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AN EVALUATION OF THE PERCEPTION OF SECONDARY SCHOOL STUDENTS  
TOWARDS MENSTRUATION IN KENYA

MALUSU, Lucille Ngayila<sup>1</sup> and ZANI Agnes Philomena<sup>1</sup>

<sup>1</sup>Department of Sociology and Social Work  
University of Nairobi, Kenya.

ABSTRACT

The research explored the level of knowledge students have about menstruation and how it affects girls' health behavior practices and attitudes towards menstruation. The study employed descriptive research design and naturalistic research approach to gather data from a total of 32 students purposely selected from one girls' boarding school, one boys' boarding school, and one mixed day school. Eleven teachers and two health workers also participated in the study. Our findings established that there was need for knowledge in relation to menstruation among secondary school students. Majority students expressed positive attitude towards menstruation, but were contradicted by others who expressed negative attitude towards menstruation. Attitudes towards menstruation were also linked to menstruation practices or behavior surrounding menstruation.

*Keywords:* Menstruation, Sanitary Pads, Secondary Students, Culture, Kenya.

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