rate is 71 per 1,000 women aged 15-19 years with wider differences in urban and rural setting 33% in urban and 80% in rural. Gauli further says that during menstruation, a majority of girls (89%) also experienced some form of restrictions or exclusion. One extreme form of menstrual seclusion practice is called Chhaupadi. a common social tradition in the far and mid-western hills and mountains that requires menstruation women to leave home and live in a chhaugoth (cowshed or hut). Menstrual restrictions and traditional beliefs vary by ethnicity; for example, Hindu ethnic groups such as Brahmin, Chhetri and Newar have more restrictions than janajatis.

Rai (2017) says that out of 300 respondents 5.33 percent were not missing school activities due to menstruation where as 43 percent girls were missing 131 respondents gave yes answer regarding missing school activities presented justification,59.54 percent respondents who were passing day being absent in school due to menstruation extra activities . Rai further says that other activities in which they could not take part were class discussion 24.42 percent, examination 12.21 percent and tour 3.82 percent the finding sows that majority could not take part in extra activities.

Khadka (2010) studied about menstruation and its effects on psycho-physical health among secondary level girls all of respondents 31.9% got knowledge about menstruation from mother and sister,28.9% from friends,22.2% from textbook and least of respondents get knowledge from media. Nearly half of respondents 45.18% got menarche at the 11 years. The average age of menarche found to be 13.5 years. Majority of respondents 45.5% become upset and tensed during menarche whereas only 25% felt normal during menarche. Among all respondents 77% suffered from mental health problems among them 51.92% were not intended to talk and least of them 12.5 become aggressive. During menstrual period most of girls could not take

part in extra-curricular activities due to various types of mental and physical problems.

Rayamajhi (2017) studied on menstrual problem of adolescence girls. He found that 76.8% Bhramin/chhatri girls was restricted to touch every things inside the home, 13.61% restricted to touch tools of worship and 7.8% girls restricted to go inside the kitchen. Similarly, 50.0% Magar respondents were restricted to touch tools of worship, 39.6% were restricted to touch every things inside the home and 9.4% respondents restricted to go inside the kitchen 40.0% Dalit girls restricted to touch tools of worship and 60% restricted to touch every things inside the home. Social taboo and restricted practices are found in each and every family irrespective of caste and ethnic background.

The first menstruation period is called menarche. It usually happens around age 12 but may start as early as age 9. Menstruation is a sign of a girl, is growing up and becoming a women. Along with starting the period body is changing and began to grow breasts, public hair. And underarm hair and hips began to widen. Menstruation also indicates if a girl has sex, she can get pregnant and can even get pregnant in the month before the first period start (Husney, 2004).

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Kantipur daily newspaper on 12 Assar (2072) published a report stating that school classes in Bhajang when female teacher was badly affected. The Locals had barred the teachers from entering the school when the teachers had menstruation claiming that they would defile the temple of goddess saraswoti, established within the premise of the school Mahali khati, teachers at the school, complained that they had to undergo such a humiliation every month and had to conduct classes of the banks of river without classroom materials like chalk, duster, blackboard every month during the menstrual cycle. Condition for the female students was even worse than that of teachers. They were not allowed to attend schools during their menstruation period, seven days (Rai, 2017).

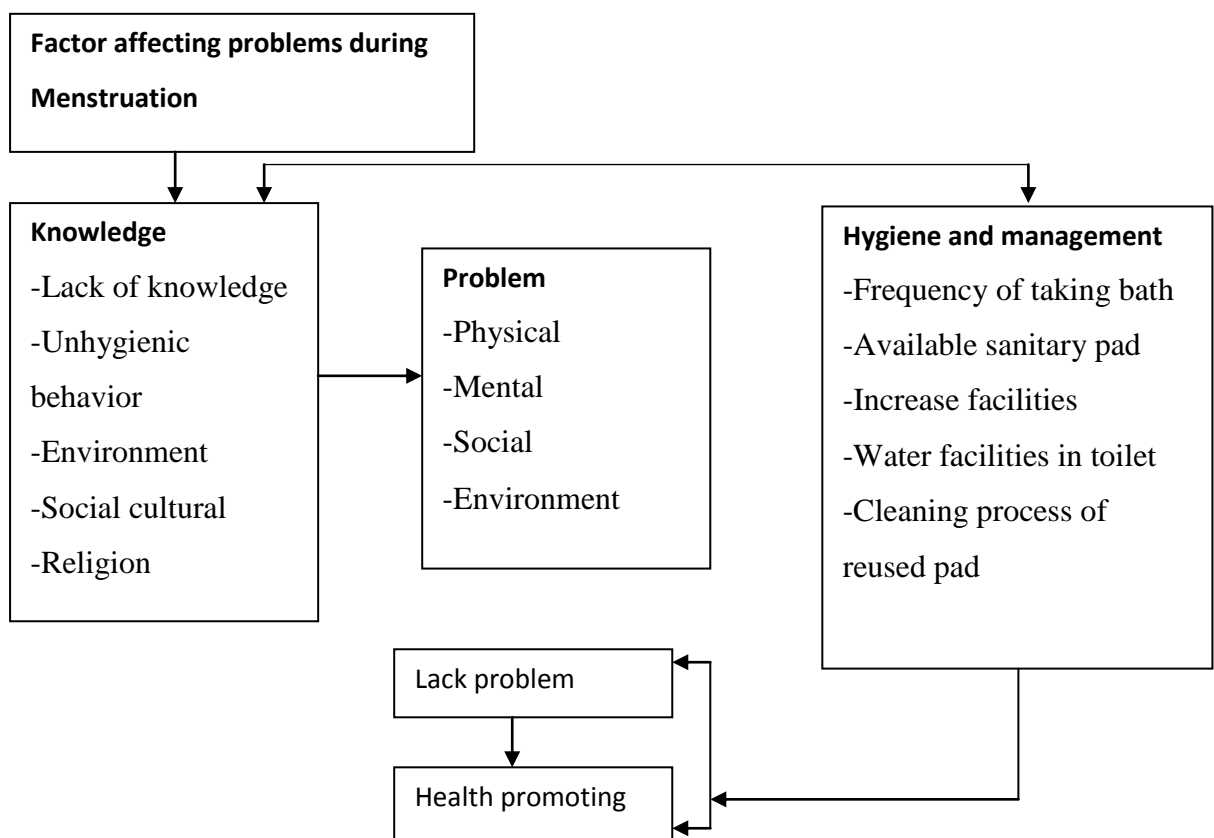
Poudel (2009) in his study "socio-cultural beliefs regarding menstruation and its effects on adolescent girls of baglung District" found that the respondent were hindus and few were Buddhism more than 40% respondents head of the family had Rs.4000 per month. Majority of the respondents were agreeing to maintain hygiene at time of menstruation 75% respondents though menstruation as touchable. And most of the respondents 85% had good practice of drying pad/panties in sun light where as 78.30% respondents maintained hygiene using cotton panties during menstruation.

