

## The Knowledge, Attitude and Practices Regarding Menstruation and Menstrual Hygiene among Adolescent Girls in Prayagraj

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### KEYWORDS

Knowledge, Attitude, Practice, Menstruation, Menstrual hygiene management

### ABSTRACT

*Menstruation is a biological phenomenon that occurs during the adolescent phase of life. During this period many bio-cultural elements contribute to the personality development in adolescent girls. The present study delineates these attributes under three broad themes namely knowledge, attitude and practices. A cross-sectional study was carried out among 32 adolescent girls in Prayagraj district in the state of Uttar Pradesh in India. A comprehensive questionnaire was prepared using "Google Form" and sent to all the participants through various social messenger apps. Collected data was analyzed using the SPSS software version 23. Based on study analysis it was found that the 62.5% respondents had good knowledge and 68.75% girls followed safe menstrual hygiene practices. There were 59.37% girls that showed positive attitude towards menstruation and associated issues. Thus the findings revealed that majority of girls living in Prayagraj were aware of menstruation and menstrual hygiene practices.*

### Introduction

The adolescence phase is a transitional stage in human life characterized by many biological changes. In adolescent girls inception of menstruation is one of the remarkable events. Menstruation is a biological phenomenon confined to women in which the lining of the endometrium release in the form of blood, hormones, tissues, etc., at intervals of about one lunar month from puberty until menopause. Menstruation is also known as "menses" (Christian, 2016). In the Latin word, "menses" means "months" which indicates the monthly occurrence of this biological phenomenon. Due to its monthly occurrence, it is also known as "period" (Jones & Barlett, 2011) or "menstrual cycle".

It is known fact that menstruation is a natural phenomenon despite that it is associated with several wrong notions and misconceptions that lead towards unfair practices. A notable study (Mahon & Fernandes, 2010) suggests that menstruating girls are not aware of the biological reasons associated with menstruation, and perceived menstruation to be a "disease." Anthropologists (Douglas, 1966) argue that menstruation is considered as a polluting agent and during this phase, menstruating girls and women are also considered impure. Hence, they are often barred from participating in many socio-cultural events apart from the restriction on entering inside the temples, sacred places, etc. Menstruating girls and women are also restricted from offering prayers and touching holy books (Ten, 2007). Unfortunately, discussions about menstruation and menstrual practices are often held behind curtains. Despite it being a natural phenomenon, menstruation is considered "a negative event which

should be hidden and not discussed” (Bailey, 1993). It is generally seen that women and girls do not feel comfortable purchasing menstrual hygiene products from male salesmen (Madhok, 2014). Even when pads are purchased, shopkeepers wrap the packet in a newspaper or a black plastic bag. Such practices perpetuate the silent culture. People often feel ashamed while talking about these issues. Neither our educational system nor the social system enables adolescent girls to face the difficulties arising from misconceptions. In most of the cases, the onus to educate adolescent girls is either on the mothers or any other elder female member of the families. A study carried out in Nagpur (Thakre *et al.*, 2011) supported the present study’s findings where mothers were the first informants for 71.33 of the girls. Lack of knowledge and poor practices against menstruation are key impediments that hinder girls’ education and their self-confidence and personality development (Mouli & Patel, 2017). The stigma of being teased by other people at schools, workplaces, or any other public places puts mental stress on them as they are regarded “impure” during the menstrual cycle. Studies have found that girls feel frustration and depression at menarche and during menstruation (Patton *et al.*, 1996).

Findings of above research indicate that menstruation is not just a physiological phenomenon but it is deeply rooted in our socio-cultural matrix. The present paper aims to explore menstruation under three broad theme - knowledge, attitude and practice.

## Methodology

This particular study can be recognized as a cross-sectional study. A questionnaire was developed in “Google Forms” and sent to participants belonging to age group 10 -19 years through social messenger apps. The cover page of the questionnaire included a short introduction regarding the purpose of the survey, the voluntary nature of participation, confidentiality, declarations of anonymity, etc. Questionnaire was prepared in English and Hindi (a widely spoken language in Uttar Pradesh). The questionnaire was answered by a total of 32 participants in July and August 2020. The knowledge part contained a total of 9 questions. Each question carried two marks. Correct answers had 2 points, while incorrect answers and “no opinion” answers were allocated 0 points. Thus the range of average score was between 0 and 18. To evaluate the attitude of the adolescent girls towards menstruation, 14 questions were asked, and responses were arranged on a ‘Likert scale’. The scale range 1 indicates strongly agreed, 2 is agreed, 3 is neutral, 4 disagreed and 5 strongly disagreed. These options were allocated 1, 2, 3, 4, and 5 marks respectively. Regarding the adolescent girls’ practice towards menstrual hygiene management, 15 questions were asked carrying 3 marks each. Girls who followed high-level practices were given 3 marks, medium level 2 marks, and low-level practitioners were allocated only one mark. The participants who got less than 60 per cent; classified as poor whereas those who got either 60 % or more than 60 %; recognized under the good category. The data collected was analyzed using SPSS version 23 (IBM, Armonk, NY, USA).

