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Knowledge and Practices Related to Menstruation Hygiene: A Case Study of Pandua C.D Block, West Bengal

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Introduction:

Menstruation and menstrual activities are still dominated by social, cultural, and religious standards, which is a significant barrier to maintaining proper menstrual hygiene (1). Women around the world have developed coping techniques for menstruation that differ by country and are influenced by factors such as economic status, personal interests, regional customs, cultural values, and level of education. Menstrual management procedures are usually unsanitary and inconvenient, particularly in developing countries. Although menstruation is a natural biological function, it is wrapped in taboos, myths, and prejudices that make it difficult for women to track their monthly periods safely, discreetly, and hygienically (2). Absence from work and home, as well as gender-based violence, are affected by health issues, particularly those connected to reproductive health, respiratory tract infections, stress, and anxiety. WASH United has designated May 28 as "Menstrual Hygiene Day" to promote awareness about menstrual health. However, this is still a societal taboo that is respected in many parts of India (3). Women face a variety of obstacles and issues at home, at school, and work. The situation was compounded when the availability of menstrual products made it impossible for women from diverse socioeconomic strata, as well as those living in distant areas, to get sanitary items (4).

Key Words: Menstruation; Hygiene; WASH; Female

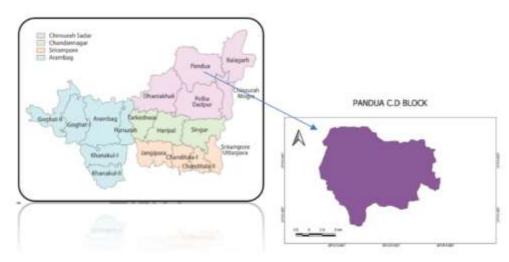
Objectives of the study:

Knowing the facts about menstrual product access can assist in showing the reasons for the problems and difficult circumstances that women may face while selecting and utilizing menstrual products at the grassroots level.

Significance of the study:

Instead of pushing for a single choice for women to manage their menstruation responsibly, UNICEF wants to ensure that they have access to a range of fair and acceptable solutions. Girls and women in the majority of countries lack access to high-quality, sanitary absorbent materials for menstruation management. There is no menstruation product or chemical that is appropriate for every girl or woman in every situation. Because girls and women have distinct needs and interests, they require options in both public and private settings. Menstrual cultural and religious rituals are typically based on patriarchal, discriminatory conceptions about a girl's role and place in society. As a result, women are routinely instructed to refrain from completing ordinary duties like cooking or bathing, and they may even be asked to leave the house when on their period (5). Girls' self-esteem suffers as a result of these restrictions and bad views towards menstruation. Society must advance its efforts to promote menstrual hygiene and the proper disposal of menstrual waste by raising awareness.

Study Area: For this study Batika Boinchi GP of Pandua C.D block located at Hooghly district was selected.



Source : www.wikipedia.com (Hooghly Map)

Methods and sample size:

A descriptive cross-sectional survey was conducted in Hooghly to investigate menstruation product use and disposal of a C.D. block. Pandua was chosen for the study (n = 90) based on the 2011 Census because it has the greatest concentrations of scheduled tribal persons in Hooghly. On the other hand, the disposal of the material and its usage for menstrual hygiene were given top priority. The assignment is designed for menstruation women between the ages of 13 and 45, reflecting a range of employment situations. A stratified random sampling strategy was utilized to achieve this goal. SPSS version 20 was used for the statistical analysis and for the mappings QGIS version 3.26 was used.

Results:

Periods should not interfere with daily work. There are a variety of options for staying dry and comfortable during the menstrual cycle. When assessing your options, consider the activity you'll be doing, the product's cost, usefulness, and environmental impact before deciding on a menstruation kit. A multitude of factors influence the choice of menstrual sanitary goods, including personal preference, cultural tolerance, economic condition, and availability in the local market. In addition, correct disposal of normal menstruation products is required, as is the use of the disposal site.

Descriptive Statistics

	Mean	Std. Deviation	Ν
working/non-working	.267	.4447	90
no changing menstruation products during working hours/or at home	1.0000	.00000	90

Correlations

		working/non- working	no changing menstruation products during working hours/or at home
	Pearson Correlation	-0.991	a •
working/non-working	Sig. (1-tailed)		
	Ν	90	90
no changing menstruation	Pearson Correlation	a •	a
products during working	Sig. (1-tailed)		
hours/or at home	Ν	90	90

Determinants the significant differences between Working/Non-working classes and between the Non-tribal & and and no of changing menstruation product in working hours/at home. The value is -0.991(Sig. (2-tailed)) is < 0.05, which indicates that there is a significant difference between Working/Non-working classes and no of changing menstruation product in working hours/at home, it can be understood that due to the change in working and non-working classes, the no of changing menstruation product also differs.

Discussion:

Menstrual hygiene is a taboo topic that many women avoid discussing. Adolescent girls hold a variety of cultural and religious views. According to various studies, education, family environment, culture, and belief are all factors that influence menstrual behavior. Religion has been found to have a substantial influence on menstruation behaviors. The current study observed similar outcomes regarding a variety of menstrual limitations, which is consistent with previous research. The sample participants' personal cleaning standards are poor.



P.C - Lopamudra Ganguly

Date - 24.09.2023

Time - 11.50 AM

Conclusion:

Menstruation is an important sign of the commencement of female reproductive life. Many communities mark the beginning of menstruation (menarche). However, this study emphasizes that data on menstrual hygiene habits among Indian tribal females is limited, and even the available data suggests that harmful practices are widespread in many areas. To develop future tribal health programs, community data on menstrual beliefs from indigenous females must be acquired proactively. Local awareness programs should emphasise disposal and genital cleaning practices. Furthermore, to debunk conventional habits, wrong notions, and myths, a distinct socio-cultural strategy is necessary.

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