



MENSTRUAL HYGIENE PRACTICE AMONG ADOLESCENT GIRLS.

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ABSTRACT The study is led to sense the hygiene practice followed by adolescent girls during the menstrual time and what are things they use during their menstruation for their own personal hygiene. And it involves the awareness of using the different types of menstrual products at menstruation time. The study is conducted on one particular college which is Dr.N.G.P. Arts and Science College, located at Coimbatore district. The tools used to know the hygiene practice that adolescent girls follow include simple frequency and factor analysis. The data has been collected from 130 respondents from the college students those who are present to the college. It concludes that there is a lack of awareness about internal menstrual products and about the pre-menopause information.

KEYWORDS : Menstruation, Menstrual Hygiene Practice, Menstrual Products.

INTRODUCTION:

Menstruation is a common natural process undergone by multitude of women around the globe every month. It is generally called as "period". Menstruation is the monthly discharge of blood and tissue from the lining of the Uterus. It usually occurs as a part of woman and girls' monthly cycle in between 24-38 days. Through this time, they may have mood swing and undergoes lot of pain and cramps. This will occur throughout a women's reproductive life. It actually helps to increase the level of estrogen and progesterone. During menstruation time women and girls use the sanitary pads to swallow up the blood and protect the clothing they use. At this time the hygiene is very important to protect them from other diseases. Many women's and girls don't have proper hygiene practice during their menstrual time. Lacking of hygiene practice can create fungal infection, bad odour, itching sensation and so many things which may also lead to cervical cancer in the women. Corresponding to it the women can choose the product which will make them feel comfort to use and dispose it. Now there are lots of menstruation products are customized for the women needs accordingly they can buy and use it.

OBJECTIVE:

- 1) To analyse the menstrual hygiene practice among the adolescence girl.
- 2) To know the awareness on menstrual products usage among adolescence girl.

Review Of Literature:

1. Mamata Sharma Neupane, et al (2020):

"The paper intends on Knowledge on Menstruation and Menstrual Hygiene Practices Among Adolescent Girls of Selected Schools, Chitwan. Adolescence marks the onset of female puberty that makes a transformation from girlhood to the womanhood. The objective of this study seeks to evaluate and understand the level of knowledge regarding menstruation and menstrual hygiene practice among adolescent girls. The method they were a descriptive cross-sectional study in three schools of Chitwan district. Their respondents were from 15 years and above the age. According to their finding it reveals that two third of the adolescent had adequate knowledge on menstruation and three fourth adolescent girls had good menstrual hygiene practices they are following. This paper concludes that one third of adolescent girls have inadequate knowledge on menstruation and one fourth have poor menstrual hygiene practice".

2. Neha Choudhary, Manoj K. Gupta (2019):

"This paper focuses on A comparative study of perception and practices regarding menstrual hygiene among adolescent girls in urban and rural areas of Jodhpur district, Rajasthan. The objective of this study is to assess and compare the knowledge, perception and practices of adolescent girls regarding menstrual hygiene among rural and urban. The method they used is a school based cross-sectional study which is conducted among the rural and urban school going adolescent girls in Jodhpur. In this they observed that most of the girls having

bathroom facilities in their home. According to their study they observed that 89.4% of urban girls and 60.9% of rural girls have good sanitation practice. It concludes that significant difference was observed among the urban and rural adolescent girls in terms of knowledge and perception".

3. Shwetha Ballal K, Amirtha Bhandary (2020):

"This paper focuses on Menstrual cup: awareness among reproductive women. Menstrual cup is the alternative use of sanitary pads, this has attained its attention in relatively small-scale studies in high income, and low-and middle-income countries. This study aims to assess and analyse the awareness regarding menstrual cup among the women of reproductive age group. This study used descriptive cross-sectional study conducted in Mangalore and data collected from the selected eligible participants by an interviewer study proforma. Study concludes that one challenge of menstruation that is taken for granted in affluent countries in the simple question of how to manage or contain the menstrual flow".