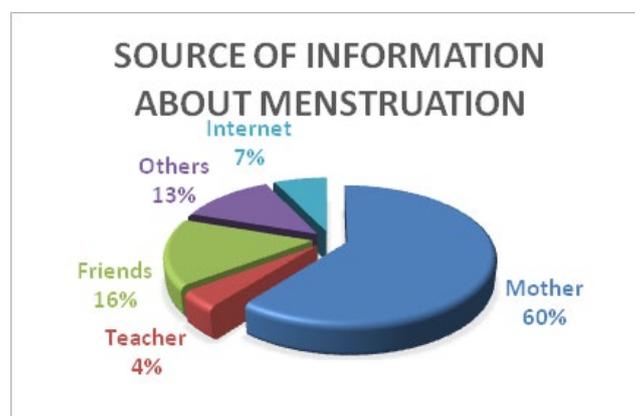
## Results

Findings related to demographic characteristics of participants show that there were total 32 adolescent girls who expressed willingness to take part in the study. Around 43.8 percent girls belonged to age group 10 to 14 years were categorized under early adolescent groups while 56.2 percent belonged to 15 to 19 age group were put under late adolescent group. Among total study population 17 were from rural background (53.1 %) while 15 belonged to urban areas (46.9 %). There were 14 adolescent girls (43.8 %) were below high school and other 18 girls (56.2 %) were studying either in high school or above high school. Regarding father’s educational status, there were five adolescent girls (15.6 %) whose father had no formal education. Father of 11 adolescents girls (34.4 %) had an education of intermediate level or below intermediate while remaining 16 other respondents’ father (50 %) had graduate degree

or above graduate. Regarding mother's educational status there were 9 adolescent girls (28.1 %) whose mothers' have no formal education. There were 11 adolescent girls (34.4 %) whose mother had acquire education of intermediate level or below intermediate while remaining 12 adolescent girls' mothers (37.5 %) had obtained a graduate degree and above graduate degree (Table 1).

There were 20 adolescent girls (60 %) among 32 who reported that mother was her primary source of information regarding menstruation. After mother, the other main source of information is friends. In this study, there were 5 girls (16 %) who reported that they came to know about the phenomenon through their friends. Schools are the first and foremost educational institutions that are supposed to be built a scientific temperament among students. But in this study, the role of the teacher in disseminating information is almost negligible (4 %). In this study, only 2 respondents (7 %) agreed that they got information through the internet. There were 4 respondents (13 %) who came to know about menstruation after getting information from their sisters.

Fig. 1: Source of Information about Menstruation



## Knowledge about menstruation

There were 9 questions asked in this category to assess the knowledge regarding menstruation, its physiology, responsible hormones, etc. (Table 2). There were 24 respondents (75 %), gave the correct answer that it is a natural shedding of blood that occurred every month. Regarding information about the cause of menstruation; 20 respondents (62.5 % replied correctly i.e. Hormones, while 5 respondents (15.6 %) said it is a curse of God. Two out of 32 respondents (6.3 respondents) recognized it as a disease and the remaining 5 respondents (15.6 respondents) had no idea regarding causes why menstruation occurs. Question regarding source organ for menstrual blood got 15 responses (46.875 %) correct. There were 10 respondents (31.25 %) who said it is the bladder; 6 respondents (18.75 %) regarded it as the abdomen. There was only 1 respondent (3.125 %) who said the source organ is the birth canal. Half of the girls who took part in this survey were aware of the average age of menarche. On the other hand, some regarded (34.4 %) average age is 14 to 18. Regarding the duration of normal menstruation, 26 respondents (81.2 %) answered correctly. There were only 2 respondents (6.3 %) who said it is more than 5 days. 4 out of 32 respondents (12.5 %) did not know the average duration of menstruation. Regarding the interval phase between two menstrual cycles, 23 respondents (71.9 %) replied correctly while 2 out of 32 respondents (6.3 %) gave the wrong answer. There were 7 respondents (21.9 %) who did not know the interval days.