Studied on menstrual hygiene during menstruation adolescence girls. She found that keep the parts clean and comfortable menstrual hygiene which proved by the response of 52.2 percent of the respondents who said the ideal of important of menstrual hygiene as prevention from infection, about 36 percent of the respondents who said that keep the part clean and comfortable, .8.2 percent of respondents said

that do not know and 4 percent respondents said that to feel save then menstrual hygiene is very important in your life (Shretha, 2019).

### Conceptual Framework

Conceptual framework is the sketch of research work. Generally, in this conceptual framework the researcher tries to clear the research related concepts, subject or variable and give the clear meaning of the research as well as other what the researcher want to study of find out. Therefore, conceptual framework is as follows:



In this above conceptual framework have shown that the relation between independent variables and dependent variables as well as research variables. It has shown the interrelationship between research variables and research work as well as research report. This above conceptual framework also shows that which variables are dependent and which are independent variables. In this above conceptual framework, some variables are sub variables, these are independent variables, and which are main variables. These variables are dependent variables. Some have good condition, the

main, or dependent have also good condition because dependent variables are changing nature and independent variables are affecting the nature. The conditions of menstrual hygiene and affection factors of menstrual hygiene are dependent variables and other factors are independent variables.

In the above conceptual framework, there are two types of consequences (Negative and positive). Good health, safety habit, healthy lifestyle leads to the positive consequences and UTI (Urinary tract infection), cervical infection leads to the negative consequences.

### **Implication of the Review for the Research**

The review of theoretical and empirical literature plays the vital role for the accomplishment of any research. The review of related literature is most important prepare the thesis which gives us knowledge and idea about the related subject. The theoretical and empirical literatures reviewed in above paragraphs were useful and beneficial to construct the objective, prepare statement and significant of the study. The reviews were also helpful to design research methodology and develop the research tools for the study.

## Chapter III: Method and Procedures

### Research Design

This study was based on descriptive research design and used quantitative method for data collection. The study was menstrual hygiene management among adolescent girls.

### Population of the Study

This study was conducted on adolescence girl's Sworgdwari municipality ward no: 2 Pyuthan district .the total population 4887 total house hold 1058 the sample size from of half household 529 study was chose for data collection.

### Sampling Procedure and Sample Size

All the women were included through total sampling method. Therefore the sample half house hold 529 in following (solvin-1960) formula were used the selection of sample size through process.

Sample size (n) =?

Population size (N) =529

Desired margin of error (e) =5%

$$\begin{aligned}\text{Formula: } n &= \frac{N}{1+Ne^2} \\ &= \frac{529}{1+529 \times (5\%)^2} \\ &= \frac{529}{1+529 \times \frac{5}{100}} \\ &= \frac{529}{1+529 \times 0.0025} \\ &= \frac{529}{2.3225} \\ &= 227\end{aligned}$$

The sample size or respondents were 227 that was derived from the above-mentioned formula and this was the population.

### **Data Collection Tool**

Researcher was use interview schedule as the main tool for data collection in the study. Both the open –ended and closed-ended questions related to knowledge, practice and problems of hygiene of adolescence girl were included in interview.

### **Sources of Data**

This study was used on primary sources of data collected from the respondents through interview schedule.

### **Data Collection Procedure**

The researcher was taken the request letter from the Department of health and population Education. After that the researcher was going to the study area and then researcher was menstrual hygiene management among adolescent girls. Before starting the interview the researcher was explain the purpose of the study to the respondents and after getting permission from the respondent's researcher was interview along with schedule.

### **Data Analysis Procedures**

To analysis data, figure and tabulation was presented. The data there was analyzed by using simple statically methods like frequency and percentage. According to the nature of data, different types of tables, figure and was used to analyze the result.

### **Ethical Consideration**

Any research requires a specific work ethic to follow to make the research as smooth as possible. Similarly while doing the research the following ethical considerations ware made:

- While preparing questions for this topic, question that make respondent uncomfortable should be avoided as far as possible.
- During data collection, the willingness of respondents should be kept in consideration.

- Before asking question, the Objectives of the research were explained.
- The privacy and intimacy of the respondents should be respected.

## Chapter IV: Results and Discussion

### Knowledge about Menstrual Hygiene Management

This chapter includes analysis and interpretation of the data, which were collected from the respondents. This is the chapter where researcher present the data forms the basis of my investigation shaped by the way I have through about it. The data were collected from the field survey. The different sources of data are tabulated and kept in sequential order according to the need my study. Then they were transcribed into present essential tables, diagrams and figures have been used to make the statement more clear and simplest. The analysis is based menstrual hygiene management adolescent girls.

**Knowledge on Menstruation Hygiene Management.** Menstruation is a bleeding and natural process. It is also known as a period of monthly, it is regular discharge of blood and mucosal tissue from the inner lining of the uterus through the vagina. Bleeding usually lasts around 3-7 days, the menstrual cycle occurs due to the rise and fall of hormone. This cycle result in the thickening of the lining of the uterus and the growth of an egg.