4. Tashi Tshomo, et al (2021):

"Study is on Menstrual Hygiene Management-Knowledge, Attitudes, and Practices Among Female College Students in Bhutan. Women and girls face ample amount of menstrual hygiene management ultimatum in low- and middle-income countries. The objective of this study is to understand the challenges faced by colleges of Bhutan particularly the middle and low-income countries. The method they used were cross-sectional KAP survey and physical observation studies related to MHM facilities. It concludes that KAP related to MHM found significant knowledge and beliefs gaps and it also reveals that lacking of physical and psychological facilities that leads to students' absenteeism during menstruation time".

5. Rajasri G. Yaliwal, et al (2020):

"The study emphasis Menstrual Morbidities, Menstrual Hygiene, Culture Practices during Menstruation, and WASH Practices at schools in Adolescent Girls of North Karnataka, India: A Cross-Sectional Prospective Study. Menstrual hygiene is as old as humanity subject but now it gains its importance because of the society and the challenges being accepted.

The objective of the study is to assess the prevalence and impact of menstrual morbidities, menstrual hygiene practices and cultural beliefs among school-going adolescent girls. The materials and methods used in this study was cross-sectional prospective study and the study conducted in 10 schools that includes girls from class 8 to 12. This study concludes the significant impact of menstrual morbidities, menstrual hygiene management and culture beliefs on school absenteeism among adolescent girls".

Research Methodology:

The survey was conducted at Dr. N.G.P. Arts and Science College, Coimbatore with 130 girls for the finer outlook of menstrual hygiene practices that girls are following in the Institution and at home. This

survey helps us to find out the difficulties that they are facing during menstruation period and it involves the type of product they prefer during the menses.

Type of Research: Descriptive Research

Study Design: Cross-Sectional Study

Sampling Area: Dr. N.G.P. Arts and Science College, Coimbatore.

Study Area: Kalapatti, Coimbatore

Sample Size: 130

The evaluated group of girls consists day scholars, hostellers, self-driving students, pedestrians how do they manage during their periods.

Analysis & Interpretation

Table 1: Personal profile of the respondents

S.No.	Personal Profile of the Respondents	Frequency	Percentage
Age			
1	18-21	116	89.2

Table 2: Factor analysis on the menstrual hygiene practice

Components							Com	Grouped as
	1	2	3	4	5	6		
Availability of washing material like soap, liquid in washroom at institution (S9)	.895						.823	Hygiene at college 13.843
Reading the instruction occasionally that are given on menstrual products when purchasing(S10)	.869						.782	
Availability of bins for disposal of menstrual product at college and it is well maintained(S8)	.849						.786	
Use of menstrual hygiene products outside of menstruation for other personal reasons(S11)	.737						.660	
Handwashing facilities available at Institution is very good(S7)	.716						.651	
Genetial area of washing at college during period using water makes comfortable(S6)	.603						.573	
Drug used during Period every month to reduce pain and high bleeding(S3)		.736					.696	Personal insecurity, pain and hygiene at home 24.446
Taking hair bath during menstruation time is compulsory at home(S5)		.735					.718	
The Pain that undergoes during menstruation is very high(S2)		.718					.640	
Always keep reserve of Sanitary Pad at home for periods and other use(S1)		.694					.544	
Genetial area washing at home during period is regular(S4)		.699					.598	
Knowledge about correct use and positioning of menstrual hygiene products is well known(S13)			.947				.912	
Good level of Knowledge about composition used for making the menstrual hygiene products(S12)			.918				.877	Knowledge about menstruation and the menstrual products 34.774
Restriction that you should not enter at home during menstruation period(S18)			.865				.824	
Knowledge about cause of menstruation for girls(S14)			.794				.560	
Cleaning of genetial area at least one time per day make comfortable(S15)			.767				.567	
Awareness program regarding menstrual hygiene practice at institution conducts at least one time in a year(S29)				.654			.508	Awareness about menopause and shyness 40.807
Feel Uncomfortable to share information about menstruation with others and it makes shy(S30)				.642			.507	
Frequency in changing menstrual hygiene products during day time is high(S17)				.634			.534	
Awareness about pre-menopause symptoms information given by mother or doctor(S31)				.552			.551	
Feeling of shyness to buy sanitary materials from a male shopkeeper(S26)				.545			.540	
Awareness about the menopause information you get from internet or from books(S32)				.540			.529	
Knowledge on how to use of Tampon during menstruation time(S20)					.643		.536	Knowledge about internal menstrual product and family restriction 46.714
Family members cannot allow you to attend function during period(S25)					.551		.515	

