

Knowledge and attitude of the first year student at Faculty of Medical and Applicable Sciences at Yanbu governorate about some aspects of reproductive health.

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Abstract

The aim of this study was to identify the knowledge and attitude of the first year students at Faculty of Medical and Applicable Sciences at yanbu governorate about some aspects of reproductive health .**Subjects and method** ; An exploratory study and a Convenience sample ware used (all the students in first year of the faculty). **Data collection tools:** A structured / questionnaire was used to collect students Knowledge about reproductive health and a likert - like scale was adopted to assess their attitudes towards reproductive health. Scores of knowledge and attitude were done. **The result:** reveled most of the study subjects shocked and cried as reaction during menarche. Also said that menstruation is spoiled blood the body get mid of it. There is a need for more improving student knowledge and attitude regarding RH through the following **Recommendation** Strengthen the RH component in the school curricula, the role of the families ,mass media ,and school accurate information about RH must be enhanced, a program to educate parents on RH issues should be carried out, teachers should be well informed about RH issues , so they can prevent some of the problems by means of carful and open education.

Key wards: Applicable Sciences ,reproductive health

Introduction

Reproductive health (RH) is one of the center stone's of an individual's health and well-being, and an important component of country's human social development, limited access to RH information among female can increase their vulnerability to health problem. There for, it is important to provide them with accurate and age appropriate in formation"¹, adolescence is a period of transition from childhood to adulthood ,which status with the

onset of puberty. The world health organization defines adolescence as the period of life between age 11 and 21 years adolescence is characterized by physical psychological ,and social change. It represents a window of opportunity to prepare for a healthy adult. The health adult population 1200 million persons or about 19% of the total population -faces a series challenges not only

affecting their growth and development but also their life hood as adults ⁽¹⁾.

In many parts of the world adolescents are poorly informed about their health , bodies and physical well-being . Adolescent girls in particular are often kept away from learning about reproductive health issues because of a cultural and religious taboos. This is particularly in most of the Arab Countries , where adolescents are often reluctant to ask for RH information from adult in their families, communities ,or in professional settings. Furthermore social prohibitions and negative attitude of parents in discussing the related issue openly which has blocked the access of adolescent girls to connect information ⁽⁶⁾.

Adolescence and puberty can be difficult times for all young people, but for girls in many countries, puberty, ,especially the onset of menstruation, poses particular challenges. Menarche ,or the onset of menstruation is a landmark feature of female puberty and signals reproductive maturity. The menarche is often horrifying and traumatic to an adolescent girl because it usually occurs without her awareness about it. Anxiety ,fear ,confusion ,and even depression are frequently reportedas experiences of menarche.⁽⁷⁾

As menstruation play an important role in the health of female. It is crucial that the female obtain accurate knowledge about menstruation and learns to accept menstruation as a positive

, natural part of her life ". Issues associated with menstruation are never discussed openly and this burdens young girls by keeping them ignorant of this biological function

Even after the attachment of menarche ,very little information is given to young girl about physiological processes involved and the hygienic practices to followed. It is obvious that the young youth receive inadequate information about puberty from parents and health professionals, so they resort to other sources such as fiends and media , which may be interpreted differently.¹⁰

As regarded premarital counseling is a type of therapy that helps couples prepare for marriage .Premarital counseling can help ensure that you and your partner have a strong healthy relationship giving you a better chance for a stable and satisfying marriage. Premarital counseling can also help you identify weaknesses that could become problems during marriage Premarital counseling is often provided by licensed therapists known about marriage and family therapists. These therapists have graduate or postgraduate degrees.^(12,14,15)

Also premarital counseling can help couples improve their relationships before marriage .Through premarital counseling ,couples are encouraged to discuss topics related to marriage, such as Finances, Communication, Beliefs and values ,Roles in marriage, Affection and sex ,Children and parenting

,Family relationships , Decision-making, Dealing with anger, Time spent together More ever Premarital counseling helps partners improve their ability to communicate, set realistic expectations for marriage and develop conflict-resolution skills. In addition, premarital counseling can help couples establish a positive attitude about seeking help down the road^(16,17) .

