

A Study to Assess the Effectiveness of Video - Assisted Teaching Program On Knowledge Regarding Menstrual Hygiene and Misconception Related to Menstrual Cycle, Among School Going Girls in Vishnu Bhagwan Public School Prayagraj (U.P)

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Abstract

INTRODUCTION: Adolescence is a crucial developmental stage marked by rapid physical, psychological, and emotional changes. Among these, the onset of menstruation is one of the most significant milestones in a girl's life. Menstruation is a natural biological process, often creates anxiety, fear, and confusion among adolescent girls due to inadequate knowledge and deeply rooted cultural taboos, menstruation continues to be perceived as impure, leading to numerous misconceptions and unhealthy practices related to menstrual hygiene. Lack of proper knowledge regarding menstrual hygiene can result in adverse health outcomes such as reproductive tract infections, urinary tract infections, and poor school attendance. Poor menstrual hygiene is also closely associated with low self-confidence and emotional stress among adolescent girls. Therefore, empowering school-going girls with accurate and scientific knowledge related to menstruation plays a vital role in improving both their health and educational outcomes

OBJECTIVES: To assess the pre test & post test knowledge regarding menstrual hygiene and misconception related to Menstrual Cycle

To administer Video assisted teaching program on knowledge regarding Menstrual hygiene and Misconception related to Menstrual Cycle

To compare pre test and post test level of knowledge regarding Menstrual hygiene and Misconception related to Menstrual Cycle

To find of the association between pre-test and post test knowledge regarding Menstrual hygiene and Misconception related to Menstrual Cycle with their selected socio-demographic variables

METHODS : A pre-experimental study with one group pre-test and post-test design was conducted in Vishnu Bhagwan Public School Jhalwa Prayagraj. A total 60 school going girls students were selected using non convenient purposive sampling technique. A structure questionnaire and checklist was used to assess the knowledge before and after the intervention regarding Menstrual hygiene and Misconception. A video assisted teaching program focuses on causes, sanitation, disposal of sanitary napkin, personal hygiene and misconception regarding menstrual cycle.

RESULT: The results of the study reveal that The pre-test results showed that most participants had inadequate menstrual hygiene (42), with fewer having adequate (13) and very few excellent (5), while post-test findings revealed a marked improvement with inadequate cases dropping to 1, adequate to 7, and excellent rising to 52; similarly, misconceptions were initially high with 53 inadequate, 6 adequate, and 1 excellent, but post-test results showed a significant reduction with inadequate decreasing to 4, adequate increasing to 24, and excellent rising to 32.

CONCLUSION: The findings of the study conclude that video assisting teaching programme is effective in increasing the knowledge among school going girls regarding menstrual hygiene and misconception. Hence much need to be done in the selected school in this programme. It also emphasis on the need of increasing awareness among school going girls through video assisting teaching programme.

Keywords: Menstrual hygiene and menstrual misconception, video assisting teaching, programme, effectiveness

BACKGROUND OF THE STUDY

According to the **World Health Organization (WHO)** and **UNICEF Joint Monitoring Programme (JMP)** report, menstrual health and hygiene needs in schools are severely overlooked globally, with only **39 % of schools providing menstrual health education**, and many lacking basic facilities such as waste disposal bins or private spaces for menstrual management. These gaps in education and sanitation infrastructure highlight the importance of teaching and communication strategies that can improve menstrual health literacy among adolescent girls.^[1]

Suneela Garg,et.al(2015) Menstruation is a phenomenon unique to girls. However, it has always been surrounded by taboos and myths that exclude women from many aspects of socio-cultural life. In India, the topic has been a taboo until date. Such taboos about menstruation present in many societies impact on girls' and women's emotional state, mentality and lifestyle and most importantly, health. The challenge, of addressing the socio-cultural taboos and beliefs in menstruation, is further compounded by the low girls' knowledge levels and understandings of puberty, menstruation, and reproductive health. Thus, there is the need to follow a strategic approach in combating these issues.^[2]

NEED OF THE STUDY

Sivakumar, (2016).Hygiene maintenance indicates washing the external part such as genitalia using the vaginal wash through the menstrual period, which must be followed by hand wash with the help of soap. After using the toilet, the external genitalia are frequently washed, which gives a good result. Around 1.61% of women had poor washing. Bathing is a part of personal hygiene, and half of the people utilized water to clean while few people used soap and water, and some people used vaginal wash.

During the menstrual cycle, proper hygiene maintenance is needed to change the sanitary napkins each 3–4 hours to prevent diseases as well as avoid foul odor, itching, and rashes. Hygiene and pH are maintained by external genitalia due to the mechanism of release of our own body. Soaps or other harsh cleaners are not to be used intravaginally as they may change the pH. Women should use only water as well as vaginal washes because they don't change the pH.

