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Capacity building of rural adolescent girls in the area of menstruation hygiene

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Abstract

Adolescence in the stage of growing up and growing from childhood at the same time, the child develops physical, social, mental, emotional, cognitive, and imaginary power and is the basis of adult life. It is very important to have menstruation in girl in adolescence because at this time their body develops and there are many changes in the body. It is very important to have these changes it show that the development of their body of going well. First objective of this research was to studying knowledge and practice related to menstrual hygiene in teenage girls. Second was to adolescent girls assess problems during menstruation. Methodology adopted for the current research work was done on 100 school girl (10-19 years) in the gram panchayat hathnoda of govindgarh panchayat samiti, who was elected in a proclaimed manner of Jaipur district of Rajasthan. Based on the results of the current study, 61% of the teenage girl used to get menstruation and 35% of the teenage girl used sanitary napkins during menstruation and 45% teenagers used clothes during menstruation. In the conclusion of the study, it was found that the teenage girls were not aware of menstruation and menstrual hygiene. During menstruation, she could not discuss this subject easily with anyone, she felt ashamed and considered the bleeding during menstruation dirty.

Keywords: Adolescence, menstruation, hygiene, teenage girl and sanitary napkins

Introduction

For the first time in adolescence, menstruation starts at the age of 9-16 years and ends at the age of 45-50 years (Zegeye *et al.*, 2009) ^[9]. It is a natural process that is associated with different concept when menstruation comes for the first time in teenage girls, most girls are afraid of menstruation because there is a lack of correct information and education in girls (Mason *et al.*, 2013) ^[5]. Along with menstruation, adolescent girls have less information about menstrual hygiene, which can be dangerous for breeding health (Kirk and Sommer, 2006) ^[4]. Traditionally clothes, ash, dry soil, dry grass and other things are used and there is no information about the dangers (Niethammer, 2010) ^[6]. Due to the shame and hesitation of menstruation and menstruation cleanliness, adolescent girls are absent in the school and many teenage girls leave the school (Tegegne and Sisay, 2014) ^[8]. In rural areas sanitary napkins are not easily available and girls feel ashamed to buy, due to which they do not discuss openly in the society (Garg *et al.*, 2012) ^[2].

Teenage girls should be given health education about menstruation and menstruation cleanliness, so that menstruation can increase hygiene and increase their confidence. Toilets should be presented at both home and school places. Teen girls should be aware of the use and availability of sanitary napkins and destroying them in a safe manner so that they can use sanitary napkins properly.

Methodology

This research work was based on investigative and listing research arranges. Pre-testing and post training test (pre and post practical outline) was used for this pilgrim work. After the study of literature received and the advice of subject experts, various components of menstruation hygiene were selected and information material was developed for training modules. The current study was conducted in the Hathnoda Gram Panchayat of Govindgarh Panchayat Samiti in Jaipur district. Jaipur district has 15 Panchayat samiti and 42 Gram Panchayat. Two villages come in Hathnoda Gram Panchayat- Hathnoda and Bhopavas. This study was selected from the expressive society. There were a total of three secondary schools in Hathnoda and Bhopavas. 100 rural girls (10-19 years) were taken as samples. For the sample, 30 girls of class 8 and 9 of senior secondary school in Bhopavas village were taken and 26 students of class 6,7,8 and 9 of secondary school in Hathnoda village were taken and 44 students of class 6,7,8 and 9 of Praveshika school were taken.

Results and Discussion

According to the table number 1, most teenager girls (51%) were 12-13 years old and 30% of the teenager girls were 14-15 years old. Most teenage girls (42%) were 9 class and 32% teenage girls were 8 class. 49% of the teenager girls were of scheduled castes and 45% teenagers were from

other backward classes.

