

Perception of Menarche among Secondary Schools Students in Baghdad City

ادراك بدء الطمث بين طالبات المدارس المتوسطة في مدينة بغداد

* Suhad H. Khairi, Ph.D Lecturer, Maternal & Child Health Nursing Department, College of Nursing/University of Baghdad

Email: suhadhikmat55@yahoo.com

الخلاصة

الهدف: تهدف الدراسة الى تقييم انطباع وإدراك بدء الطمث بين طالبات المدارس المتوسطة في مدينة بغداد **المنهجية:** أجريت دراسة مقطعية لاختبار عينة عمدية من خمسة وخمسين طالبة في الصف الأول المتوسط في المدارس المتوسطة في مدينة بغداد و تم جمع المعلومات من خلال ملئ الاستمارة الاستبائية ، فترة اجراء البحث من (1- 31) كانون الاول 2012، أستخدمت الوسائل الاحصائية الوصفية في تحليل البيانات .

النتائج: أظهرت النتائج أن اعلى نسبة (37%) من افراد عينة الدراسة كان بدا الحيض في سن (13) سنة. وان (66%) من المراهقات سبق وان حصلن على معلومات حول الحيض واستعمال الفوطه الصحية من امهاتهم ، اما بشأن انطباعهن عن الحيض فكانت أعلى نسبة (47%) من عينة الدراسة فان انطباعهم كان الخوف وأكثر من ثلث عينة الدراسة كان الخوف والبكاء هو اول ما ادركوه عندما رأوا الدم أول مرة.

الاستنتاجات: خلصت الدراسة إلى أن الإناث المراهقات كان انطباعهم حول الحيض الخوف ، وأكثر من ثلث عينة الدراسة كان ادراكهم البكاء والخوف عندما رأوا الدم أول مرة. اشارت الدراسة إلى الحاجة لبرنامج تعليم دقيق حول الحيض للفتاة المراهقة والآباء والجدات وذلك بسبب بعض المفاهيم الخاطئة الموجودة بين الناس من خلال وسائل الإعلام، وإضافة منهاج التربية الجنسية في المدارس لتقديم معلومات مفصلة عن النمو و سن البلوغ، من خلال النظافة الصحية المناسبة.

التوصيات: نتائج هذه الدراسة تشير إلى وجود حاجة لبرنامج تعليم دقيق حول الحيض للفتاة المراهقة والآباء والجدات وذلك بسبب بعض المفاهيم الخاطئة الموجودة بين الناس من خلال وسائل الإعلام، وإضافة منهاج التربية الجنسية في المدارس لتقديم معلومات مفصلة عن النمو و سن البلوغ، من خلال النظافة الصحية المناسبة.

Abstract

Objectives: The aim of this study is to assess menarche impression and perception among secondary schools students

Methodology: Cross-sectional study was conducted to select a sample purposely of fifty-five students in the first class of intermediate school in Baghdad city, and information was collected through a questionnaire form filled during the month of December 2012, descriptive statistical methods were used to analyze the data.

Results: The results showed that the highest percentage (37%) of the study sample their menarche were at age (13) year and (66%) of the adolescents had previously information about menstruation and used of sanitary napkin from their mothers.

Regarding impression about menstruation the highest percentage (47%) of the study sample, their impression was fear and more than a third of the study sample was fear and crying when they saw the blood at the first time.

Recommendations: The results of this study indicated a need for accurate education program of the adolescent female, parents and grandparents on menstruation because some misconceptions exist in the adolescent population about menstruation through mass media, and adding a sex education curriculum in schools to provide detailed information about growth and development of puberty, with appropriate and menstrual health hygiene as well as management of the menstrual cycle and menarche.

Conclusion: The study concluded that adolescent female their impression about menarche were fear and more than third of study sample their perception when they saw blood first time were crying and fear. The results of this study indicate a need for accurate education program of the adolescent female, parents and grandparents on menstruation because some misconceptions exist in the adolescent population about menstruation through mass media, and adding a sex education curriculum in schools to provide detailed information about growth and development of puberty, with appropriate and menstrual health hygiene as well as management of the menstrual cycle and menarche.

Keywords: Perception, Menarche, Secondary Schools Students

INTRODUCTION

Menarche is an important event in a woman's life showing (directly or indirectly) many socioeconomic, environmental, nutritional and geographical differences in societies⁽¹⁾.