Table 1

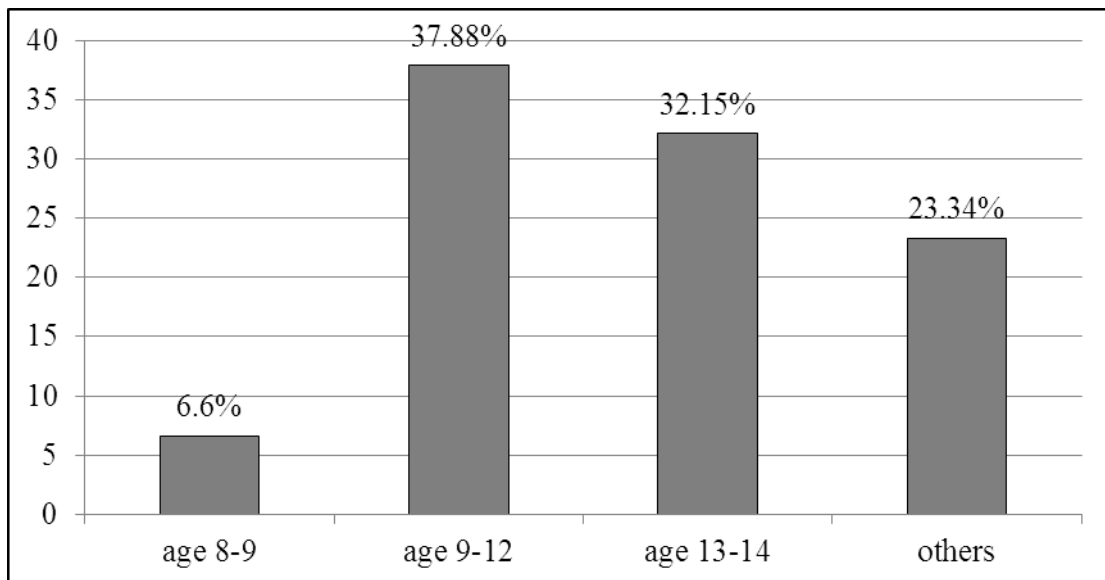
*Respondents by Knowledge about Menstruation*

Knowledge Menstruation	Number of respondents	Percentage
It is normal phase	77	33.92
Phase of maturity	33	14.53
It occurs to pain	55	24.22
It is natural phenomenon for adolescent girl	62	27.31
Total	227	100

Table I shows that almost all adolescent girls 227, 33.92 percent of the respondent had said menstruation is normal phase. While 14.53 percent said that menstruation is phase of maturity. Whereas 24.22 percent said that menstruation is occurs to pain. And 27.31 percent respondents were found to express other perception apart from above mentioned perception regarding menstruation.

The entire respondents knew about menstruation. The correct knowledge about menstruation was found in 86.3 percent (Singh, 2013). The information reveals that more than half 66 percent respondents had good knowledge on menstruation. The research is similar to findings of other research. It may be because of experience and already gained knowledge from family member, radio, TV, health related researcher and text book in school.

**Knowledge on age generally menstruation starts.** Menstruation starts when female reaches of the beginning age of adolescent .Normally female menarche start at the age (12-14) years and may be earlier. But it depends on all respondents experienced menstruation, but age of menstruation starts was different which is shown in figure.



*Figure 1*

Age generally menstruation starts

Figure 1 shows that most the respondents have proper knowledge of menstruation starts .about6.60 percent of the respondents said (8-9) years were the first menstruation starts age and 37.88 percent said that (9-12) Years as the age for first menarche. And 32.15 percent said that (13-14) years as the age for first menstruation starts respondent said that they 23.34 percent other age respondent said generally menstruation starts said.

Menstruations generally starts 9-12 years mostly age percent over said .88 and a little said 8-9 age group percent 6.60 said menstruations starts.

**Knowledge on normal cycle of menstruation.** Menstruation is the vaginal bleeding or discharge at 28 days of regular interval. Deviation in the regular intervened may because related health problem's female should have knowledge of normal cycle of menstruation. The normal cycle of respondent is given below.

Table 2

*Normal Cycle of Menstruation*

Cycle of Menstruation	Number of respondent	Percentage
22 day's	27	11.89
27 day's	81	35.68
28 day's	70	30.83
29 day's	49	21.58
Total	227	100

Table 2 shows that majority of respondent 11.89 percent reveals that the normal cycle of menstruation is 22 day's where as 35.68 percent said those 27 day's is the normal cycle and 30.83 percent said 28 days and 21.58 percent said 29 days.

The first period usually begins between twelve and fifteen years of age, a point in time known as menarche. The average age of the first period is generally later in the developing world and earlier in developed world. The typical length of time between the first day of one period and the first day of the next is 21 to 45 days in young women and 21 to 35 days in adults (an average of 28 days). Menstruation stops occurring after menopause which usually occurs between 45 and 55 years of age. Bleeding usually lasts around 3 to 7 days. (Women health,2019).

**Knowledge on leading factor for menarche.** This menarche is influenced by female biology, as well as Heredity and environmental factors, especially nutritional factors. The response of respondents is given below.

Table 3

*Leading Factor for Menarche*

Factor Menarche	Number of respondent	Percentage
Heredity	62	27.31
Nutrition	123	54.18
Environment	35	15.41
Don't know	7	3.08
Total	227	100

Table 3 shows that 54.18 percent of total respondents said that main affection of leading factor of menstruation is nutrition. Likewise 27.31 percent reveals heredity, 15.41 percent said environment is the leading factors for early or delay menarche and only 3.08 percent didn't have any idea about it.

Menstruations generally occur between the ages 13-14 but it is mostly depend on nutritional and heredity status of the girls. The menarche and menopause time is not exactly same in every woman. It is also because of hormone secretion. Those girls who had not got sufficient balance diet and suffering from disease do not have proper menstruation period. It is concluded from the above table that respondent have good knowledge about leading factor for menarche.

**Staying during menarche.** Most of the Nepalese often understand menarche is an untouchable phenomenon. However, it is not justice and moral act. This is why Nepalese family sends their menarche girls in a separated room or other places, like dark room, own home, far family and relative home. This practiced mainly in the first menstruation is Menarche.

Table 4

*Staying During Menarche*

Staying Menarche	Number of respondent	Percentage
Dark room	15	6.60
Own home	195	85.90
Far family	6	2.64
Relative home	11	4.84
Total	227	100

Table 4 shows that 85.90 percent girls were staying in own home, 6.60 percent girls were staying in dark room and 4.84 percent girls were staying in relative home and only 2.64 percent staying far family at their during menarche.

Above maintained information shows that the modern practice were conducted by their family during menarche. Here are various places to keep menarche girls such as own home, dark room. Being menarche is a critical period. So, girls should be properly cared and support to maintain various problems. In this research area girls were found not a separate of isolated from family and kept them relative home.

**Rest during on menstruation.** During periods, it's natural to feel lethargic, sleepy and low on energy. However, a lot of women don't seem to give in to those feelings. Menstruation as a period of "rest" is another notion that is widely prevalent. Menstruating women often face discomfort, mood swings, and abdominal cramps. The following table shows the different activities of respondents during this period.

