CHAPTER VI

CONCLUSIONS
## CHAPTER VI

### CONCLUSIONS

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6.1. INTRODUCTION

This chapter gives a brief account of the conclusions of the study, implications for the society and the limitations of the study. The suggestions and recommendations for the future research are also depicted.

6.2. DEMOGRAPHIC DATA

1. Age wise distribution of girls showed that the largest age group belonged to 14 years (34.0%), followed by the 13 years (29.2%).
2. Majority of girls (78.8%) were Hindus.
3. Majority of girls were residing in the rural area (57.9%).
4. Majority of the girls were studying in the IX standard (35.7%).
5. Majority of the mothers belonged to the age group 35-44 years (71.2%).
6. Majority of the mothers were having secondary education (52.1%).
7. 83.5% of mothers were house wives.
8. Majority of the fathers were aged 40-49 years (71.9%).
9. Majority of the fathers were having secondary education.
10. Majority of girls belonged to low income group (<1500) and 88.7% came from nuclear family.
11. 39.2% were occupying terraced and 31.5% tiled houses.
12. 40.3% had exposure to TV and 30.0% had exposure to radio.
13. Majority of girls had scooter in the family.
14. 91.0% of the girls were interested to know about their physical growth from their mothers.
15. Out of the 1000 girls, 69.3% had attained menarche.
16. Age at onset of menarche was 14-15 years in majority of girls (57%).
17. Majority of girls who had attained menarche were not informed before attaining menarche.
18. 70.9% of the girls who had attained menarche were informed only at the time of menarche.
19. Majority of the girls were informed by their mothers.
20. 67.9% of girls were interested to know about menstruation.
21. 59.8% of girls were interested to get such information from their mothers.

6.3. COMPARISON OF PRE-TEST AND POST-TEST KNOWLEDGE SCORES

1. The 15 year olds scored the maximum in the pre-test and post-test with the highest mean difference among the 11 year olds.
2. Muslim girls showed high score in the pre-test, post-test and obtained highest mean difference.
3. Urban girls showed highest score in pre-test and post-test and colony girls showed highest mean difference.
4. The 10th standard girls showed highest score in the pre-test and in the post-test, but the 8th standard girls showed highest mean difference.
5. Girls of mothers in the age group 45-54 years showed highest scores, but the highest mean difference was shown by the girls of mothers <35 years.
6. The girls of mothers with degree and above showed highest mean score, but mean difference was highest among the girls of mothers with secondary education.
7. The girls of office going mothers showed highest score in the pre-test and in the post-test and also had the highest mean difference.
8. Girls of fathers of age 40-49 years showed highest score in the pre-test and in the post-test, but girls of fathers of age 30-39 years showed highest mean difference.
9. Girls of fathers with pre-degree had highest score in the pre-test and that of degree and above showed highest score in the post-test with highest mean difference.
10. The girls of office going fathers showed highest score in the pre-test and in the post-test the girls of technical workers showed highest score but the girls of farmers showed highest mean difference.
11. Highest score was obtained by girls belonging to the income group Rs. >5,000/- in the pre-test, post-test with highest mean difference.
12. The girls from nuclear family showed higher mean score in the pre-test and girls from the joint family showed higher score in the post-test with higher mean difference.

13. Girls exposed to newspaper had highest score in the pre-test and in the post-test with highest mean difference. The girls exposed to magazine also showed highest score in the post-test.

6.4. COMPARISON OF KNOWLEDGE SCORES OF ADOLESCENCE

1. The 15 year olds showed highest score in the pre-test and in the post-test, but the 11 year olds showed highest mean difference.

2. Muslims showed highest score in the pre-test and post-test with highest mean difference.

3. Urban girls showed highest score in the pre-test and post-test with highest mean difference.

4. The 10th standard girls proved to be more knowledgeable showing highest score in the pre-test and post-test, but the 8th and 9th standard girls benefited more than the others by showing highest mean difference.

5. Highest score was obtained by girls of mothers in the age group 45-54 years, but highest mean difference was shown by the girls of mothers <35 years.

6. Knowledge on adolescence was highest among the girls of degree holders in pre-test and in the post-test, girls of mothers with pre-degree and degree showed highest score. The girls of mothers with secondary education showed highest mean difference.

