

Assessment the Level of awareness of Female Students toward Menstruation in Nursing College

تقييم مستوى وعي طالبات كلية التمريض نحو الدورة الشهرية

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الخلاصة

الهدف: تهدف الدراسة إلى تقييم مستوى وعي طالبات كلية التمريض نحو الدورة الشهرية.
المنهجية: دراسة عرضية مسحية أجريت من شهر نيسان ٢٠١١ ولغاية ايار من أجل تقييم مستوى وعي طالبات كلية التمريض نحو الدورة الشهرية. استخدم أسلوب اختيار العينة الاحتمالية الطبقية لأخذ عينة حجمها (٨٧) طالبة من كافة المراحل الدراسية في كلية التمريض في جامعة الكوفة بغض النظر عن نسبة الطالبات في كل مرحلة تم بناء استمارة استبيان لغرض الدراسة. تكونت الاستمارة من (٣) اجزاء رئيسية والمجموع الكلي لل فقرات المتضمنة للاستمارة كانت (٢٤) فقرة تم تحليل البيانات من خلال تطبيق أسلوب تحليل البيانات الوصفي (التكرارات والنسب المئوية) واسلوب تحليل البيانات الاستنتاجي (معامل الارتباط).
النتائج: أشارت نتائج الدراسة الى ان اغلب العينة (٨٨.٥%) كن بعمر يتراوح بين (١٨-٢٢) سنة وغالبيتهم كن غير متزوجات (٨٥.١%) وأكثر من ثلثي العينة (٧٢.٤%) بدأت لديهم الدورة الشهرية بعمر (١٠-١٣) سنة وبصورة منتظمة.
الاستنتاج: طالبات كلية التمريض في جامعة الكوفة المشمولات بالدراسة كن على قدر متوسط من الوعي نحو الدورة الشهرية.
التوصيات: أوصت الدراسة بتوفير الدروس الصفية ذات الصلة بالحيض لهؤلاء الطالبات لزيادة معلوماتهن الأكاديمية في كلية التمريض. من المهم لهؤلاء الطالبات أن يكن على مستوى جيد من الوعي لنقله على نحو فعال ومناسب في المستقبل لتتقيد النساء حول القضايا ذات العلاقة بالصحة الإنجابية.

Abstract

Objective: This study aims to assess the level of awareness of female students toward menstruation in nursing college.

Methodology: A cross sectional survey design to assess the level of awareness of female students toward menstruation. The study was conducted from April 16th , 2011 to May 18th , 2012. A disproportional strata randomization sample of (87) female was selected from the nursing college of kufa university. It was composed of (3) major parts and the overall items included in the questionnaire were (24) items used to assess the female students awareness. Data were analyzed through the application of the descriptive data analysis approach (frequency and percentage) and the inferential data analysis approach of correlation coefficient.

Results: The findings of the study indicated that the highest percentage of sample was with age ranged between (18-22) years old (88.5%).The majority of them were unmarried (85.1%) and more than tow third(72.4 %) of them were with age of menarche ranging from(10-13)years old with regular menstruation.

Conclusion: The study concluded that females were with moderate level of awareness towards their menstruation.

Recommendations: The study recommended that providing class sessions on menstruation related issues to female students to increase their academic knowledge in nursing college and it is important for those students to be oriented and convey such orientation effectively and appropriately in future to educate the women about their reproductive health issues.

Keywords: Female Nursing Students, Level of Awareness, Menstruation.

INTRODUCTION

The women's menstrual cycle include many endocrine processes and if pregnancy does not occur, the lining of the uterus sheds and a woman experiences vaginal bleeding in a process, known as menstruation begins during adolescence and continues until the menopause at about 50 years(1) . Menstruation is usually a global event in the lives of women of reproductive life .And up to 90% reported awareness of one or more of the symptoms in the days before Menstruation(2). The menstrual cycle is one of the biological differences between female and male where a healthy matured females experiencing it each month one to seven days. Women lose between 4 to12 teaspoons of blood (3). Generally seen to menstrual problems as minor health problems only and is not relevant so in the public health agenda, especially for women in

developing countries who may face life-threatening conditions (4). Menstruation was considered in several cultures with fear and amazement. However, a blood that flows regularly from a woman is a completely natural phenomenon that females usually face each month. Only pregnancy, special contraception means, marginal ways of living or some diseases allow the woman to be rid of it (5).

Menstrual awareness involves education about the menstrual cycle and its relationship to reproductive health. In broader sense, it includes an understanding of attitudes and cultural beliefs as they relate to reproductive functions. This knowledge is an important element of quality care in family health programs. Early preparation for menstruation also contributes a lot beyond family health program (1). There are many challenges during the period menstruation, such as the challenge of understanding of self, and the challenges of family relationship counseling, and challenges of peer pressure, and the challenges of physical and sexual maturity(6). Along with cultural constructs, which lead to formation of a certain preconception, the reaction to menstruation also depends upon awareness and knowledge about the subject. There is a significant gap in knowledge about menstruation among adolescent girls. Several Research studies have revealed this gap and showed that there is low level of awareness about menstruation among girls when they first experience it (7).

Menstrual problems constitute a large part of the morbidity that occurs in women in reproductive age, being one of the reasons the four most common public consultation practitioners (8).

This study aims to assess the level of awareness of female students toward menstruation in nursing college.

METHODOLOGY

The present study employs a cross sectional survey design to assess the level of awareness of female students toward menstruation. The study is conducted from April 16th, 2011 to May 18th, 2012. A disproportional strata randomization sample of (87) female was selected from the nursing college of Kufa University. An assessment tool was constructed through an intensive review of relevant literature for the phenomenon of "female student's awareness towards menstruation".