2	22-25	11	8.5
3	Above 25	3	2.3
Area of residence			
1	Urban	87	66.9
2	Rural	43	33.1
Age of Menarche			
1	Before 12 years	17	13.1
2	13-16 years	107	82.3
3	Do not remember	6	4.6
Sharing of first menarche period			
1	Mother	92	70.8
2	Sister	19	14.6
3	Friends	6	4.6
4	Others	13	10.0
	Total	130	100.0

Interpretation:

From the above table it was found that majority 89.2% of the respondents are between 18 – 21 years of age, 66.9% of the respondents are living in Urban area, 82.3% of the respondents attended the age of menarche between 13 – 16 years and 70.8% of the respondents shared their first menarche period with mother.

Restriction on home that not to touch things at home during menstruation time(S21)					.532	.503	
Frequency in changing menstrual hygiene products during night time is less(S16)					.523	.511	
Awareness of how to use and insert menstrual cup by yourself(S19)					.519	.504	
Restriction that imposed by family that you should not go to religious place during periods(S22)					.696	.504	Personal comfort during periods 52.363
Feeling uneasiness to observe during menstruation on attending normal classes at institution(S23)					.545	.529	
Frequency of water facility available at washroom in the institution is very good(S28)					.542	.524	
Feeling comfortable to use of menstrual products during the period(S28)					.534	.500	
Irregularity of period during the menstrual cycle occurs regularly(S24)					.567	.558	

APPROX CHI-SQUARE: 2036.734 KMO: .731

the major stage to follow hygiene practice so that later their menstrual cycle and hormone imbalance won't affect them.

Interpretation:

- 1) The variable s9, s10, s8, s11, s7, s6 constitutes factor I and it accounts for 13.843% of the total variance.
- 2) The variable S3, S5, S2, S1, S4 constitutes factor II and it accounts for 24.446% of the total variance.
- 3) The variable S13, S12, S18, S14, S15 constitutes factor III and it accounts for 34.774% of the total variance.
- 4) The variable S29, S30, S17, S31, S26, S32 constitutes factor IV and it accounts for 40.807% of the total variance.
- 5) The variable S20, S25, S21, S16, S19 constitutes factor V and it accounts for 46.714% of the total variance.
- 6) The variable S22, S23, S28, S27, S24 constitutes factor V and it accounts for 52.363% of the total variance

FINDINGS:

For simple frequency:

- The majority 89.2% of the respondents are between 18 – 21 years of age, 66.9% of the respondents are living in Urban area, 82.3% of the respondents attended the age of menarche between 13 – 16 years and 70.8% of the respondents shared their first menarche period with mother.

For factor analysis:

- In factor analysis there are 32 statements, it has been rotated and divided into 7 groups. They are hygiene at college, personal insecurity, pain and hygiene at college, knowledge about menstruation and the menstrual products, awareness about menopause and shyness, knowledge about internal menstrual product and family restriction, personal comfort during periods.

Suggestions:

- The institution can provide sanitary washing material to the students after their restroom usage because there is lack of availability of washing material in the college other than water. Most of people require handwash and soap to keep them hygiene and feel good.
- In institution the awareness level programs should be conducted on the correct usage of menstrual product and hygiene to be followed during the menstruation.
- Due to the lack of maintaining hygiene during the menstruation, many females are suffering in usage of material. so, females should analyse their skin sensitiveness and select the product which suits to them.
- Most of the girls feel uneasiness to attend class during their periods, so institution can promote free holidays at least for two days in a month this may help the adolescent girls to take rest during their menstruation time.

CONCLUSION:

From this research it concludes that most of the people were not aware of using the internal menstrual products. So, people should know about the usage of internal menstrual products and usage of it. There is lack of knowledge about the pre – menopause information and symptoms of it among the adolescent girls. According to this study there are lot of adolescent girls gone through severe pain during periods. In that most people suffer from leg cramps during their periods.

Institution can provide the awareness programs to the students about the menstruation and the products usage during the periods and about the menopause to all the adolescent girls in the college. Adolescent is

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