Acquiring knowledge and developing attitude takes place during adolescence , which can have lifelong effects on the individual ; family and society , and also changes in the pattern of thinking , attitude , relationships , moral standards and abilities take place in this period . Therefore knowledge of reproductive health and the means to protect oneself against reproductive problems diseases should be available to adolescents . Better knowledge and education and counseling on human reproductive health and responsible parenthood among young adults will lead to correct attitudes and responsible reproductive health behavior . On the other hand Inadequate Knowledge in this area may lead to serious consequences in the reproductive health^{1 3}. For all of these causes a prefer ,to search on this topic and also this is the first time for application at Yanbu City⁽⁹⁾.

Aim of the study

This study aimed to identify the knowledge and attitude of the first year student at Faculty of Medical and Applicable Sciences at Yanbu

governorate about some aspects of reproductive health.

Research questions:

What are the knowledge and attitude of the student about reproductive health.

Subjects and method

Research design : Descriptive research design was used in this study

Setting : The study was conducted in the faculty of medical and applicable sciences at Yanbu governorate.

Subject: convenience sampling of all student in the first year participate in the study , their number equal 200 student.

Tools of data collection : Two tools was designed and used by the research to collect the necessary data :

Tool I : Structure questionnaire schedule which entailed two parts :

Part (a) : Socio -demographic data.

Part (b): knowledge about menstrual period and premarital education as an aspect of a reproductive health.

Scoring system for studied students knowledge included:

Correct and complete answer was scored (2)

Correct and incomplete answer was scored (1)

Incorrect or no answer was scored (0)

Total scores of students ' knowledge were calculated and classified as follow:

More than 70% were considered good.

60-70 % were considered fair.

Less than 60% were considered poor.

Tool II: (reproductive health attitude scale) likert like scale form of there continuum (agree, not sure, disagree) was adopted to assess the student, attitudes towards reproductive health⁽¹³⁾

- The total score of attitudes was classified as follow :

Positive attitude (75% or more), Neutral attitudes (50% : < 75%) and negative attitude (<50%).

Method

A approval of the directors of the faculty was obtained after explanation of the aims of the study.

Ethical and legal consideration:

An informed consent for participation in the study was obtained.

Nature of the study was not caused any harm and/or pain for the entire sample.

Confidentiality and privacy was taken into consideration regarding data collection.

Results

It showed(table1) distribution of the study subjects according to their knowledge about menstrual period as regard the first reaction during menses 66% (less than two third) of study subjects shocked and cried and 34% (more than one third) where normal reaction . Regarding to information about menstruation onset 79.5% (the majority) of the study

Each student was individual interviewed and informed about the aim of the study in order to obtain her consent to participate in the study.

The tools of the study were introduced to ten juries' expert in the field of obstetric nursing to test its validity. Modification was done accordingly.

Pilot study was carried out on10%of study sample to test tool reliability the necessary modification was carried and not excluded from the study.

The questionnaire sheet and the attitude scale ware disturbed to the student during their free time between classes.

It look 10-15 minutes to voluntarily complete the tool

Statistical analysis :

Statistical analysis was done by the researcher. A scoring system for students' knowledge and attitudes regarding reproductive health was adopted. The correct answers was determined according to literature and the question were coded.