About 51% of girls know about menstruation and its management. Only 33% of girls utilized pads as absorbent material during menstruation. The disposal of used sanitary napkins is essential because it spoils the surrounding nature and also causes air pollution due to the burning of pads ^[3]

AIM OF THE STUDY:-

The aim of the study is to assess the effectiveness of video assisted teaching program on knowledge regarding menstrual cycle hygiene and its misconception among school going girls of selected schools of Prayagraj (U.P)

OBJECTIVES

1. To assess the pre test & post test knowledge regarding menstrual hygiene and misconception related to Menstrual Cycle
2. To administer Video assisted teaching program on knowledge regarding Menstrual hygiene and Misconception related to Menstrual Cycle
3. To compare pre test and post test level of knowledge regarding Menstrual hygiene and Misconception related to Menstrual Cycle
4. To find of the association between pre-test and post test knowledge regarding Menstrual hygiene and Misconception related to Menstrual Cycle with their selected socio-demographic variables.

HYPOTHESIS

H0- There will be no significance difference between pre test and post test knowledge regarding Menstrual hygiene and Misconception related to Menstrual Cycle

H1- There will be significance difference between pre test and post test knowledge regarding Menstrual hygiene and Misconception related to Menstrual Cycle

H2- There will be significant association between the knowledge regarding Menstrual hygiene and Misconception related to Menstrual Cycle with their selected socio-demographic variables.

VARIABLES

INDEPENDENT VARIABLE -In present study the video assisted teaching programme on menstrual hygiene and misconception

DEPENDENT VARIABLE:- . In the present study the Dependent variables are video -assisted teaching program

SOCIO DEMOGRAPHIC VARIABLE:- In the present study socio-demographic variables are age , religion, place of residence , type of family , education level of family member who provided knowledge for the first time about menstrual cycle , family monthly income, class .

DELIMITATION

- 1 .The study is limited among school going girls of selected schools of prayagraj (U.P)
- 2 .The study is limited to 60 subjects.
- 3 .The study period is limited to 4-5week of duration

TOOL DESCRIPTION:-

Section A:- In the present study socio-demographic variables are age , religion, place of residence , type of family , education level of family member who provided knowledge for the first time about menstrual cycle , family monthly income, class .

Section B:-Section b is consist of 2 following parts :-

part A :- self made questionnaire which consist of 15 items includes multiple choice question to assess the knowledge regarding menstrual hygiene .each correct answer was awarded as one mark .total maximum score was 15.

part B :- self made checklist which is also consist of 15 items includes checklist to assess the knowledge regarding menstrual misconception among school going girls .each correct answer was awarded as one mark .total score was 15.

Scoring interpretation for questionnaire Knowledge level Score In

Adequate 0-5

Inadequate 6-10

Excellent 11-15

For checklist Knowledge level Score In :-

Adequate 0-5

Inadequate 6-10

Excellent 11-15

The tool were validated by experts in nursing college and statistician.realibility was established using the split half method(kerl-pearson formula), The method of test is used to test internal consistency of the tool by This was found $r = "0.87"$ and $"0.89"$ which is reliable.

DATA COLLECTION:-

Data were collected after obtaining formal permission and informed consent .data were analyzed using descriptive statistics (frequency and percentage)and inferential statistics (chi-square test)to determine associations.

Ethical Consideration - For the present study, the investigators took into consideration of ethical issues. The study was accepted by the research committee. Prior permission was obtained from principal of Vishnu Bhagwan Public School Consent was also taken from the sample group. They had the freedom to withdraw from the study at any time without giving reason. Anonymity of the participant was ensured. Confidentiality of the data was maintained.

Major findings of the study :-

Distribution of pre test and post test results .

In Questionnaire:- before intervention most of the girls 25(41.67%)had inadequate knowledge on questionnaire , 32(53.33%) having adequate knowledge3(5%)having excellent knowledge .after intervention 52(86.67%)having excellent knowledge ,7(11.67%)having adequate knowledge 1(1.67%)having inadequate knowledge .

In Checklist:- Before intervention most of the girls 53(88.33%)had inadequate knowledge on question checklist, 6(10%) having adequate knowledge 1(1.67%)having excellent knowledge .after intervention 32(53.33%)having excellent knowledge ,24(40%) having inadequate knowledge 4(6.67%)having inadequate knowledge .

