

# MENSTRUATION HYGIENE PRACTICES IN URBAN SLUM AREAS OF RANCHI DISTRICTS

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**Abstract :** Menstruation is the unique phenomenon in girls. It is the natural part of the reproductive cycle in which the blood from the uterus exits through the vagina. Menstruation is commonly known as period or menses. During this phase many changes occurs in girls.

Despite being a unique phenomenon in girls this has always been surrounded by secrecy and myth in many society.

The purpose of this study was to study the menstrual problem & personal hygiene faced by adolescent girls and women. This cross sectional study was done 50 house of the urban slum areas of Ranchi district. This study was done by a survey method and face to face interview of adolescent girls and women. The questionnaire were specially design for interview. Through this study Approx 48% of adolescent girls are educated and 19% of women are just 10<sup>th</sup> pass. Approx 65% of the girls they have regular menstruation cycle. The most of the family they do not have proper water and sanitation facilities .Approx 63% of the girls use cloth during their menstruation and Approx 47% of them they use pad. But Approx 78% of them are not able to buy the sanitary pad per months. Through this study we can conclude that, The Menstrual hygiene practices was unsatisfactory among the slum are as girls.

**KEYWORD** – Menstruation, personal hygiene, Slum, Ranchi.

## *Needs & Significant*

Hygiene during menstruation is an important part of human life. Many girls and women they have no knowledge or very knowledge about the reproduction tract infection causes due to ignorance of personal hygiene during menstrual.

Through this study we are planning to provide awareness about menstruation hygiene through assess Knowledge , belief and source of information to the adolescent girls and women of urban slum areas of Ranchi district.

## **INTRODUCTION**

Menstruation is one of the most important physiological change occur among the girls after attainment of puberty. According to Bansal RD (1998)\_ The world health organization 'adolescence ' is a period between 10 year to 17 years. On that period of time there are many physical , psychological and biological change occur in child. According to Suneela and\_Anand Menstruation is the natural process that Its occur in girls mostly between the age group of 11<sup>th</sup> and 14<sup>th</sup> years .Kerti jogdand and pravin yerpada It is the period or monthly discharged of blood , tissue fluid mucus , epithelial cells and cellular debris from the uterus through the vagina during post – estrus or met estrus phase of estrous cycle . Normally in girls the menses is occurs after 28 days. In the urban slum area of Ranchi menstruation is surrounded by various psychological and religion barriers due to lack of proper knowledge about menstruation . According to Rupali Patle etal (2014) said that lack of knowledge and poor personal hygiene pratice's during menstruation can lead to various genital problem in the reproductive life of girls

According to Abera Y.(2003 ) state that menstrual problem is not new to women and girls ' who experience shedding of blood for 1-7 days until menopause. Many girls and women they have no knowledge or less knowledge about the reproductive tract infection cased due top ignorance of personal hygiene during menstruation.

Study conducted by Parwej ,S. kumar and Agarwal A K (2005) showed that most of the girls talked about how their menstrual bleeding marks them feel dirty and unclean and reported feeling of embarrassment and shame . During Menstruation one was completely shocked another reported that she was not allowed to enter the temple and kitchen.

There are many superstition and cultural belief towards menstruation in this slum areas. According to Sukla . S 2005- Said that menstruation is considered as am polluting factor among Hindus . In many places menstruation girls and women are considered lucable .This types of attitudes and practices are destroying the self confidence among girls.

### ***Material and method***

A cross sectional study was done on the urban slum areas of Ranchi districts. In this data was collected by survey method during the period 29 may to July 30 2019. this data was collected by both adolescents girls and women. the data was taken in Kadru jhoparpatti and Domtoli under the age group between 10 years to 45 years. In which maximum numbers of girls were the school dropout and the women were house wife. The data give below was collected by the house to house survey ,the survey was made in approx 50 house and for this survey the questionnaire was specially designed. the questionnaire was consist of knowledge about menstruation, hygiene practices, myth related to menstruation, irregular regular menstruation, water facilities and sanitation etc.

