

Attitudes and practices of school-aged girls towards menstruation

Samiha Suhail Jarrah MPH PhD RN

Associate Professor, Dean Faculty of Nursing, Applied Science Private University, Amman, Jordan

Andaleeb Abu Kamel RN PhD

Assistant Professor, Faculty of Nursing, Al-Zaytoonah University, Amman, Jordan

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Abstract

The purpose of this study was to (i) investigate attitude and menstruation-related practices in Jordanian school-aged girls; (ii) identify the influence of premenstrual preparation on girls' attitude and menstruation-related practices. A descriptive cross-sectional design was used. Data was collected from a convenience sample of 490 school-age girls (12–18 years) from different districts in Jordan. Self-report instruments [Menstrual Attitude Questionnaire (MAQ), and Menstrual Practices Questionnaires (MPQ)] were used to assess the study variables. Descriptive statistics, correlation and chi-square tests were used to analyze the data. It was found that menstrual attitude and practices were positively correlated. Poor attitude toward menstruation and low menstrual practices were significantly associated with inadequate premenstrual preparation.

There is a need to prepare girls for menstruation before menarche. The role of the schools and teachers should be reinforced through formal and well planned reproductive health educators for girls and their mothers.

Key words: attitudes, Jordan, menstruation, practices, school-age girls.

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