

Research Article

A Descriptive Study to Assess The Level of Knowledge Regarding Leucorrhoea and Its Prevention Among Women at a Selected Community of New Delhi

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A B S T R A C T

Background: Leucorrhea is a common concern among adolescents and can negatively affect reproductive health. Worldwide, it affects approximately 1–14% of women in the reproductive age group and contributes to nearly 5–10 million outpatient visits annually. In India, the prevalence of abnormal vaginal discharge has been reported to be around 30%. According to findings from the National Family Health Survey (NFHS-3), nearly 11% of women in India reported experiencing at least one reproductive health issue associated with vaginal discharge. The main objective of the study was to assess the level of knowledge of leucorrhoea and its prevention among women.

Method and materials: The research approach adopted for the study was a quantitative approach with a descriptive research design. The tool developed for the data collection was a self-structured knowledge questionnaire. This tool is validated by seven experts, and reliability was also assessed. The sample consisted of 200 women from the selected rural community of Tughlakabad, New Delhi. Samples were selected by the purposive sampling technique.

Result: Data gathered was analyzed and interpreted using descriptive statistics. The demographic profile of the study subjects was described using frequency and percentage. Among 200 participants, the majority of the participants (40%) were in the age group of 18-24 years; 65% of participants followed Hinduism; 45% were literate; the majority of residency (45%) was rural; and 45% had no children. Findings revealed that 27.5% had good knowledge, 60% demonstrated an average understanding, and 12.5% exhibited poor knowledge of the condition.

Conclusion: The present study concludes that only one third of the population had good knowledge regarding leucorrhoea and its prevention.

Keywords: Knowledge, Leucorrhoea, Prevention, Women

Introduction

Leucorrhoea, also known as white discharge, refers to the excessive, abnormal vaginal discharge that is usually whitish or yellowish in color. This discharge can fluctuate with the menstrual cycle, during pregnancy, or due to sexual arousal. However, when the discharge increases significantly, changes color, or is accompanied by other symptoms such as itching, burning, or a foul odor, it may indicate an underlying medical issue.¹

Pregnancy can cause leukorrhea, which is regarded as normal if the discharge is thin, white, and largely odorless. In adolescent girls, physiologic leukorrhea is a common condition that appears several months to a year after the commencement of menstruation. It can also occur in newborn girls and typically lasts one to two months. Leucorrhoea, however, frequently indicates an infection, particularly if the discharge is green or yellow, smells bad, and is accompanied by tissue inflammation, irritation, itching, or pain. Infections with bacteria, yeast, or other microbes can result in abnormal leukorrhea. Leucorrhoea is another symptom of vaginitis, or inflammation of the vagina, which is frequently brought on by an infection with the protozoan parasite. *Trichomonas vaginalis* or the fungus *Candida albicans*. An unpleasant discharge that is frequently very resistant to therapy may result from an infection with these germs.²

The incidence of leukorrhea in Delhi, like in many parts of India, is relatively high due to various factors such as poor hygiene, high prevalence of infections, and limited access to proper healthcare in some regions. A study conducted in Delhi found that the prevalence of abnormal vaginal discharge (which includes leukorrhea) among women attending outpatient clinics in urban areas was significantly high. According to the study, around 30 to 40% of women reported that they experience abnormal vaginal discharge at some point in their lives, with many seeking medical attention for symptoms like itching, irritation, and discomfort associated with leukorrhea. This study highlights the need for better awareness and medical interventions to address both the physiological and pathological forms of leukorrhea in the region.³

Women with limited knowledge about vaginal health may be more likely to report to the health care facility. Urban areas like Delhi, with dense populations, have high rates of sexually transmitted infections (STDs) and other infections that contribute to leukorrhea.⁴

Objectives of the study

The objective of the present study is to assess the level of knowledge regarding leucorrhoea and its prevention among women of reproductive age groups, i.e., 18-45 years, in

a selected community and to develop & disseminate an informational pamphlet on leucorrhoea and its prevention.

Material and Methods

In the present study, a quantitative research approach was adopted to assess the level of knowledge regarding leucorrhea and its prevention among women of reproductive age. In the present study, a descriptive research design was used to assess the level of knowledge regarding leucorrhea and its prevention among women of reproductive age. The setting of the present study was the rural community of Tughlakabad, New Delhi.

Procedure Methodology:

Formal permission was taken from the Member of Legislative Assembly (MLA) of Tughlakabad village, New Delhi. The sample for the present study was 200 women in the reproductive age group (18-45 years) at a rural community of Tughlakabad, New Delhi. The sampling technique for the present study was the purposive sampling technique. A self-structured knowledge questionnaire, which consists of a list of questions designed to collect survey data, is one kind of research tool. The questionnaire was developed based on the researcher's own experiences, discussions with specialists, and literature study. The questionnaire was divided into two parts to assess the knowledge regarding leucorrhea and its prevention among women. Structured demographic data consisting of age, religion, education, area of residence, marital status, and parity (if married) of the participants were included. A self-structured knowledge questionnaire was prepared to assess the level of knowledge regarding leucorrhea and its prevention. The respondents were asked to choose the appropriate response for each statement under the self-structured knowledge questionnaire, which consists of 25 statements on leucorrhea and its prevention. A written consent was taken from each participant. Data were collected through the interview method. Each correct answer was scored one, and each incorrect answer was scored zero. The investigator assessed 30-40 samples in a day. The average time taken for completing the checklist was 10-15 minutes. The pamphlets on leucorrhea and its prevention were disseminated among participants.