subjects where agree and about 20.5% (one fifth) where disagree . Concerning this awareness regarding menstruation process 43% (less than one half) said it is normal physical process and 57% (more than one half) said it is spoiled blood the body get rid of it . Among the knowledge about the normal duration of menstruation 47.5% (less than one

half) responded correctly and about 52.5% (more than one half) of the study subjects where responded wrongly or they don't know . Regarding to the knowledge about the normal interval between menstruation 69.5% (less than three quarter) of the study subjects where correct answer and 30.5% (more than one quarter) said wrong answer or don't know. Concerning the frequency of changing pad /day of the study subjects 4.5% (little of study subjects) one time , 8.5% (little of study subject) changing bad tow day and 87% (the majority of the study subject) change bad three or more day . In addition 86% (the majority of study subjects) agree with bathing during menstruation is necessary while 14%(one tenth) disagree about bathing during menstruation . In addition to causes about the bathing necessary during menstruation 4.5% (little of study subject) said correct answer 61% (three fifth) said correct but incomplete answer and 34.5% (more than one third)of study subjects said wrong answer or don't know . Regarding to causing about the bathing is unnecessary during menstruation all of them responded wrongly and don't known.

It showed table (2):distribution of the study subjects according to their sociodemographic characteristic as regard age 67% (less than tow third) of the study subjects were in the age group 20 or more . Concerning father education 33% (more than one third) of the

study subjects were illiterate / read & write while 36.50% (about more than one third) were less than university also the same percentage were university . Regarding to father occupation 79% (three quarter) were work but ,only 21% (nearly to one quarter) were not work . Concerning mother education 63% (three fifth) of the study subjects were less than university and 38% (two fifth) were illiterate/ read &write also the same percentage were university . Regarding to mother occupation 71.5% (three quarter) were house wife but ,only 28.5% (more than one quarter) were worker . Among residence 75.5% (three qual)

It shows the knowledge about premarital counseling 88.5% of the majority of the study subjects mentioned that 20 or more is the suitable age for marriage while 11.5% (more than one tenth) of the study subjects mentioned less than 20 is the suitable age for marriage. Concerning hearing about premarital counseling all of the study subjects 100% mention yes . Regarding to important of premarital counseling 73% (less than three quarter) responded were correctly and incomplete answer or don't know , neither of them were written a correct answer. Regarding to contents of premarital counseling 77% the majority of the study subjects were show the wrong answer or don't know and 18.5% (less than one fifth) were correct but incomplete

answer, little of the them were written correct answer.

Table (1) : Distribution of the study subjects according to their socio demographic data

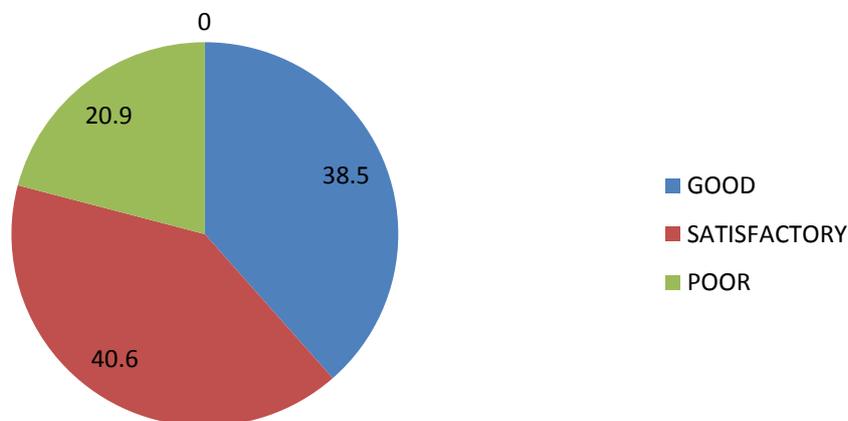
Social demographic data	N =200	%
Age:		
- Less than 20	134	67%
- 20 or more	66	33%
Father education :		
- illiterate /read &write	73	36.5%
- Less than university	66	33%
- University	61	30.5%
Father occupation :		
- Work	158	79%
- Not work	42	21%
Mother education :		
- Illiterate/read &write	38	19%
- Less than university	126	63%
- University	36	18%
Mother occupation :		
- Work	57	28.5%

Table (2):distribution of the study subjects according to their Knowledge about menstrual Period