Table 1: Percentage details of general information of teenager girl N=100

S. No.	Variable	Frequency/%
1.	Age	
	10-11 Years	15
	12-13 Years	51
	14-15 Years	30
	16-17 Years	4
2.	Class	
	6 th	12
	7 th	14
	8 th	32
	9 th	42
3.	Caste	
	General	5
	Scheduled caste	49
	Scheduled tribe	1
	Other backward classes	45
4.	Family type	
	Nuclear family	34
	Joint family	66
5.	Numbers of members in family	
	4-6	32
	6-8	19
	6-10	14
	10-12	35
6.	Source of water in the house	
	Tap	32
	Hand pump	19
	Well	14
	Other	35
7.	Presence of toilets in the house	64
8.	Presence of toilets in the school	100
9.	Use toilets in the school	57

Most teenagers girls 66% were from joint family and 34% teenagers were from nuclear family. The number of family members of the most teenage girls 35% was 10-12 and the number of family members of 32% teenagers' was 4-6. 32% of teenage girls house were the sources of water tap and 35% of the water sources in the girls houses (water tanker, use rain water, bring from the pond, bring from other persons home etc.). 64% of teenage girls had toilets in homes but only 57% teenagers used toilets. It is not considered good to use water shortage, toilet in the house, it is nice to go out etc. All the legislations had toilets facilities, but only 57% of the teenagers' girls used toilets. 43% of teenage girls (due to lack of water, male/female toilets are not separate) did not use toilets (Birdthistle *et al.*, 2011) [1].

Table 2: Percentage details of age of menstruation in teenage girls N =100

S. No.	Variable	Frequency/%
1	Menstruation in girls	61
2	Menstruation starts	
	10-11 Years	10
	12-13 Years	37
	14-15 Years	14

Table number 2 shows that only 61% of the teenage girls started coming to menstruation. Menstruation started in 37% of teenage girls in 12-13 years and only 14% of the teenage

girls were such that menstruation started at the age of 14-15 years (Sharma *et al.*, 2008) [7].

Table 3: Percentage of the source of menstruation in girls N = 100

S. No.	Variable	Frequency/%
1	Source of Menstruation Information	
	Mother	78
	Relative	1
	Friend	9
	Anganwadi center	2
	Doctor	2
	T.V./News paper	1
	Other	4
	Nobody	3
2	Materials used during menstruation	
	Cloths	37
	Sanitary napkin	35
	Cotton	7
	Whoever is available at that time	21
3	Methods of expulsion of sanitary napkins	
	Throws in the open	15
	Throws in the ground	45
	Puts in garbage vessel	12
	Wash the fabric for reuse	12
	Wash and throw again	16
4	The tendency to change sanitary napkins during the day	
	Once	43
	Twice	48
	Three time	6
	Four time	2
	Five time or more	1
5	During menstrual problems	
	Body pain cramps	30
	Pain and heaviness in the breasts	3
	Fatigue and headaches	14
	Reduction in concentration and irritability	1
	Nervousness and anxiety	8
	All of the above mentioned	44

Based on the reward of the table number 3, it can be seen that 78% of the teenage girls got information about menstruation from their mother and the lowest information (1%) was received from relatives and T.V./ news paper, only 2% of the teenage girls received information from the anganwadi center and the doctor. Most teen girl (37%) used clothes during menstruation and 35% teenagers used sanitary napkins. 65% of teenagers girls did not use sanitary napkins (due to the cost of sanitary napkins, feeling ashamed to buy, domestic pad, cloth being more cheap and due to lack of availability in the village). 45% of the teenagers girls used to bury in the ground after using sanitary napkins clothes and 16% of the teenage girls washed and thrown again. 48% of teenager girl used to change sanitary napkins twice a day and only 1% of the teenagers girls changed sanitary napkins five times or more a day. Based on the results of the study, it was also found that 98% of the teenage girls used to wash hands before and after changing sanitary napkins/cloths. 44% of teenager's girls had body pain and cramps, pain and heaviness, fatigue and headache, concentration, nervousness and anxiety problems during menstruation, and anxiety problems and 30% of the teenager's girls had problems with body pain and cramps.

Table 4: Percentage details related to the health of teenage girls
N=100

S. No.	Variable	Frequency/%
1	Eating iron tablets	67
2	Source of getting iron pills	
	School	49
	Anganwadi center	21
	Health center	3
	Doctor	15
3	A source of consultation in case of pain during menstruation	
	Doctor	35
	Anganwadi center	11
	Health center	9
	Nothing	45

Table number 4 show that 67% of teenage girls used to eat iron tablets, 49% of teenage girls received iron pills from school. 45% of the teenagers' girls did not consult anyone in case of during menstruation and 35% teenagers used to consult a doctor (Hillard, 2002)^[3].

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