7. The girls of office going mothers showed highest score uniformly in pre-test and post-test with highest mean difference.

8. Girls of fathers of 40-49 and 50-59 years obtained highest score in the pre-test and girls of fathers of 30-39 and 50-59 years had highest score in the post-test. Mean difference was highest among girls of fathers in age group of 30-39 years.

9. The girls of fathers with pre-degree and degree showed highest score in the pre-test. In the post-test, girls of degree holders showed highest score. But the
mean difference was highest among the girls of illiterate, secondary education and degree holders.

10. In the pre-test, girls of office going and professional workers had highest knowledge and the girls of farmers had highest in the post-test with highest mean difference.

11. Girls belonging to high income family had highest knowledge score in the pre-test and post-test but the mean difference was highest among the girls belonging to the income group of Rs. 2501/- to 3500/-.

12. Girls belonging to nuclear family showed highest score in the pre-test. In post-test and mean difference, scores were highest among the girls of joint family.

13. Girls with exposure to news paper and magazine showed highest knowledge in the pre-test and in the post-test, those with exposure to magazine showed higher score and the mean difference was highest among the girls with exposure to magazine.

6.5. COMPARISON OF KNOWLEDGE SCORE OF MENSTRUATION

1. The analysis on the knowledge level of menstruation showed highest score among the 15 years olds in the pre-test and post-test, but the 11 year olds showed highest mean difference.

2. Religion wise distribution proved that Muslims were having the highest knowledge level in the pre-test and post-test with highest mean difference.

3. The urban girls showed highest score in the pre-test and post-test and colony girls showed highest mean difference.

4. Educational status of girls showed that the 10th standard girls were having highest score in the pre-test and post-test and 8th standard girls showed highest mean difference.

5. Highest knowledge was noted among the girls of mothers in the age group 45-54 years in the pre-test and post-test, but the girls of mothers <35 years showed highest mean difference.
6. The relations with educational status of mothers showed that the girls of degree and above holders were having highest knowledge in the pre-test and post-test with highest mean difference.

7. The girls of office going mothers proved to be having highest score in the pre-test and post-test with highest mean difference.

8. The girls of fathers belonging to 50-59 years had highest score in the pre-test and in post-test, girls of fathers in the age group 40-49 and 50-59 years showed highest mean score, but the girls of fathers in the age group 30-39 years had highest mean difference.

9. A highest score was shown by the girls of fathers with pre-degree in the pre-test and in the post-test, girls of fathers with degree had highest score with highest mean difference.

10. The pre-test analysis revealed a highest score among the girls of office going fathers and in the post-test, the girls of technical workers had highest score but the mean difference was highest among the girls of farmers and technical workers.

11. The knowledge of menstruation in relation to family income showed that highest score was among the income group Rs. 1,501/- to Rs. 2,500/- in the pre-test and in the post-test, girls belonged to the income group Rs. <5,000/- had highest knowledge level with highest mean difference.

12. Girls belonged to nuclear family had higher score in the pre-test and the post-test score was higher among the girls of joint family with a high mean difference.

13. Exposure to media also showed almost same pattern as the total score.

6.6. COMPARISON OF KNOWLEDGE SCORE OF PHYSICAL PROBLEMS

1. The 15 years olds had highest knowledge in the pre-test and 14 year olds had highest in the post-test, but the mean difference was highest among the 11 year olds.
2. The knowledge of physical problems was highest among Muslims before and after the intervention as the total.
3. The urban girls showed highest mean score in the pre-test and post-test with highest mean difference.
4. The 9th standard girls had highest mean difference in knowledge score even though the 10th standard girls had highest score in the pre-test and post-test.
5. The girls of mothers in the age group 45-54 years had highest score in the pre-test and post-test with highest mean difference.
6. The girls of degree holders had highest mean score in the pre-test and in the post-test, girls of mothers with secondary education and pre-degree had highest score with a highest mean difference in the girls of mothers with secondary education.
7. Girls of office going mothers had highest knowledge in the pre-test and post-test with highest mean difference.
8. Girls of fathers in the age group 50-59 years had highest score in the pre-test and in the post-test. Girls of fathers of 30-39 years had the highest mean difference.
9. The girls of fathers with degree and above had highest pre-test and post-test scores with highest mean difference.
10. The girls of technical workers had highest score in the pre-test and in the post-test, but the girls of farmers had highest improvement in knowledge.
11. Girls belonging to income group Rs. >5,000/- had highest knowledge in the pre-test and post-test and the highest mean difference was shown by the income group Rs. 3,501/- to Rs. 5,000/-.
12. Girls in the nuclear family showed higher knowledge in the pre-test and in the post-test, but girls in the joint family had greater benefit.
13. Girls exposed to magazine had higher score in the pre-test, whereas girls exposed to newspaper had higher score in the post-test with highest mean difference.
6.7. COMPARISON OF KNOWLEDGE SCORES OF PSYCHOLOGICAL PROBLEMS

