

A STUDY ON MENSURAL PATTERN DISORDERS AMONG THE ADOLESCENT GIRLS IN PRAKASAM DISTRICT OF ANDHRA PRADESH

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Menstruation is associated with physical and emotional problems of its own. Physical problems such as spasmodic pain of abdomen, thighs and low back, nausea and vomiting, wet feeling due to excess blood flow worry the beginners a lot.

Bodily symptoms faced by the girl during menstruation. Abdominal pain back pain, muscle cramps in the lower abdomen and thigh, head ache, vomiting are the minor ailments related to menstruation.

Research Methodology

The study was conducted with the objective of the socio-psychological problems among the adolescent girls about the menstrual hygienic conditions. For the purpose of the study, the researcher has gathered information vis-à-vis the adolescent girls in rural area in Prakasam District. A total of 300 adolescent girls from the rural area as selected by using purposive sampling method for the purpose of study.

Findings of the study

Physical problems

As in menstruation, physical problems like abdominal pain back ache, pain over the breast, head ache and irritation were predominant among adolescent girls were discussed. The adolescent girls reported some degree of menstrual cramps and experienced menstrual cramps.

Table-1: Percentage distribution of physical problems during the mensuration

Statement	Yes	No	Total N=300
Feeling back pain	44.0	56.0	100.0
Feeling head ache	16.0	84.0	100.0
Feeling muscle cramps	36.0	64.0	100.0
Feeling Pain in the breast	15.0	85.0	100.0
Feeling tired	77.3	22.7	100.0
Feeling body pain	52.0	48.0	100.0

Getting fever	04.0	96.0	100.0
Becoming lazy	68.0	32.0	100.0
Feeling loss of appetite	40.0	60.0	100.0
Feeling abdominal pain	88.0	12.0	100.0
Feeling fainting	07.7	92.3	100.0
An average total percentage	40.7	59.3	100.0

The table depicted the physical problems or physiological problems were assessed during the mensuration. In the present study, about 44.0 percent of the respondents suffering with back pain due to mensuration. Whereas, 16.0 percent of them reported that they feel headache, 36.0 percent were suffering with muscle cramps, 15.0 percent of them revealed that pain in the breast, the majority (77.3 percent) feel tired, Half of the respondents said that they feel body pains, only 4.0 percent were get fever, the majority 68.0 percent of them feel become lazy, 40.0 percent were suffering with loss of appetite, a large majority 88.0 percent feel abdominal pain and 7.7 percent were feel fainting during the mensuration period.

An average total percentage, the table shows that 40.7 percent were suffering with physical problems during the mensuration period. Form relief the problem they used to practice traditional methods. About 59.3 percent of the adolescent girls reported that they won't suffer from any problem during the mensuration period.

Psychological problems

Psychological upset based on menstruation due to hormonal changes like tension, anxiety, loneliness, irritability and fear. On assessing the psychological problems, the large number of adolescent girls had problems related to mensuration. Often adolescent girls feel psychologically during and after menstrual period. They also suffered with the problem due to dearth of knowledge on the mensuration. The table assessed the psychological issues which faced by the adolescent girls.

Table-2: Percentage distribution of psychological problems during the mensuration

Statement	Yes	No	Total N=300
Feeling mental stress	32.0	68.0	100.0
Sleeplessness	52.0	48.0	100.0
Feeling loss of something	12.0	88.0	100.0
Feeling depressed	14.0	86.0	100.0
Fear of unknown reason	16.0	84.0	100.0
Interested to be alone	36.0	64.0	100.0
Feeling anxious	32.0	68.0	100.0

Feeling shy to tell others	65.0	35.0	100.0
Heart beat increases	28.0	72.0	100.0
Absent from school	28.7	71.3	100.0
Feeling self confidence	76.0	24.0	100.0
An average total percentage	35.6	64.4	100.0

It can be observed from the table 2 that the psychological problems of the adolescent girls. The table shows that 32.0 percent of them reported to that they feel mental stress during the mensuration even though in some times before the time of mensuration also feel the same. About 52.0 percent of the respondents reveal that they have sleeplessness, 12.0 percent feel loss of something, 14.0 percent of them feel depressed, 16.0 percent of the respondents have fear of unknown reason, 36.0 percent of the adolescent girls are interested to be alone, 32.0 percent of them reported that they feel anxious, the majority (65.0 percent) of them feel shy to tell others, 28.0 percent of the respondents feel that their heart beat increases, 28.7 percent of them absent from school and the majority 76.0 percent feel self-confidence during the mensuration period.

