



## KNOWLEDGE AND HYGIENE PRACTICES REGARDING LEUCORRHOEA AMONG WOMEN OF REPRODUCTIVE AGE IN SELECTED COMMUNITY AREA OF DISTRICT FARIDKOT, PUNJAB.

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### ABSTRACT

**BACKGROUND:** The complaint of vaginal discharge is very common, particularly in India. Most of the women suffer from vaginal discharge but do not seek medical treatment at early stage due to poor understanding regarding leucorrhoea. The goal of the study is to assess knowledge and hygiene practices of women of reproductive age.

**AIM OF STUDY:** The aim of study is to assess the level of knowledge and hygiene practices regarding leucorrhoea among the women of reproductive age in selected community area of District Faridkot.

**METHODOLOGY:** A quantitative research approach, in which descriptive research design was used to conduct the research study. Total 60 reproductive age group women were taken using convenient sampling technique from selected community area of District Faridkot. A structured knowledge questionnaire and self reported checklist was used to assess the level of knowledge and hygiene practices respectively regarding leucorrhoea among the women of reproductive age.

**RESULTS:** The results shown that out of 60 reproductive age women 41 (68.3%) have good level of knowledge, 17 (28.3%) have average level of knowledge and only 2(3.3%) have poor level of knowledge. The source of information and treatment therapy used for leucorrhoea is found to be statistical significant association with level of knowledge. The results of hygiene practices shown that 30 (50%) have average hygiene practices, 20 (33.3%) have good hygiene practices and 10 (16.7%) have poor hygiene practices regarding leucorrhoea. There is statistically non-significant relationship of socio-demographic variable with hygiene practices for prevention of leucorrhoea.

**CONCLUSION:** the study concluded that there is good level of knowledge among women of reproductive age and average in hygiene practices for prevention of leucorrhoea.

**Keyword:** Knowledge, Leucorrhoea, Hygiene Practices, Reproductive age

### INTRODUCTION

Women's health is considered to be the backbone of the society. Reproductive tract infections are one among the major causes of morbidity in women. The women of reproductive age group are most likely to get these infections.<sup>1</sup> According to the health statistics given by CMDR-Centre for Multi-Disciplinary Development Research in accordance with Rural Welfare Trust the prevalence of reproductive tract infection in India is 29.7%.<sup>2</sup> There are number of health

concerns that affect the reproductive health of women and these are RTI/STD, PID, endometrial cancer, cervical cancer etc. An initial symptom of all reproductive tract diseases is Leucorrhoea. Leucorrhoea is the most common problem seen in reproductive age group women<sup>3</sup>. Leucorrhoea is defined as the abnormal, excessive vaginal discharge often associated with irritation and pruritis. It is commonly called as white discharge.<sup>4</sup>

### OBJECTIVES

1. To assess the knowledge regarding leucorrhoea among women of reproductive age.
2. To assess the hygiene practices for prevention of leucorrhoea among women of reproductive age.
3. To find out the association of knowledge regarding leucorrhoea with selected socio-demographic variables.
4. To find out the association of hygiene practices with selected socio-demographic variables.

### METHODOLOGY

A quantitative research approach, in which descriptive research design was used to conduct the research study. Total 60 reproductive age group women were taken using convenient sampling technique from selected community area of District Faridkot. A structured knowledge questionnaire and self reported checklist was used to assess the level of knowledge and hygiene practices respectively regarding leucorrhoea among the women of reproductive age.

### RESULTS

The results shown that out of 60 reproductive age women 41 (68.3%) have good level of knowledge, 17 (28.3%) have average level of knowledge and only 2(3.3%) have poor level of knowledge. The source of information and treatment therapy used for leucorrhoea is found to be statistical significant association with level of knowledge. The results of hygiene practices shown that 30 (50%) have average hygiene practices, 20 (33.3%) have good hygiene practices and 10 (16.7%) have poor hygiene practices regarding leucorrhoea. There is statistically non-significant relationship of socio-demographic variable with hygiene practices for prevention of leucorrhoea.

**Table 1: Frequency and percentage distribution of women of reproductive age as per their socio-demographic variables.**

