



A STUDY ON MENSTRUAL HEALTH CARE OF GIRLS IN RAJENDRANAGAR SLUM, KOLHAPUR

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INTRODUCTION:

Gender gives you identity as a male or female. Identity gets at the birth of child. From this stage body starts to develop. Many changes happen in the body. Now medically it is proved that the age of puberty is also changing in girls. It ranges in between 8-15 age. Because of changing lifestyle these changes took place, this is dangerous sign. At this age girls are not physically and mentally matured to handle this. In India Menstruation is taboo, considered as a private affair. This stigma built up due to traditional beliefs in impurity of menstruating girl and their unwillingness to discuss it. I don't know the reason why girl is treated as "unclean "during menstruation. Even women shy to discuss this topic this leads to inconvenience for young girls.

Menarche is the mark of puberty for girls. Before attaining "menarche" they are unaware about it. Once girls started menstruating they have-to face many restrictions like not allow entering in the temple, restricted from offering prayers and touching holy book, not allowing in kitchen, she have sit in the comer of house, not allowing to water plant, she is not allowing to touch Holly Basil (Tulsi) not allowing for bath, touch food items etc. Every household have different rituals as per their religion. Outside the temple there is written that "girls in monthly period are not allowed". Recently we have seen example of Sabrimala Temple girls from 10 years age are not allow to enter in the temple due to 'Ashtamangala Devaprashnam' rituals. Don't you think this is violation of rights of girl child? At the age of 10 society people tell her you are not allow to

enter in the temple why because she is girl and she menstruates. Indian Constitution had given every individual his fundamentals rights and this is violation of child rights. It's needed to protect rights of children.

Menstruation is the way from childhood to motherhood. Scientifically menstrual cycle occurs due to missed chance of pregnancy that results into bleeding from vagina and followed by next cycle. Menstrual cycle begin at the tender age of ten years for many girls. Menstruation is considered as dirty and impure. In India many girls drop out of school because they started menstrual cycle. Also there are health and hygiene issues for girls because of wrong practices during periods. Girls are using old cloths which is often reuse some are using sanitary napkins but unaware about the proper use of it. Lack of awareness about menstruation is reason for that. Unhygienic practices leads to uterus cancer. According to resolution Maharashtra state, menstrual and sex education is compulsory for the children in the school, but in reality it is not happening. It is needed to educate girls about menstrual hygiene Management. So they can have hygienic practices during period.

Considering the scenario, this study was conducted in Rajendranagar Slum Kolhapur. Girls between age group of 10-15 were included in the study. The objectives of the study are to find health issues, sanitary material use, understand beliefs and misbelieves, treatment given by the family and girl's attitude toward menstruation.

MATERIALS AND METHODS:

This paper is based on primary data collected from 50 girls. Purposive sampling technique was used to select respondents. With the Interview Schedule researcher collected data. The methods of primary data collection includes interview, observations, group discussion. The data collected analyzed using software such as SPSS.

RESULTS:

Table No. 1

Information about Menstruation from Family

Got information of menstruation from family

Got information of menstruation from family	Response	Total
Yes	18	36
No	32	64
	Total	100

Above table depicts that out of 50(100.0%) respondents, 36% get information from family members before attaining menarche, while 64% respondent said that they did not get information of menstruation from family members before attaining menarche.

Table No. 2

Information about Menstruation from Family

Stomach ache in your period	Total
Yes	17 (34%)
No	14 (28%)
Sometimes	19(38.0%)
Total	50(100.0%)

Above table shows that out of 50(10.0%) respondents, 34.0% respondents said they have stomachached during menstruation and 28%) respondents said they don't have stomachached, 38%) respondents said sometimes have stomachached.

Table No. 3

Washing hairs during period

Washing hairs during period	Total
Yes	11(22.0%)
No	39(78.0%)
Total	50(100.0%)

Above table depicts that out of 50(100.0%) respondents, 22.0%) respondents said yes washing hairs during period is not good for health and 78.0%) respondents said No washing hairs during period is good for health.

Therefore majority of the respondents 35(70.0%) said no they do not wash hair as it is believe that it is not good for health.

Table No. 4
Restrictions over religious place

Allowed to religious place	Total
Yes	6(12.0%)
No	44(88.0%)
Total	50(100.0%)

Above table depicts that out of 50(100.0%) respondents, 12.0% respondents said Yes their allowed to enter in the religious place and 88.0% respondents said No not allowed to enter in the religious place.

FINDINGS:

- Majority of the respondents 72.0% did not get information of menstruation from their family members before attaining menarche,
- Majority of the respondents 72.0% have stomach during menstruation.
- Majority of the respondents 36(72.0%) said menstruation blood is impure Most of the respondents 35(70.0%) said no they do not wash hair as it is believe that it is not good for health.
- Majority of the 88.0%) respondents said that they are not allowed to enter in the religious places.
- Most of the respondents 48(96.0%) said they are allowed in the kitchen while menstruation because of no other alternative in the family.

OBSERVATIONS:

- During data collection, researcher observed the following things,
- This era is called as era of Information and technology. Though this generation is techno savvy, girls are not showing interest to talk about Menstruation openly.
- Girls practicing unhygienic practices during menstrual cycle. Transformation of misbeliefs transform from one generation to another.
- Parents are not showing interest to provide education about menstrual hygiene.
- Respondents are not aware about sanitary materials other than sanitary pads.

CONCLUSION:

Gradually my whole concept of time change until I thought of a month as having twenty five days of humanness and five others when I might just as well have been an animal in a steel trap.

- Florence King.

Menstruating girl it's not a crime that is her right. No one has right to violate them. Due to insufficient knowledge girls are not aware about menstrual cycle. They faced problems during menarche but those problems, complaints are neglected. Society had given so many restrictions for girls but now we need to crack them. For this girls and women have to take initiative without their support this will not possible. While it seems incredible that people believe these fanciful ideas of menstruation making girls unclean today, they continue to have a negative impact on girls. Some still believe a menstruating girl should not cook. In India today agencies like UNICEF and even new age figures like Anandmurti Gurumaa, are working to debunk the many myths and superstition that still persist about girls on their periods being unclean. Experiencing periods will at least be accepted as natural and normal part of living in girl's body.

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