

PSYCHO-SOCIAL ISSUES DURING ON THE MENSTRUAL PERIOD AMONG RURAL ADOLESCENT GIRL

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Abstract

Don't know, suddenly the anger starts. So angry that you let one of those standing in front hit you! There is no peace. Apathy over all work. The loneliness of the haunting, the intense desire to sleep in someone's lap... True, it is a time of embarrassment. Those three to five days that women must suffer once a month are an ordeal for their part. Menstruation is like a qualification of motherhood. But the mental distress that women experience in those days is only indescribable.

Key words: Mental Health, Nutrition, Sexual and reproductive health,
Essential physical care

Introduction

Health status of adolescents in rural adolescence

India is the second most populous country in the world. It has a population of over 5 million. Majority of them are adolescents

Adolescents constitute about 1.5% of the total population, or about 1 million adolescents. They all live in different environments. So their health needs are also different. The total population of this youth is approximately 1 million (1 - 2 years), about 1% of India's total population. Around 1% (1 census) is teenagers. Teenagers are the sum total of a passionate spirit of inspiration, achievement, and new ideas. He is the positive force of the country. They are responsible for future productivity.

But this is only possible when they grow up healthy. Death rates are lower in this age group compared to other age groups. The group is therefore considered a healthy group. But keeping the death toll as a measure of adolescents' health can go a long way.

There are many health-related problems and specific deaths among adolescents.

Provide them with the information they need, master the art of life, and provide a safe and supportive environment; Provide appropriate and affordable health and counseling services.

Mental Health

Children face many mental health problems in late childhood and early onset. Other risk behaviors, such as anxiety, depression, and eating disorders, among other risk behaviors, such as sexual behavior, drug use, and violent behavior should be enhanced by increasing problem solving skills, social skills, and self-confidence.

Counselors should have the ability to mingle with adolescents and identify their psychological difficulties promptly with counseling, behavioral therapy and the use of appropriate psychiatric medications.

Drug use

Despite laws restricting the availability of narcotics, tobacco and alcohol, many interventions are being undertaken to help reduce demand and promote the healthy development of youth. To raise awareness of the dangers of using such materials,

Developing the ability to cope with peers' stresses, they are motivated to reduce the vulnerability of these addictions as they incorporate the qualities of coping with stress in a healthy way.

Injuries that happen by accident

Implementing a speed limit can prevent road accidents and serious injuries. It can protect the health of adolescents. This is the most important. Many mental health problems arise in late childhood and early childhood.

Violent behavior

Life skills and social development programs play an important role in reducing violent behavior in adolescents. The cooperation of teachers and parents is essential in developing problem-solving skills and non-violent discipline in reducing violent behavior. When faced with violence,

The health system must be able to respond appropriately, sensitively, and treat adolescents to any form of violence, including sexual violence. Psychological and social support can be helpful in dealing with the long-term consequences of violent behavior. This may prevent them from adopting violent behavior.

Implement education and laws that encourage driving while intoxicated and drink alcohol and wear seat belts (and helmets) while driving. Increasing safe and low cost public transport and providing alternatives to driving.

Educate and educate children and adolescents on how to safeguard the environment and how to avoid drowning, fire injuries and falling from a height. In such cases, receiving adequate treatment in emergency units can save lives.

Nutrition

Chronic malnutrition in childhood adversely affects children's health and social well-being throughout their lives. Increasing the availability of healthy food will benefit both children and adolescents. Anemia is more common in females. Preventing teen pregnancy and measuring the nutritional value of females before pregnancy can reduce the deaths of mothers and newborns during childbirth. A series of inherited malnutrition may then be cut. Increasing the availability of nutritious food, this process includes increasing the supply of micronutrients as well as the prevention of infections. Healthy eating habits and good exercise habits should be devised in early adolescence to prevent nutrition-related chronic diseases. This can improve physical and mental health. Promoting a healthy lifestyle is essential to preventing the rapidly increasing obesity problem.

Sexual and reproductive health

Teachers should incorporate the lessons they have learned in life and educate teenagers on sexual and reproductive health. There must be an environment where adolescents can easily access disability or treatment services from competent health workers.

The issue of sexual coercion in adolescents has to be dealt with at different levels. Lawsuits have been put in place to provide for the crime. Public opinion has to be created to vehemently oppose sexual assault. Women and girls in communities, workplaces and educational institutions should be prevented from sexual harassment and rape. At a very young age

Laws to determine the minimum age of marriage are required to prevent pregnancy. There is work to be done to consolidate the community and families so that daughters can have the extra time they need to grow from adolescence to mature woman before becoming a wife and mother.