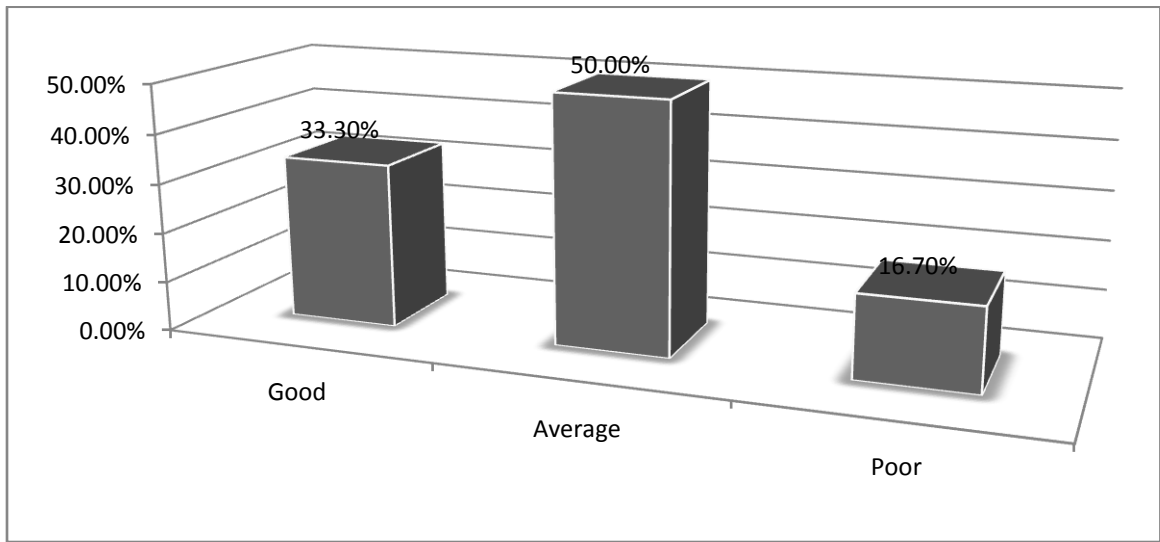
N=60		
S.NO.	Socio-Demographic variables	f (%)
1.	<b>Age (in years)</b>	
	15-25	18 (30.0)
	26-35	29 (48.3)
	36-45	13 (21.7)
2.	<b>Education Status</b>	
	Illiterate	09 (15.0)
	Primary	11 (18.3)
	Secondary	13 (21.7)
	Senior Secondary	15 (25.0)
	Graduate or Above	12 (20.0)

3.	<b>Marital Status</b> Married Unmarried	17 (28.3) 43 (71.7)
4.	<b>Occupation</b> Housewife Laborer Job (Private/Govt.) Students	34 (56.6) 05 (08.4) 10 (16.6) 11(18.4)
5.	<b>Source of information</b> Family/Relatives Friends Mass Media	46 (76.7) 08 (13.3) 06 (10.0)
6.	<b>Family Income (Rs./Month)</b> <5,000/- 5001-10,000/- 10,001-20,000/- 20,000/-	09 (15.0) 14 (23.3) 14 (23.3) 23 (38.3)
7.	<b>Family History of Leucorrhoea</b> Yes No	25 (41.7) 35 (58.3)
8.	<b>Do You Have Any Vaginal Discharge</b> Yes No	35 (58.3) 25 (41.7)
9.	<b>If Yes, Color, Smell and Associated Symptoms of Leucorrhoea</b> Whitish, Odorless, No symptoms Whitish, foul smell, weakness and back pain Yellowish, fishy smell, pelvic pain and backache Bloody foul smell, weakness and fatigue	12 (34.3) 13 (37.1) 07 (20.0) 03 (08.6)
10.	<b>Do you Seek Medical Advice for Leucorrhoea</b> Yes No	30 (50) 30 (50)
11.	<b>If Yes Which Therapy?</b> Allopathic Homeopathic Home Remedies	24 (40) 03 (05) 03 (05)
12.	<b>If No, Then Reason</b> Never required Feeling insecure Lack of medical services Poor economic status	14 (23.3) 12 (20.0) 02 (3.3) 02 (3.3)

**Table 2: Frequency distribution of women according to their level of knowledge**

N=60		
Level of Knowledge	f (%)	Mean ± Standard Deviation
Poor	02 (3.3)	07± 1.414
Average	17 (28.3)	12.76± 2.016
Good	41 (68.3)	20.22± 1.754

Maximum number of women i.e. 41 (68.3%) have good knowledge regarding leucorrhoea, 17 (28.3%) having average knowledge and only 2 (3.3%) having poor knowledge.



**Fig 13: Percentage distribution of women of reproductive age according to their hygiene practices.**

**Table 4: Association of level of knowledge among women of reproductive age with their selected socio-demographic variables**

N=60					
S. No.	Demographic variables	Level of knowledge			Chi square (df)
		Poor f (%) (0-8)	Average f (%) (9-16)	Good f (%) (17-24)	
1.	<b>Age</b>				
	15-25	01 (5.6)	03 (16.7)	14 (77.8)	3.411
	26-35	01 (3.4)	11(37.9)	17 (58.6)	(4)
	36-45	00 (0.0)	03 (23.1)	10 (76.9)	NS
2.	<b>Education status</b>				
	Illiterate	00 (0.0)	02 (22.2)	07 (77.8)	7.401
	Primary	00 (0.0)	06 (54.5)	05 (45.5)	(8)

