



## A Study on Attitude, Awareness and Belief about Menstruation Hygiene among Females of Vadodara (Fatehgunj)

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### ABSTRACT

This research has been done to Study on Attitude, Awareness and beliefs about menstrual hygiene among 50 females of Vadodara in Fatehgunj area. as we all know that females are facing lots of problems in their menstrual periods. Some of the community has some beliefs on menstrual period. Here we also get to know that how many people believe in beliefs about Menstruation. Females are also aware about how long they can use single pad during menstruation. More number of girls are feeling periods cramps and mood swing during menstruation. But very less number of females are taking medicine and injection during periods pain. This study also shows that more number of girls are not believing that periods is impure. But families are following the belief that's why females are not entering in the temple. Females are also aware about tampons and menstrual cup.

### INTRODUCTION

As of recently, poor feminine cleanliness in non-industrial nations has been an inadequately recognized issue. The absence of consideration regarding this issue is striking as we can't accomplish a few Millennium Development Goals (MDGs), This study intended to evaluate the degree of mindfulness about menarche and sterile works on during period in setting of females of Vadodara. Menarche marks the start of a large number of physical, physiological, and mental changes in the existences of the juvenile young ladies. Albeit the menarche is one piece of the development cycle, however it is generally expected, socially characterized as the sign of young lady's development and preparation for marriage and sexual action.

Period is as yet viewed as something messy or grimy in Indian culture and it is firmly related with confusions and social restrictions. till now, the poor feminine cleanliness in emerging nations has been an inadequately recognized issue. Explores affirm that with safe feminine clean practices females were less helpless against conceptive plot contaminations (RTIs). The absence of thoughtfulness regarding this issue is striking as still we can't accomplish a few Millennium Development Goals (MDGs), accomplishing general essential schooling on advancing sex equity and enabling ladies are crucial for accomplishing practically the wide range of various MDGs. The best spot to interpret the plans concerning feminine cleanliness is with regards to instructive institutions. Menstruation is an ordinary physiological course of females at their conceptive age.

Accomplishing menarche is a celebrated event throughout cultures. The physiological and mental adjustments that the female endures are also associated with the pressure of menstrual hygiene control. Menstrual hygiene control (mhm) at college is very essential as well. The who (global health agency) and unicef (united nations global youngsters's emergency fund) recommendation wash facilities at college, i. E. Water, sanitation, and hygiene [1]. In india, the swachhbharat: swachhvidyalaya campaign has been released in every school to offer wash centers, which incorporates cleaning soap and water for sanitation and personal area for changing and disposal of menstrual absorbents. Mhm has been made an integral a part of the swachhbharath guidelines. Efforts are being made to provide low-value sanitary serviette vending machines and incinerators to dispose mhm merchandise at faculties [2]. However, the volume to which these kinds of tips percolate right down to the floor degree has yet to be seen. Inadequate facilities at the faculty may also, in turn, bring about faculty absenteeism and dwindled school overall performance. Diverse absorbents had been used in the course of the menstruation. The reusable absorbents are made of material. They need to be washed and dried in daylight previous to the next use. The nonreusable sanitary pads are made from cellulose and plastic. They're consumer pleasant. However, they're highly-priced and they're nonbiodegradable. Bamboo fiber pad, banana fiber pad, and water hyacinth pad are the biodegradable ecofriendly sanitary napkins. They may be not effortlessly available. Reusable and nonreusable tampons are also available. Menstrual cups are also used. Those have to be inserted in the vagina. As a result, they are now not appropriate for all kids. Nonreusable pads must be disposed in the dustbins. However cultural ideals and shortage of disposal facility have made positive groups burry or burn the pads [3]. Reusable cloths are to be washed with cleaning soap and dried inside the sunlight to prevent increase of bacteria. Because of cultural ideals, the cloths are not properly washed with cleaning soap, and plenty of a time, they're saved to dry

away from the daylight and faraway from the sight of different family members. Such unhygienic practices cause vaginitis, pelvic infections, and urinary tract infections [4, 5]. Minor illnesses all through the menstrual period are not unusual. Belly ache, loss of attention, and breast pricking are commonplace court cases [6]. Those signs and symptoms may require help from the lecturers at faculty. Approachability and sensitivity of the instructor are also very crucial for the women.

## REVIEW OF LITURATURE

Sr. No	Year	Author	Title	Findings
1	2021	Esther UmahiNnennayaet	Menstrual hygiene management among adolescent school girls in taraba state, Nigeria	Knowledge of menstruation and hygiene practices during menstruation among the participants in the study was encouraging
2	2020	Pintupaul, Pay Saha, BikashBarman, NanigopalKapasia and PradipChouhan	Prevalence and correlates of menstrual hygiene practices among young currently married women aged 15-24 years	Prevalence of menstrual hygiene practices is lower in low income state of central and easterenindia, women residing rural areas belonging in scheduled tribes and unemployed women less likely use hygienic meethods.
3	2015	EnuAnand, Jayakant Singh and SayeedUnisa	Menstrual hygiene practices and its association with reproductive tract infections and abnormal vaginal discharge among women in India	A meager 15% of women used sanitary pad/locally prepared napkins during menstruation in india, both RTI and vaginal discharge were positively related with non-use of hygiene method

## RESEARCH METHODOLOGY

### Objectives of the study:

To know the awareness level of menstruation before menarche.

