

## **Knowledge, Attitude and Practice on Female Hygiene Management among Madrasa Girls in Dhaka, Bangladesh.**

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**Abstract** - Menstrual hygiene is a vital to the dignity and safety of women and girls which is considered significant right of the basic hygiene, asepsis and multiplicative health services to female. The aim of this study to determine the facts, approach, practice and circumstances of menstrual hygiene management, focusing on the consequences in the daily lives among adolescent madrasa girls in urban (Dhaka) female madrasa of Bangladesh. It was accompanied to the madrasa adolescent girls of Dhaka city in Bangladesh, from March to June, 2019. A total number of female students who admitted madrasa especially adolescents are selected as study group. This is a descriptive type of Cross-sectional study. Among the respondent almost 36.7 percent had Knowledge about Menstruation and they considered menstruation as a disease. Meanwhile, almost all of the respondents knew about the absorbent material use during menstruation and half of them used sanitary pad in that time due to easy to use in that time. According to this phenomenon the Sources of Information about Mensuration half of the respondent's got information about menstruation from their mother. Furthermore, the risk factors for madrasa absence included girl's attitude, agitation and hesitancy, myths, inadequate hygiene facilities at madrasa, and family restriction.

**Keywords** – Female Hygiene Management, Madrasa Girls, Knowledge, Attitude and Practice

### **INTRODUCTION**

Female hygiene is a personal care using the menstrual period. Menstruation is a cyclic phenomenon leading to the discharge of blood from the uterus occurring in every 28 days later and continue almost 7 days [2]. It concerns women and men alike as it is among the key determinants of human reproduction and parenthood. The age of menarche varies by geographical region, race, ethnicity and other characteristics. In general it is started in low income backgrounds between the ages of 8 and 16 with a median of around 13 [3].

It is concerned issues that majority of the girls are not having correct knowledge about menstruation. In that case the minority of girls are aware of menstruation before menarche (their first menstrual period) and furthest girls do not fully understand the physical process of menstruation. As regards the practices, most of the girls do not use sanitary pad or boiled and dried cloth as menstrual absorbent. However almost all girls don't received advice regarding

menstrual hygiene from different sources in result of several of their practices were unhygienic. Meanwhile, adolescent mothers were deficient of right knowledge and the same thing was relocated to their off springs. The girls don't inform about the consequence of menstruation and enlargement of secondary sexual characteristics, selection of a sanitary menstrual absorbent and its proper disposal of the female madrasa in Bangladesh [1]. Additionally, there are absent of educational television programs, madrasa nurses/health personnel, compulsory sex education in madrasa curriculum and educated parents, so that adolescent girls do not overcome psychological upset and can't wipe away the wrong ideas which make them to feel free discussion about menstrual matters without any embarrassments [5]. The unfriendly madrasa environment, poor infrastructure of madrasa, sparse menstrual protection and private sanitation facilities for female girls and teachers, which outcomes in a fundamental contravention of the human rights of female students and