Table 5

*Rest during Menstruation*

Rest Menstruation	Number of respondent	Percentage
Rest for 4 day's	45	19.82
Rest for 3 day's	76	33.48
Don't take rest	75	33.03
Go for general physical	31	13.65
Total	227	100

Table 5 shows that majority of the respondents 33.48 percent 3 day's rest. 33.03 percent of respondents do not take rest .minority of respondents 19.82 percent rest for 4 days, a few respondents 13.65 percent go for general physical the menstruation period. It indicates that taking rest in main priority during this period..

### **Problems during Menstruation**

Menstruation is a normal physiological phenomenon with monthly discharge of blood and mucus. There should not be any problem but girls faced different problems according to their psychological and physical status.in this section problem types of

problems and consult person faced by adolescent girls during menstruation is described separately.

**Feeling at the first menstruation.** The menstruation is a critical period for every female. It is because that menstruation is negatively characterized in our society. So it also creates physical and psychological problems to the girls. The respondents of this study also felt various problems and feeling at the time of menstruation or bleeding time through vagina. Most of the respondents shared their problems and complication they faced during the menstruation with their relatives. The reason behind the sharing culture among the girls may due to their literacy rate, education and technology they are using to get knowledge about their problems. They respondents during of first time menstruation, their feelings are given in the table.

Table 6

*Feeling at First Menstruation*

Feeling first Menstruation	Number of respondent	Percentage
Fear	51	22.46
Happy	35	15.41
Shy	65	28.63
Worry	76	33.48
Total	227	100

Table 6 shows that 33.48 percent of the respondents felt worry during menstruation time, likewise, 28.63 percent respondents felt shy, 22.46 percent respondents felt fear and 15.41 percent respondents felt happy during menstruation period.

In Hindu culture in first menstruation there is the ritual of close the girl in the room not allowing seeing sun and family's male member. The tradition don't touch and family member. Above the table shows that most of the worry and shy were adolescent girls.

**Physical problem faced during menstruation.** Menstruation is natural phenomenon with no problems and complication but many adolescent girls face different problems. Menstruation is related with a lot of problems that create physical,

psychological and mental torture. The medical tram for painful period is dysmenorrhea. Although menstruation is the normal part of the woman's life.

Table 7

*Physical Problem Faced During Menstruation*

Physical Problem	Number of respondent	Percentage
Yes	201	88.54
No	26	11.45
Total	227	100

According to the above only 11.45 percent no respondents are found normal during menstruation from physical point of view and 88.54 percent respondent are found to face different physical problem during menstruation.

**Type of physical problem during menstruation.** Menstruation is related with a lot of problems create physical psychological and mental torture. There are several different menstrual problems like Headache, vomiting, fever and Lower abdomen pain. Girls experienced different problem every month. The main physical problems they face are given in the table below.

Table 8

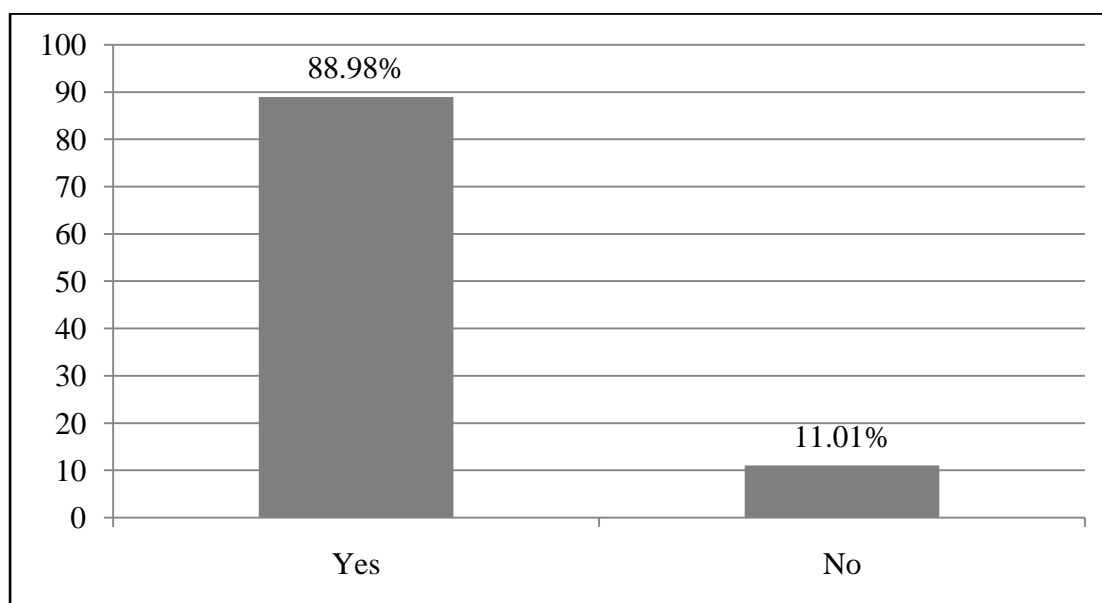
*Type of Physical Problem during Menstruation*

Frequency Physical Problem	Number of respondent	Percentage
Headache	36	17.91
Vomiting	39	19.40
Fever	34	16.91
Lower abdomen pain	92	45.77
Total	201	100
No facing problem	26	-
Total	227	100

At is above mentioned that low abdominal pain is high respondent 45.77 percent and 19.40 percent which is occurred and facing vomiting as a second measure problem. 17.91 percent headache facing problem and 16.91 percent experienced fever during menstruation.

Dysmenorrhea is characterized by cramps in the lower abdominal, backache, vomiting, and a bloated feeling. Some of these symptoms can be attributed to uterine muscular contraction caused by chemicals called prostaglandins. Which are considered as normal problem during menstruation.

**Vaginal or urinary problem faced during menstruation.** During menstruation leads to different types of vaginal and urinary problem such as Dysuria, Vaginal cramps, urinary bladder infection, and urinary tract infection and pelvic pain etc.



*Figure 2*

Vaginal or urinary problem faced during menstruation

Figure 2 shows that respondents 88.98 percent, vaginal or urinary problem faced during menstruation were suffered from urinary problem like itching, excess bleeding, burning menstruation, other pain etc. and 11.01 percent don't have any kind of vaginal or urinary faced during menstruation.

**Type of vaginal or urinary problem faced during menstruation.**

Menstruation is natural phenomenon with no problems and complication but many adolescent girls face different problems. Menstruation is related with a lot of problems that vaginal or urinary problem. The main vaginal or urinary problem is given below table.