Menarche is the onset of menstruation and it is one of the most significant milestones in a woman's life⁽²⁾.

The onset of menstruation in adolescence is a phenomenon that signals reproductive maturity and should not be seen as an abnormal condition or disease. Adolescent girls often do not receive accurate information about menstrual health because of culturally specific practices that lead to incorrect and unhealthy behaviors⁽³⁾.

For most females, it occurs between the age of 10 and 16 years; however, it shows a remarkable range of variation⁽⁴⁾.

Menstruation has a variable pattern within a few years of menarche which may not be well understood by many adolescent girls. Providing accurate information on menstruation is necessary to reduce anxiety, menstrual morbidity and improve reproductive health of these adolescents⁽⁵⁾.

There is a lack of current information concerning the knowledge and attitudes of urban adolescents regarding menstruation⁽⁶⁾.

Adolescence is considered a critical period in human evolution, although it is often not recognized as such by health care workers and parents as well as professionals in adult medicine and pediatric disciplines⁽⁷⁾.

Menarche may remain a traumatic event for a female adolescent unless she was prepared for it⁽⁸⁾.

OBJECTIVE OF THE STUDY

- 1- To assess menarche impression among adolescent secondary schools students
- 2- To assess perception of menarche among secondary schools students

METHODOLOGY

3-1 Administrative arrangement

Prior to actual collection of data, formal administrative approval was obtained to conduct the study from the college of nursing to schools administrations.

3-2 Design of the study

A cross sectional study was conducted on the secondary school students to assess perception and impression of menarche among secondary schools students in Baghdad city.

3-3 Setting of the study

The study was conducted at two secondary schools in Al-Karhk district which are Al-Nurain secondary school (10 samples) and Al-khansaa intermediate school (16 samples), and one in Al-Russifi district which was Blue Yamamah intermediate school (29 samples).

Interviewing were taken in class room, the students fill the questionnaire form by themselves under the supervision of both researcher and teacher.

3-4 Sample of the study

A probability sample consisted of fifty five (55) female students who had menstrual cycle and attending intermediate schools in Baghdad city.

3-5 Inclusion criteria

The study designed that consisted of adolescent female students attended first

year class in intermediate schools in Baghdad city.

3-5 Tools construction

The instrument was designed and constructed after reviewing related literatures, clinical background and previous studies. Seven experts in numerous fields investigated the content of the questionnaire for its clarity, relevancy and adequacy

The questionnaire form was consisted of two parts which included the following.

Part 1- Socio-demographic data Demographic data relative to the socio-demographic data characteristic such as age at menarche, social status of student, (mother and father): level of education, occupation, type of family, residence.

Part 2- Perception of Menarche Knowledge about using sanitary napkin, Perception of student when they saw blood for first time, and their impression about menarche.

3-6 Methods of data collection:

Data were collected through the use of questionnaires, students filled questionnaires form by themselves after explain and supervision by researcher during their lesson in class room which took 45 minutes during first semesters at December 2012 in Baghdad city.

All study samples were interviewed by the investigator, in class room. The purpose of the study was explained to the students and verbal consent was obtained from them regarding their agreement to participate in the study. No name was recorded in order to keep the identity of respondents anonymous.

3-7 Limitations of the Study:

- 1- Some of the questionnaire forms are not completely answered so excluded from the sample.
- 2- Not all students participated because they had no menstrual cycle.

RESULTS:

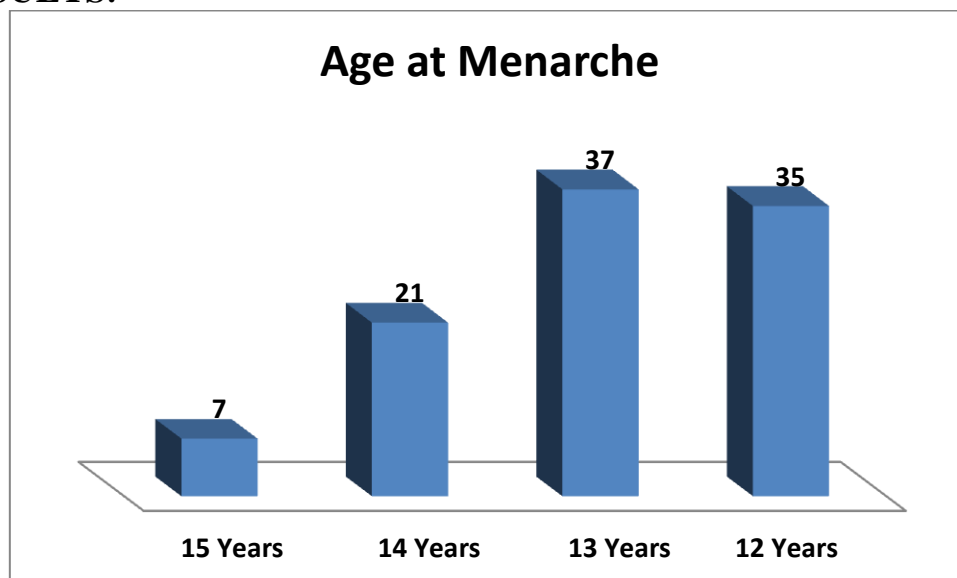


Figure (1) Distribution of Study Sample According to Age at Menarche

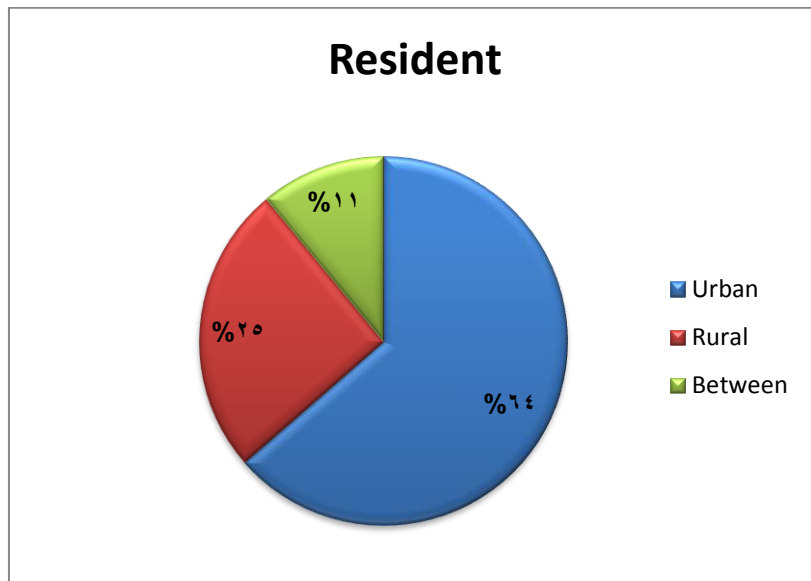


Figure (2) Distribution of Study Sample According to Residence

DISCUSSION

This study reports on the perception of menarche among secondary schools students in Baghdad City

1. Demographic Characteristics

Age at Menarche

The present study reveals that the highest percentage (37%) of study sample their menarche were at age group (13) year as shown in Figure (1). which is in agreement with the result found in⁽⁴⁾ who stated that for most females, it occurs between the age of 10 and 16 years.

A girl's periods can begin from 8 to 16 years of age. Generally, they start when a girl is about 12⁽⁹⁾.

Residence

Regarding location Show that the majority (64%) of study sample their residence were at urban area (Baghdad City), as shown in Figure (2). This result consistent with what has been described by⁽²⁾ who concluded that the difference in the source of information between rural and urban girls may be due to poor knowledge of rural mothers about menstruation which makes them refrain from advising their daughters about menstruation and related reproductive health issues.

CONCLUSION

The study concluded that adolescent female their impression about menarche were fear and more than third of study sample their perception when they saw blood first time were crying and fear. The results of this study indicate a need for accurate education program of the adolescent female, parents and grandparents on menstruation because some misconceptions exist in the adolescent population about

menstruation through mass media, and adding a sex education curriculum in schools to provide detailed information about growth and development of puberty, with appropriate and menstrual health hygiene as well as management of the menstrual cycle and menarche.

RECOMMENDATIONS

1-Accurate education program of the adolescent female on menstruation because some misconceptions exist in the adolescent population through mass media and other communication methods

2-Adding a sex education curriculum in schools to provide detailed information about growth and development of puberty, with appropriate and menstrual health hygiene as well as management of the menstrual cycle and menarche.

3-Education for parents and grandparents is crucial in order to modify strict cultural practices regarding the first menstrual cycle and subsequent menstrual cycles.

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