



# 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-management<sup>1</sup>.
- ✓ Reported incomplete and inaccurate knowledge of physical changes in menstruation and feminine hygiene<sup>1,2,3</sup>.
- ✓ They mainly acquire their knowledge of menstruation and menstrual self-management by mother, friends, and school health teachers<sup>4</sup>.
- ✓ 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.**

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

## 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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