1. Maximum benefit was observed in the 13 year olds.
2. Muslims had maximum knowledge.
3. Urban girls had highest score in the pre-test and post-test, colony girls had highest improvement.
4. 10th standard girls showed highest knowledge in the pre-test and post-test, but the maximum benefit was shown by the 8th standard girls.
5. Girls of mothers in the age group 45-54 years had highest score in the pre-test and in the post-test, but the mean difference was highest among the girls of mothers <35 years and 35 to 44 years.
6. Girls of mothers with pre-degree had highest score in the pre-test and girls of mothers with secondary, pre-degree and degree education had highest score in the post-test and the girls of mothers with secondary education had highest mean difference.
7. The pre-test and post-test scores showed that the highest score was among the girls of office going mothers but the mean difference was highest among the girls of other workers.
8. Girls of fathers in the age group 40-49 had highest pre-test score and the post-test score showed the same score for all the groups with a highest mean difference by the girls of elder fathers.
9. The girls of fathers with pre-degree were most knowledgeable in the pre-test and in the post-test, girls of educated father had highest knowledge level with highest mean difference.
10. The pre-test score showed that girls of office going fathers were knowledgeable and in the post-test girls of professional and technical workers showed highest score and highest mean difference was shown by the girls of farmers, professional and technical workers.
6.8. COMPARISON OF KNOWLEDGE SCORES OF SOCIAL PROBLEMS

1. The pre-test score showed that the highest score was obtained by the 14 and 15 year olds and in the post-test the 13 and 15 year olds showed highest score but the highest mean difference was shown by the 13 year olds.

2. As in the total knowledge score, the Muslims showed highest score in pre-test and post-test with highest mean difference. The Christians also showed highest score in the pre-test.

3. The urban and colony girls had highest score in the pre-test and colony girls had highest score in the post-test with highest mean difference.

4. The 10th standard girls were most knowledgeable as per the pre-test. However, in the post-test, the 8th standard girls showed highest knowledge level with highest mean difference.

5. Girls of mothers in the age group 35-44 years had highest knowledge score in the pre-test and the girls of elder mothers showed highest score in the post-test with highest mean difference.

6. Girls of educated mothers showed highest score in the pre-test and post-test, but the highest mean difference was shown by the girls of mothers with secondary education and illiterate mothers.

7. Girls of office going mothers showed highest mean score in the pre-test and post-test, but the highest mean difference was shown by the girls of other workers.

8. Girls of fathers in the age group 40-49 years had highest pre-test score and girls of elder fathers had highest post-test score and mean difference. The highest mean difference was also obtained by the girls of younger fathers.

9. The pre-test and post-test scores were highest among the girls of educated fathers and the highest mean difference was shown by the girls of educated fathers with secondary education and primary education.

10. Girls of office going fathers showed highest knowledge score in the pre-test. In the post-test, girls of farmers showed highest score and the mean difference was highest among the girls of farmers and technical workers.
11. In the pre-test, the highest score was shown by the girls belonged to the income group Rs. 3,501/- to Rs. 5,000/- and the girls of highest income family showed highest in the post-test with highest mean difference.

12. The girls from the nuclear family had highest score in the pre-test and in the post-test, the highest score was shown by the girls of joint family with highest mean difference.

13. The relation with media was almost same as the total.

6.9. COMPARISON OF PRE-TEST AND POST-TEST KNOWLEDGE SCORES OF MENSTRUAL HYGIENE

1. Age wise distribution showed the same result as the total.

2. Muslim girls showed highest score in the pre-test and post-test, but the mean difference was highest among the Hindus and Christians.

