



Knowledge and practices on menstrual hygiene management of adolescent girls in Kasturba Gandhi Balika Vidyalayas (KGBV) of Assam

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ABSTRACT

Menarche is the most important event in the life of an adolescent girl. Health education can play important role for correct menstrual hygiene. The Kasturba Gandhi Balika Vidyalaya provides educational facilities for girls belonging to SC, ST, OBC, minority communities and family below the poverty line in Educational Backward Blocks. Since girls are the mothers of future therefore along with formal education, knowledge and practices on menstrual hygiene is very essential. Therefore the study was conducted to assess the awareness levels of adolescent girls of KGBV on the aspects of menstruation. The state of Assam in India was selected for the study. Dibrugarh, Sibsagar, Lakhimpur, Nagoan, Kamrup and Barpeta were selected purposively. Nine KGBVs were selected. 20 per cent of the samples who attend puberty were selected. Total sample was 120 numbers. 100 per cent received knowledge on reproductive health and menstruation. 56.67 per cent were aware that menarche occurred between 11 to 12 years. 70.83 per cent girls regularly kept the record of menstruation cycle and 85 per cent maintain hygiene. The girls informed that in KGBVs, the warden and matron discussed regarding maintaining of hygiene. The girls had the basic knowledge and know the do's and don'ts during menstruation. Awareness among girls on issues related to sexual and reproductive health need to be created, emphasis may be given on various mass media, education and communication programmes. There should be a close linkage with the health department for health care and reproductive health information's in the KGBV.