Table 9

*Type of Vaginal or Urinary Problem Faced during Menstruation*

Vaginal Problem	Number of respondent	Percentage
Excess bleeding	58	28.71
Burning menstruation	35	17.32
Itching genital organs	67	33.16
Others	42	20.79
Total	227	100

Table 9 shows that 33.16 percent of the respondents faced the itching genital organs, 28.71 percent of respondents said that excess bleeding, 20.79 percent of girls said that other problem and 17.32 percent of girls said that burning menstruation.

Girls are facing different kinds of vaginal or urinary problems because of the lack of health education. Information, which shows that, girls are not keeping their others problems not clearly. Because lack of cleanliness during the period. They are facing different vaginal or urinary problems and there are maximum possibilities of getting different disease. So, girls should be provided knowledge and education about menstrual hygiene.

**Problem getting consults while getting vaginal problem.** During menstruation leads to the vaginal problems on adolescence girls and women. However vaginal problems do not consult other persons.

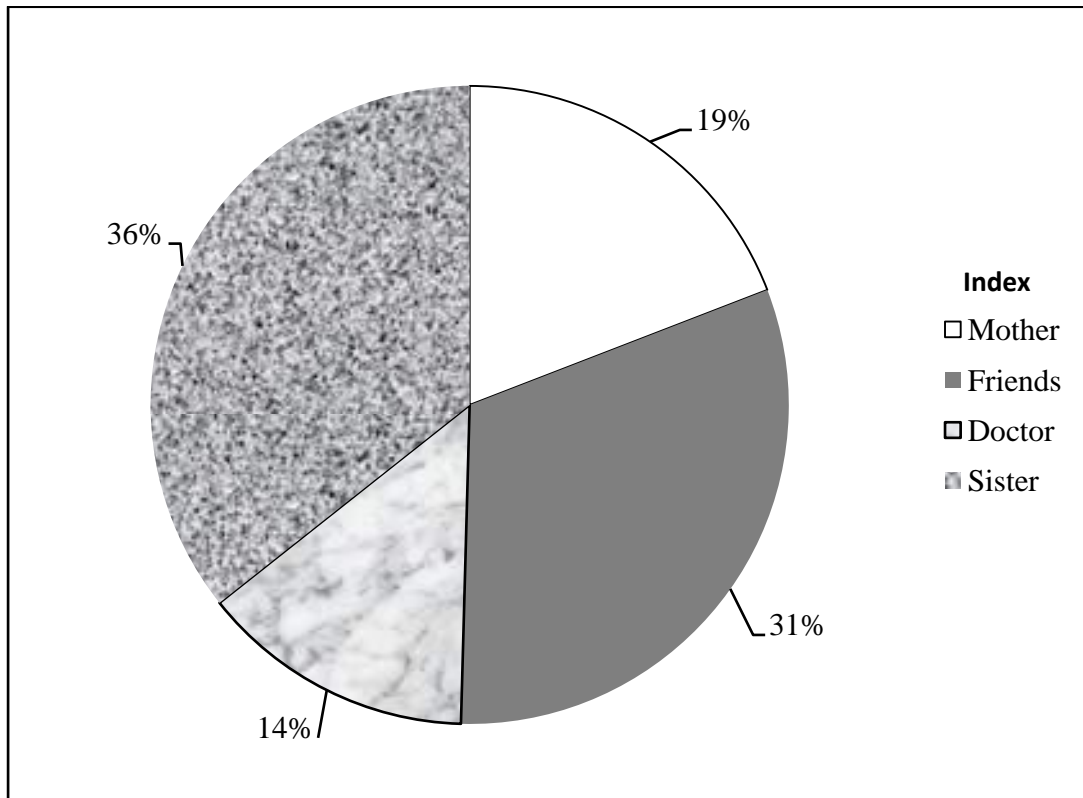
Table 10

*Problem Getting Consults While Getting Vaginal Problem*

Consults Problem	Number of respondent	Percentage
Yes	115	50.66
No	112	49.33
Total	227	100

Table 10 shows that more than half 50.66 percent respondent were consult from mother, friends, doctor and sister etc. and 49.33 percent don't have any consult urinary problems during menstruation.

**Getting counsult while getting vaginal and urinary problem during menstruation.** Menstruation is being one of the universal phenomenon and many girls are found to face different problems during menstruation. where vaginal or urinary problem is being one of those problems. And the numbers of respondents who have faced this problem are found to consult the problem with different persons which are follows below figure.



*Figure 3*

Getting counsult while getting urinary problem during menstruation

As per data in above figure 36 percent girls are found to consult their urinary problem with their sister 31 percent with friends, 19 percent with their mother and 14 percent with doctor found to consult problem.

During the research majority of girls are found to consult their menstrual problems to their sister. Because with sister don't shy and fear than after friends with consult easily urinary problem said.

**Faced vaginal or urinary problems did not consult problems during menstruation.** Menstrual during is vaginal or urinary problem but did not consult other person consult problems during menstrual.

Table 11

*Did Not Consult Problems during Menstruation*

Not Consult Problems	Number of respondent	Percentage
Lack of knowledge	41	36.60
Cause of fear	44	39.28
Cause of shyness	18	16.07
Others	9	8.03
Total	112	100

As per data in above table 39.28 percent girls are found to did not consult cause of fear,36.60 percent girls are found to did not consult vaginal or urinary problem Lack of knowledge,16.07 percent girls are found to did not consult Cause of shyness and only 8.03 percent did not consult others given above table.

**Social Problem during Menstruation**

The menstrual is social concerned problem menstruation. In some society it involves menstruation being perceived as unclean or embarrassing. In our society menstruating girls or women are traditionally considered ritually impure and given rules to follow. During menstruation women are not allowed to enter the kitchen and temples sleep in day time bathe touch other males. Women themselves are seen as impure and polluted and are often isolated as untouchable.

**Living during menstruation.** The research reveals that due to conservative society and religion girls were kept in different places. It is necessary to give education about this in study area.

Table 12

*Living during Menstruation*

Living Menstruation	Number of respondent	Percentage
Separate room	47	20.70
Cowshed	5	2.20
Relatives home	7	3.08
Together with family	168	74.00
Total	227	100

Table 12 shows that 74.00 percent respondent were lived together with family during menstruation, 20.70 percent lived were separate room and 3.08 percent respondent said that they were lived relative home and only 2.20 percent respondent said that they lived in cowshed during menstruation.

The research reveals that due to conservative society and religion girls were kept in different places than their home during menstruation. It is necessary to give education about this in study area.