Results:- organization of study findings:

Section A:- Frequency Criteria-wise analysis of knowledge level of school going girls before and after test (Menstrual Hygiene and checklist)

Section B:- Comparison Table Of

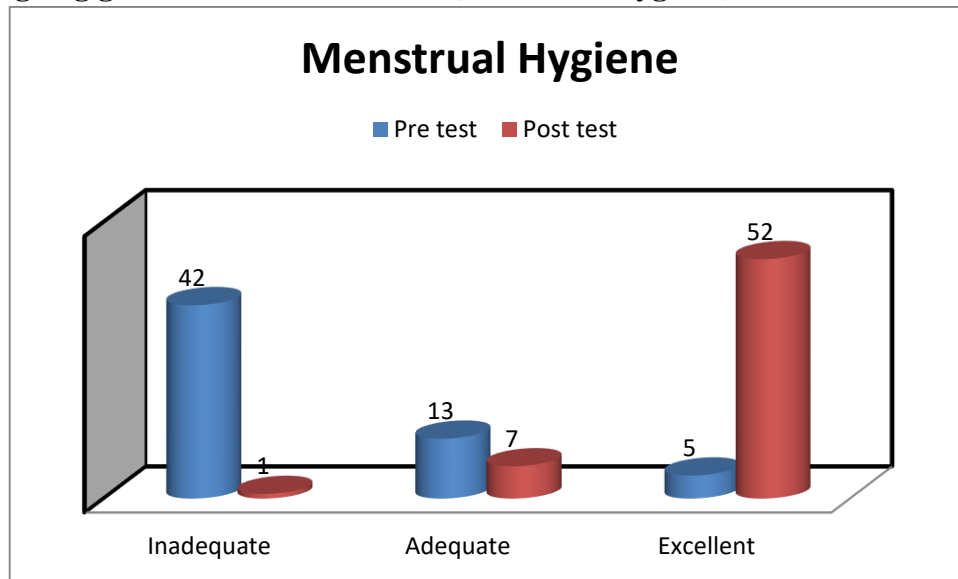
- Pre Test And Post Test (Questionnaire)
- Pre Test And Post Test (Checklist)

“SECTION –A”

Table 4.2.1 Frequency Criteria-wise analysis of knowledge level of school going girls before and after test (Menstrual Hygiene)

Criteria	Pre test	Post test
Inadequate	42	1
Adequate	13	7
Excellent	5	52

Figure 4.2.1 Column Diagram showing Shows Frequency Criteria-wise analysis of knowledge level of school going girls before and after test (Menstrual Hygiene)



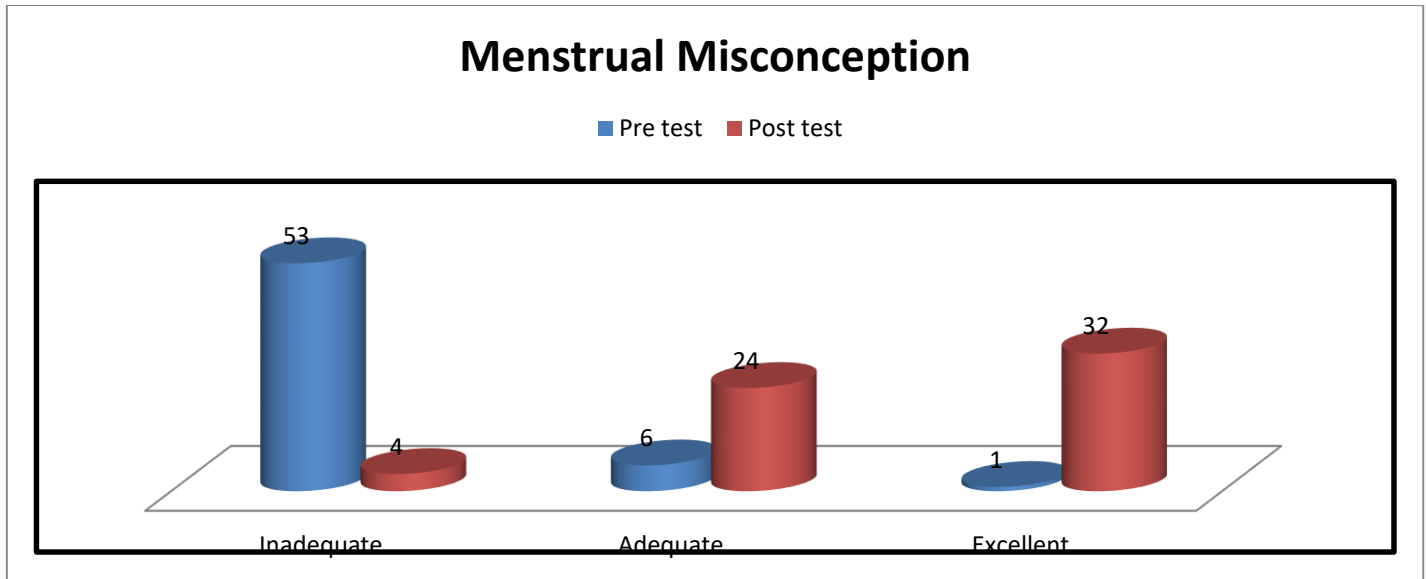
The pre-test results showed that most participants had **inadequate menstrual hygiene** (42), with a smaller number having **adequate** (13) and very few demonstrating **excellent** menstrual hygiene (5), whereas the post-test findings revealed a marked improvement, with the number of participants in the **inadequate** category reducing drastically to 1, those with **adequate** menstrual hygiene decreasing to 7 as many moved to a higher level, and a substantial increase in the **excellent** category to 52.