Before the survey many information regarding menstruation hygiene practices were collected and after interview of girls and women some information regarding menstruation were explained to them. In addition all their queries were answered satisfactory. According to this survey the study was reported that most of the girls were unaware of menstruation real cycle and menstrual hygiene.

menstruation hygiene practice was unsatisfactory among adolescent girls according to this study approx 60% girls use sanitary pads and rest of thaw they use cloth. about 24% of them they use water for hand wash and 4-5% use shop for hand wash. Most of the families they do not have toilet in their house. about 16- 18% family they have their personal toilet.

### ***STATISTICAL ANALYSIS***

The study was conducted in the urban slum areas of Ranchi district. the survey was done in Kadru jhoparpatti and Domtoli\_of the 50 house in which approx 30- 35% were women and 65- 70% were the adolescent girls.

#### ***Education wise distribution***

##### ***woman***

It was observed that majorly of approx 61 % women were illiterate, approx 20 % were had only primary education and approx 19 % of their had pass their 10th.

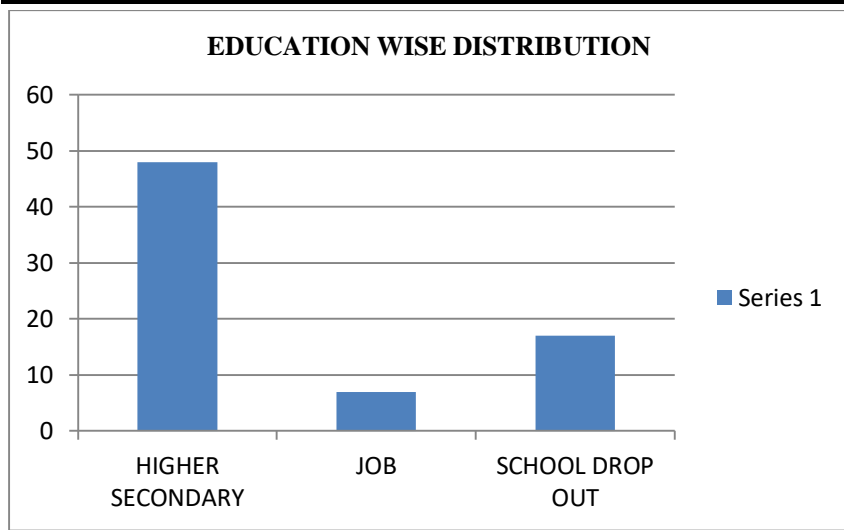
##### ***Girls***

The observation was done on girls in which the majority of approx 48 % were educated up to higher secondary school. Approx 7 % of them are working a govts jobs and ,Approx 45 % of the girls were school drop out .

Higher secondary = 48 %

JOB = 7 %

School dropout = 45 %



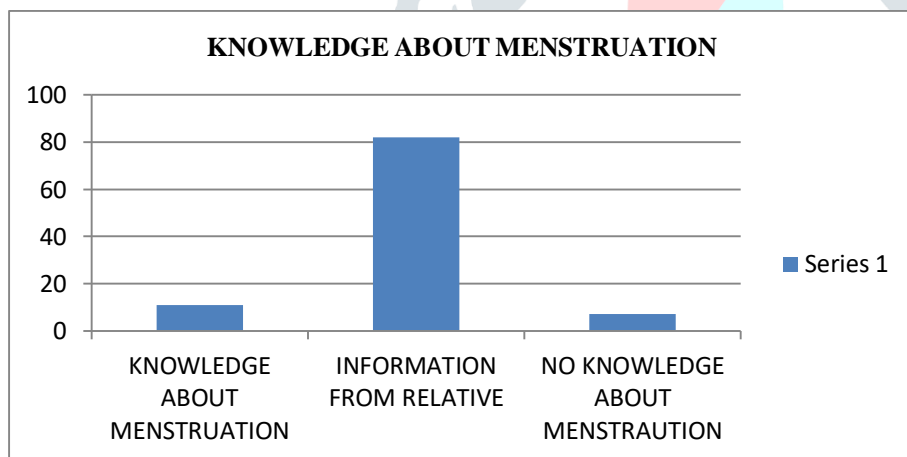
**Knowledge about menstruation**

In this survey we found that almost 42 % of girls they do not have knowledge about menstruation before menarche's . Approx 82 % of them they obtain information from their relatives or mother . Approx 18 % very less number of girls know that bleeding occurs from uterus .