Knowledge about menstrual period	N =200	%
Reaction when the menarche occur :		
- Shocked and cried	132	66%
- Normal reaction	68	34%
Information about menarche before its onset:		
-Yes	159	79.5%
- No	41	20.5%
Awareness regarding menstruation process :		
- Normal physical process	86	43%
- Spoiled blood the body get mid of it	114	57%
Know the normal duration of menstruation :		
- Correct answer	95	47.5%
- Wrong answer or don't know	105	52.5%
Know the normal interval between menstruation:		
- Correct answer	139	69.5%
- Wrong answer or don't know	61	30.5%
Know frequency of changing pad /day:		
- One	9	4.5%
- Two	17	8.5%
- Three or more	174	87%
Is bathing during menstruation necessary :		
- Yes	172	86%
- No	28	14%
Why bathing during menstruation necessary :		
- Correct answer	9	4.5%
- Correct but incomplete answer	122	61%
- Wrong answer or don't know	69	34.5%
Why bathing during menstruation is unnecessary :		
- Correct answer	6	3%
- Correct but incomplete answer	17	8.5%
- Wrong answer or don't know	177	88.5%

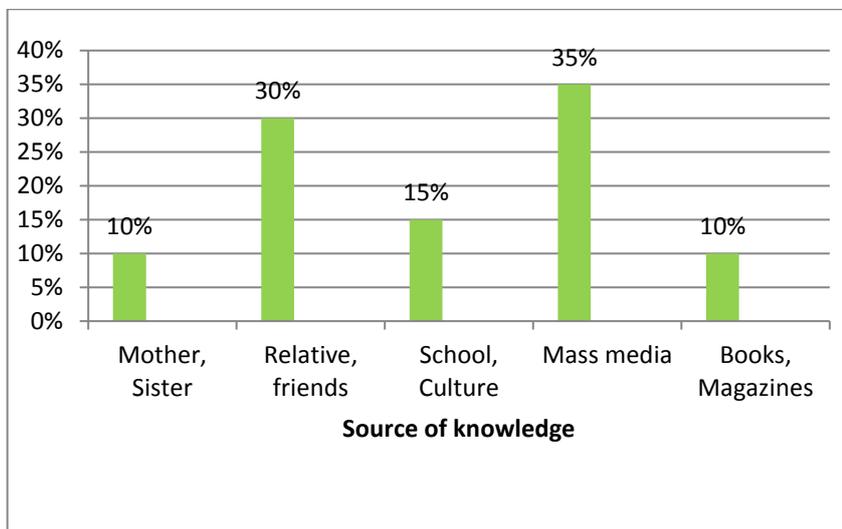
Know suitable age for marriage :		
- Less than 20	23	11.5%
- 20 Or more	177	88.5%
Hearing about premarital counseling:		
-yes	200	100%
-no	0	0%
Important of premarital counseling :		
- correct answer	2	1%
- correct but incomplete answer	146	73%
- wrong answer or don't know	52	26%
Contents of premarital counseling :		
- correct answer	9	4.5%
- correct but incomplete answer	37	18.5%
- wrong answer or don't know	154	77%

Figure (1) : study subjects total score of knowlegde about reproductive health



Figure(1) Study subjects Total score of Knowledge about reproductive health

Figure 2 : Study subjects sources of knowledge about reproductive health



Figure(2) Study subjects sources of knowledge about reproductive health

It show that about one third 35% & 31 % of the stud subjects obtained their knowledge from mass media and relative or friend respectively and 15% from school classes while 10% from mothers & sisters and also 10% from books and magazines .