The tool is comprised of (3) main parts that include:

Part one: students' demographic characteristics.

Part two: students' menstrual information.

Part three: students' awareness towards menstruation.

This part was assessed through using (24) items concerning the students thoughts, feelings and beliefs. The questionnaire and the structured interview technique were used as means of data collection. The data collection took place from 20th April to May 8th, 2011. Data were analyzed through the application of the descriptive data analysis approach (frequency and percentage) and the inferential data analysis approach of correlation coefficient. Results were determined as highly significant at ($P < 0.01$), significant at ($P < 0.05$) and non-significant at ($P > 0.05$).

RESULTS

Table 1: Distribution of the students by their level of awareness.

Level of perception	Frequency	Percent	Valid Percent	Cumulative Percent
Good	18	20.7	20.7	20.7
Fair	58	66.7	66.7	87.4
Poor	11	12.6	12.6	100
Total	87	100	100	

Table (1) reveals that most those students (66.7%) had fair level of awareness towards menstruation.

Table 2: Distribution of students' demographic characteristics of age, marital status, age of menarche, regularity, and medications.

Socio-demographic data		Frequency	Percent
Age	18-22	77	88.5
	23-27	9	10.3
	28 and more	1	1.1
	Total	87	100
Marital status	single	74	85.1
	married	13	14.9
	Total	87	100
Age of menarche	10-13	63	72.4
	14-16	24	27.6
	Total	87	100
Regularity of period	regular	72	82.8
	Metromenorrhea	13	14.9
	Amenorrhea	1	1.1
	oligomenorrhea	1	1.1
	Total	87	100
Medications used to menstruation	No	60	69
	Yes	27	31
	Total	87	100

Table(2) reveals that that the highest percentage of sample was with age ranged between (18-22) years old (88.5%).The majority of them were unmarried (85.1%) and more than two third(72.4%) of them were with age of menarche ranging from(10-13)years old.(82.8%) of those students had regular menstrual cycle and without using of medication.

Table 3: Correlation between the level of awareness and the different socio-demographic data

Socio-demographic data		levels of perception			Total	p-value
		good	fair	poor		
Age	18-22	16	50	11	77	0.733 NS
	23-27	2	7	0	9	
	28 and more	0	1	0	1	
Marital status	Single	18	48	8	74	0.034 S
	Married	0	10	3	13	
Age of menarche	10-13	16	38	9	63	0.116 NS
	14-16	2	20	2	24	
Regularity of period	regular	14	48	10	72	0.573 NS
	metromenorrhoea	3	9	1	13	
	amenorrhea	0	1	0	1	
	oligomenorrhoea	1	0	0	1	
Medications used to menstruation	no	15	40	5	60	0.101 NS
	yes	3	18	6	27	

This table indicates that no significant relationships between the students level of awareness regarding menstruation and their demographic characteristics of age, age of menarche, regularity and medications except marital status.

DISCUSSION

1. Discussion of student's level of awareness towards menstruation:

The findings had reported that those students had experienced fair level of awareness towards menstruation (Table 1). These findings can be interpreted in a way that those students do not give this subject much attention due to the nature of menstruation as a routine, always occurring and always be accompanied with physical and psychological symptoms within the natural process. This result supported by study conducted in urban area of Ile-Ife, Osun State, Nigeria that showed there was a general lack of information about menstrual issues (10). Several research studies have revealed (Ahuja et al. 1995; Chowdary 1998; Khanna 2005; and Singh 2006) in (Dhingra, R. et al. 2009) and showed that there is gap in level of awareness about menstruation among girls (7).

2. Discussion of student's demographic characteristics:

Analysis of such characteristics depicted that the highest percentage of sample was with age ranged between (18-22) years old (88.5%). The majority of them were unmarried (85.1%) and more than tow third (72.4 %) of them were with age of menarche ranging from (10-13) years old. (82.8%) of those students had regular menstrual cycle and without using of medication regulate it. (Table 2).

The study findings presented evidence that those characteristics fit perfectly with college age in Iraqi society. This result consisted with Esimai and Omoniyi who were stated the mean

age of their respondents was 21.1 years (10). Concerning the age of menarche, more than two third (72.4 %) of them were with age of menarche ranging from (10-13) years old .Supportive evidence by (Eswi et al. 2012) reported that the mean age at menarche among Egyptian female adolescents was 12.87 ± 1.29 years (8).

3. Discussion of the relation between the level of awareness and the different socio-demographic data

Analysis of such result indicates that no significant relationships between the students level of awareness regarding menstruation and their demographic characteristics of age, age of menarche, regularity, and medications except marital status (Table 3). Our findings were not in agreement with another study showed that the age of students significantly influenced the awareness of students on menstrual issues (10). Another study conducted by Attaalah (1990) who reported that age, marital status, socioeconomic status, and regularity of menstruation significantly associated with menstruation knowledge, also was not in agreement with our results except marital status (11).

CONCLUSION

According to the study findings and their discussion, the present study can conclude that: Those students had experienced fair level of awareness towards menstruation. There is a need to improve female college student's education about issue of menstruation to seek medical attention regarding menstruation problems. Students' awareness increases because of their being married. The marriage provides an excellent opportunity for those females to ask and get a lot of information that will result in an increase in their awareness towards menstruation.

RECOMMENDATIONS

Based on the early-derived conclusions, the study recommends that:

1. Providing class sessions on menstruation related issues to those students to increase their academic knowledge in nursing college to enhance them to deal effectively with this issue.
2. It is important for those students to be oriented and convey such orientation effectively and appropriately in future to educate the women about their reproductive health issues.

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