Statistical Analysis:

In the present study investigator analysed the data based on the objectives of the study by using descriptive statistics.

Results & Discussion

The data were analyzed using descriptive statistics and is done under two section.

Section I

The table 1 shows that out of 200 participants, majority of

the participants 40% were in the age group of 18–24 years, 30% were in the age group 25–31 years, 25% were in the age group 32–38 years, and 5% were in the age group 38- 39 years. The majority of participants 65% followed Hinduism, 25% were Muslims, 5% were Christians, and 5% belonged to other religions. Regarding educational status, 45% were illiterate, 25% had primary education, 15% had secondary education, 5% were graduates, 5% were postgraduates,

and 5% fell into the “others” category. In terms of area of residence, 75% of the participants were from rural areas, while 25% were from urban areas. Marital status of majority women showed that 35% were unmarried, 30% were married, 25% were divorced, and 10% were widowed. Regarding the number of children, 45% of participants had no children, 20% had one child, 15% had two children, and 20% had three or more children.

Table I.Finding Related to The Demographic Data of The Subjects

n= 200

S No.	Demographic Profile	Category	Frequency	Percentage (%)
1	Age	18–24 years	80	40%
		25–31 years	60	30%
		32–38 years	50	25%
		39–49 years	10	5%
2	Religion	Hinduism	130	65%
		Muslim	50	25%
		Christianity	10	5%
		Others	10	5%
3	Education	Illiteracy	90	45%
		Primary	50	25%
		Secondary	30	15%
		Graduate	10	5%
		Post Graduate	10	5%
		Other	10	5%
4	Area of Residence	Urban	50	25%
		Rural	150	75%
5	Marital Status	Unmarried	70	35%
		Married	60	30%
		Divorced	50	25%
		Widow	20	10%
6	Parity	Single Child	40	20%
		Children	30	15%
		3 or More Children	40	20%
		None	90	45%

Table 2.Frequency and Percentage Distribution According to The Knowledge Score of The Participants

n= 200

S.No	Criteria	Score	Frequency	Percentage (%)
1.	Good Knowledge	17-25	17	28.5
2.	Average knowledge	9-16	126	63
3.	Poor Knowledge	0-8	57	8.5

Section 2

Discussion

The present study was undertaken to assess the level of knowledge among adult females aged 18-45 years regarding leucorrhoea, a common gynecological condition characterized by abnormal vaginal discharge. Out of 200 participants, only 8.5% were found to have poor or minimal knowledge of the condition. A significant proportion, more than 60%, exhibited an average understanding, while 28.5% demonstrated good knowledge.

These results are corroborated by a similar study conducted by Kannammal C. in 2022, which aimed to assess both the knowledge and attitude of women of reproductive age towards leucorrhoea, with an emphasis on creating awareness through mass media channels. This study employed a quantitative research approach and a descriptive survey design. It was conducted in Utai, Chhattisgarh, and included a sample size of 150 women selected through a convenience sampling technique. The data were collected via a structured interview schedule and analyzed using frequency, percentage, mean, standard deviation, and chi-square tests. The study results show that 59.3% of the women had a moderate level of knowledge, 22% had adequate knowledge, and 18.7% possessed inadequate knowledge about leucorrhoea. These statistics closely parallel the findings of the present study, reinforcing the idea that while moderate awareness exists among women of reproductive age, there remains a significant gap in the acquisition of adequate knowledge.⁵

Recommendations

- Organize health talks, awareness sessions, and workshops at schools, colleges, and community centers focusing on leucorrhoea and other reproductive health issues.
- Integrate reproductive health education, including information about leucorrhoea, in community centers to reach reproductive women.
- Utilize platforms like pamphlets to spread awareness in simple and culturally appropriate language.
- Involve community health nurses, ASHAs, and ANMs to conduct awareness campaigns, especially in rural and underserved areas.
- Promote safe spaces and support groups where women feel comfortable discussing personal health issues without stigma.
- Educate mothers, caregivers, and family members to help break taboos and create supportive environments for women.
- Ensure that awareness campaigns are linked with

accessible and affordable health services so that those who need help can easily seek treatment.

Conclusion

The present study concludes that only one third of the population had good knowledge regarding leucorrhoea and its prevention. The findings of the present study indicate a need for educational interventions to enhance knowledge and foster positive attitudes regarding leucorrhoea among females. The study advocates for a multi-dimensional approach to health education, emphasizing the need to enhance health literacy and empower women to make informed decisions about their reproductive health, particularly concerning conditions like leucorrhoea.

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Conflict of Interest: None

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