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## **A study on awareness regarding menstruation and safe hygienic practices among college going girls in rural area of Farrukhabad District**

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### **Abstract**

The present study was undertaken to assess the awareness regarding menstruation and safe hygienic practices among college going girls in rural area of Farrukhabad District. The main objective of this study was awareness regarding menstruation and safe hygienic practices among college going girls. This study was conducted in rural area Mohammadabad of this District. Girls of Girija Devi Degree College Sakwai Farrukhabad were selected. Questionnaire prepared for this study. Data analyzed statistically by simple proportions. Study shows that 40 % numbers of girls being between 21 years of age group. Among 60 respondents 58 (96%) belong to Hindus community. 58.3 % respondents got their menarche in the age of 13 years, among 60 respondents, mother was the first informant about menstruation 54 (90%). Data shows that 66.6 % respondent believed that menstruation is a natural process. During menstruation 50 percent girls used cloth and 28 (46.6%) girls used sanitary pads, 50 (83.3%) respondents not aware about importance of menstruation. only 10 percent girls did not perform any restrictions. Regarding food practiced during menstruation it was found that 50 (83.3%) girls having loss of appetite.

**Keywords:** Menstruation, awareness regarding menstruation, restrictions during menstruation, menstrual hygiene

### **Introduction**

Menstruation is when blood and tissue from uterus comes out of the vagina. It usually happens every month. This cycle helps our body prepare for pregnancy every month. Menstrual cycle is controlled by hormones estrogens and progesterone. Menstruation is also known as menses, menstrual period, or period.

Periods usually last around 3-7 days. During this time, a person who is menstruating bleeds from the vagina. They may also experience symptoms such as cramping, headache, tiredness, mood change, pain in the lower abdomen and diarrhoea. Each month, one of the ovaries releases an egg it is called ovulation. If ovulation take place and the egg are not fertilized, the lining of the uterus sheds through the vagina. This menstrual cycle is part of women's reproductive system and prepares the body for a possible pregnancy.

Illiteracy, Poverty and lack of awareness are the major reasons behind menstruation still considered a taboo in the Indian society. Due to the lack of hygienic methods, it is possible that girls are likely to miss out on school during their menstrual days. Suneela Garg highlighted in his study that culturally in many parts of India, menstruation is still considered to be dirty and impure. Many girls and women are subject to restrictions in their daily lives simply because they are menstruation. Not entering the puja room is the major restriction among urban girls whereas not entering in kitchen is the main restriction among the rural girls during menstruation. It is further believed that menstruating girl's are in hygienic and unclean. These taboos about menstruation impact on girl's and women's emotional states, physical activities and also their health. Taboos on menstruation exclude women from many aspects of social and cultural life. Some of these are helpful and other are harmful for women life.

### **Objective**

Main objective of this study is awareness regarding menstruation and safe hygienic practices among college going girls.

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**Review of Literature**

Abhay Bhausaheb *et al.*, 2010 <sup>[1]</sup> Conducted a cress sectional study was carried out amongst 300 school going adolescent’s girls 10-19 years in the rural area of Wardha District, Maharashtra, India. Majority of the girls received the information regarding menstruation from their mothers 41% followed by media and friends. 60% used cloth. 37% girls do not disclose about their menstruation. Cleanliness of external genitalia was unsatisfactory.

A.Dasgupta *et al.* 2008 <sup>[2]</sup> conducted a descriptive cross-sectional study among 160 adolescent girls of a secondary school situated in the field practice area of Rural Health Unit and Training Center, Singur, West Bengal. Out of 160 respondents, 67.5 % girls were aware about menstruation prior to attainment of menarche. Mother was the first informant regarding menstruation. 86 % girls believed it as a physiological process. Only 11 percent girls used sanitary pad during menstruation.

Anant Kumar *et al.*, 2011 conducted a study on attempts to find out the existing social and cultural practices regarding menstruation, awareness level and the behavioural changed that come about in adolescent girls during menstruation, finding shows that cultural and social restrictions associated with menstruation, myth and misconception, the adaptability of the adolescent girls toward it, their reaction, reaction of the family, realization of the importance of menstruation, and the changes that have come in their life after menarche and their resistance to such changes. The study concludes that cultural and social practices regarding menstruation depend on girls education attitude, family environment, culture, and belief.

Rakhi Jain *et al.*, 2017 <sup>[4]</sup> assess the knowledge of school going adolescent girls regarding menstrual hygiene. Result shows that 282 girls took part in the study. Age of girls was 14 years. Knowledge regarding menstrual hygiene was found to be only satisfactory leaving a scope of improvement. Mother was the main source of information regarding menstruation.

S Garg *et al.*, <sup>[5]</sup> studied on menstruation related myths in India. Study shows that taboos and myths about menstruation present in many societies impact on girls and women emotional status and their lifestyle.

**Materials and Methods**

**Study area:** The Present study was conducted among the college going girls in rural area block of Mohammadabad of Farrukhabad District Uttar Pradesh.

**Selection of Respondents:** 60 girls from Girija Deve Degree College Sakwai Farrukhabad were selected.

**Methodology**

Girls of Girija Devi Degree College Sakwai Farrukhabad were selected first of all explained them the purpose of the study and verbal consent was obtained from them. Briefing was done to the respondents regarding the questionnaire provided to them. This questionnaire included topics related to study objective (Awareness regarding Menstruation and safe Hygienic Practices. At the end to the study, after collection of the felled questionnaire from the respondents, data analyzed statistically by simple proportions.