Table 4.2.1 Frequency Criteria-wise analysis of knowledge level of school going girls before and after test (Menstrual Misconception)

Criteria	Pre test	Post test
Inadequate	53	4
Adequate	06	24
Excellent	01	32

Figure 4.2.1

Column Diagram showing Frequency Criteria-wise analysis of knowledge level of school going girls before and after test (Menstrual Misconception)



The pre-test results revealed a high level of **misconceptions** among the participants, with most of them falling under the **inadequate** category (53), while very few had **adequate** (6) and **excellent** (1) understanding; however, the post-test findings showed a marked reduction in misconceptions, as the **inadequate** category decreased to 4, the **adequate** category increased to 24, and a substantial improvement was observed in the **excellent** category (32),

“SECTION –B”

Table 4.3 Comparison Table Of Pre Test And Post Test (Questionnaire)

Test	Mean	Std deviation	T	DF	P value	Significance
Pre Test	5.95	2.877	23.7	59	<0.0001	S
Post Test	13.77	2.193				

Table 4.3 Shows that mean value of pre test knowledge regarding menstrual cycle hygiene among school going girls was 5.95, standard deviation was 2.87 and mean value of post test was 13.77 and standard deviation (SD) was 2.193 .in overall T value was 23.7 .DF value was 59 ,P value was <0.0001. There was significant difference between pre –test and post-test knowledge regarding menstrual cycle hygiene.

Table 4.4. Comparison Table Of Pre Test And Post Test (Checklist)

	Mean	Std deviation(S.D)	T	DF	P value	Significance
Pre test	3	2.190	24.63	59	<0.001	S
Post test	11.67	3.171				

Table 4.4 Shows that mean value of pre test knowledge regarding menstrual cycle misconception among school going girls was 3 , standard deviation was 2.190 and mean value of post test was 11.67 and standard deviation (SD) was 3.171 .in overall T value was 24.63 .DF value was 59 ,P value was <0.001 There was significant difference between pre –test and post-test knowledge regarding menstrual cycle misconception

Discussion :

The aim of the study was to assess the effectiveness of video assisted teaching program on knowledge regarding menstrual cycle hygiene and misconception among school going girls of selected schools of Prayagraj (U.P) findings of the study are discussed according to objectives with other study findings .A total number of 60 school going girls were selected for the study . The pre test was conducted using structured questionnaire and Checklist . The duration of the pre test ranged from 40-50 minute .after the pre test a video Assisted teaching programme regarding menstrual cycle hygiene and misconception was shown to school going girls .after 7days , the post test was conducted using the same questionnaire and checklist . The study proved that video assisted teaching programme has brought changes in the level of knowledge regarding menstrual hygiene and misconception among school going girls of selected school of Prayagraj (U.P)

NURSING IMPLICATION :-

The finding of the study have several implications on nursing practices ,education , administrations and nursing research that can be used in the following areas of profession .

Nursing Practices :-

- This study finding will create awareness and gain knowledge regarding menstrual cycle hygiene and misconception .
- The nurse can learn and use various tools like level of knowledge regarding menstrual cycle hygiene and misconception .
- The nurses will provide health education regarding menstrual cycle hygiene and misconception .

Nursing Education :-

- The nurse educator create awareness to the students about problem faced by girls regarding menstrual cycle hygiene and misconception
- The nurse educators plan and conduct group discussion among nursing students group discussion among nursing students to discuss regarding menstrual cycle hygiene and misconception .
- Nursing faculties can educate and motivate the nursing students to prepare and educate regarding menstrual cycle hygiene and misconception to girls and women in community health postings.

Nursing Research:-

- The study findings will encourage further research studies to assess the level of knowledge and awareness regarding menstrual cycle hygiene and misconception

- Nurse researchers develop new tools for Menstrual cycle hygiene and misconception to particular domain like religion, society etc.

Nursing Administration:-

- Nursing administration can arrange service education or staff development programme especially for creation the awareness on problem and management of menstrual cycle hygiene and misconception .
- Nursing administration should motivate the nurses to identify the problem area by using questionnaire like general knowledge and awareness questionnaire

RECOMMENDATION

Based on findings of the study, the recommendations offered for future research were

A descriptive study can be conducted with different setting in Prayagraj (Uttar Pradesh)

- A purposive study can be seen undertaken for seen the complication regarding menstrual cycle hygiene and misconception.
- Longitudinal study can be conducted to evaluate regarding menstrual cycle hygiene and misconception.
- Researcher can conduct descriptive study with large sample of school going girls

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