



A Study On Menstrual Hygiene Management On Adolescent School Girls In Kanpur

INTRODUCTION

Menstruation is a biological process which is characterised by monthly shedding of uterine lining. It is one of the physical changes that occur at the start of the puberty. It occurs once every four weeks and lasts for 3 to 5 days

It begins to occur for girls between the ages of 9 and 16 years with a mean age of 13 years (Dasgupta and Sarkar, 2008; Jones et al., 2013;Donimirski, 2013). The duration and heaviness of a period influences its management, menstrual products used and frequency of change.

RATIONALE

Menstrual hygiene management (MHM) is practiced differently in accordance with cultural, social, educational and economic status of the community. Young girls in developing countries often receive minimal instruction on menstrual hygiene because menstruation is seen as taboo by many communities, which makes it extremely difficult for adolescent girls to acquire necessary information and support from parents and school teachers (Kirk and Sommer, 2006; Shannon et al., 2011; Zinash et al., 2011).

OBJECTIVES

- To understand the prevalent practices of menstrual hygiene.
- To understand the disposal practices.
- To see the utilisation of Lena Dena Bank.

METHODOLOGY

Study Design: Descriptive study

Sampling Technique

4 Private Co-ed Schools were purposively selected. The sample includes adolescent girls studying in 5th to 12th grades in all four schools.

Sample

A total of 89 girls participated in the survey.

Inclusion: Only those girls who had have menarche and attended the school on the day of survey and willing to participate.

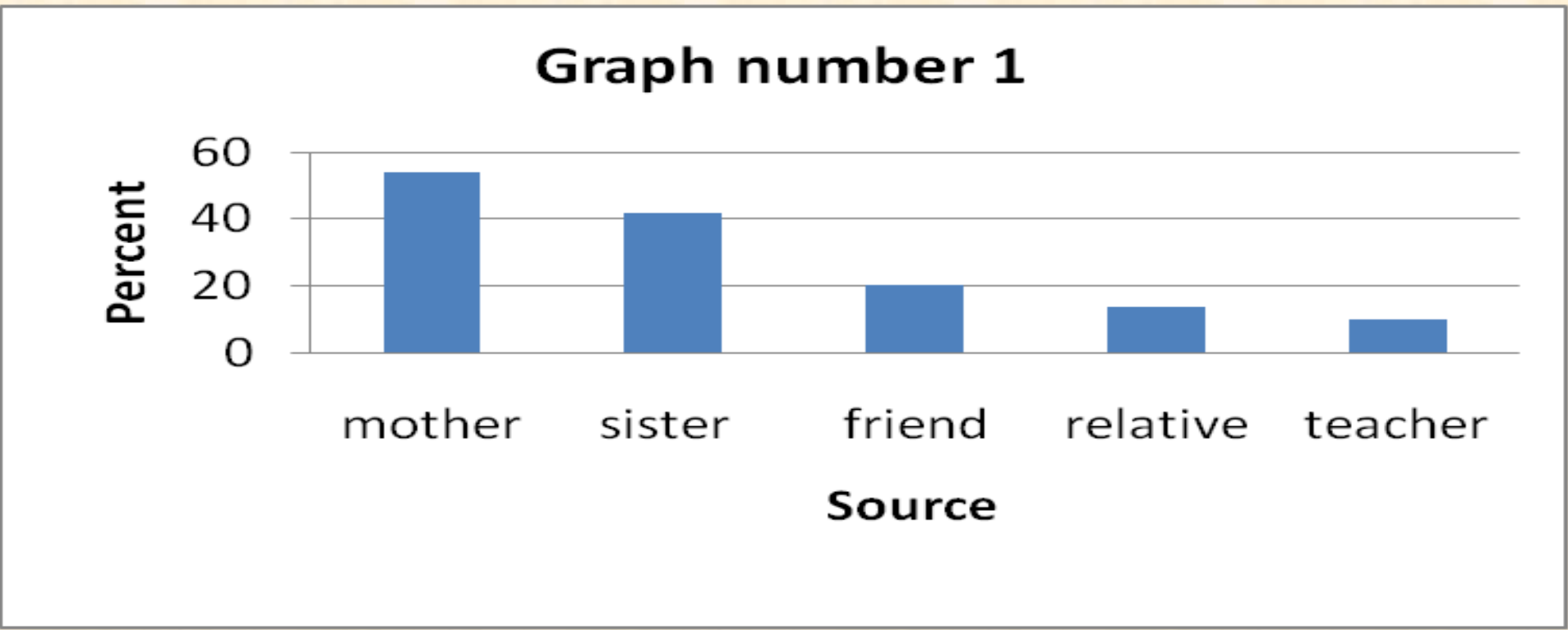
Exclusion: Those girls who had not yet had menarche were excluded.