**Result and Discussion**

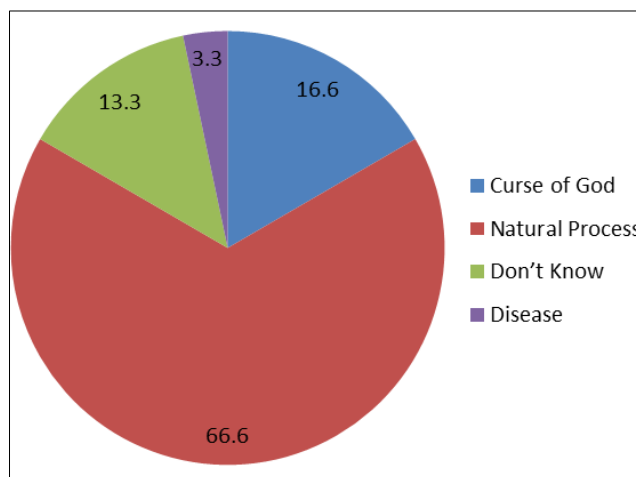
Study shows that the age of respondents were from 19-24 years, maximum 40 % numbers of girls being between 21 years of age group. Among 60 respondents 58 (96%) were Hindus whereas only Two (3.3%) girls were Muslims. Out of 60 respondents 36 (60%) belongs to OBC category and 30, 10 % General and SC respectively. Most of the respondent’s fathers were farmers (91.6%), followed by other occupation (8.3%). Mothers of most of the respondents were found housewives (95%).

**Age of Menarche**

**Table 1:** Age of menarche (n=60)

Particulars	No.	Percentage
10	3	5
11	5	8.3
12	15	25
13	35	58.3
14	2	3.3
15	-	-

Table 1 shows age of menarche 58.3 % respondents got their menarche in the age of 13 years, followed by 25% in 12 years, 8.3% in 11 years. Another study S. Nagar *et al.* <sup>[6]</sup> shows in their study that the mean age at menarche was found to be 12.67 years. About 40 (66.6 %) girls were not ready about menstruation prior to attainment of menarche. Among 60 respondents, mother was the first informant about menstruation 54 (90%). Other sources of information were friends and relatives 4 (6.6%) and 02 (3.3%) respectively. A. Bhausaheb Mudey *et al.* highlighted in their study that majority of the girls received the information regarding menstruation from their mothers.



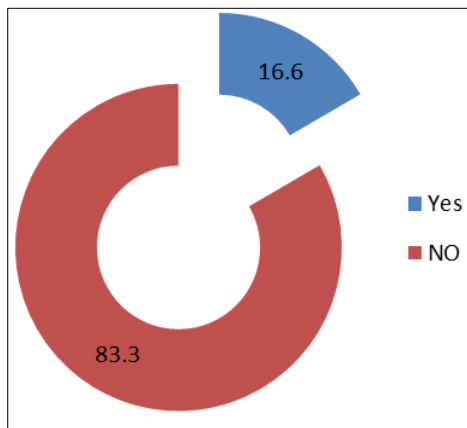
**Fig 1:** Perception about Menstruation n=60

Fig. 1 highlights the beliefs and conception about menstruation, data shows that 66.6 % respondent believed that menstruation is a natural process whereas 16.6 Percent girls believed that menstruation is curse of god, 3.3 % of girls believed that menstruation is a disease. Another study shows “5% of the respondents perceived it as disease and curse or sin” by M. Hamal *et al.* <sup>[3]</sup> Majority of respondent 52 (86.6%) told that Menstruation is related to pregnancy.

**Table 2:** Practice of menstrual hygiene n=60

Use of Materials during menstruation		
Particulars	No.	Percentage
Sanitary pads	28	46.6
Cloths	30	50
Others	2	3.3
Daily Cleaning (Bath)		
yes	54	90
No	06	10

Table 2 highlights the practice during menstruation 50 percent girls used cloth and 28 (46.6%) girls used sanitary pads, where as only 3.3 percent girls use other materials. Regarding methods of disposal of used material it was found that out of 50, 18 (36%) girls reused cloth pieces and 45 (75%) girls properly disposed the cloth or sanitary pads. They pack their materials in a paper and disposed in a suitable place.



**Fig 2:** Importance of menstruation

Figure 2. shows that 50 (83.3%) respondents not aware about importance of menstruation whereas only 16.6 % girls knew importance of menstruation. Regarding awareness of symptoms prior to attainment to menarche it was found that 32 (53.3%) respondents were not aware about symptoms prior to attainment to menarche.

**Table 3:** Restrictions during menstruation (n=60)

Restrictions	No.	Percentage
Not participated in religious occasion like pooja	36	60
Household work	42	70
Going College	42	70

Regarding different types of restrictions during menstruation only 10 percent girls did not perform any restrictions. Table 3 highlights that 36 (60%) of respondent were not participated in religious occasions like pooja. Out of 60 respondents 42 (70 %) were doing household work and 42 (70%) were going to the college. 46 (76.6%) girls told that they take rest during their periods. Out of 60 girls only 10 (16.6%) take medicine to relief pain in lower part of abdomen during their periods.

Regarding food practiced during menstruation it was found that 50 (83.3%) girls having loss of appetite whereas 10 (16.6%) girls having no appetite at all. Out of 60 respondent 32 (53.3%) told that everyone should take hot food instead cold food.

**Conclusion**

In this study it can be said that among college going girls knowledge on menstruation seems satisfactory, majority of respondents believed that menstruation is a natural process but about importance of menstruation and awareness of symptom prior to attainment to menarche also not good, sanitary pads and cloth are managing their menstruation, regarding different restriction some of girls did not perform any restrictions. About food habit during menstruation it was found that most of the girls having loss of appetite.

**Acknowledgement**

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