3. Urban girls showed highest score in the pre-test and post-test and colony girls had the highest mean difference.

4. The 10th standard girls had highest scores in pre-test and post-test with highest mean difference.

5. The girls of elder mothers showed highest score in the pre-test. In the post-test, girls of elder mothers and those in the age group 35-44 years had highest score. The mean difference was highest among the girls of mothers in the age group 35-44 years.

6. In the pre-test and post-test, girls of mothers with pre-degree had highest knowledge and the mean difference was highest among the girls of mothers with secondary education.

7. The girls of office going mothers showed highest score in the pre-test and post-test, but the mean difference was highest among the girls of other workers.

8. The pre-test score was highest among the girls of youngest fathers and fathers in the age group 40-49 years. The post-test score was highest among the girls of youngest fathers and highest mean difference was shown by the girls of youngest fathers and eldest fathers.
9. The girls of fathers with pre-degree had highest score in the pre-test and post-test with highest mean difference. The girls of fathers with secondary education also showed highest mean difference.

10. Girls of technical workers showed highest score in the pre-test and girls of farmers showed highest in the post-test with highest mean difference.

11. The girls of highest income family and with an income of Rs. 1,501/- to Rs. 2,500/- showed highest score in the pre-test and post-test and the income group of Rs. 2,501/- to Rs. 3,500/- also showed highest score in the post-test with highest mean difference.

12. Girls from nuclear family had higher score in the pre-test and girls from the joint family showed higher mean difference.

13. Influence of media showed the same result as the total.

6.10. COMPARISON OF TOLERANCE SCORES ON MENSTRUAL PROBLEMS

1. The total scores obtained by the 11, 13, 15 and 12 year olds in the pre-test, and post-test, in mean difference and in follow up were in descending order.

2. The Christians showed highest tolerance level in the pre-test, Muslims showed highest tolerance in the post-test and follow up, but the mean difference in tolerance score was highest among Hindus.

3. The Colony girls showed highest tolerance level in the pre-test and follow-up, but the urban girls showed highest tolerance in the post-test with the highest mean difference.

4. The 10th standard girls had highest tolerance score in the pre-test and follow-up and the 8th standard girls showed highest tolerance level in the post-test with highest mean difference.

5. The pre-test score showed highest tolerance level by the girls of youngest mothers and the girls of elder mothers showed highest tolerance level in post-test, in mean difference and in follow up.
6. The girls of educated mothers showed highest tolerance level in the pre-test, post-test and follow-up. The highest mean difference was shown by the girls of mothers with primary education.
7. The girls of office going mothers showed highest tolerance though out the period.
8. The girls of fathers of 40-49 years showed highest tolerance level in the pre-test and post-test and the girls of elder fathers showed highest mean difference and in follow-up.
9. The girls of educated fathers showed highest-tolerance level through out the study.
10. In the pre-test the girls of professional and other workers showed highest tolerance level and in the post-test, the girls of technical workers showed highest tolerance level with highest mean difference and in the follow up the girls of other workers showed highest tolerance.
11. The girls having family income of Rs. 3,501/- to Rs. 5,000/- showed highest tolerance level in the pre-test and post-test with highest mean difference. The high income group obtained highest scores in follow-up.
12. The girls of the nuclear family showed higher tolerance level in pre-test and follow-up. Highest mean difference and tolerance score in the post-test were seen in the girls of joint family.
13. Exposure to newspaper increased the tolerance level of girls in the pre-test. In the post-test, exposure to magazine increased the tolerance level, but the mean difference was highest among the girls having exposure to radio. In the follow up, the tolerance was highest among the girls having exposure to magazine.

6.11. COMPARISON OF TOLERANCE SCORES OF PHYSICAL PROBLEMS
1. Tolerance level was same as the total in relation to the age of the girls.
2. Muslims had highest tolerance level in the pre-test, post-test and in the follow up and the Hindus showed highest mean difference in tolerance.
3. The highest tolerance level was shown by the colony girls in the pre-test, post-test and in the follow up. The highest mean difference was shown by the urban girls.

