Effects of Menstrual Self-management Education Program of High School Female Students
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Significance
- Adolescents who have menstrual period often lack knowledge of menstrual self-management¹.
- Reported incomplete and inaccurate knowledge of physical changes in menstruation and feminine hygiene¹,²,³.
- They mainly acquire their knowledge of menstruation and menstrual self-management by mother, friends, and school health teachers⁴.
- In Korea, school health teachers have responsibility to teach sex education for 10 hours per year.
- So, school health teachers need to provide self-management education for high school students to practice correct health behaviors.

Purpose:
: To examine the effects of menstrual self-management education program on levels of knowledge and behavior of menstrual self-management in high school students

Methods
- Design: Randomized controlled trial
- Subjects: 100 high school students were randomly assigned into experimental group (n=50) and control group (n=50).
- Intervention: 4-hour menstruation self-management program
- Topic: Understanding mens., Coping to mens. discomfort, Feminine hygiene (clean your body and watch your body)
- Measurement: 20-item revised knowledge scale of menstruation and self-management (Lee, 2010) and 12-item revised women’s genito-urinary hygiene scale (Czerwinski, 2000).
- Data collection: After IRB approval, recruitment, intervention, and pretest and post-test questionnaires were administered.

Results
- Experimental group showed greater levels of knowledge (t=13.37, p<.001) and behavior of menstrual self-management behavior (t=8.38, p<.001) compared to control group.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Pretest M(±SD)</th>
<th>Posttest M(±SD)</th>
<th>Pre-Post difference M(±SD)</th>
<th>t(p)</th>
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</thead>
<tbody>
<tr>
<td>Knowledge</td>
<td></td>
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<tr>
<td>Exp (n=50)</td>
<td>11.22(±2.35)</td>
<td>17.86(±2.48)</td>
<td>6.64(±2.40)</td>
<td>13.37 (p&lt;.001)</td>
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<tr>
<td>Control(n=50)</td>
<td>11.26(±2.15)</td>
<td>11.76(±2.26)</td>
<td>0.50(±2.17)</td>
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<tr>
<td>Behavior</td>
<td></td>
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<tr>
<td>Exp(n=50)</td>
<td>49.00(±4.80)</td>
<td>54.82(±3.50)</td>
<td>5.82(±4.48)</td>
<td>8.38  (p&lt;.001)</td>
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<tr>
<td>Cont(n=50)</td>
<td>47.90(±4.23)</td>
<td>46.90(±5.32)</td>
<td>-1.00(±3.59)</td>
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</tbody>
</table>

Conclusions
- Menstrual Self-management education program is effective in raising the knowledge of menstruation of female high school students and enhancing the performance.
- This program needs to be implemented as a part of high school standard sex education.

References

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This presentation is supported by BK21 Plus Training Grant and Sigma Theta Tau Int'l Lambda Alpha Chapter-at-Large, Korea. 2018.07.19-23.