Knowledge about menstruation = 11 %

Information from relation = 82 %

No Knowledge about menstruation = 7%



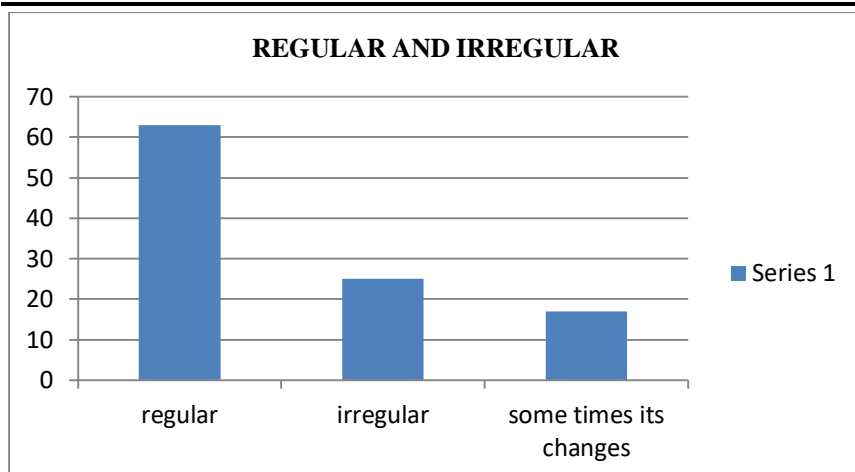
**Regular /irregular**

Approx 65 % of the girls they have regular menstruation and about 35 % of girls they have irregular menstruation . Most of the girls they have moderate flow and Approx 14 % of they have heavy blood flow. The reason behind irregular menstruation is pain in stomach , virginal infection , PCOD , leucorrhoea , Scanty of bleeding etc.

Regular = 63 %

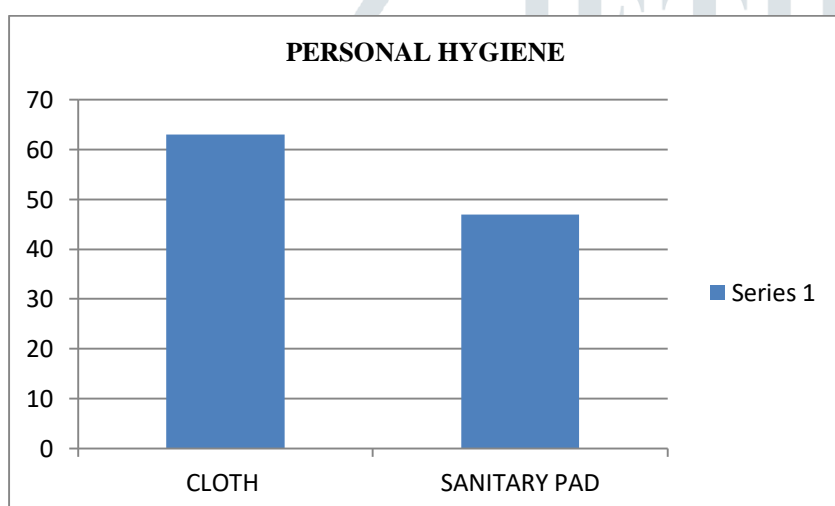
Irregular = 25 %

Sometimes its change = 17 %



### *Personal hygiene*

Approx 63 % of the girls use cloth during their menstruation and approx 47 % of girls use Sanitary pad. Approx 85 % of the local; market provide sanitary pad and tampon but most of the girls approx 78 % of them unable to afford this Sanitary pads per month and some of them approx 22 % of them are able to afford . Most of the girls they have under wear during their periods



### *Water facilities and Sanitation*

Mostly the families approx 70 % of them they do not have proper water facilities at their home. Approx 67 % of the household have toilet room but only few of them approx 33 % use their toilets .During menstruation approx 23 % of the girls use toilet room to change and approx 11 % of the girls they dispose their pad in latrine pad . Approx 76 % of girls change their pad in their house and throw that used pad on bushes and few them they use to burn that pad

### *Myth about Menstruation*

In most of the family the menstruation is considered as dirty and impure and this myth has been originated from the Vedic period. In many families the menstruate girls were not allow to enter in a kitchen. Menstruating girls and women were restricted from offering prayers and touching holy books. The false belief towards menstruation is that if the girls or women during their period if they touch the food or pickles it get contaminated.