There were 18 girls (56.25 %) who were informed about menstruation before the onset of menarche while 14 girls (43.75 %) were uninformed. Almost all-girls (96.875 %) knew about menstrual hygiene except one. Regarding the question asked on the menstrual phase in which chances of getting pregnant is very high, 14 respondents (43.75 %) responded correctly. There were a large number of girls (53.125

%) who had no idea about this. (Table 2).

### **Attitude towards Menstruation**

There was a total of fourteen questions asked in this category to evaluate whether respondents attitude towards Menstruation and related issues. Majority of the girls in the study group strongly disagreed that women should not enter shrines (37.5 %). The girls also disagreed strongly (40.625 %) to the belief that women in menstruation are susceptible to getting possessed by evil spirits. Around 30% of the girls believed that men had a real advantage of not having a monthly period. More than 50% of the girls agreed that menstruation affects their daily routine. More than 60% of the girls agreed that they are more tired than usual while menstruating. Majority of the girls (around 86%) agreed that they were easily upset during their pre-menstrual and menstrual periods as compared to other times of the month. More than half of the girls (around 55%) believed that period is an annoying and a dirty process. Around 90% of the girls disagreed that menstruation does not allow a women to be more aware of their body. Likewise around 70% of the girls disagreed that recurrent monthly flow is not an external indication of women's general good health. Around three fourth of the women disagreed to the fact that they cannot tell if their period was approaching because of the breast tenderness, cramps etc. Around 50% of the girls disagreed to noticing any minor physiological effect of the menstrual periods. Half of the girl participants in the study disagreed with the notion that women complain of menstrual distress as an excuse. Half of the girls disagreed to preference for buying sanitary pads without being seen. Majority of the girls in the study group disagreed to the fact that they wish they did not have period (Table 3).

### **Practice towards Menstruation and its management**

To explore the level of menstrual hygiene and other prevalent practices regarding menstruation, a total of fifteen questions were asked to participants. Regarding absorbent materials used during menstruation, 20 girls (62.5 %) responded in favor of using sanitary pads while 9 out of 32 (28.125 %) used cloth. There were only 3 girls (9.375 %) who were using tampons. There were 15 adolescent girls (46.875 %) who do not reuse clothes at all and the other 15 (46.875 %) who use them and washed it with soap and water. The rest washed the cloth with water only. Further, there were 12 girls (37.5 %) who do not miss their school even in their monthly cycles while 15 girls (46.87 %) prefer to take a leave of one day. The remaining 5 girls (15.62 %) take usually 2 days' leave. Further, the frequency with which clothes or sanitary napkins are changed in a day were recorded, 13 girls (40.62 %) chose once and 18 girls (56.25 %) changed two times a day. There was only one girl (3.12 %) who changes more than twice a day. Regarding the question on disposal of pads, 15 adolescent girls (46.87 %) disposed of it in pad disposal bin while 14 girls (43.75 %) discarded it in routine waste i.e. in a dustbin used for other purposes too like to collect kitchen garbage and other household waste materials.

There were 24 girls (75 %) who use both papers and a plastic bag for proper disposal of sanitary pads or clothes used as sanitary napkins. 6 girls (18.75 %) out of 32 used only papers to wrap up the sanitary napkins. Only 2 girls (6.25 %) neither use plastic nor paper. In the study group, 30 girls (93.75 %) wash their genital parts frequently. It indicates that most of the girls are aware of the importance of personal hygiene. In this study group, there were 14 girls (45.75 %) who preferred to take a rest during menstruation. 10 girls (31.25 %) out of 32 take the help of meditation or yoga to keep calm and compose themselves. The remaining one-fourth of girls (25 %) involve in their daily routine activities thoroughly. Taking a regular bath is one of the important aspects of personal hygiene. More than fifty per cent of girls (62.5 %) take a half-body bath avoiding hair-wash at the time of the menstrual cycle. 9 out of 32 adolescent girls (28.125 %) take whole body bath daily during their menstruation. The remaining 3 girls (9.37 %) do not take baths

during their periods. There were 13 girls (40.62%) in this survey who use water and soap for washing their genital area while 9 girls (28.12%) clean it with water only. Apart from these, around 10 girls (31.25%) prefer to wash their genital area with some kind of liquid vaginal wash available in the market.