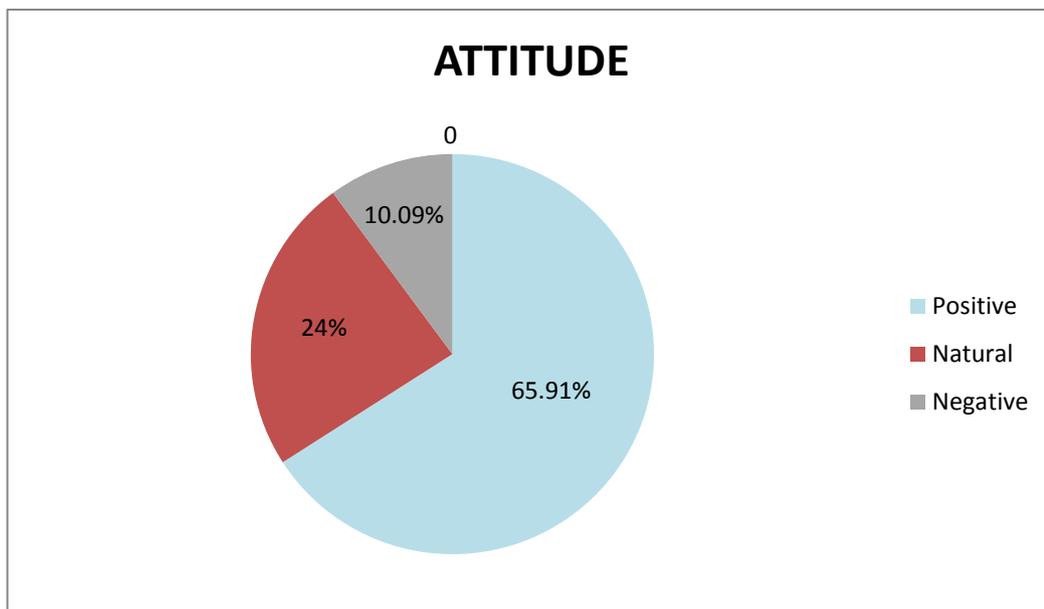


Figure (3) : Total score of attitude of study subject about reproductive health

It show total score of attitudes of study subjected about reproductive health, about tow third of the study subjects 65.91 % obtained positive score , while 24% (one quarter) obtained natural score and only 10.09% (one tenth) obtained negative score.

Discussion

Adolescents cannot represent one of the main pillars of any society , they form a large significant and growing population group in many countries. Despite that they do not receive much attention and suffer from poor knowledge about reproductive health. This knowledge about reproductive health issue and health seeking behavior in the course of their future life is very important^(18,19).

This study revealed general lack of knowledge about reproductive health among almost three fifth of the study subject this finding is more than to that of **EL Sadek et al (2008)** who found in Cairo , Egypt that more than one - half of the subject had poor knowledge about RH⁽²⁰⁾ **Nezam (2010)** formed in Syria that slightly more than two third of the study subject had good knowledge about reproductive health⁽²¹⁾, In particular the study subjects knowledge about menstruation revealed that more than two fifth said it is normal psychological process while more than one half said it is spoiled blood that the body gets rid of this finding is relatively similar to that of **Eswited (2013)** who found that more than half of the participants reported that menstruation is an event that happens to the girl during puberty, it occurs monthly and spoiled blood the body get rid of it ⁽⁹⁾.

Nagrand Aimol (2011) also found that in Tribal Areas of India , slightly more than half of the study subjects know that menstruation is unclean/dirty / bad blood .⁽²²⁾ In addition , **Adinma (2008)** found in his study that slightly less than two - fifth of study subjects perceived menstruation as a physiological process , while slightly more than one half viewed menstruation as release of bad blood ⁽²³⁾. On the other hand , the study conducted **by Kuwar and Kundon (2011)** in Urban Indian revealed that three - fifth of adolescent girls thought menarche to be a natural process ²⁴. The reaction to menstruation depends upon awareness and knowledge about the subject. The manner in which a girl learns about menstruation and its associated changes may have an impact on her response to the event of menarche. Although menstruation is a natural process , it is linked with several misconceptions and practice , which sometimes result into adverse health outcome⁽²⁵⁾. Regarding reaction when the menarche occur. The present study revealed the two third of the study subject were shocked and cries while one third had normal reaction this may arise from an unexpected appearance of blood pre vagina at menarche and this finding is similar to that of

