



A Study on Challenges Faced by Adolescent Girl Regarding Menstrual Hygiene in Rural Areas, Baroda District

(A Study on 60 Adolescent Girl of Hanumanpura and Shankarpura Village of Baroda District)

Ms. Pranshu D Goswami¹, Dr. Dipak Makwana²

¹Master of Social Work, Parul Institute of Social Work, Parul University, Vadodara, Gujarat, India. Email ID: goswamipranshu2001@gmail.com

²Faculty of Social Work, Parul Institute of Social Work, Parul University, Vadodara, Gujarat, India

Email ID: dipakbhai.makwana2192@paruluniversity.ac.in

ABSTRACT:

This study has been made a part of the academic curriculum in Masters of Social Work. It covers the understanding about the different psychosocial factors affecting behavior of adolescent girls towards menstrual hygiene. These are girls who have experienced menstruation and go through the different challenges attached with it be it physical, social, emotional or psychological. Menstruation is a natural part of the reproductive cycle, in which blood is lost through the vagina. However, in most parts of the world, it remains taboo and is rarely talked about. As a result, the practical challenges of menstrual hygiene are made even more difficult by various socio- cultural factors.

Using a mixed approach of quantitative and qualitative analysis, the study is an attempt to find out the reasons for the existence of various problems faced by the girls in rural areas.

Prior consent of all the respondents was taken and they were made fully aware of the purpose of the study.

Keywords: Menstrual hygiene, Rural areas, Hygiene practices, Health awareness, Water and sanitation infrastructure.

Introduction:

The monthly cycle may be a common organic handle experienced by millions of young ladies and ladies worldwide. In any case, in numerous country ranges, especially in creating nations, the feminine cycle presents many challenges, particularly for young ladies. These challenges run from social taboos and restricted access to clean items to lacking sanitation offices and a need for comprehensive menstrual cleanliness instruction. The repercussions of these challenges expand past the physical inconvenience, regularly obstructing girls' instruction, social support, and by and large well-being. Understanding the particular impediments confronted by youthful young ladies concerning menstrual cleanliness in provincial regions is vital for creating viable intercessions to address these issues and advance sexual orientation value and well-being values.

In provincial communities, social convictions and social standards encompassing the feminine cycle frequently contribute to the stigmatization and disgrace related to this normal substantial work. In numerous societies, the feminine cycle is still considered unthinkable, driving sentiments of humiliation and mystery among young ladies. This shame can prevent young ladies from looking for data approximately menstrual cleanliness hones or getting to suitable clean items, compounding the challenges they confront.

Additionally, the need for access to affordable and clean sterile items could be a noteworthy obstruction to menstrual cleanliness administration for youthful young ladies in rustic regions. Numerous girls resort to utilizing unhygienic materials such as ancient clothes, daily papers, or indeed clears out, putting them at hazard of disease and inconvenience. Furthermore, the nonappearance of private and secure sanitation offices in schools and communities makes it troublesome for young ladies to oversee their feminine cycle cautiously and with respect.

Besides, the deficient information about the feminine cycle and menstrual cleanliness compounds the challenges confronted by pre-adult young ladies in rustic ranges. Due to social taboos and a need for comprehensive instruction, numerous young ladies are unaware of appropriate menstrual cleanliness hones, driving to misinterpretations and unhygienic behaviours. This need for mindfulness too ruins girls' capacity to advocate for their menstrual wellbeing needs and rights.

In light of these challenges, there's a squeezing requirement for inquiring about to investigate the particular components that contribute to the troubles confronted by youthful young ladies concerning menstrual cleanliness in country regions. By recognizing these challenges and their basic causes,

mediations can be custom-made to address the interesting needs of this helpless populace. Eventually, enabling pre-adult young ladies with the information, assets, and support they have to oversee the feminine cycle cleanly and unquestionably is fundamental for advancing their general well-being, well-being, and nobility.

SIGNIFICANCE OF THE STUDY:

Menstrual hygiene management (MHM) is an integral part of the Swachha Bharat Mission (SBM-G) guidelines in India.

There are a number of social and hygienic taboos surrounding menstruation in many countries, causing girls to feel shame, stigma, loss of confidence and embarrassment when it comes to management issues.

Girls studying in public elementary schools often miss school during their periods due to lack of access to the resources, facilities, or information needed to ensure good hygiene.

There is a need to address the issue of menstrual hygiene management and its relationship with girls' education, health and psychosocial well-being.

The study will also provide girls with adequate information and encourage teachers to attend sessions and address MHM issues in their schools.

