

# EFFECT OF HEALTH EDUCATION ON MENSTRUAL HYGIENE IN FEMALE ADOLESCENTS

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## ABSTRACT

**Background:** Menstrual hygiene management refers to the use of clean materials by girls and women to retain menstrual blood, which can be changed stealthily, safely, hygienically, and as often as necessary during menstruation. Generally, women have their strategies to cope with menstruation with great variation depending on an individual's personal preferences, available resources, economic status, local traditions, and cultural beliefs and knowledge or education. However, due to different cultural and social misconception in association with menstruation, most adolescents girls do not have sufficient information on how to maintain their menstrual hygiene. This study aimed to examine the effect of health education on menstrual hygiene in female adolescents.

**Subjects and Method:** This was a systematic review and meta-analysis using PRISMA guideline. Article search was carried out using PICO model, Population= female adolescents, Intervention= good knowledge, Comparison= poor knowledge, and Outcome= menstrual hygiene. A comprehensive search was performed using google scholar database for literature published between 2014 and 2021. Keywords used terms "knowledge" "hygiene" "menstrual". The inclusion criteria were full text of cross sectional study. The eligible articles were assessed using Revman 5.4.

**Results:** Meta analysis involving 8 studies from Ethiopia and Myanmar. This study showed that good knowledge improved menstrual hygiene 2.28 times in female adolescents compare to those with low knowledge (OR= 2.28; 95% CI= 1.88 to 2.78;  $p < 0.001$ ), with  $I^2 = 55\%$ .

**Conclusion:** Good knowledge improves menstrual hygiene in female adolescents.

**Keywords:** health education, menatrual hygiene, female adolescent, knowledge

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