According to our survey it was found that men also do not support women regarding menstruation hygiene and never have they discussed menstrual issues with their wives and daughters. In every families man play an important role such as decision maker of household so they do not give money to buy menstrual product such as sanitary pad, etc. The other case due to poverty men hesitate to give money to buy menstrual product. Due to all this situation many women compromise with their menstrual needs and personal hygiene and they use cheap reusable cloth pads.

### **RESULT AND DISCUSSION**

We have done the study in the urban slam area of Ranchi district Jharkhand the data was collected in approx 50 houses in which both adolescent girls and women's the age group between 10 years to 45 years were participated in our survey.

According to this survey the study was reported that most of the girls were unaware about the menstruation and menstruation hygiene practices. Approx 61 % of the women's were illiterate and few of them had just passed their secondary education .The observation was done on girls in which approx 48% of them were education up to higher secondary school. But mostly approx 45% of the girls were school dropout. Approx 42% the girls of this ours they do not have the knowledge about menstruation .The information regarding menstruation had been obtain then by their family relative or mothers .In this survey approx 65% of the girls they have regular menstruation and rest of the irregular or some time heavy bloods during irregular menstruation they mostly suffer from pain in stomach. Most of the girls approx 63% of then they use cloth in their Period's. very few of then they use sanitary pads .Due to poverty most of the girls they do not afford every month to buy sanitary pads. In most of the family they do not have proper water and sanitation facilities .Most of the families they have toilet but due to lack of water facilities this are not used so the girls usually use to throw that use pads in bushes or burns it. Along with this the most of family consider menstruation as dirty and impure. In many house during menstruation girls and women are not allowed to enter in kitchen or touch holy books.

**Menstruation hygiene practices**

<i>Education wise</i>	<i>distribution APPRO</i>
<b>X</b>	
<u>Women's</u>	
Illiterate	61%
Primary education	20%
Secondary education	19%
<u>Girls</u>	
Secondary	48%
Job	7%
School dropout	45%
<b>Distribution of knowledge about menstruation</b>	
No Knowledge about menstruation	42%
Relatives and mother	82%
Knowledge about menstruation	18%

<b>Regular and irregular</b>	
Regular	Approx 63%
Irregular	25%
Some time its change	17%

<b>Personal hygiene</b>	
use cloth	63 %
sanitary pad	47 %
available in market	85 %
not affordable per month	78 %
afford able	22 %

<b>Water facilities and sanitation</b>	
lack of water facilities	70%

This are the few data which were collected by our survey. During this survey we have also taught with men of the families and result was that mew do not support women regarding menstruation hygiene and never have they discussed about menstrual issues with their wives and daughters. many new they do not give money to the women to buy sanitary pads or any menstrual product.

So most of the girls on women use cloth pads. In this way the girls or women have to compromise with their menstrual needs and personal hygiene. By this menstruation hygiene practice was unsatisfactory among the urban slum areas of Ranchi district, Jharkhand.

### **Conclusion**

Menstruation is a normal biological process and a key sign of reproduces heath and development thus menstrual hygienic practices are of major concern. Present study showed that there is very poor menstrual hygiene practice in urban slum area of Ranchi district. this is because they have vary less information and in proper knowledge about menstruation. most of the families they believe in false belief and taboos toward menstruation. many families they do not have proper water facilities and sanitation along with this the nutritional statues is also poor. many organization and institute should need to deliver information regarding menstruation hygiene practice to the girls or women of urban slum areas of Ranchi district. In school teacher should need to provide knowledge about menstruation and should give training about menstrual hygiene management among students. along with this government should provide the water and sanitation facilities and low cost pads should be distributed to the slum areas.

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