**Allowed to touch menstruation.** Menstruation is a natural process; the women should face the problem. The being untouchable due to social and religious values. According to the Hindu religion, it is strictly followed and women are not allocated to touch Kitchen room, fruits, goods workshop and animals milk.

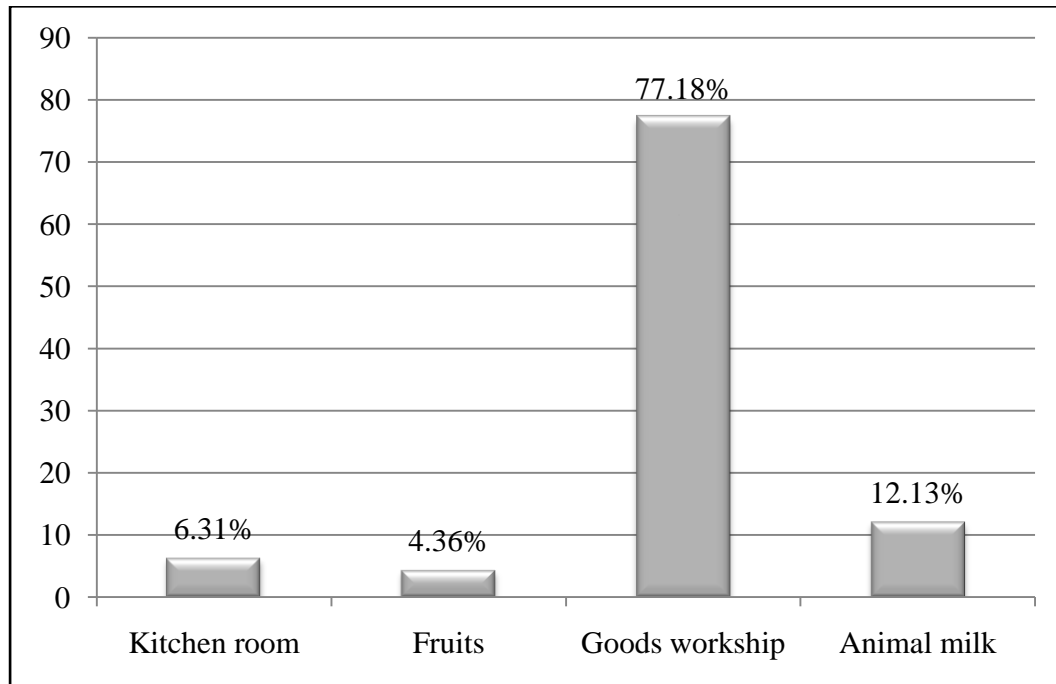
Table 13

*Allowed to Touch Menstruation*

Touch Menstruation	Number of respondent	Percentage
Yes	21	9.25
No	206	90.74
Total	227	100

As mentioned in table 13 majority of respondent 90.74 percent are found not to touch allowed menstruation and just 9.25 percent had no problem in kitchen room, fruits, goods worship, and animal milk during menstruation.

**Not allowed to touch during menstruation.** In my study area adolescent girls are not allowed to touch during menstruation due to traditional perception their culture, social belief and values. Below figure shows, that many kinds of things not allowed to touch during menstruation.



*Figure 4*

Not allowed to touch during menstruation

Figure 4 shows that majority respondents 77.18 percent do not touch goods workshop because of cultural values. In the same way 12.13 percent of the respondents do not touch animal milk, 6.31 percent of respondents do not touch kitchen room and 4.36 percent of the respondents do not touch plants of fruits.

The female is discrimination culture, which deeply affected to adolescent .especially in menstruation period by the cause of traditional belief, conservative mind, and lack of awareness. Hence, this root cause was educating and conducting awareness, the society who have practice is against low.

### **Practice of Menstrual Hygiene and Management**

When girls begin to menstruate, they need a few steps to deal with their menstrual flow and to maintain general hygiene and management.

**Practice of taking bath during menstruation period.** During menstruation period when vaginal discharge happens, daily bath is needed to live healthy, productive, and dignified lives, it is essential that they are able to manage menstrual bleeding effectively and during menstruation. bath is needed to make clean their genital parts .which help to control the urinary infectious disease. Practice of taking bath while menstruation is as follows below this table.

Table 14

*Bathing during Menstruation*

Frequency of bathing	Number of respondent	Percentage
Every 2 days	35	15.41
Daily	131	57.70
Two times of daily	45	19.82
Every 3 days	9	3.96
Only 4 <sup>th</sup> day	7	3.08
Total	227	100

Table 14 shows that 57.70 percent respondents said take daily bath,19.82 percent respondents said the two times of daily,15.41 percent respondents said the take bath every 2 days,3.96 percent respondents every 3 days and 3.08 percent respondents said the take bath only 4<sup>th</sup> days.

**Manage blood during menstruation.** The many materials available on the market and home to use for absorbing blood during the menstruation, like as sanitary pad and used homemade pads such as any types of clothe available at home for girls used.

Table 15

*Manage Blood during Menstruation*

Manage Blood	Number of respondent	Percentage
Sanitary pad	115	50.66
Cloth	112	49.33
Total	227	100

Above table, 15 shows that 50.66 percent girls in used sanitary pad manage blood during menstruation of girls 49.33 percent respondent girls used cloth manage

blood during menstruation. This study also confirms that socio-economic condition of family and not easily available and problem of transportation is leading factor.

**Materials used for cloth manage blood during menstruation.** A menstrual pad is a type of hygiene product that is different clear cloth used girls. The frequency women was needed to change pad vary depending on whether her menstrual flow is heavy or light. Menstrual pads are made from a range of materials, differing depending on style, country of origin, and brand. They are made of cotton, pollister, suti and others. The following table shows the type of materials used for making cloth pad.