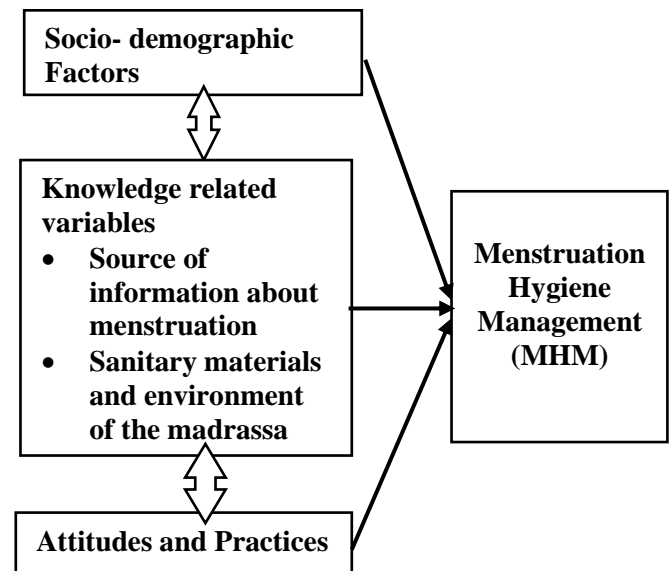
teachers [6]. In the meantime menstruation is considered as a taboo to discuss with others, young girls often grow up with limited knowledge about how to take a good care of personal hygiene. Adult women may themselves not be aware of the biological facts or good hygienic practices, instead passing on cultural taboos and restrictions to be observed [7, 8]. Though menstruation is a natural process, adolescent madrasa girls dealt it with special secrecy and misconception and misunderstanding leads them to fall in reproductive danger [9]. Some traditional norms and beliefs, socio economic culture and condition, physical infrastructure has direct influence on unhygienic personal practice. As Bangladesh is an Islamic country, all Islamic girls were abstaining from their prayer during menstruation and some sort of restrictions are applied at that time [10]. It is depressed but true that sanitary pads are not available, affordable even though it is out of knowledge among the poor communities especially in female madrasa in Dhaka city. Their unhygienic practice cause urinary, vaginal as well as perennial infection and sometime it may cause potentially fatal toxic syndrome [11]. That’s why some girls treated menstruation as a curse. The above fact has created an insight in the researcher’s mind to conduct a dearth of documented research on female hygiene among madrasa adolescent girls in Dhaka city. The prevailing knowledge and sources of information about menstrual hygiene for adolescent madrasa girls are revealed by this study as well as to identify the challenges and problems faced by the adolescent madrasa girls during menstruation period this study can give lot of messages to the policymakers. After analyzing their experience further precautions and some recommendations are fixed for the adolescent madrasa girls in Bangladesh [13].

**OBJECTIVES OF THE STUDY**

This study regarded to explore the prevailing knowledge, Attitude, Practice and experiences of female hygiene and management as well as identify issues and challenges faced

(including health) by adolescent madrasa girls due to their menstruation in urban (Dhaka) setting of Bangladesh.

**CONCEPTUAL FRAMEWORK**



**MATERIALS AND METHOD**

The study was conducted a descriptive type of cross sectional research with a quantitative approach among the madrasa adolescent girl respondents. For the survey, a semi-structured questionnaire was utilized properly which was made and checked by the research instructors. After that their suggestions were incorporated. However, the study was 6 month from the formulation of the study project to the writing in the final thesis carried out from February 2019 to August 2019. For the purpose of the study, the target population are those who are madrasa students in the Dhaka city specially women madrasa. The study area has been chosen purposively due to convenience and feasibility of required study subjects. Basically, the study targeted all madrasa girl students from Mirpur, Dhaka Cantonment, Uttara etc. in Dhaka city. Simple tools like frequency, percentages, mean and inferential statistics such as chi-square and cross-tabulation were used to

present the data. Data were presented and cross-checked with related literature and studies.

**RESULTS**

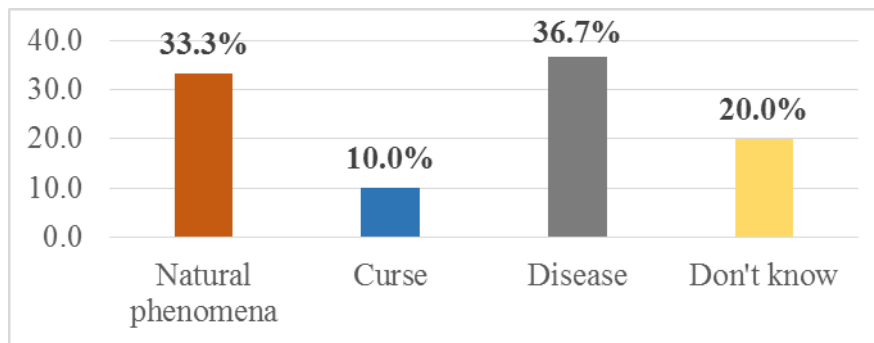
Table 1. Socio-demographic information of the respondents