There were 14 girls (43.75%) whose schools have pad disposal bins for proper disposal of used sanitary pads. There were 5 girls (15.625%) whose schools have some burning place or pit to dispose of it while there was no such kind of disposal facility available for the remaining 13 girls' (40.625%) schools.

Only 5 participants (15.625%) had toilets and other facilities need to address the menstruation-related problem while 15 participants (46.875%) have such kind of facilities but there are no good arrangements and unhygienic. The remaining 12 participants (37.5%) have no such kind of facilities at all in their school. Buying sanitary napkins is still a costly affair for some of them. In this study, 24 participants (75%) were capable to afford it while 6 girls (18.75%) are not in a condition to buy it. Only 2 participants (6.25%) said that these products are not available to them (Table 4).

In the knowledge section, a total of 37.5% of adolescent girls were put in the poor category; whereas 62.5% had a good level of knowledge regarding menstruation and menstrual hygiene management. For the attitude section, 13 adolescent girls out of 32 that is 40.63% did not have a positive outlook towards menstruation and associated issues. On the contrary, the remaining 19 adolescent girls (59.37%) seemed optimistic in their approach. Thus, there were a significant proportion of girls who expressed negative attitude. In the practice section, a total of 10 respondents out of 32 (31.25%) were put under the poor category that means menstrual hygiene practices among this group was not up to mark whereas other sets of respondents i.e. remaining 22 girls (68.75% respondents) were following good hygienic practices (Table 5).

## Discussion

Research in the context of menstruation and menstrual hygiene management have been explored in some previous studies. One of the prominent research in this field was held at Singur in West Bengal (Dasgupta and Sarkar, 2008). In this study mother was the source of information for 37.5 percent girls while in present study 60 percent girls reported mother as their main source of information. Thus present study shows the role of mother as a primary source in disseminating information is much greater in Prayagraj. It was observed that study conducted in Singur (West Bengal) almost 86% believed that it is a natural biological process whereas in present study 75% girls believed it to be a physiological process. Here we can say that in knowledge regarding menstruation among adolescent girls of Singur are slightly better. The above observations might be due to poor literacy level of mothers and adolescent girls, lack of proper health education awareness in schools and communities. The present study further shows that majority of the girls preferred sanitary napkins while the previous study showed participants used cloth pieces rather than sanitary pads as menstrual absorbent. In Singur study only 11.25% girls used sanitary pads during menstruation and most of the girls (73.75%) reused cloth pieces. Thus in terms of practices, girls living in Prayagraj are more hygienic. Lack of privacy was an important problem in the previous study since more than half of the respondents did not possess the facility of a toilet. In the present study privacy was explored under qualitative analysis. Although, it is a major issue with most of the participants for they belong to joint families. The situation is very grim for those girls who reside in rented house or in slum areas. However, increasing infrastructure, availability of better amenities, use of sanitary pads made it easy to manage the menstrual hygiene practices. Another similar study was held in Nepal (Sapkota 2013). In this study findings says that more than half of respondents (54.1%) used sanitary pads and frequency of changing pads once a day was the lowest (08.2%) i.e. more than half of the respondents used to change twice whereas in present study 62.5% girls used sanitary pads

and frequency of changing pad only once a day was 40.2%. A community based, cross sectional study was conducted among adolescent School Girls of Saoner, Nagpur District (Thakre *et al.*, 2011). This study was undertaken among adolescent school going girls in the field practice area of the Rural Health Unit and Training Centre, Saoner, in the Nagpur district. This study took economic status (above poverty line and below poverty line) and rural and urban areas in consideration. The major source of information about menstruation for them was found to be their mothers (71.33%). In present study it was about 60%. In Nagpur study, the practice of the use of old clothes was reported in 45.74% of the subjects and satisfactory cleaning of the external genitalia was practiced by 33.85% of the girls. Three fourth of the study girls practiced various restrictions during menstruation.

Anomalies in above findings can be attributed to different socio-economic background, time and space. Some of the studies were taken way back almost a decade ago. Significant changes can be experienced in such time lag. Markets are now more flooded with sanitary pads and some other alternative also available to use. Thus accessibility is no longer a major issue. Previous studies could not cover this aspect. Rapid proliferation of the internet and social networking sites made easy to access information. Level of awareness has been increased manifold due to exposure of digital technologies. However one thing that is noticeable in this study is that despite the use of communication technologies when all the information is available on a single tip of finger, the majority of the girls were not aware of the policies/programs run by government. Another factor that can be realized that parents who are well educated have a progressive approach in dealing with menstruation-related issues.

