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Reproductive Health Knowledge with Academic Context: A Study on Teenaged High School Girls of Pabna municipality, Bangladesh

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ABSTRACT

Regarding human development context adolescence period have a significant role in human life. On this time the teenager specially, the teenaged girl has to suffer on some physical change. That means a girl going on development on reproduction. Unconsciousness, shy-feeling, use of unhygienic equipment, lack of sharing is responsible for different type of health complexity like; urinary tract infection, cervical cancer, multiple sexually transmitted disease, unwanted pregnancy, toxic shock syndrome etc. The main purpose of the study to overcome hazard in adolescent period of teenage girls at school stage through the combined effort with well-trained teacher, student and curriculum. In this context Pabna municipality, Bangladesh contained numbers of government and non-government school where teenaged girls (13-19 years) are studying specially 8th to 10th class considered for research respondent. The study is quantitative in nature. Data has been collected through a structured questionnaire and collected data uphold the scenario of reproductive health knowledge among adolescent girls. On the basis of data analysis finally, a set of recommendations have been made for adolescent girls to reduce reproductive health complexity and maintained sound health at adolescent period. The present study explore that 72.5% have no knowledge about reproductive health and majority of the High school student "Girls" (67.5%) have no knowledge about their reproductive health disease for many barriers and 85% of the respondents have no knowledge about reproductive complexity. About 55% the teachers are fewer co-operative to spontaneously teach to reproductive health knowledge. Minority of the respondent gain knowledge from school (7.5%). The reproductive health knowledge and consciousness spreads in adolescent girls in school stage then it can play an important role to eliminate multiple complexities in adolescent period. In this situation government, effective step can help to reducing adolescent complexity by recruiting well trained teacher. By educating adolescent girls and maintaining healthy relation between teachers and students can contribute to reduce complexity of teenagers.

INTRODUCTION

After the birth, a human being reach to perfection by going through many stage. Especially at adolescent period, people have to face some changes that affect on man's social and personality development (Khan *et al.*, 2022). Lack of reproductive health knowledge and hazard of this time is a risky signal for our proper development, over population, early marriage, malnutrition, infant mortality rate, sexually transmitted disease is the consequence of lack of reproductive health knowledge (Cameron, 2021). The transition period of teenaged girls when greater physical or physiological changes take place and secondary sexual features appear due to excrete sex hormone called estrogen and progesterone (Kabir, 2022). So that, exact and adequate reproductive health knowledge at this age is crucial for developing proper practices and behavior which represent reproductive health for the future. In fact, adolescents have poor knowledge about their own physical condition (Barkat, 2003).

In our Bangladesh context, our teen ager girls being forced into early marriage and being deprived of their basic rights. Millions of teenager girls' entrance to adulthood and motherhood but they have no preparedness physically or mentally. They are deprived and disempowered from their rights to health, education, safety and participation.

Greater risk of dangerous complication in pregnancy, child birth and early pregnancy are the common hazard for the child brides. Complication from pregnancy and childbirth are the leading cause of death for adolescent girls between the ages of 15 and 19 globally. (WHO, 2018).

Approximately 75 percent of the girls are married before the age of 16, and only 5 percent are married after 18 years, which is the legal age of marriage for females in Bangladesh. (Barkat *et al.*, 2000).

To ensure Bangladesh health goals as well as to achieve Sustainable Development Goals (SDGs) such like; especially goals 3 (ensure healthy lives and promote well-being for all at all ages), 4 (ensure inclusive and equitable quality education and promote lifelong learning opportunities for all), 5 (achieve gender equality and empower all women and girls), and 8 (promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all) in these purposes investment for adolescent field is necessary because teenaged girls and boys are golden treasure for our country. (National Strategy for Adolescent Health 2017-2030).

Variety of research exclaimed that why reproductive health knowledge is necessary for teenagers. Though

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reproductive health knowledge is very important for teenager's but nowadays it's important to linked with formal education and educational curriculum or how to decrease teenager's hazards. The main aim of the study is to know and identify hazard of adolescent period and minimize multiple problem in adolescent period with the help of educational curriculum where teachers, educational procedure play an effective effort to ensure teenager's good health in school stage.

Objectives of the Study

This current research is conducted for gaining different types of purpose and goals. Adolescent is a transition period of human life from childhood to adulthood. On the basis of reproductive health knowledge this research conducted for eliminating adolescent period complexity.

(a) To assess the level of reproductive health knowledge of teenagers;

(b) To present the hazard or complexity of adolescent period; and

(c) To co-relate reproductive health knowledge with academic context, as spreading this knowledge in school stage.

