Improvement of Menstrual Hygiene Management among Girls in Schools and Communities in Nigeria: A Case for Active Contributions of Various Stakeholders

4th Annual Virtual Menstrual Hygiene Management in Schools Conference
October 22 2015

Presented Prof Nkadi Onyegegbu
University of Nigeria, Nsukka
Contextual Background

- Nigeria is about 177.5M million: 3 major tribes and 250 other ethnic groups.
- Baseline in 48 LGAs of 20 States indicates 2,861 schools with only 9,543 latrine compartments.
- Girls’ education is priority and this study is important to understand challenge to make education comfortable.
Study Objectives

- To explore the KAP and challenges of girls, mothers and education managers on MHM in schools.

- To recommend appropriate action by relevant stakeholders to make girls education experience comfortable.
Research Methods

Design of the study is a descriptive & explorative study.

Study area
- 3 geo-political areas of Nigeria
- Katsina North rep. no. 20
- Anambra South East rep no. 4
- Osun South West rep. no. 29
- Planned to cover 12 JSS.
- 4 Schools in each area
- Covered 6 urban & 6 rural schools
Study Population

- In-school menstruating girls [JS1-3]
- Out of school girls
- In-school boys [JS1-3]
- Principals [School Heads]
- Male and female teachers [science and guidance Counselors]
- Mothers of menstruating girls
- Chairman/secretary of PTA or SBMC
- Zonal Director of Education [ZDE]
- Chairman of SUBEB
Instruments for Data Collection

- FGD, IDI, KII and Observation Checklist (OC) were used for data collection.
- Tools were pilot-tested and validated.
- Each tool was targeted at specific respondents.
- The tools were in English language and local language translations.
- Research Assistants were trained by Emory University.
- The interviews and discussions were tape-recorded and extensive notes taken.
## Methods of Data Collection

<table>
<thead>
<tr>
<th>Tool</th>
<th>Population</th>
<th>No. of Activities</th>
<th>No. of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Focus Group Discussion [FGD]</strong></td>
<td>Girls in-school</td>
<td>8</td>
<td>64</td>
</tr>
<tr>
<td></td>
<td>Boys in-school</td>
<td>7</td>
<td>56</td>
</tr>
<tr>
<td></td>
<td>Mothers of menstruating girls</td>
<td>8</td>
<td>66</td>
</tr>
<tr>
<td><strong>In-depth Interview [IDI]</strong></td>
<td>Girls in-school</td>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>Girls out-of-school</td>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td><strong>Key Informant Interview [KII]</strong></td>
<td>Principals</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Male Teachers</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Female Teachers</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>SBMC</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>ZDE</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>SUBEB</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td><strong>Observation</strong></td>
<td>Schools</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td><strong>99</strong></td>
<td><strong>262</strong></td>
</tr>
</tbody>
</table>
Preliminary findings

- Data collection complete in 8 schools and other 4 are underway.
- Knowledge of menstruation as a natural biological process. But poor information on its hygienic management.
- Negative, societal beliefs, attitudes and practices still exist on MHM in schools and communities.
Preliminary findings cont.

- Conflicting knowledge of MHM in school from what is obtained at home
- Uncomfortable state of teachers to handle MHM issues in class especially in a mixed boys and girls school
- Lack of appropriate WASH facilities affecting MHM including disposal of menstrual hygiene material
School Sanitation Facilities

Types of toilets found in schools.
Flush, Pour, Pits with and without slaps, & ventilated Improved Pit [VIP]

Conditions
- Average no. of toilets available to a school: 10 to a population of 600 students
  - Inadequate
  - Unsegregated
  - Inaccessible
  - Unclean
  - Bushy
Preliminary findings cont

- Inadequate sanitation and hygiene facilities.
- No disposal system for menstrual materials.
- Education Managers’ willingness to support and contribute towards the improvement of MHM in schools and communities.
School Water, Hand Washing & Disposal Facilities

All schools had Hand-pour water. Average of 1 to 50 students.

Waste baskets for disposal but not placed in the toilets.

Disposal facilities are open ground, pit toilets, and dug pits.
Quick fixes suggested by Education Managers

- Appropriate and adequate sanitation and hygiene facilities (gender segregated)
- Facility for hygienic disposal of menstrual material
- Reliable water sources and storage tanks
- System for sustained O&M of WASH facilities
- MHM education in schools and homes
- Provision of free sanitary pads for emergency cases in schools.
Programmatic Thoughts?

Revisit to all secondary schools in the communities for talks on HMH topics & WASH facilities.

Organize a seminar for Principals at the state level: on the findings of the study, and deliver a talk titled “MHM in Schools: the Need to Know and Improve, A Yes We Must”.

A follow up at the state level on implementation of the Benchmark of MHM and WASH facilities in secondary schools.

At the community level a local/ church celebration and talks on MHM with mothers.

Development & Distribution of flyers “trash has a home”
Next Steps

1. Complete data collection in Osun State
2. Analyze the data and produce report
3. Disseminate report
4. Implementation of recommendations