

ABSTRACT

Background: Menstruation is a natural phenomenon that occurs from puberty throughout the reproductive life of every female. However, it is often associated with some problems and discomforts. These have negative impacts for their personal lives and development opportunities, restrictions on work and mobility, increased fears and tensions, early marriage, early and premature childbirth and higher infant mortality, and potential vaginal infections resulting in the worst cases of infertility. This study therefore aimed at assessing the knowledge, attitude and practice among adolescents on menstrual hygiene and associated menstrual problems in Bukomero senior secondary school-Kiboga district.

Methods: The study applied a descriptive, cross-sectional method, in which 295 students were selected at random, using a systemic random sampling method. The data was collected by applying a 27-item questionnaire between the months of August and September 2018. The results were presented in tables with frequencies, percentages and Pearson's Chi-square was used to test hypotheses. The results showed 63.73% had maintained good menstrual hygiene. Majority 88(46.8%) reported changing their absorbent materials three times a day and 77 (41.0%) used water only to clean their genitalia. with regard to awareness about menstrual hygiene, 247(83.7%) of the participants, 128(41.7%) had knowledge from their mothers, 51(17.3%) reported they had knowledge from their sisters and 34(11.5%) had from friends and teachers.

Conclusion: This study found out that there is ongoing improvement in menstrual hygiene. However, in the remaining breach the risk factors established are controllable, avoidable and some are preventable. The concerned stakeholders are therefore informed about them so that positive measures may be put in place to promote menstrual hygiene among adolescent.

Recommendation: Medical and public health intervention should be directed towards promotion of menstrual hygiene among adolescent girls.