## Conclusion

The majority of the respondents were good in their knowledge, attitude and practices. However, there are still a significant proportion that needs to be educated and needs special attention to make them aware of good hygienic practices. The silent culture prevalent in our society interrupts the holistic development of adolescent girls. Factors such as secrecy, fear, and embarrassment prevent adolescent girls from seeking apt advices on appropriate hygiene practices. An open and healthy conversation should be facilitated and girls must be educated about the menstruation even before attaining menarche. Easy accessibility of sanitary products in schools, colleges, and community centers should be facilitated. Another measure that can be opted out by the government is making sanitary pads for free distribution. Apart from these, a proper mechanism should be placed for solid waste management and manufacturing of biodegradable pads. Addressing problems revolving around menstruation is essential in order to promote women empowerment that is one of the key goals to be achieved under Sustainable Development Goal (SDG 5) by 2030.

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## Tables

Table 01: Demographic information of study population

Demographic Factors	Demographic Variables	Frequency	Percentage
Age Group	Early Adolescents	14	43.8
	Late Adolescent Group	18	56.2
Area	Rural	17	53.1
	Urban	15	46.9
Grade	Below high school	14	43.8
	High school and above	18	56.2
Father's Educational Status	Illiterate	5	15.6
	Intermediate and below	11	34.4
	Graduate and above	16	50
Mother's Educational Status	Illiterate	9	28.1
	Intermediate and below	11	34.4
	Graduate and above	12	37.5

Source of Information about Menstruation

Table 02: Knowledge questionnaire and girls' response rate

Structured Questionnaire	Options	Frequency	Percentage
K1. What is menstruation?	Natural shedding of blood	24	75
	Disease	2	6.3
	Curse	5	15.6
	Don't know	1	3.1
K2. What is the cause of menstruation?	Hormones	20	62.5
	Curse of God	5	15.6
	Caused by disease	2	6.3
	Do not know	5	15.6
K3. From which organ does menstrual blood come?	Uterus	15	46.875
	Birth Canal	1	3.125
	Bladder	10	31.25
	Abdomen	6	18.75
K4. At what age do you think that most girls usually get their first period?	10 to 14	16	50
	14 to 18	11	34.4
	Do not know	5	15.6
K5. What is the duration of normal menstruation?	2 to 5 days	26	81.2
	More than 5 days	2	6.3
	Do not know	4	12.5
K6. What is the interval between two menstrual cycles?	28 days	23	71.9
	14 days	2	6.2
	Do not know	7	21.9
K7. Did you know about menstruation before menarche?	Yes	18	56.25
	No	14	43.75
K8. Do you know about menstrual hygiene?	Yes	31	96.875
	No	1	3.125
K9. Of which phase, the chances of getting pregnant are high?	Menstrual phase	1	3.125
	Follicular phase	0	0
	Ovulatory phase	14	43.75
	Luteal phase	0	0
	Don't know	17	53.125

Table 03: Attitude questionnaire and Girls' response rate

Structured Questionnaire	Options	Frequency	Percentage
A1. Women must not enter shrines/temples while having periods	Strongly Agree	9	28.125
	Agree	5	15.625
	Do not know	1	3.125
	Disagree	5	15.625
	Strongly Disagree	12	37.5
A2. Men have the real advantage of not having a monthly period	Strongly Agree	9	28.125
	Agree	8	25
	Do not know	5	15.625
	Disagree	6	18.75
	Strongly Disagree	4	12.5
A3. Women in menstruation are susceptible to get possessed by evil spirits	Strongly Agree	10	31.25
	Agree	2	6.25
	Do not know	2	6.25
	Disagree	5	15.625
	Strongly Disagree	13	40.625
A4. Women are more tired than usual when they are menstruating	Strongly Agree	11	34.375
	Agree	19	59.375
	Do not know	2	6.25
	Disagree	0	0
	Strongly Disagree	0	0
A5. Menstruation affects my daily routine activities	Strongly Agree	6	18.75
	Agree	18	56.25
	Do not know	1	3.125
	Disagree	6	18.75
	Strongly Disagree	1	3.125
A6. I am more easily upset during pre-menstrual and menstrual periods than at other times of the month	Strongly Agree	13	40.625
	Agree	15	46.875
	Do not know	1	3.125
	Disagree	2	6.25
	Strongly Disagree	1	3.125
A7. The period is a dirty and annoying process	Strongly Agree	13	40.625
	Agree	5	15.625
	Do not know	1	3.125
	Disagree	9	28.125
	Strongly Disagree	4	12.5
A8. Menstruation does not allow women to be more aware of their body	Strongly Agree	0	0
	Agree	1	3.125
	Do not know	2	6.25
	Disagree	19	59.375
	Strongly Disagree	10	31.25
A9. The recurrent monthly flow of menstruation is not an external indication of women's general good health	Strongly Agree	0	0
	Agree	4	12.5
	Do not know	2	6.25
	Disagree	5	15.625
	Strongly Disagree	19	59.375
A10. I can't tell my period is approaching because of the breast tenderness, backache, cramps, or other physical signs	Strongly Agree	0	0
	Agree	3	9.375
	Do not know	4	12.5
	Disagree	15	46.875
	Strongly Disagree	10	31.25