<b>Variables</b>	<b>Frequency</b>	<b>Percent</b>
<b>Madrassa</b>		
Hafezi	51	56.7
Koumi	30	33.3
Dhakil	9	10.0
<b>Total</b>	<b>90</b>	<b>100.0</b>
<b>Age of the Respondents</b>		
11-14 years	23	26
15-18 years	67	74
<b>Total</b>	<b>90</b>	<b>100.0</b>
<b>Local Guardian's Occupation</b>		
Service holder	19	21.1
Housewife	71	78.9
<b>Total</b>	<b>90</b>	<b>100.0</b>
<b>Variables</b>	<b>Frequency</b>	<b>Percent</b>
<b>Respondent's Mother Educational Level</b>		
No formal Education	35	38.9
Up to Secondary level	30	33.3
SSC & HSC passed	14	15.6
Degree & Madrasa	11	12.2
<b>Total</b>	<b>90</b>	<b>100.0</b>
<b>Knowledge about Menstrual Hygiene among the Respondents</b>		
Yes	52	57.8
No	38	42.2
<b>Total</b>	<b>90</b>	<b>100.0</b>
<b>Perception about the Menstrual Curse/ Menstrual Blood Unhygienic</b>		
Yes	87	79
No	23	21
<b>Total</b>	<b>90</b>	<b>100.0</b>
<b>Awareness on Infection among the respondents</b>		
Yes	46	51.1
No	44	48.9
<b>Total</b>	<b>90</b>	<b>100.0</b>

The demographic information selected by the principal investigator are signifying the demographic details such as age group, guardian occupation, mother’s education, knowledge about the menstrual hygiene and perception about the menstrual curse of the adolescent

madrassa girl. It was recruiting the detailed information of the respondents designated by the principal investigator. The investigator was allowed of procuring the frequency as well as the individual percentage of the madrassa girls.

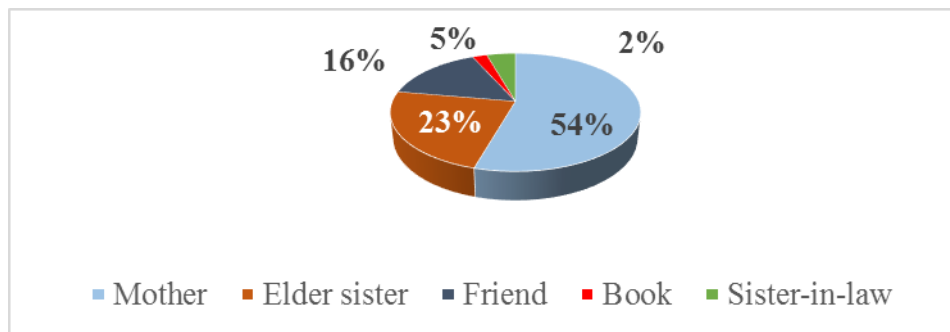
Figure 1. Distribution of Respondent's according to Knowledge about Menstruation



Majority of the Respondent's considered menstruation as a disease and it's a natural phenomena according to their Knowledge about Menstruation as well one third of the respondents had no knowledge about

menstruation and thought that menstruation is curse which is a good findings of the study.

Figure 2. Distribution of Respondent's according to Sources of Information about Mensuration



Here, the study was found that majority of the respondent’s got information about menstruation from their mother and sister, in the meantime less than two third of the respondents

got information from friends, book and sister-in-law etc.

Table 2. Several absorbent materials use during Menstruation; Respondent's Age Category by knowledge about Menstruation and Mother's Education Level by perception about the Menstrual Blood Unhygienic of the respondents

Type of Absorbent Material use during Menstruation		Frequency	Percent
Cloth		60	66.7
Tissue		7	7.8
Sanitary pad		14	15.6
Old cloth		2	2.2
<b>Total</b>		83	92.2

Knowledge about menstruation	Respondent's age category		Total	Significant Level (Chi-square)
	11-14 years	15-18 years		
Natural Phenomena	71.4%	28.6%	100.0%	p<0.05
Curse	28.6%	71.4%	100.0%	
Disease	81.7%	18.3%	100.0%	
Don't know	75.0%	25%	100.0%	
<b>Total</b>	75.9%	24.1%	100.0%	

Mother's Education Level	Perception about the Menstrual Blood Unhygienic of the respondents		Total	Significant Level (Chi-square)
	Yes	No		
No formal Education	32.4%	63.2%	38.9%	p<0.05
Up to Secondary level	35.2%	26.3%	33.3%	
SSC & HSC passed	16.9%	10.5%	15.6%	
Degree & Madrasa	15.5%		12.2%	
<b>Total</b>	100.0%	100.0%	100.0%	