Social problems

Girls reach menarche with conflicting attitudes, myths and illogical beliefs having heard some information about its physical and social consequences (Abraham et al, 1985).

Social problems imply in menstrual issues due to cultural aspects as well as traditional practices according to their religion. The majority of the population in India as well as in Andhra Pradesh practice their own religion methods. According to that the taboos and misconception prevailing among the women in the period of mensuration. Therefore, many restriction and social taboos play vital role to restrained from their daily activities.

They included restriction to participate in social activities and some superstitions like keeping away the girl from plants, not allowing her to move around, not allowing her to draw water from well etc during menstruation.

Table-3: Percentage distribution of social problems during the mensuration

Statement	Yes	No	Total N=300
Restriction to move around	52.0	48.0	100.0
Away from house hold activities	64.0	36.0	100.0
Believe that certain plants will dry up if it is touched during menstruation	27.7	72.3	100.0
A fixed place to sit and to do my activity in home	32.3	67.7	100.0

Keep away from social activities	46.0	54.0	100.0
Feeling to be dirty	20.0	80.0	100.0
An average total percentage	40.3	59.7	100.0

It can be seen from the table 3 the adolescent girls face the social problems during the mensural period. According to that 52.0 percent of the respondents have restriction to move around in the time mensuration, whereas, 48.0 percent revealed that face no restrictions.

The majority (64.0 percent) of the them reported that they keep away from house hold activities and 36.0 percent of the respondents revealed that they are not away from the household activities.

About 27.7 percent of the them believe that certain plants will dry up if it is touched during menstruation, whereas, the majority 72.3 percent didn't believe that certain plants will dry up if it is touched during menstruation.

As regards to they have a fixed place to sit and to do my activity in home that only 32.3 percent agreed to that statement and the majority 67.7 percent are not agreed to that statement.

As such in the social issues category 46.0 percent of the respondents reported that they keep away from social activities, but the majority (54.0 percent) of them didn't accept it.

Only 20.0 percent of the adolescent girls revealed that they feel to be dirty in the menstrual period and the majority (80.0 percent) were not to be felt dirty during the mensuration period.

Menstrual pattern disorders

The influence of hormones leads to certain menstrual cycle disorders like dysmenorrhoea premenstrual syndrome and amenorrhoea which are areas of increasing concern and research emphasis. The woman's health movement has created increased discussion and concern about normal and abnormal menstrual functioning and encouraged women to seek help more readily or a variety of problems.

Table-4: Percentage distribution of menstrual pattern disorders during the mensuration

Statement	Yes	No	Total N=300
Dysmenorrhoea	76.0	24.0	100.0
Irregular periods	27.0	73.0	100.0
Periods occurring in less than 21 days	28.0	72.0	100.0
Periods occurring after 30-35 day of longer	16.0	84.0	100.0
Intermenstrual bleeding	13.0	87.0	100.0
Excessive bleeding	32.0	68.0	100.0

Scanty bleeding (need to change pad only 1-2 times/day)	44.0	56.0	100.0
Bleeding for more than 5 days	22.3	77.7	100.0
Bleeding for 1-2 days only	19.7	80.3	100.0
An average total percentage	30.9	69.1	100.0

The table 4 portrays that menstrual pattern disorders during the mensuration. The majority (76.0 percent) of the respondents reported that Dysmenorrhoea which is painful mensuration. Only 24.0 percent of them reported that they are free from Dysmenorrhoea.