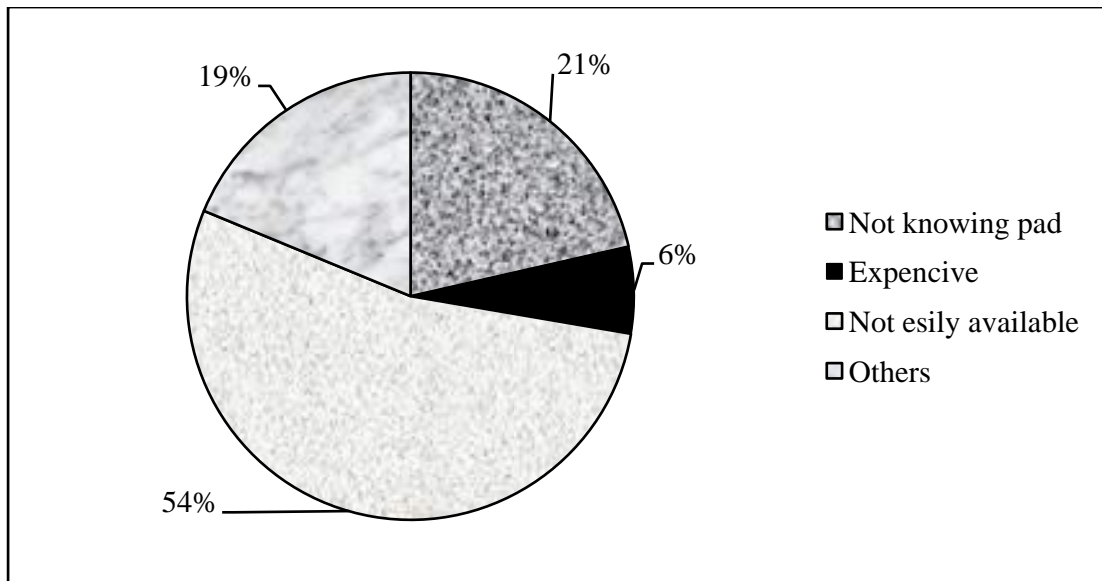
Table 16

*Material Used for Cloth Manage Blood during Menstruation*

Use Cloth	Number of respondent	Percentage
Pollister	7	6.25
Suti	77	68.75
Cotton	21	18.75
Others	7	6.25
Total	112	100

The Table 16 shows that 68.75 percent respondents said suti cloth use for sanitary pad during menstruation period, 18.75 percent respondents said cotton used for sanitary cloth, 6.25 percent respondents said pollister cloth used for sanitary pad, and similarity for 6.25 percent respondents said other cloth used for sanitary pad as material used for cloth manage blood during menstruation.

**Cause of not using sanitary pad.** The sanitary pad for very important for girls. Because different cause do not ware women during menstruation like, Not knowing pad, expensive, not easily available and others .give below figure cause of not using sanitary pad.



*Figure 5*

**Cause of not using sanitary pad**

This figure depicts that 54 percent respondent do not use sanitary pad just because of it not easily available. 21 percent respondent do not use sanitary pad just because of not knowing pad, 19 percent respondent said others cause of not using sanitary pad and 6 percent respondent don't use sanitary pad cause of expensive for not using sanitary pad.

**Clean vagina during menstruation.** Genital hygiene is the most important during menstruation. It prevents infections disease and other menstrual related problem. Respondents asked whether they clean the vagina during menstruation. They was asked about the ways of the cleaning vagina, which is shown in below table.

Table 17

*Clean Vagina during Menstruation*

Clean Vagina	Number of respondent	Percentage
Never clean	0	0
Before changing pad	69	30.39
After changing pad	76	33.48
While changing pad	82	36.12
Total	227	100

Above Table 17 shows that respondents 36.12 percent respondents said clean vagina while changing pad during menstruation,33.48 percent respondents said clean vagina after changing pad,30.39 percent respondents said clean vagina before changing pad during menstruation. Never clean vagina during menstruation does not respondents said.

**Ways of cleaning genital during menstruation.** Genitalia hygiene is most important during menstruation because it prevents infection and various other problems. Respondents asked when they clean the genitalia and change. The was asked about the ways of cleaning genitalia.

Table 18

*Cleaning Genital during Menstruation*

Cleaning Genital	Number of respondent	Percentage
Warm water	65	28.63
Cool water	55	24.22
Water and Dettol	43	18.94
Soap water	64	28.19
Total	227	100

Table 18 shows that respondents said 28.63 percent warm water ,28.19 percent respondents that soap water,24.22 percent respondent said cool water and 18.94 percent water and Dettol said found that respondents cleaning genital during menstruation.

This study shows that the respondents cleaned genitalia only if they had excessive bleeding. Otherwise, they cleaned genitalia while changing pad and while taking bath. The main causes behind it lack of toilet, water and soap in the lack of awareness.

### **Major Findings of the Study**

After analysis and interpretation of the data, major findings were drawn which are given below:

- Knowledge about menstruation was found that 33.92 percent respondents were took of the normal phase 14.53 percent respondents were took phase of maturity.
- Knowledge ager generally about menstruation starts was found that 37.88 percent respondents were took 9-12 years were the first menstruation,6.60 percent respondents were took 8-9 years the first menstruation starts age.
- Among respondents 35.68 percent respondent's normal cycle of menstruation 27 days and 11.89 percent respondents were 22 days normal cycle of menstruation.
- All most 54.18 percent of the respondents said that main affection of leading factor of menstruation is nutrition and 3.08 percent of the respondents did not have any idea about leading factor of menstruation.
- All respondents 85.90 percent were kept in own home and 2.64 percent of the respondents were kept in far family during menarche.
- Among the respondents 33.48 percent felt worry and 15.41 percent of the respondents were felt happy during menstruation period.
- Among the respondents, 45.77 percent were found lower abdomen pain and 16.91 percent of the respondents were found fever as a physical problem during menstruation.
- Among all the respondents 74:00 percent were kept in together with family and 3.08 percent of the respondents were kept in relative home during menstruation period.
- Majority of the respondents 77.18 percent don't touch goods worship and 4.36 percent of the respondents don't touch plants fruits.
- About 57.70 percent of the respondents were take daily bath during menstruation and 3.08 percent of the respondents were taking only 4<sup>th</sup> days during menstruation.
- Most of the respondents used for cloth manage blood during menstruation. Among them 68.75 percent of the used for suti cloth and 6.25 percent used for pollister and others cloth equal used for manage blood during menstruation.

- About 54 percent of the respondents were found not use sanitary pad just because of it not easily available and 6 percent respondent were found do not use sanitary pad cause of expensive for not using sanitary pad.
- Among all the respondents, 90.74 percent not allowed touching menstruation of respondents said and 9.25 percent respondents had no problem in touch menstruation.

## **Chapter V: Conclusion and Recommendations**

### **Conclusion**

This study research conducted in a sworgdwari municipality pyuthan district among 227 adolescent girls. Although respondents was found aware about the knowledge on menstruation, practice of menstrual hygiene and problems of menstruation seems to be superficial.

This study based on primary and secondary data sources. Family background plays a vital role in the all-round development of any individual. The study found that the respondents possessed interviewed information on adolescent girls' menstruation.