AbdelTwaab et al (2012) who found in survey of young people in Egypt had two third were shocked and cries as well as being scared when the menarche occurred ⁽¹¹⁾ also the finding is relatively similar to that of **Dube and Sharina(2012)** who found in India that fear and panic was the dominant reaction among the majority of the study subject when they had their first menses⁽²⁶⁾**Bobhate (2011)** also found slightly less than two thirds agreed to being scared on their first menstruation while slightly less than one third felt irritated ⁽²⁷⁾. In addition, **AbdAllah and Elsabagh(2013)**found that one half of the girls were scared from first menstruation, and the remaining were anxious and get syncope ⁽²⁸⁾. As regard awareness the majority of the study subject were informal about menarche and menstruation before its onset, the current finding is in agreement with that of **Eewietal (2012), Juyal et al (2012) and Omidvar ,25 (2010)**, whose found that 14%, 66% and 64.5 of girls respectively had been informed about menarche before it's onset.^(9,10,24) The current study in different with that of **bob hate (2011)** who found of that 80% of the participant were not aware about menstruation before menarche ²⁷. Also with that of **Abdullah E (2013)** in Zagazig City , Egypt which revealed that 65% of girls did not have preparation for menarche.⁽²⁸⁾ in addition the present study **on the convers with Sudehan and Aparagita (2012)**¹ west Bengal , **Thakre et al**

(2011) and as well as **Dhingra at (2007)** in India.⁽²⁹⁻³¹⁾ Which revealed that 58%, 30% and 43.5% of girls respectively had no - prior knowledge about menstruation before menarche.

Hygiene is one important aspect especially during menstruation proper understanding of menarche and personal hygiene during menstruation significantly influences reproductive health of adolescents.

The majority of the present study subject reported that sanitary pads should be used during the menstruation and changed three times/ day, while 4% , 8% respectively change the bad one and twice /day . This finding is in line with that of **MalleshAppaetale (2012)** who found in India that almost all the study subject (97.5%) reported that sanitary pad should be used during menses , and also it should be changed regularly ⁽³²⁾. Regarding bathing during menstruation the majority of present study subject menstruation that bathing menstruation is important and their reasons are for personal hygiene and reform ,to stimulate blood circulation ,help for sleep and relax ,and prevent the bad odor , and about more than one tenth of the study subject mentioned bathing is unnecessary and did not reported any reasons this finding is in line with Nager and Aimal who found that tow third of the responding considered having bath twice a day should be used during menstruation' . Also the present study show

that majority of the study subject mention this result 20 or more is the suitable age for marriage. This result is online with agreement with that of **ELSadek et al (2008)** who found that (93.6%) of the study girls reported that they heard about pre-marital examination counseling ⁽²⁰⁾. Although the majority of the study subject heard about pre marital counseling yet almost mean to three quarter of the study subject and more than one quarter responded incomplete and wrong or did not know respectively regarded important of pre-marital counseling and the majority of them mentioned wrong answer did not know as regard contact of pre-marital counseling. This finding **not on line with Lamada (2004)** who found that knowledge of adolescent girl about premarital counseling and examination was insufficient and a sizeable proportion of them did not know the important of premarital counseling ⁽³³⁾. In the current study the students got their knowledge about reproductive health from many sources ,the main sources ware mass media ,relatives and friend. This finding is **in line with Farag (2012)** who found that the main sources of knowledge about RH were mass media and internet ⁽³⁴⁾ .

Conclusion

Based on the finding of the present study ,it can be concluded that only less than tow fifth of the students had good knowledge while tow third of the had positive attitude about

reproductive health . the main sources of students' knowledge about RH were mass media and relatives and friends.

Recommendation :

Strengthen the RH component in the school curricula.

The role of the families , mass media ,and school accurate information about RH must be enhanced.

A program to educate parents on RH issues should be carried out.

Teaches should be well informed about RH issues ,so they can prevent some of the problems by means of carful and open education .

Further studies :

Assess male versus female secondary school students knowledge and attitudes regarding reproductive health .

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