Abstract

Menstrual hygiene is an issue that is insufficiently acknowledged and has not received adequate attention by professionals in health and in education. There is a substantial knowledge gap on menstrual hygiene among adolescent girls. Lack of knowledge and poor personal hygienic practices make them vulnerable to mental, emotional and physical problem especially during their menstruation days which can lead various gynecological problems (Santina et al., 2013). Adolescent is a period of transition from childhood to adulthood; which is usually between the age group 11 and 20 years. Globally about 52% of the female population is of reproductive age, meaning menstruation is part of their normal life and menstrual hygiene is therefore an essential part of basic hygienic practices. 1.2 billion of these were adolescent girls in the year 2011, which forms eighteen percent of the world's population (House, Mahon & Cavill, 2012). World health organization also defines adolescence as the period between 10-19 years of life (WHO, 2007). Lack of knowledge and poor personal hygienic practices make them vulnerable to mental, emotional and physical problem especially during their menstruation days which can lead various gynecological problems (Santina, Wehbe, Ziade, & Nehme, 2013).The objectives of the study were to assess menstrual hygiene practices among E.P Senior High School girls in Hohoe, to find out the knowledge and beliefs of adolescent girls regarding menstrual hygiene and to explore the cultural factors influencing the perceptions the girls have about menstrual hygiene. A quantitative cross-sectional study was conducted using self-administered questionnaires to collect data a total of 108 questionnaires were fully completed by the study group and recorded using Epi Data version 3 software. This was further imported onto Stata version 14 software package for analysis. The findings from this study revealed that majority, 78.9 (73.1%) of the respondents were between the ages 16-20 years. More than half of the respondents 55(58.9%) change their pad twice a day, 27(25%) three times or more and 24(22.2% once. Almost all girls (96%) in this study used to take shower during the menstruation period and more than half of the adolescent girls used water only to wash their genitals. More than half of them disposed their used sanitary products by wrapping and putting in the dustbins. This is a good and hygienic way of handling menstruation according to the International Agencies for adolescent criteria for good menstrual hygiene. This study found that menstrual hygiene practices among the Secondary School girls were good, with socioeconomic factors contributing to the use of good disposable menstrual products during menstruation.

Biography

Mr. Iddrisu Bukari is a current practicing Public Health Nutritionist and Health Tutor with the Ghana Health Service and the Ministry of Health. He holds Master of Public Health Degree, BSc. (Hons.) Public Health and Diploma in Community Nutrition and Health. He worked in Gambaga and Mankranso Districts Health Directorates in 2012 and 2016 respectively as District Nutrition Officer. In November, 2016 he was appointed a Nutrition and Public health Tutor by the Ministry of Health and posted to Keta Nursing and Midwifery Training College, where he taught for semesters and was transferred to Hohoe Midwifery Training College till date. His area of research interest is Nutrition,

Maternal and Child Health and Water Quality. He is a member of African Nutrition Society, Ghana Nutrition Association. He has worked with Public and Private Sector including international NGOs such as World Food Programme, Care Int., Solidaridad, CRS etc.

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