4. 10th standard girls showed highest tolerance score in the pre-test, post-test and in follow-up, but 9th standard girls had the highest mean difference in score.

5. The relation with age of mothers showed same result as the total.

6. Relation with educational status of mother was also the same as the total.

7. The girls of mothers with other work showed highest tolerance level in the pre-test. In the post-test and follow up, girls of office going mothers showed highest tolerance with highest mean difference.

8. Relation with age of father showed highest tolerance by the girls of youngest fathers in the post-test with highest mean difference and in the follow up the tolerance was same as the total.

9. Girls of educated fathers showed highest tolerance level in the pre-test, post-test and in the follow-up, but the mean difference in tolerance was highest among the girls of fathers with secondary education.

10. Girls of farmers had highest tolerance in the pre-test, post-test and in the follow up. The mean difference in tolerance score was highest among other workers.

11. Relation with family income showed same tolerance level as the total.

12. In the pre-test and post-test, the higher tolerance level was shown by the girls of nuclear family, but the mean difference and follow-up score was higher among the girls of joint family.

13. Girls having exposure to newspaper had highest tolerance level in the pre-test, post-test and in the follow up but the tolerance was highest among the girls having exposure to magazine.

6.12. COMPARISON OF TOLERANCE SCORES OF PSYCHOLOGICAL PROBLEMS

1. The 11 year olds had highest tolerance score in the pre-test and the 12 year olds showed highest score in the post-test, in mean difference and in follow-up.
2. Muslims showed highest score throughout the study.
3. Colony girls showed highest score in the pre-test, post-test and in the follow-up, but the mean difference was highest among the urban girls.
4. 10th standard girls showed higher tolerance score in the pre-test and follow-up. The post-test score was highest among the 8th standard girls and mean difference was highest among the 9th standard girls.
5. Girls of youngest mothers showed highest pre-test score and the highest post-test and follow-up scores were shown by the girls of mothers in the age group 35-44 years. Mean difference was highest among the girls of elder mothers.
6. Pre-test score was highest among the girls of mothers with degree and above education. In the post-test, follow-up and mean difference, the scores were highest among the girls of educated mothers. The girls of mothers with pre-degree also showed highest follow-up score.
7. Girls of housewives showed highest pre-test score and girls of office going mothers had highest in post-test, mean difference and in follow-up.
8. The pre-test and post-test scores were high among the girls of fathers in the age group 40-49 years and the girls of elder father showed highest score in mean difference and in follow-up.
9. Girls of educated fathers showed highest score in all the levels.
10. Girls of fathers with office work and other works showed highest tolerance score in the pre-test and the girls of technical workers showed highest in the post-test and in mean difference. Again the follow-up score was highest among the girls of other workers.
11. The pre-test, post-test and mean difference were high among the girls with a family income of Rs. 3,501/- to Rs. 5,000/-. The follow-up score was highest among the high income group.
12. The girls from the joint family showed highest score in the pre-test, post-test and in the mean difference and the girls in the nuclear family had higher score in the follow-up.
13. Exposure to media showed almost same score as the total.
6.13. **COMPARISON OF TOLERANCE SCORES OF SOCIAL PROBLEMS**

1. The 13 year olds had highest tolerance score in the pre-test and post-test with highest mean difference. In the follow up, the 11 year olds had highest tolerance level.

2. Muslims showed highest tolerance level in the pre-test and follow up. The post-test showed highest score among Christians and the mean difference was same for all the groups.

3. The colony girls showed highest tolerance level in the pre-test, post-test and in follow-up. The mean difference was same for all the groups.

4. The pre-test and follow up scores showed highest tolerance level among 8\textsuperscript{th} standard girls and 7\textsuperscript{th} standard girls showed highest score in the post-test with highest mean difference.

5. The tolerance level was highest in girls of youngest mothers in the pre-test and post-test. The girls of elder mothers showed highest scores in the mean difference and follow up.

6. The girls of educated mothers showed highest tolerance level in the pre-test. In the post-test and follow-up, highest tolerance was shown by girls of mothers with pre-degree, but the mean difference was highest among the girls of mothers with primary education.