Interviews conducted with heads of school and with teacher in schools who were responsible for managing Lena Dena Bank.

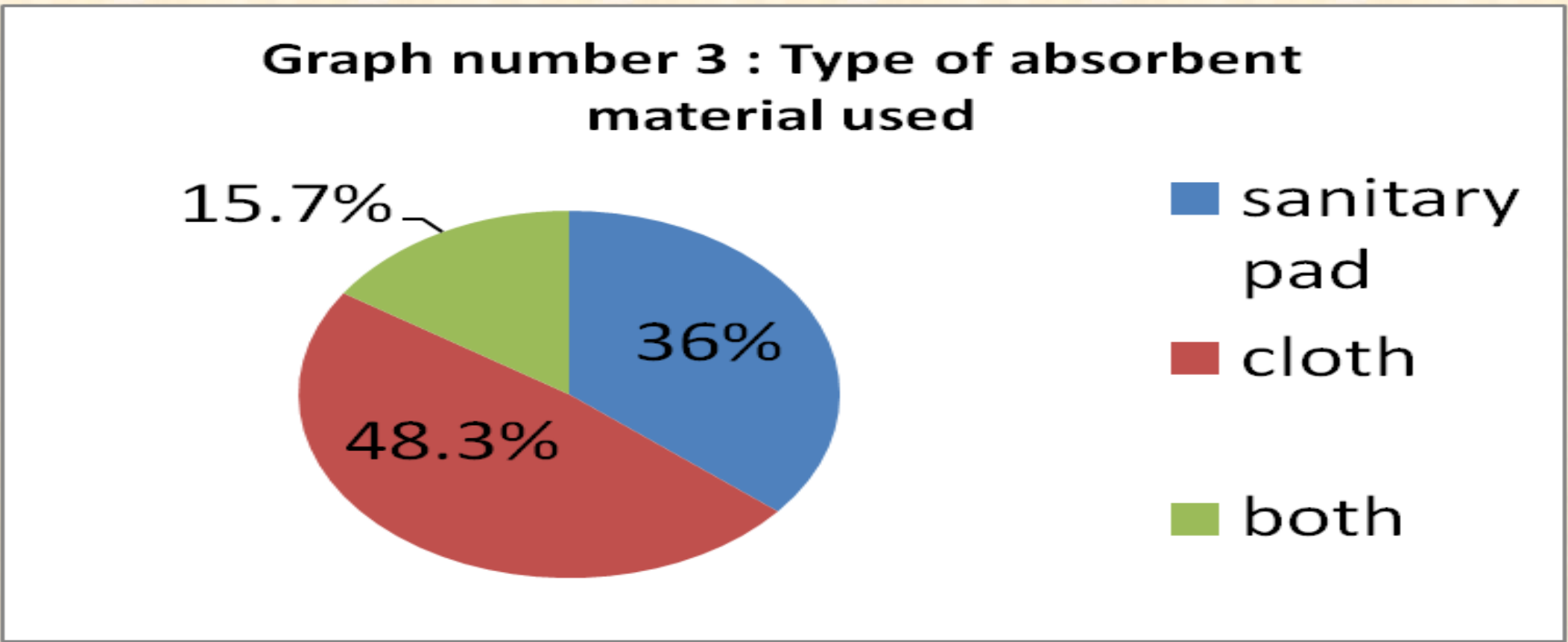
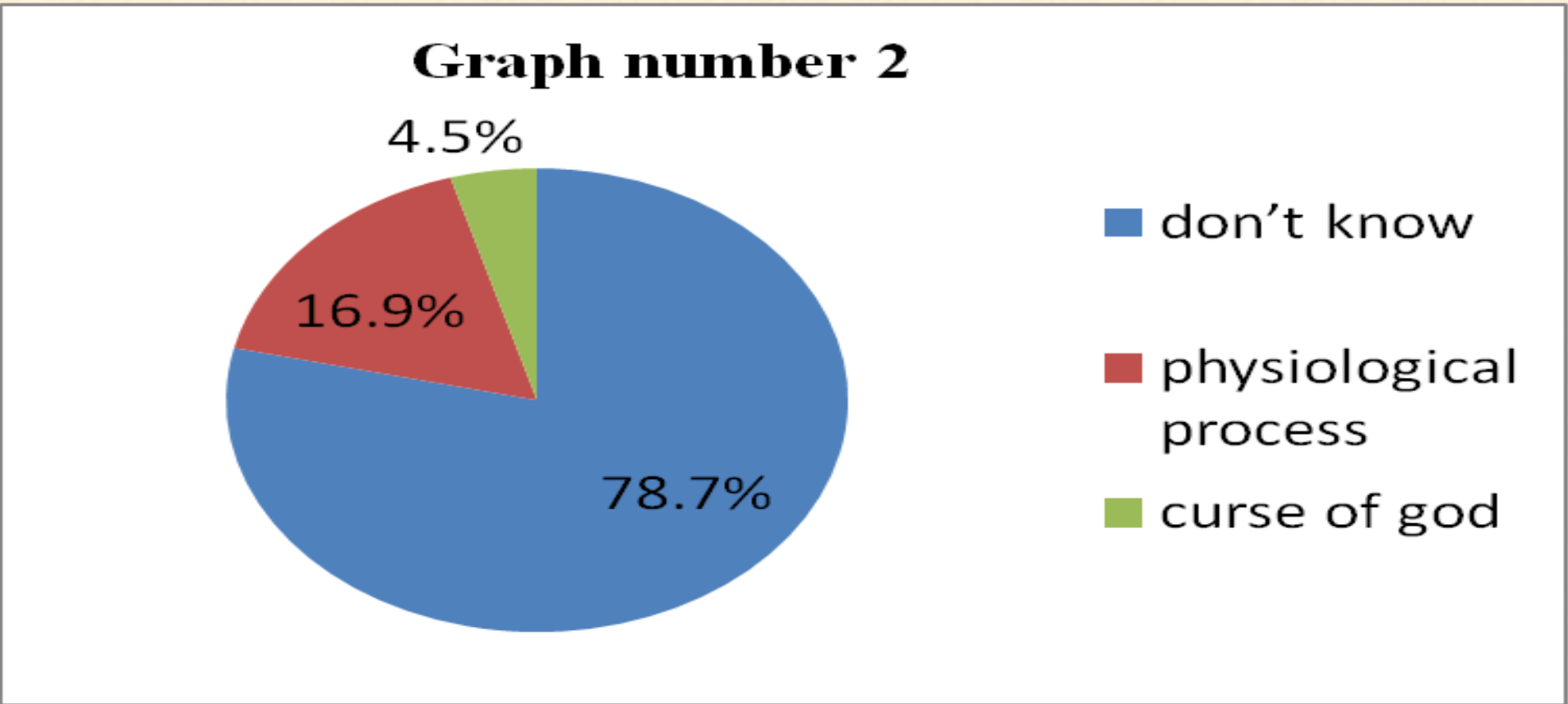
FINDINGS

Respondents age ranges between 12-19 years with mean age of 15.24 years .Only 10 percent of respondents change absorbent material at school .

Source of information of menstruation



Cause of menstruation



RECOMMENDATIONS

- 1)Promotion of low cost sanitary pad.
- 3) Establish peer club in schools mentored by female teachers and older girls so that girls can openly talk about their problems and get solutions .
- 4) Integrate sensitivity training on MHM into teacher training curricula.
- 5) Simple design innovations should be incorporated to effectively and efficiently enhance MHM facilities in school These designs may include privacy screens, full length mirrors, dust-bins for disposal, incinerator, buckets of water inside toilet and door with lock on stalls.
- 7) Steps should be taken to disseminate knowledge about Lena Dena bank to both teachers and students through meetings.
- 9) Schools need to use appropriate technology such as incinerators for sanitary pad disposal.

CONCLUSIONS

Adolescents need to have accurate and adequate information on appropriate menstruation hygiene management. When taught beforehand, girls would be better prepared emotionally, and psychologically for the experience of menstruation .

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