Bleeding and abdomen pain physical problem faced were the prime symptoms that signifies respondents about menstruation. During their first menstruation most of the respondents felt worried, shy, fear, and some were found to be happy with a feeling of matured women.

Knowledge on age generally menstruation starts in many respondents said 9-12 years,13-14 years, common respondents others age and 8-9 years generally menstruation starts.

Many respondents are leading factor menarche the Nutrition. Common respondents do not know were found among the leading factor of menarche. It was found that first menstruation, almost respondents were kept own home were not kept far family but not allowed to participate with others for social practices. They were not allowed to see sun and talk male members and were not allowed to participate on any kind of religious works and don't touch goods worship.

Many respondents faced problems like Itching genital organs, excess bleeding, other problem from vagina and Burning bleeding. Common problems like abdomen Pain, vomiting, headache, fever were found among the respondents.

It was found that the menstruation period almost respondents were lived together with family. Common respondents lived separate room relative was the found among respondents.

Almost respondents suti cloth used for manage blood during menstruation .common respondents used for pollister and other cloth blood during menstruation. Most of the girls are not aware about menstruation, its hygiene practice and problems management during this period. Some respondents of menstrual practices were followed by their tradition such as taking bath only 4<sup>th</sup> days of menstruation, using old clothes. Similarly some girls did not knowing pad for during menstruation and the girls did not consulted medical persons and parents about their menstrual problems.in this study, most of the respondents goods worship were not allowed to touch during menstruation period. Some girls were do not take rest time a menstruation.

### **Recommendations**

Based on the findings of the study the following points are recommendations are suggested for the improvement, policy level as well as for further study.

**Recommendations for practice.** On the basis of the findings, following recommendations are made for improvement of these situations.

- Rural area should be school level teach menstrual management.
- Knowledge should be providing adolescent girls as awareness all women and adolescent girls.
- Provide materials menstrual management for adolescent girls.
- Parents should have knowledge of menstrual problem and their solution.
- Father and mother should be frank and open to talk in the case of menstruation.

### **Recommendations for policy**

- Menstruation management should be the explicitly mentioned in any of the sustainable development goal.
- Government should introduce the policy to educate the adolescent girls about menstrual hygiene in the school level curriculum.

**Recommendations for further study.** This study covered the only of menstrual hygiene among adolescent girls in management. It has not included the

religious and cultural aspects of menstrual hygiene.so based on findings the following points are recommended for further study:

- Religious and cultural aspects the management of menstrual hygiene.
- Comparative study on educated and uneducated adolescent girls in term, of knowledge on menstrual hygiene management.

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## Appendix

### Interview Schedule

Name:

Date:

Address:

Ward No:

Age:

Occupation:

#### Knowledge of Menstruation

1. Have you heard about Reproductive Health?

A .Yes

b. No

2. If yes what does it mean?

.....

3. What is Menstruation?

a. It is Normal Phase

b. Phase of Maturity

c. It occurs to pain

d. It is natural phenomenon for adolescent girl

4. If yes what is menstruation?

a. Bleeding process of excess blood from vagina

b. Symptoms of maturation

c. Natural process

d. Others

5. at what age generally menstruation starts?

a.8-9

b.9-12

c.13-14

d.others

6.What is the normal cycle of menstruation?

a.22 days

b.27 days

c. 28 days

d. 29 days

7.What should be done during menstruation?

a. Regular bath

b changing pad

c. Never use pad

d. Not sanitation

8. Which one is the leading factors for early or delay menarche?

a. Heredity

b. Nutrition

c. Environment

d. Do not know

9. Where did you live in during menarche?

- a. Dark Room
- b. Own home
- c. Far family
- d. Relatives home

10. How much rest is needed during menstruation?

- a. Resat for 4days
- b. Rest for 3 days
- c. Don't take rest
- d. Go for general physical

**Problems during menstruation**

11. What did you feel when you had your first menstruation?

- a. fear
- b. Happy
- c. shy
- d. worry

12. Do you have any physical problem during menstruation?

- a. Yes
- b. No

13. If yes, what type of physical problem have you faced?

- a. Headache
- b. Vomiting
- c. Fever
- d. Lower abdomen pain

14. What type of problem did you face during menstruation?

- a. Physical
- b. Mental
- c. Social
- d. Environment

15. Have you ever faced vaginal or urinary problems during menstruation?

- a. Yes
- b. No

16. If yes, what type of problem have you faced?

- a. Excess bleeding
- b. Burning menstruation
- c. Itching genital organs
- d. others

17. Have you consulted with anyone?

- a. Yes
- b. No

18. To whom did you consult while you were having problems?

- a. mother
- b. friends
- c. Doctor
- d. Sister
- e. Tradition healer

19. If no, why didn't you consult about such a problem?

- a. Lack of knowledge
- b. Cause of fear
- c. Cause of shyness
- d. others

20. Are you allowed to touch menstruation?

- a. Yes
- b. No

21.If no what kind of things are not allowed are not allowed to touch during menstruation?

- a. kitchen room
- b.Fruits
- c.goods workshop
- d. Animal milk

**Practice of menstrual hygiene**

22. Where are you staying during menstruation?

- a.Separate room
- b. Cowshed
- c. Relatives home
- d. Together with family

23. How often do you take bath during menstruation period?

- a. Every 2 days
  - b. Daily
  - c. Two Times of daily
  - d. Every 3 days
- only 4<sup>th</sup> day

24. Are you given proper food during menstruation?

- a. Enough
- b. No enough

25.How do you manage blood during menstruation ?

- a. Sanitary pad
- b. cloth

26.If you use cloth, what material do you use?

- a. Pollister
- b.suti
- c.Cotton
- d. others.....

27.If you don't use sanitary pad why?

- a. Not knowing pad
- b. Expencive
- c. Not easily available
- d. Others

28.How lonng do you keep the pad?

- a. Perid of mensstruation time
- b. 2 days
- c. One day
- d. Change immediately

29. Do you re-use your pad?

- a.Yes
- b.No

30.If you re –use pad, how do you clean it?

- a. Water only
- b.Water with dittols
- c. soap and water
- c. Other

31. How often do you clean your vagina during menstruation?

- a.Never clean
- b. Before changing pad
- c. After changing pad
- d. While changing pad

32. Do you keep your vagina dry after washing?

a. Yes

b. No

33. If yes, what do you use to clean vagina?

a. Warm-water

b. cool water

c. Water and Dettol

d. Soap water