	Secondary Senior secondary Graduate or above	01 (7.7) 00 (0.0) 01 (8.3)	03 (23.1) 03 (20) 03 (25)	09 (69.2) 12 (80) 08 (66.7)	NS
3.	<b>Marital status</b> Married Unmarried	02 (11.8) 00 (0.0)	02 (11.8) 15 (34.9)	13 (76.5) 28 (65.1)	7.587 (2) NS
4.	<b>Occupation</b> Housewife Laborer Job (Private/Govt.) Student	08 (23.5) 01 (20) 02 (20) 01 (9)	08 (23.5) 02 (40) 04 (40) 05 (45.5)	18 (53) 02 (40) 04 (40) 05 (45.5)	2.9503 (4) NS
5.	<b>Source</b> of Information  Family /Relatives Friends Mass media	00 (0.0) 00 (0.0) 02 (33.3)	13 (28.3) 01 (12.5) 03 (50)	33 (71.7) 07 (87.5) 01 (16.7)	22.554 (4)*
6.	<b>Family Income</b> Rs. <=5,000/- Rs. 5,001-10,000/- Rs. 10,001-20,000/- Rs. >20,000/-	01 (11.1) 00 (0.0) 00 (0.0) 01 (4.3)	04 (44.4) 07 (50) 04 (28.6) 02 (8.7)	04 (44.4) 07 (50) 10 (71.4) 20 (87)	11.540 (6) NS
7.	<b>Family history of leucorrhea</b> Yes No	02 (8) 00 (0.0)	09 (36) 08 (22.9)	14 (56) 27 (77.1)	4.643 (2) NS
8.	<b>Do you have any vaginal discharge</b> Yes No	02 (5.7) 00 (0.0)	13 (37.1) 04 (16)	20 (57.1) 21 (84)	5.269 (2) NS
9.	<b>If yes then color, smell and associated symptoms of leucorrhea</b> Whitish, odorless, no symptoms Whitish, foul smell, weakness and back pain Yellowish, fishy smell, pelvic pain and backache Bloody, foul smell, weakness and fatigue	01 (11.1) 04 (25) 01 (14.3) 01 (33.3)	05 (45.5) 06 (37.5) 03 (42.8) 01 (33.3)	03 (27.3) 06 (37.5) 03 (42.8) 01 (33.4)	3.3605 (6) NS

10.	<b>Do you seek medical advice for leucorrhoea</b>				2.080 (2) NS
	Yes	01 (3.3)	06 (20.0)	23 (76.7)	
	No	01 (3.3)	11 (36.7)	18 (60.0)	
11.	<b>If yes , which therapy</b>				13.913 (4)*
	Allopathic	00 (0.0)	04 (16.7)	20 (83.3)	
	Homeopathic	01 (33.3)	00 (0.0)	02 (66.7)	
	Home remedies	00 (0.0)	02 (66.7)	01 (33.3)	
12.	<b>if no, then reason</b>				5.945 (6) NS
	Feeling Insecure	01 (7.1)	05 (35.7)	08 (57.1)	
	Never required	00 ( 0.0)	04 (40)	08 (80)	
	Lack of medical services	00 (0.0)	00 (0.0)	02 (100)	
	Poor economic status	00 (0.0)	02 (100)	00 (0.0)	

\*= significant

NS = Not significant at ( $p > 0.05$ )

## DISCUSSION

In level of knowledge the study findings shown that 41(68.3%) had good level of knowledge, 17(28.3%) had average knowledge and 2(3.3%) had poor knowledge regarding leucorrhoea. A study conducted by Mamta Chaudhary at Ludhiana, Punjab found that only 20 % of subjects had good level of knowledge and 80 % subjects had poor knowledge regarding leucorrhoea.<sup>20</sup> similarly another study conducted by Jyoti Kapoor (2018) in Jammu and Kashmir found that 27(45%) were having poor knowledge and 18(30%) were having good/average knowledge. 10(16.6%) and 5 (8.3%) were having very good and excellent knowledge respectively.<sup>30</sup>

The source of information and treatment therapy used for leucorrhoea is found to be statistical significant association with level of knowledge. Where as Hoda Abdel Azeem Elbndary et.al (2018) study found statistically significant relationship between women's socio-demographic characteristics with knowledge<sup>31</sup>. Similarly Shashirani Pangambam found significant association of knowledge with age, education, occupation, family monthly income and age of menarche.<sup>34</sup> In hygiene practices the study found that 50(83.3%) women had good hygiene practices and 10(16.7%) had poor hygiene practices. There is statistically non-significant relationship of socio-demographic variable with hygiene practices for prevention of leucorrhoea.

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