To know the attitude among female about menstrual hygiene

To know how they do hygiene in menstruation

To know beliefs about Menstrual hygiene

### Research design:

This study is exploratory and descriptive research design, exploratory because it create scope for future research on this same topic, and descriptive because suvey was conducted to gather the information regarding attitude, awareness and beliefs about menstrual hygiene among the females. Threw this we got to know different aspects of the females and society.

### Universe:

Here is the universe considered of this study is the attitude, awareness and belief about menstruation hygiene among 50 females of the vaododara (Fatehgunj)

### Sample:

There will total 50 females from the vadodarafatehgaunj area.

### Sampling:

Convenience sampling method and non probability sampling method

### Tools of data collection:

Primary: Google form

Secondary: literatures, reports, journals, books and ROL

## Findings

### In this research the researcher has founded

1. Most of the respondents age group is from 21- 30
2. Most of the girls are free to buy sanitary pads
3. Educational qualification of most of respondents is post graduation
4. More number of respondents are unmarried
5. Regularity of periods is common in most of respondents
6. More number of respondents are Aware about periods before menstrual cycle started
7. Most of the respondents periods started at the age of 13-15
8. Most of the respondents are using pads rather than cloths.
9. Very less number of respondents are using menstrual cup and tampons
10. Some respondents are using cloth and they also sterilized it with sunlight and the respondents who are using pad they are dispose it in municipal dustbin.
11. Most of the respondents are using single pad for less than 5 hours
12. More number of respondents are aware about tampons and the awareness level about menstrual cup is 50-50 among the respondents
13. More number of respondents are felling mood swings and period cramps during periods
14. Very less number of respondents are taking medicine and injection during periods pain
15. Most of the families of respondents are not allowing them to go temple during periods.
16. Less number of families believe that periods is impure
17. Very less number of respondents believes that periods are evil spirit.

## Conclusion

. Most of the females were aware about menstrual cycle before menarche. Most of the females are using sanitary pads rather than cloths, Females are also aware about how long they can use single pad during menstruation. More number of girls are feeling periods cramps and mood swing during menstruation. most of the family members of the females are not allowing females to go temple during menstruation, also shows that more number of girls are not believing that periods is impure. But families are following the belief that's why females are not entering in the temple.

## Suggestion

In this time also families are believing that menstruation is impure and they not allowing female to go temple but that is not reality people have to know the true reason behind it. And the reason is scientific way

Sanitary pads, menstrual cup, tampons are expensive everyone is not capable to purchase the sanitary pads so they are using cloths is not good for females health but governments are providing free sanitary pad but females are not aware about it.

Some girls are not aware about menstruation before their cycle started and that's why they face lots of problem while their first menstruation

## Reference

- [1] [https://www.researchgate.net/publication/314255351\\_Assessment\\_of\\_knowledge\\_regarding\\_menstruation\\_and\\_practices\\_related\\_to\\_maintenance\\_of\\_menstrual\\_hygiene\\_among\\_the\\_women\\_of\\_reproductive\\_age\\_group\\_in\\_a\\_slum\\_of\\_Kolkata\\_West\\_Bengal\\_India](https://www.researchgate.net/publication/314255351_Assessment_of_knowledge_regarding_menstruation_and_practices_related_to_maintenance_of_menstrual_hygiene_among_the_women_of_reproductive_age_group_in_a_slum_of_Kolkata_West_Bengal_India)
- [2] [https://www.researchgate.net/publication/317867403\\_A\\_study\\_of\\_menstrual\\_hygiene\\_and\\_related\\_personal\\_hygiene\\_practices\\_among\\_adolescent\\_girls\\_in\\_rural\\_Puducherry](https://www.researchgate.net/publication/317867403_A_study_of_menstrual_hygiene_and_related_personal_hygiene_practices_among_adolescent_girls_in_rural_Puducherry)
- [3] [https://www.researchgate.net/publication/322201603\\_Knowledge\\_Attitude\\_and\\_Practice\\_on\\_Menstrual\\_Hygiene\\_Management\\_among\\_School\\_Adolescents](https://www.researchgate.net/publication/322201603_Knowledge_Attitude_and_Practice_on_Menstrual_Hygiene_Management_among_School_Adolescents)
- [4] [https://www.researchgate.net/publication/269922788\\_Knowledge\\_and\\_menstrual\\_hygiene\\_practices\\_among\\_adolescents\\_in\\_senior\\_secondary\\_schools\\_in\\_Ile\\_Ife\\_south-western\\_Nigeri](https://www.researchgate.net/publication/269922788_Knowledge_and_menstrual_hygiene_practices_among_adolescents_in_senior_secondary_schools_in_Ile_Ife_south-western_Nigeri)