A11. I barely notice the minor physiological effect out of my menstrual periods	Strongly Agree	0	0
	Agree	13	40.625
	Do not know	3	9.375
	Disagree	6	18.75
	Strongly Disagree	10	31.25
A12. Women complaining of menstrual distress are just using that as an excuse	Strongly Agree	2	6.25
	Agree	7	21.875
	Do not know	7	21.875
	Disagree	5	15.625
	Strongly Disagree	11	34.375
A13. We prefer to buy sanitary pad without being seen	Strongly Agree	11	34.375
	Agree	3	9.375
	Do not know	1	3.125
	Disagree	6	18.75
	Strongly Disagree	11	34.375
A14. We wish that we do not have our period	Strongly Agree	11	34.375
	Agree	2	6.25
	Do not know	1	3.125
	Disagree	9	28.125
	Strongly Disagree	9	28.125

Table 04: Practice towards menstrual hygiene management

Structured Questionnaire	Options	Frequency	Per Centage
P1. What is the main absorbent material do you use during period/menstruation?	Sanitary Pad	20	62.5
	Cloth	9	28.125
	Tampon	3	9.375
P2. If you are using cloth as the pad, how do you clean it?	Water only	2	6.25
	Water and soap	15	46.875
	We do not reuse.	15	46.875
P3. If you are using cloth, how do you dry the cloth?	Sunlight	13	40.625
	Inside the house	4	12.5
	We do not use cloth.	15	46.875
P4. If your menstrual problem interferes with school attendance, what do you do?	Do not take leave	12	37.5
	Take one day leave	15	46.875
	Take two-day leave	05	15.625
P5. How many times do you change cloth or pads in a day?	Once	13	40.625
	Twice	18	56.25
	More than twice	01	3.125
P6. Where do you dispose of your pads?	Pad disposal bin	15	46.875
	Open field	3	9.375
	Routine waste	14	43.75
P7. Types of pad wraps used for disposing of it	Papers	06	18.75
	Papers & Plastic bag	24	75
	No wrap	02	6.25
P8. Do you clean the genital area during menstruation?	Yes, always	30	93.75
	Occasionally	02	6.25
	No	0	0
P9. What remedies do you take during menstruation?	Meditation/Yoga	10	31.25
	Thoroughly involve in activities	8	25
	Take rest	14	45.75
P10. How often do you bathe during a period?	Daily whole body bath	9	28.125
	Do not take a bath	3	9.375
	Half body bath every day	20	62.5
P11. Number of times you change your underwear during menstruation in a day	Once	21	65.625
	Twice	9	28.125
	More than twice	2	6.25
P12. If you wash your genital area then by what?	Water and soap	13	40.625
	Only with water	9	28.125
	V wash	10	31.25
P13. Which one of the following sanitary pad disposal facilities does your school have?	Burning place/Pit	5	15.625
	Pad disposal bin	14	43.75
	No facility	13	40.625
P14. Does your school have toilet/ bathing facilities enough for addressing issues related to menstruation?	Yes, very well facility	05	15.625
	Yes, but not very well	15	46.875
	No facility	12	37.5
P15. Can you afford to buy a sanitary pad or any other substitutes to be used as a sanitary pad during menstruation?	Can afford	24	75
	Can't afford	6	18.75
	Not available to buy	2	6.25

*Table 05: Number of questions, range, scores, and level of Knowledge, Attitude, and Practice*

Variables	Number of Questions	Range of score	Level (%), N=32	
			Poor <60%	Good ≥ 60%
			No. of respondents (Percentage)	No. of respondents (Percentage)
Knowledge	9	0-18	12 (37.50%)	20 (62.50%)
Attitude	14	1-70	13 (40.63%)	19 (59.37%)
Practice	15	1-45	10 (31.25%)	22 (68.75%)