

**Menstrual Hygiene Management and Academic Performance among Adolescent Girls in a
Primary School in Magola Sub-county, Tororo District, Uganda**



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Declaration

I, Topistar Nyadoi, to the best of my knowledge, hereby declare that the information in this dissertation has never been presented or submitted to any institution for any award.

Signature  Date 21/9/2018

Topistar Nyadoi



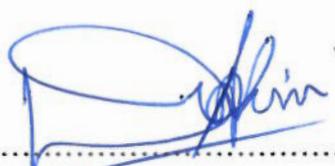
Approval

This dissertation titled “*Menstrual Hygiene Management and Academic Performance among Adolescent Girls in a Primary School in Magola Subcounty Tororo District*” was written by Topistar Nyadoi under our supervision, and has been submitted with our approval.

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Dedication

I dedicate this work to my beloved son and daughter Courage Braicious Allan and splendor Loretta Odracious (good girl) respectively, Musa Hasakya my beloved and caring husband, my beloved daddy mzee Gideon Onyango Ochwo, mummy Mama Zebie Onyango, my sisters Hellen and her family, Scovia and her family, Yerusa and her family, Eunice and her family my brothers Moses and his family, Jack and his family, Sam and his family, Giddy and his family, Willy and his family, my nephews and nieces, Tororo Pentecostal Church, Band Ministry and Papol primary school family.

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Abstract

Menstrual Hygiene Management (MHM) is a key factor of Academic Performance of adolescent girls in a primary school in Magola Subcounty, Tororo District. In an Experimental Research Design involving randomized controlled trial, 60 randomly selected girls from Primary 5 class constituted the participants. Of 60 participants 30 formed the experimental group and the other 30 control group. Academic performance data using pre- and post-tests administered at an interval of six weeks were collected. MHM was provided to the experimental group, while the control group was not provided any MHM. Using paired samples t-test, difference between the test group and control group was computed. The results indicated that t-test for the experimental group had statically significant difference ($t = 8.498$, $df = 29$, $p < .05$), with ($M = 16.67$, $SD = 10.74$) in academic performance, as compared to the control group, ($t = 4.28$, $df = 29$, $p < .05$), mean ($M = 6.83$, $SD = 8.74$). The study concluded that, there was high statistically significant positive difference in mean post – and pre – test score in academic performance of experimental adolescent girls; as compared to the control group. This difference this could have been attributed to the treatment, provision of MHM. However, the slight improvement on academic performance of the control group could have been due to contamination by the experimental group, as the girls were not barred from revising together. It was therefore, concluded that, providing MHM to adolescent girls has a positive improvement on academic performance of adolescent girls. The study consequently, recommends for policy and practice that adolescent girls should be provided with MHM in order for them to improve in their academic performance.

Chapter One

Introduction

Overview

This investigated the effect of provision of menstrual hygiene management on the academic performance of adolescent girls in a primary school in Magola Subcounty–Tororo District. This chapter presents the background to the study, the statement of the problem, purpose of the study, research objectives, research hypotheses, and the scope of the study, significance of the study, and the operational definitions of the key terms used in the study.

Background

Adolescence in girls is a special period that requires due attention. This period is marked by menarche or the onset of menstruation. Menstruation is unique to females and is part of the female reproductive cycle that starts at puberty. Menstruation is a natural process. However, in most parts of the world, it remains a taboo and is rarely talked about (House et al., 2012). Many cultures have beliefs, myths and taboos relating to menstruation. Almost always, there are social norms or unwritten rules and practices about managing menstruation and interacting with menstruating women. Some of these are helpful but others have potentially harmful implications.

Menstrual Hygiene Management is something that started as far back as creation was ended, because there and then the females, who reached the age of menstruation, started immediately and the management of menstruation began. Menstrual hygiene management (MHM) has recently become a major agenda item for UNICEF, Non-Governmental Organizations (NGOs), and many government sectors in the developing world.

Unfortunately, menstruation is shrouded with a lot of myths. Even though menstruation is a natural process, it is linked with several misconceptions and malpractices which may result in

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