

# **Menstrual Hygiene Risk and associated management in adolescent girls in selective schools in Dhaka City: A cross sectional Study**

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**Introduction:** One major challenge woman face in low and middle-income families in Asia is dealing with their menstruation and the other pubertal changes because of an absence of sufficient information and guidance on menstrual hygiene management. Lack of privacy, insufficient clean water supply, absenteeism of disposal facilities of sanitary pads, undersupply of private changing, and hygienic products in low and middle-income families leaves women in a vulnerable position during the month of menstruation. Observational studies show that menstrual hygiene obstructs women's dignity, prosperity, in engagement for individual and social experiences.

**Objective:** The objective of the study is to understand knowledge, attitude of menstrual hygiene, and influencing factors regarding practice.

**Methodology:** The study was a cross-sectional study conducted in Dhaka, in selected school and colleges in the city. The study was conducted between July 2017 to December 2017

**Results:** From a descriptive analysis, 53.8% of the respondents were found to know about menstrual hygiene management and the finding that 83.6% of those who knew about sanitary pads but could not afford it because of its expense. Chi-square test reveals a significant association of family income, occupation of respondent's parents, and highest education status of parent's knowledge and practices.

**Conclusion:** The study concludes that though there is knowledge about menstrual hygiene sanitary napkin but the practice of using it is very less mainly due to its expense and shyness. It is

recommended to develop and implement cost-effective measures to manage menstruation in a hygienic way for a poor economic and hygienic background.