There was a relation between the respondent age and knowledge about the menstruation which was seen in the above table that majority of the students on the age of 11 to 14 years knew that menstruation is a natural phenomenon and it is a disease which was more than 15 to 18 years' old respondents. Again this scenario was totally opposite to knowledge about the menstruation as a curse among the twice age category respondent's in this study. Furthermore, majority of the respondents on the age of 11 to 14 years didn't have any knowledge about the menstruation in the reverse the age of 15 to 18 years old in here. In addition, majority of the respondent mothers were no formal education but they had a good perception about the Menstrual Blood Unhygienic which was a good impact on their girls in the reverse of the respondent's mother did not have any idea about the Menstrual Blood Unhygienic of the

respondents due to their illiteracy. For that Majority of the madrasa students used cloth as an absorbent materials during menstruation.

### DISCUSSION

Among the respondent almost 36.7 percentage had Knowledge about Menstruation and they considered menstruation as a disease. Meanwhile, more than half of the respondents knew the source of menstrual blood and around 33 percentage respondents don't know the source of menstrual blood. According to this phenomena the Sources of Information about Mensuration half of the respondent's acquired information about menstruation from their mother. For that most of them had knowledge about menstrual hygiene and nearly 42.2 percentage respondent had no knowledge about menstrual hygiene and about 26.7 percentage

girls think to be cleaned in the menstrual period of the study as well as majority of the respondent knew that menstrual blood is unhygienic. Furthermore, half of the students of female madrassa who different teenage age groups were conscious about the infection but most of them did not know about the name of different types of infections. Moreover, almost all of the respondents knew about the absorbent material use during menstruation and more than half of them used sanitary pad in that time due to easy to use in that time.

In this present study, it is observed that the respondents used cloth as an absorbent materials during menstruation period, dry it in various way like that just about 24.4 percentage students dried it inside of their house and nearly half of the respondents changed two time in a day. It is also seen that majority of the students on the age of 11 to 14 years knew that menstruation is a natural phenomenon which was more than 15 to 18 years old respondents and their percentage were 28.6. For the teenage period, Mother is an important person to support and give a good company for her child especially for a girl. So, more than half of the respondent's mother did not have any idea about the Menstrual Blood Unhygienic of the respondents due to no formal education among them. It is also observed that there were nearby 23.9 percentage mother had no formal education but they were conscious about the menstrual infection for their teenage girls. For that the respondents used different types of absorbent materials like that majority of the students used cloth during their menstruation who had an educative family and about 84.60 percentage educated family of the madrassa girls who were thought about menstrual curse. The teenage girls of the female madrassa faced in different types of physical problem during the menstrual cycle like that nearby 18.6 percentage faced breast pain, more than half of them faced lower abdomen pain and almost 19.6 percentage felt short temper in this study. There were different types of benefits available for the respondents or students in the madrassa where were below 47.5

percentage dust bin used madrassa girls for disposal of pad during this period.

## **CONCLUSION AND RECOMENDATION**

Adolescence is a transitional stage of physical development and psychological instability. Therefore they need satisfactory knowledge regarding menstruation, menstrual cycle, and menstrual hygiene before menarche.

In developing country such as Bangladesh Female hygiene is considered as a taboo due to religious restriction and local myths. Most of the girls came to know about menstruation only after menarche due to the absence of providing health education and discussion in madrassa. Furthermore, there are a lots of risk factors for madrassa absenteeism included girl's attitude, misconceptions about menstruation, inadequate facilities at madrassa and family restriction. Majority of respondents in this study did not afford sanitary pad or hygienic materials due to their low socio economic background. The madrassa girls depend on Islamic faith which is not more supportive of the policy than general educational institutes like school and college etc.

It is endorsed to provide knowledge about female hygiene management methods prior to menarche and positive social environment around menstrual issues among the madrassa girls to reduce madrassa absenteeism as well as to increase psychological strength. For the meantime, madrassa teacher can play a vital role to provide health education among students regarding menstruation which will help to overcome the worst thinking of the KAP on female hygiene.

Overall, the findings of this study is form part of a baseline for the acquaintance, attitude and practice on female hygiene management among madrasa girls in Dhaka, Bangladesh.

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