REVIEW OF LITERATURE:

Menarche and menstruation: a review of the literature. Swenson et al. *J Community Health Nurs.* 1987. Social and cultural factors impact on adjustment to menses and have an effect on the early menarche experience.

Cultural practices relating to menarche and menstruation among adolescent girls in Taiwan - qualitative investigation. H - L Liu et al. *J Pediatr Adolesc Gynecol.* 2012 Feb.

Mapping the knowledge and understanding of menarche, menstrual hygiene, and menstrual health among adolescent girls in low and middle income countries. Venkatraman Chandra-Mouli et al. *Reprod Health.* 2017.

Menstrual Hygiene, Management, and Waste Disposal: Practices and Challenges Faced by Girls/Women of Developing Countries. Rajanbir Kaur et al. *J Environ Public Health.* 2018.

Menstrual Hygiene Management—Knowledge, Attitudes, and Practices Among Female College Students in Bhutan. Tashi Tshomo, Mongal Singh Gurung, Safieh Shah, Julita Gil-Cuesta, Peter Maes, Rinchen Wangdi and Jamba Tobden.

RESEARCH METHODOLOGY:

OBJECTIVES:

1. To study perception of adolescent girl on menstrual hygiene in rural area.
2. To study problems faced by adolescent girl in terms of menstrual hygiene of rural area.
3. To study about policies and programs undertaken by the government on menstrual hygiene of rural area.
4. To study the social, cultural, educational, psychological, environment factor influencing the attitude and behaviour of girls towards menstruation and hygiene.
5. To study the suggestions of adolescent girl in rural areas on improvement of menstrual hygiene..

RESEARCH DESIGN

The investigate plan would be exploratory and clear in nature utilizing quantitative approach to information collection and examination. They consider tries to clarify the mindfulness, recognition and information approximately feminine cycle wellbeing and cleanliness of pre-adult young ladies in Baroda area.

UNIVERSE

The universe of the study would be the Hanumanpura and Shankarpura village, of Baroda district and want to conduct the research with the adolescent girl of Hanumanpura and Shankarpura village.

SAMPLE

The sample of the study was 60 respondents of selected village of Vadodara. The sampling method adopted was simple random sampling.

TOOL OF DATA COLLECTION

Interview schedule is a most common instrument of data collection in which researcher ask questions and fill up the questions. Interview schedule methods have been taken for data collection in this study.

The present study is based on the primary data collected from adolescent girls in rural areas of Baroda district of Gujarat. Secondary data consists of different literatures like books, published, articles and websites.

FINDINGS:

1. **Personal information:** Larger part of the juvenile young ladies was of age from 16 to 18. It was taken after by young ladies of age 19 to 21,13 to 15. In conclusion, there were few young ladies who are between age of 9 to12. Majority of the respondents are from Shankarpura village (53%) and rest are from Hanumanpura village (47%).
2. **Social or cultural factors** Majority of the respondents got to know about this phenomenon through their mothers (51%). Similarly, they also get to know it from their school (30%), other got this information from sister (16%) or friends (15%). Teacher, school members and other sources contributed little to this knowledge.
3. **Educational factors:** From the 60 respondents most of the adolescent girls are in 33% secondary and higher secondary, 15% are in college and 19% are in primary.
4. **Psychological factors:** Majority of the girls feel comfortable at all in public spaces or home during menstruation. Few of them said that being in and around people have problem and they felt uncomfortable everywhere.

CONCLUSION:

Summarizing the entire research one can say that there is still a lack of awareness among adolescent girls relating to menstrual hygiene and the menstruation process. Because of the social stigma attached to this process, still, there is presence of situations wherein girls are not able to freely discuss matters related to the phenomena of menstruation.

Social and Cultural factors affect the behaviour of the girls and their family members. Lack of awareness about menstrual hygiene and management also leads to different health-related problems such as severe stomach aches, headaches, and body pain.

The use of the right kind of materials is also a very important factor that contributes towards good health. Educational factors also majorly contribute to the health and well-being of the girls. Knowledge of menstrual hygiene is also an important part of the overall awareness and their behaviour toward it.

Lastly, a psychological factor also affects the girl's behavior toward hygiene and well-being.

REFERENCES:

- <https://pubmed.ncbi.nlm.nih.gov/3320280/#:~:text=This%20may%20reflect%20a%20need,on%20the%20early%20menarcheal%20experience.>
- <https://pubmed.ncbi.nlm.nih.gov/22051785/>
- <https://reproductive-health-journal.biomedcentral.com/articles/10.1186/s12978-017-0293-6>
- <https://pubmed.ncbi.nlm.nih.gov/29675047/>
- <https://www.frontiersin.org/articles/10.3389/frph.2021.703978/full>