METHODOLOGY

The study is quantitative in nature. Literature review shows that there is no significant study in Pabna district of Bangladesh toward reproductive knowledge with academic context. So, our study is designed to show the level of reproductive health among teenagers and the complexity of adolescent period. In this study the respondent were from government and non-government school's teenage girl (Class 8 to 10) of Pabna municipality, Bangladesh. A structured questionnaire has been used for this study. To conduct the study the total population is around 6000 from all the government and non-government high school of Pabna municipality, Bangladesh. All of them are located in Pabna municipality. With 95% confidence level and 5% margin of error the respondent was estimated that 400 respondents are required for electing data. The entire respondent was selected by continence sampling method. Using Statistical Package for Social Sciences (SPSS) will be used to analyze quantitative data and qualitative data will be analyzed by coding and grouping to identify key themes of data.

Findings

Participant of the respondents: According to collected data, information received (22.5%) of the respondents

Table 1: Participant of the Respondents

Class	Frequency	Percentage
8	90	22.5%
9	100	25 %
10	210	52.5 %
Total	400	100 %

Source: Field Survey, 2022

are in class 8. and (25 %) of the respondents are in class 9 and (52.5 %) of the respondents are in class 10. Due to convenience of collecting data majority percentage of teenage girls are from class 10.

Table 2: Respondents Response to Reproductive Health Knowledge

Having knowledge	frequency	Percentage
Yes	110	27.5%
No	290	72.5 %
Total	400	100 %

Source: Field Survey, 2022

Majority of the respondents (72.5%) have no knowledge about reproductive health because of they are not aware about physical changes, not interested to gain knowledge, shy feelings and no sweeping knowledge about the complexity of lack of reproductive knowledge and (27.5%) respondents having knowledge about reproductive health.

Table 3: Respondents information Sources of Reproductive Health Knowledge

Sources	Frequency	Percentage
Family	210	52.5%
Friend	120	30%
School	30	7.5%
Neighbors	30	7.5%
Others	10	2.5%
Total	400	100 %

Source: Field Survey, 2022

Most of the students gain knowledge about reproductive health from family (52.5%) due to belonging in nuclear family in city manner. Most of them feel shy or not interested to share this views with others. So, they suggested by their mother or family person's about reproductive functions and their complexity. Respondents also gain knowledge about reproductive health from friend circle (30%). Minority of respondents also gain knowledge from school (7.5%), neighbors (7.5%) and others (2.5%).

Table 4: Materials Used in menstrual period

Materials	Frequency	Percentage
Sanitary napkin	280	70%
Cloths	60	15%
Tissue	60	15%
Total	400	100 %

Source: Field Survey, 2022

This table shows that, about (70%) students or respondents are used in sanitary napkin. Because of feeling comfort, awareness of menstrual cycle and approachability of equipment in city market or shop or pharmacy etc. and (15%)of our selected respondents are used clothes and

(15%) students are used in tissue. Almost of the selected areas, most of the Girls (80%) of the High School in Pabna city have knowledge about menstrual cycle and (20%) girls have less knowledge about their menstrual cycle. 80% of high school girl in Pabna city have no knowledge about menstrual cycle and they gain knowledge this from their own life and in text book (class 8-10) have a discussion of menstrual cycle.

Table 5: Knowledge about Menstrual Cycle

Comments	Frequency	Percentage
Yes	320	80%
No	80	20%
Total	400	100 %

Source: Field Survey, 2022

Table 6: Respondents response to Reproductive Health Disease

Class	Comments (Yes)	Comments (No)
Eight	30	60
Nine	45	90
Ten	55	120
Total	270	130

Source: Field Survey, 2022

Majority of the High school students “Girls” (67.5%) have no knowledge about their reproductive health disease for many barriers. Fewer students (32.5%) have a little knowledge about these health diseases due to lack of proper knowledge.

Table 7: Dependency Rate of teenagers

Dependency	Frequency	Percentage
Parents	190	47.5%
Siblings	90	22.5%
Teachers	30	7.5%
Friends	90	22.5%
Total	400	100 %

Source: Field Survey, 2022

This table shows that, the high dependency rate of teenagers is 47.5% and this percentage of teenagers are depend on their parents and the low rate of dependency is 7.5% that depend on teachers. And medium dependency shows on siblings and friends(22.5%). Belonging in city life 47.5% of teenager depend on their parents. They share with their parents and feel safety and desire a valuable suggestion

Table 8: Knowledge about Abortion &Pregnancy

Comments	Frequency	Percentage
Yes	130	32.5%
No	270	67.5%
Total	400	100 %

Source: Field Survey, 2022

These tables show that most of the Girls (67.5%) of the High School in Pabna city have no knowledge about pregnancy & abortion or pregnancy complexity. Most of the respondent are unmarried teenaged girl and they know about pregnancy in surface level. But most of them don't know unwanted pregnancy. its complexity, abortion or its physical impact. No knowledge about early pregnancy, child birth etc. and (32.5%) girls have less knowledge

Table 9: Health Hygiene rate of the respondent

Comments	Frequency	Percentage
Yes	210	52.5%
No	190	47.5%
Total	400	100 %

Source: Field Survey, 2022

about their abortion & pregnancy.

These tables show that, (52.5%) respondents are conscious about their health, and (47.5%) respondents aren't conscious about their diseases.

