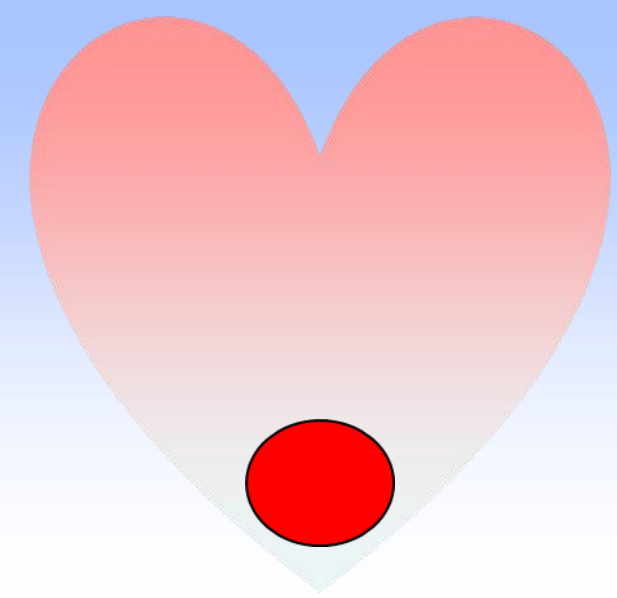


Period is not an End of a Sentence: Let's Listen to the Voice of Young Girls

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Introduction

Menstruation is a natural phenomenon in every woman's life. Good menstruation hygiene empowers women to reach their full potential (Ssewanyana, Byron, 2019). Menstrual hygiene management has become a global public health issues (Sommer, Hirsch, Nathanson, Parker, 2015)

Although mothers are the primary source of information, but they may inform girls with their misconceptions (Chandra, Patel, 2017). Adolescent spend most of their time in school; therefore it should be a logical place for young girls to obtain knowledge, skills, confident, self-efficacy, and empower their role as a woman. However, school puberty curriculum may base on adult's point of view. And the lessons were predominately lecture with audiovisual aids. There is no small group discussion to provide opportunity for students to raise questions about myths and support for their emotional aspect about their growth and development. The purpose of this study is to explore the perspectives through the lens of adolescents' girls in puberty education and from these findings to find the ways to promote school puberty education program.

Methods & Subjects

A qualitative, semi-structured interview study with twelve 7th grade girls who already had their periods was conducted. Subjects was recruited from snowball sampling, voluntarily with parental permission. Data was collected from demographic and open-end questions. Thematic analysis was applied to determine outcomes.

Open-ended Questions:

- If you were given the opportunity to prepare a girl for her first menstruation, what would you tell her?
- How to improve puberty education to make the first menstruation easier? (Your opinion).



Results

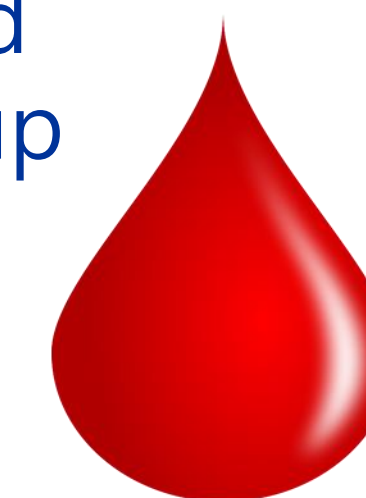
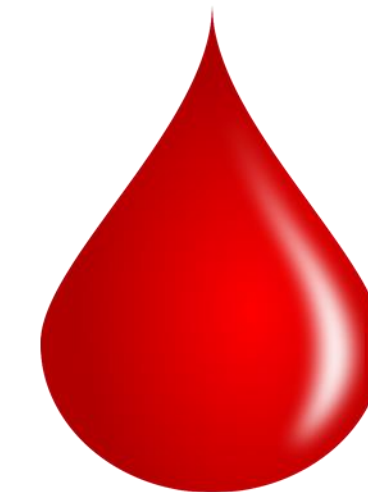
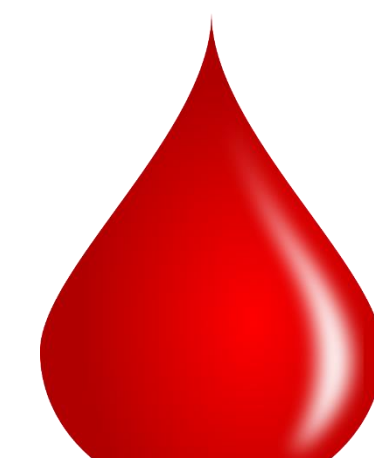
Demographic Data N=12	
Mean Age	12.33
Menarche Age	11.28
Has Regular Cycle Now	58.33%
Average Days of Menstrual Flow	4.92
Mean of Cramps/Pain Level (0-10)	4.5
Absent from School Due to Period	41.67%
Needed to Limit Activities	50%
Needed to take OCT Analgesics	50%
Had experienced other discomforts	83.33%
Went to Doctor for Menstruation issues	8.33%

The First Theme:

- Everyone has different experience
- Be prepare
- There are ways to overcome discomfort

The Second Theme:

- To know different hygiene products
- Need references to view at home
- Prepare to get use to blood
- Offer individual/small group counseling



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Conclusions

The purpose of this study is to listen to the voices of young girls in order to understand their needs in puberty education. From this study aware young girls need help in developing a positive attitude toward body changes and perceive menstruation is a natural process.

Menstruation is a public health issue. Collaborative efforts are needed in puberty education program to reduce absenteeism, improve self-acceptance, self-care ability, and promote gender equality. By listening the voice from young girls, offering many strategies that school nurse can lead to promote school nursing practice. The invisible natural process of menstruation challenging all young girls. School nurses, counselors, parents, and health care providers should increase awareness and improve services to promote their well-being.

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