

EFFECTS OF MENSTRUATION CYCLE ON EDUCATION IN SCHOOL
GOING GIRLS IN KAWANGWARE SLUMS
NAIROBI, KENYA.

BY

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ABSTRACT

This study investigated the effects and challenges that faces school going girls due to menstrual cycle affecting their education, In Kawangware slums located at Dagoretti North Constituency in Nairobi County. This study focused on emotional, health and financial factors that hinder teenage girls experiencing this biological phenomenon from concentration in their studies and at times missing school altogether. This study was limited to teenage girls from the age of 9 years to around 15 years mostly of who are in class five through class eight. This study used descriptive survey design to determine the challenges and effects of menstrual cycle to education in school going girls. The site of the study was Kawangware slums in Nairobi County. The target population of this study was all teenage girls between ages 9-15 years their teachers and parents. Stratified random sampling was adopted to give the appropriate and representative sample for each section. The researcher used questionnaires, food frequency questionnaire and interview schedule to collect the data from all respondents in the sample size. The questionnaire had structured and unstructured questions. The researcher established the reliability of the instruments through piloting. After the collection of data, the researcher scrutinized the instruments for completeness, accuracy and uniformity. The data was analyzed and presented using tables, pie charts and bar graphs. The researcher deduced that 75% of the girls start having menses at the age bracket of 11-12 years. The researcher concluded that once menstruation starts their academic performance is affected on the negative. To the girls who get a balanced diet they have less health problems hence they are able to do better in school. Good social environment is important since it gives girls confidence despite the challenges associated with menstruation. 80% of the respondents were more affected by lack of sanitary pads since they come from poor families.