Table 10: Knowledge about reproductive complexity or hazard

Comments	Frequency	Percentage
Yes	60	15%
No	340	85%
Total	400	100 %

Source: Field Survey, 2022

Majority of the respondents (85%) have no knowledge about complexity of reproduction. Infact shy feeling, unconsciousness, and lack of proper reproductive knowledge and barrier of teachers-students co-operation about reproductive lesson which may be potent factor for reproductive complexity, and 15% of the respondent have knowledge but not effective.

Table 11: Teacher's students Co-operation to learn about reproductive health knowledge of the teenagers

Cooperative	Frequency	Percentage
More	90	22.5%
Fewer	220	55%
Nothing	90	22.5%
Total	400	100 %

Source: Field Survey, 2022

This table shows that teachers are not fully cooperative (22.5%) to teach about these subjects due to apathy. But almost majority of the teachers are fewer cooperative (55%), but (22.5%) of teachers are spontaneously co-operative and teaches frequently. 55% of teacher are not co-operative with their student as like sharing or spreading the knowledge on reproduction. Due to apathy they don't share the concept or spontaneous by teaches the aspect or the hazard of the situation.

DISCUSSION

Majority of the respondents (72.5%) have no knowledge about reproductive health and (27.5%) respondents having knowledge about reproductive health. That means adolescent girls are not conscious and not aware about the changes of adolescence period. Most of the students gain knowledge about reproductive health from family (52.5%). We know respondents also gain knowledge about reproductive health from friend circle (30%) and minority of the respondent also gain knowledge from school (7.5%), neighbor's (7.5%) and others (2.5%). Teachers are not fully cooperative (22.5%) to teach about these subject due to apathy. As a result shy feeling still retains in this situation. But almost majority of the teachers are fewer cooperative (55%), but (22.5%) of teachers are spontaneously co-operative and teaches frequently. Majority of the High school students "Girls" (67.5%) have no knowledge about their reproductive health disease for many barriers. They have no idea about cervical cancer, sexually transmitted disease and reproduction-oriented disease. Fewer students (32.5%) have a little knowledge about these health diseases due to lack of proper knowledge. About (70%) students or respondents are used in sanitary napkin and (15%) of our selected respondents are use clothes and (15%) students are used in tissue. According to data (100%) hygienic condition not maintained in (city) school students. The high dependency rate of teenagers is (47.5%) and this percentage of teenagers are depended on their parents and the low rate of dependency is (7.5%) that depend on teachers. And medium dependency shows on siblings and friends (22.5%). Almost of the selected areas, most of the Girls (80%) of the High School in Pabna city have knowledge about menstrual cycle and (20%) girls have less knowledge about their menstrual cycle. Most of the Girls (67.5%) of the High School in Pabna city have knowledge about pregnancy & abortion and (32.5%) girls have less knowledge about their abortion & pregnancy. According to data (52.5%) respondents are conscious about their health. And (47.5%) respondents aren't conscious about their diseases and 85% of the respondents have no knowledge about reproductive complexity.

Reproductive health knowledge include in academic level at the textbook in class eight to ten but with short concept. Due to different types of barrier like not fully cooperative and apathy of the teachers, the students have to face various obstacles in acquiring knowledge in this regard. That's why they face many problems like unconscious about reproductive health diseases, abortion and pregnancy, knowledge about menstrual cycle and also feel shy. In educational environment, lack of sharing & co-operative relation between teachers and students are increasing reproductive complexity.

RECOMMENDATIONS

We know that, health and mind is complimentary that means a sound health ensure a sound mind. For this regard, it has to great concerned of reducing reproductive health

complexity in adolescent period. Some recommendation may be;

1. In school stages girls can be included in both reproductive health knowledge and eliminate adolescent complexity by spontaneous participation.

2. For removing shy feeling about adolescent knowledge and problem sharing required proper academic lesson, open discussion with teachers and girls' students in the context of healthy relation, follow health instruction, encourage girls' students to take annotation.

3. Instructive story can encourage and motivate girl students to prevent early marriage and instructive story in the context of early marriage untorridity can be included in academic context. In this view, personal opinion and freewill can regress early marriage.

4. Not only reproductive health knowledge included in academic context, but also institution can provide necessary equipment for menstrual period in school stages. Without these can also serve washing equipment like soap, hand sanitizer, cleaner etc.

CONCLUSION

Majority of the teenaged girl have no knowledge about reproductive health and its complexity or its future effect that can affect the generation to risk of sound health. The present study have some limitation such like lack of reliable data cause of sharing and shy feeling of teenager girl. This study has conducted only teenaged girls but it may include teenaged girls and boys both in future. As if, there is some lesson about reproductive health included with text book but there are no intervention to reduce shy feelings of student about these, as well as no facility to get the menstrual equipment of adolescent girls in school. So, it can be expected that, if the teacher, academic lesson and student academic curriculum play a combined effort, this complexity can be avoided and ensure a healthy nation.

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