As regards the Irregular periods, 27.0 percent of the respondents depicted that they getting irregular periods, the majority 73.0 percent of them felt that didn't have irregular periods.

According to Periods occurring in less than 21 days, the average mensuration period in the physiology is every 21 days should be menstruated, but due to hormonal imbalance the periods are irregular. About 28.0 percent of them reported that periods occurring in less than 21 days, whereas, the majority 72.0 percent didn't report that Periods occurring in less than 21 days.

The Periods occurring after 30-35 day of longer, it is learned that 16.0 percent of the respondents reported they were late in getting periods. About 84.0 percent of the respondents didn't get late periods.

About 13.0 percent of them Intermenstrual bleeding, 32.0 percent of them excessive bleeding, 44.0 percent of the respondents getting scanty bleeding (need to change pad only 1-2 times/day, 22.3 percent of them bleeding for more than 5 days and 19.7 percent of the adolescent girls are getting bleeding for 1-2 days only.

Mensural hygiene practice

Menstrual Hygiene is a major problem for many adolescent girls and women, who lack the privacy to properly wash and dry menstrual rags. In some rural areas, superstition and tradition mean rags are dried in the dark, away from male view (UNICEF, 2003). Factors that affect menstrual hygiene are (1) Access to resources that determine the type of protection used, (2) The kind of material used as protection, (3) Recycling practices, including methods for washing and drying and (4) Access to privacy including toilet facilities (Mukherjee, 1996). The present study means menstrual hygiene as the cleanliness during menstruation.

Table-5: Percentage distribution of menstrual hygiene practice during the mensuration

Statement	Yes	No	Total N=300
Menstrual blood spoils my dress	52.0	48.0	100.0
Protect the dress from	84.0	16.0	100.0

spoiling			
Clean the perineum whenever the napkin is changed	96.0	04.0	100.0
Use cloth napkin	12.0	88.0	100.0
Use ready made napkin	92.0	08.0	100.0
Clean cloth napkin thoroughly	08.0	92.0	100.0
Dry cloth napkin	08.0	92.0	100.0
Keep the cloth napkin safely for next use	08.0	92.0	100.0
Not able to foresee the menstrual day	56.0	44.0	100.0
An average total percentage	46.2	53.8	100.0

The table 5 described that the adolescent girls menstrual hygiene practice during the mensuration. About 52.0 percent of the them Menstrual blood spoils my dress during menstruation, whereas, 48.0 percent didn't Menstrual blood spoils my dress during menstruation.

As regards to they protect the dress from spoiling that only 84.0 percent majority adolescent girls agreed to that statement and 16.0 percent are not agreed to that statement.

According to that almost all 96.0 percent of the respondents clean the perineum whenever the napkin is changed in the time mensuration, whereas, 4.0 percent revealed that didn't clean the perineum whenever the napkin is changed.

As such in the menstrual hygiene practice 12.0 percent of the respondents reported that they use cloth napkin, but the majority (88.0 percent) of them didn't I use cloth napkin.

The majority (96.0 percent) of the them reported that they use readymade napkin and 4.0 percent of the respondents revealed that they are not use readymade napkin.

Only 8.0 percent of the adolescent girls revealed that they clean cloth napkin thoroughly in the menstrual period and the majority (92.0 percent) were not clean cloth napkin thoroughly in mensuration period.

About 8.0 percent of the them I keep the cloth napkin safely for next use, whereas, the majority 92.0 percent didn't keep the cloth napkin safely for next use.

Not able to foresee the menstrual day, it is learned that 56.0 percent of the respondents reported they were Not able to foresee the menstrual day. About 44.0 percent of the respondents didn't able to foresee the menstrual day.

Conclusion:

The study highlights different sort of problems faced among the adolescent girls during the mensuration. Regarding this, the educative sessions for parents to be conducted so that they can be trained to give adequate knowledge on mensural health problems to their children so

that they do not develop psychological upset. The gained knowledge would indirectly eradicate the age old myths and make her to feel free to discuss menstrual matters without any inhibitions

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