7. Girls of other workers had highest tolerance in the pre-test and in the post-test, girls of office going mothers showed highest tolerance. The mean difference and follow up score was high among the girls of housewives.

8. The pre-test and post-test scores showed highest tolerance level among the girls of fathers with 40-49 years and the girls of elder fathers had highest tolerance level in the follow up and mean difference.

9. The girls of educated fathers showed highest tolerance level in the pre-test, post-test and follow up, but the mean difference was highest among the girls of illiterate mothers and having secondary education.
10. The girls of farmers showed highest tolerance in the pre-test and girls of office going fathers showed higher tolerance in the post-test, in mean difference and in follow up.

11. The pattern of score based on family income, type of family and exposure to media showed the same pattern as the total.

6.14. COMPARISON OF MENSTRUAL HYGIENE PRACTICES

1. The 11 year olds showed better menstrual hygiene practices in the pre-test. In the post-test, the 11 and 14 year olds proved to have better menstrual hygiene practices, the 15 year olds showed highest practice level in the follow-up and in mean difference.

2. Hindus had better scores of menstrual hygiene practices in the pre-test, post-test, in mean difference and in follow-up. Muslims also showed better score in the follow-up.

3. The urban girls had better menstrual hygiene practices in the pre-test, post-test with high mean difference and colony girls showed better score in the follow-up.

4. 8th standard girls showed better menstrual hygiene practices in the pre-test and in the post-test, the 10th standard girls showed better score with highest mean difference, but the follow up score was highest among the 9th standard girls.

5. Girls of eldest mothers showed better menstrual hygiene practices throughout the study.

6. In the pre-test and post-test, girls of mothers with pre-degree and degree showed better menstrual hygiene practices. The girls of illiterate mothers showed better score in mean difference and the follow-up score was high among the girls of degree holders.

7. Girls of office going mothers showed better menstrual hygiene practices in the pre-test and post-test and mean difference was highest among the girls of other workers with a better follow-up score.
8. Girls of elder fathers showed better menstrual hygiene practices in the pre-test, post-test and in follow up. The highest mean difference was shown by the girls of fathers in the 40-49 age group.

9. Girls of educated fathers showed better score in the pre-test and post-test with better mean difference, but the highest score in follow up was shown by the girls of fathers with primary education.

10. The pre-test and post-test scores showed better menstrual hygiene practices by the girls of technical workers. The girls of farmers had better mean difference and girls of other workers showed better follow-up score.

11. Girls belonging to income group Rs. 2,501/- to 2,500/- showed better menstrual hygiene practices in the pre-test and the girls belonged to the income group Rs. 3,501/- to Rs. 5,000/- showed better score in the post-test with highest mean difference and the follow up score was highest among the high income group.

12. Girls of nuclear family showed better menstrual hygiene practices.

13. Girls exposed to magazine showed better menstrual hygiene practices in the pre-test and follow up. The post-test did not show much difference and mean difference was higher among the girls exposed to radio.

6.15. IMPLICATIONS OF THE STUDY

The major finding of the study is that there is significant change in the knowledge score of girls after the teaching programme and that tolerance of menstruation related problems is significantly increased. The school teachers can use this module to teach the students. The mothers can also be instigated to use this module to inform their children about menstrual hygiene and menstrual problems.

6.16. RECOMMENDATIONS FOR FUTURE RESEARCH

Planned teaching can be conducted in schools. In the high school syllabus, the topic on menstruation can be included and the teachers can teach them so that the myths and false beliefs can be wiped away from the society.
1. A similar study can be conducted in more schools of different districts.
2. A similar study can be conducted as an experimental method.
3. Study can be conducted among teachers and there by the students.
4. Study can be conducted among mothers of adolescent girls and there by their children.
5. Study can be conducted among the pre-adolescents.

6.17. EPILOGUE

This chapter detailed the gist of the conclusions obtained out of the study. The study clearly proved that the problems of menstruation can be reduced by proper education of the adolescent girls at risk. This should be done by the teachers, parents, peers and health professionals. The knowledge provided by the present module can be utilized to improve the knowledge and consequently menstrual hygiene practices. Appropriate information on menstruation will reduce pre menstrual syndrome and help the girls to consider menstruation as normal physiological process of the body, which is inevitable in the process of transition from a girl to a woman.