

عنوان مقاله:

Knowledge, Attitudes and Practices (KAP) Regarding Menstruation among School Girls in West of Iran: A Population Based Cross-Sectional Study

محل انتشار:

مجله بین المللی کودکان, دوره 6, شماره 8 (سال: 1397)

تعداد صفحات اصل مقاله: 11

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خلاصه مقاله:

Background Menstruation is a challenging situation for young women in whom a poor hygiene practice can result in infertility and reproductive system diseases. Attitude and knowledge are two factors related to each other, and reflected in people's practice. This study aimed to assess the KAP, and their association among teenage girls in Western Iran. Materials and Methods A cross-sectional study of 728 girls, selected randomly among 28,370 school girls studying in classes 7th (12y) and 10th (15y) was conducted in 2016, in Kermanshah, West of Iran. A self-made questionnaire was used to gather data including participants' demographic characteristics and their KAP toward menstruation. Using SPSS software (version 23.0) the relationships between outcome variables and predicting variables were evaluated. Results Participants' mean age and menarche age were (14.6±1.4 years), and (12.5±1.0 years), respectively. About 92% were found to have a relatively positive attitude, 64% had a poor knowledge and 81% expressed a poor practice toward menstruation. Mothers (37.4 %) were the main source of information for most participants. Age ($r=0.360$), family income ($r=0.186$), and the source of information ($r=0.112$) were significantly positively associated with their level of knowledge. Participants practice regarding menstruation was significantly associated with age and mother s education ($P \leq 0.05$). Conclusion Although the total attitude of school girls in terms of menstruation was at a relatively positive level, mostly had poor knowledge and practiced poor. Given the poor level of knowledge and practice, school girls in Western Iran need to be trained regarding menstruation hygiene and .developing their skills to care for themselves during menstruation periods

کلمات کلیدی:

Adolescent, Attitude, Iran, Knowledge, Menstruation

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