HIV

The risk of HIV infection in young people is correlated with the age at which they are exposed to their first sexual experience. The main goals are to prevent sexual transmission and to initiate sexual behaviors to prevent the spread of HIV infection among youths. Reducing the number of sex partners and use of comprehensive disinfection services, including access to condoms, education and education, are very important for those who are sexually active.

Programs should focus on the rapid intervention and prevention of drug-using young people at risk for infection. Young people need HIV testing services that are appropriate and readily available. Young people living with HIV need treatment, care, support and positive services for HIV infection.

The World Health Organization (WHO) states that adolescents (aged between 1 and 2) experience drastic physical changes in their lives according to age. Experimentalism Psychosocial development process and mature personality like mature It is a transitional period of independence, partly from complete socio-economic dependence

Big change, big challenge

Pregnancy usually begins within 1 to 3 years. It is a process that gradually changes from childhood to adulthood. These changes start at different times in each person. Physical changes, changes in behavior and lifestyle changes are just a few of them. **There are many changes in this process**

The hands, feet, arms, legs, buttocks and chest are enlarged. Special chemicals are produced everywhere in the body that convey the message of what changes and how to change.

The genitals produce larger juices.

Excess oil can be secreted in the skin

Hair comes in sagging, groin, and leg

Essential physical care

Simple and basic steps to take to take care of the body

Sweating increases immediately after puberty. Bathing can be clean and have a pleasant smell.

Brush your teeth at least twice a day to prevent tooth decay, thus providing a breath of freshness

the release of sebum from oil glands can cause acne Nutrition is essential. Minimize eating fried

foods and sweeteners Have positive thoughts in you. A sound mind is essential to good health

Adaptation with mothers

During adolescence many parents and children have difficulties in coping with one another.

These are some of the things that young people should remember

- Respect the family
- Understand parental trust and values
- Remember that parents give their children the very best
- Be open and honest with your parents
- Be concerned and respectful of them

Bone erosion

Bone erosion occurs when the calcium mineral content in the body is low. This problem often haunts women. This problem is rare in men.

Bone erosion shows no symptoms. It is an integral part of the aging process. However, some women are more likely to develop this problem sooner than others. Women are more likely to have this problem after menopause. Doctors are skeptical of the possibility of osteoarthritis if the bone fractures or breaks the bone as it has no symptoms.

Bone mineral density (BMD) tests are used to measure the amount of calcium in the bone.

Preventing bone erosion

The development of strong bones begins early in childhood. Maintaining healthy bones is the best way to stay healthy throughout life. Factors for maintaining bone health include:

Hormones: The production of estrogen hormone plays an important role in bone health management in adolescent girls and young women. Estrogen deficiency can be detrimental to bone health and can lead to bone loss:

- Not having menstruation
- An anemic season cycles
- The first menstruation is delayed
- Rapid menopause

Lifestyle: Smoking in women leads to massive BMD loss. Women who are on medication for bone loss continue to smoke and have no full effect. Women who consume excessive alcohol are also at increased risk of bone loss. Lifestyle factors that contribute to bone loss include:

- Inadequate calcium intake,
- Lack of physical exercise
- High caffeine intake
- Excessive alcohol consumption
- Nutrition

Calcium: Calcium is an essential nutrient for your bone to be strong. To prevent bone loss, a balanced diet containing ingredients that contain plenty of calcium should be consumed.

Vitamin D: Vitamin D plays an important role in calcium digestion. It makes the body absorb more calcium through the gastrointestinal and kidneys, thereby providing calcium to the body's other tissues and blood. Vitamin-D also helps in keeping the calcium in the bones.

Not all women have this problem. But most women suffer from extreme depression. It is clinically proven that this problem is caused by hormonal changes in the body during

menstruation. But this depression of three to four days can sometimes affect a woman's life. There are also many who have come to this **occasion to be natural**.

It is important in this context to practice patience, no matter how annoying or annoying. So try to be like those days... this is a problem that every woman should experience. Be aware. Nature is the rule. Be aware that it is not possible to ignore it. Loneliness can be haunted during this time. Talk with your dear friends for a while. Don't put too much work into it. As soon as you know the due date, finish the job as early as possible.

Conclusion

Abdominal pain and back pain are common during this time. Rest as much as possible. It is not advisable to take the pills repeatedly without enduring stomach pains. Sleeping at the right time every day and staying healthy cannot be too tiring at this time. Feeling weepy at this time, feeling alone is all too common. But if you feel the same way repeatedly, you need advice. Try to control the anger as much as possible. Come on, let's be silent. Think as positively as possible at the time. Do what you love. All these are the laws of nature. Be aware that patience is the solution.

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