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Awareness regarding menstrual hygiene among women of reproductive age group in a community chiwan district

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Menarche is a milestone in a women's life as it denotes the start of reproductive capacity. The purpose of the study was to determine awareness regarding menstrual hygiene among female of reproductive age in selected community padampur 12. A descriptive research design was used and respondents were selected by using non-probability purposive sampling technique. Semi structured questionnaire was used to collect data. Data were collected through interview technique and were analyzed by using descriptive statistics.

The finding of the study revealed that most of the respondents belong to Hindu religion. Almost all of the respondents were literate and about half of the respondents were homemaker. Most of the respondents (95.56%) use sanitary pad as menstrual absorbent whereas about eighty percentage change the absorbent once a day. Almost all (95.45%) Clean their genitalia using water only and about ninety percentage clean it from anterior to Posterior direction. One fourth of the respondents were aware about menstrual hygiene.

It is concluded that only few respondents were aware about the menstrual hygiene and there is no significant association between socio-demographic variables and level of awareness of respondents.

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