

A study of the menstrual pattern and problems among rural women of Udaipur district of Rajasthan

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ABSTRACT

Menstruation time is most vulnerable time of every woman because it causes many physical and psychological changes among them. Specially in rural areas where many myths and taboos were prevailing which in turn affect their socio- cultural life. Due to these conservative thoughts women did not share her problems of this critical period with even to their mother, sister and life partner. Thus, there is the need to follow a strategic approach in combating these issues. The present research work was done to identify the major physical, psychological, menstrual protection, and other problems faced by rural women during this sensitive period of time.

Key Words : Menstrual hygiene, Menstrual protection

INTRODUCTION

The menstrual cycle is governed by hormonal changes. The first period usually begins between twelve and fifteen years of age, a point in time known as menarche. Menstruation stops occurring after menopause which usually occurs between 45 and 55 years of age. Bleeding usually lasts around 3 to 7 days. Proper care and right use of menstrual protection is very necessary during this time as negligence leads to many health problems, which later turn to psychological problems.

METHODOLOGY

The 200 rural women of Udaipur district were personally interviewed. The pre-designed, pretested and structured schedule was used for the data collection. The various aspects of menstrual hygiene management (MHM) and health problems were asked during interview, which include knowledge, attitude, perception and practice.

RESULTS AND DISCUSSION

Keeping in mind the problems and sensitivity of the matter following questions were asked in order to identify the major problem area.

Table 1 revealed that 140 respondents use fabric as protection during their menstrual cycle, 22 female use foam, 33 use ready –made pad and only 5 uses some other protection. Thus it was very clear that still the use of fabric was popular which was totally unhygienic and creates the lot of health problems. This fabric was not new, but the old discarded was used, which in turn develop many health issues.

Table 1 : Frequency and percentage distribution of the respondents regarding protection used during menstrual cycle (N=200)

Sr. No.		f	%
1.	Fabric	140	70
2.	Foam	22	11
3.	Read- made Pad	33	16.5
4.	Any other	05	2.5

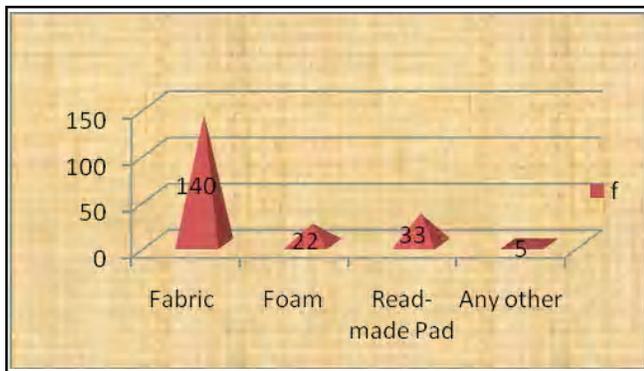


Table 2 revealed that 73 women were facing the stomach ache problem, 56 were having back ache, and 24 were suffering from body ache while 47 were having some other physical and psychological problems. The major problem was stomach ache and back ache.

Table 2 : Frequency and percentage distribution of the respondents regarding physical problem during menstrual cycle (N=200)

Sr. No.		f	%
1.	Stomach Ache	73	36.5
2.	Back Ache	56	28
3.	Body Ache	24	12
4.	Any other	47	23.5

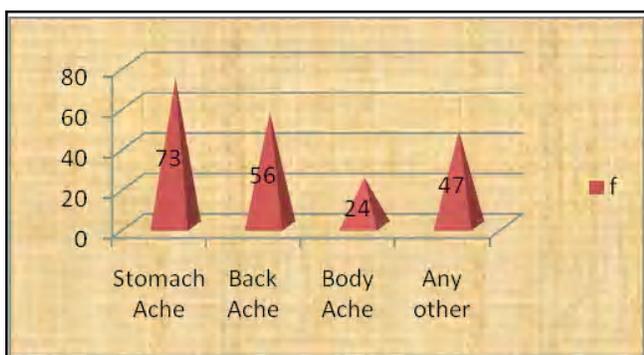
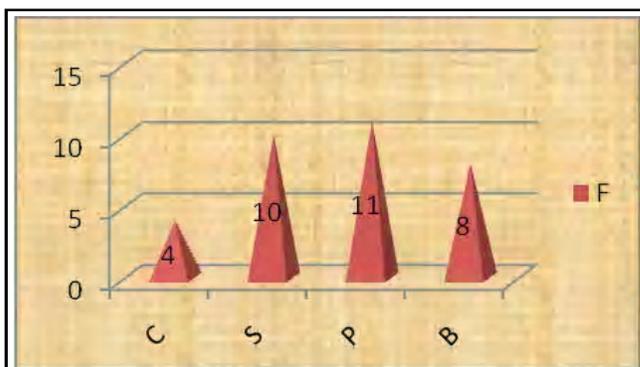


Table 3 revealed that price was the major factor to be considered by the respondents while selection of pads next to this was size then brand and lastly the comfort. 33 women which were using pads out of which 8 consider brand name during selection, 10 prefer size, 4 emphasize on comfort and 11 always consider the price of the pad because it must fit into their budget.

Table 4 showed that 142 respondents directly throw their pads, 34 digged in land and only 24 respondents burn their protection pads. They reported during

Table 3 : Frequency and percentage distribution of the respondents regarding factors consider while selection of pads (N=33)

Sr. No.		F	%
1.	Comfort	4	12.12
2.	Size	10	9.09
3.	Price	11	33.33
4.	Brand	8	24.24



investigation that throwing of pads or other protection was the easiest method of disposing. Digging and burning was a time consuming as it require space also which was difficult for them to manage.

Table 4 : Frequency and percentage distribution of the respondents regarding dispose of the used Protection pads. (N=200)

Sr. No.		f	%
1.	Direct throw	142	71
2.	Flush	-	-
3.	Burn	24	12
4.	Diging	34	17

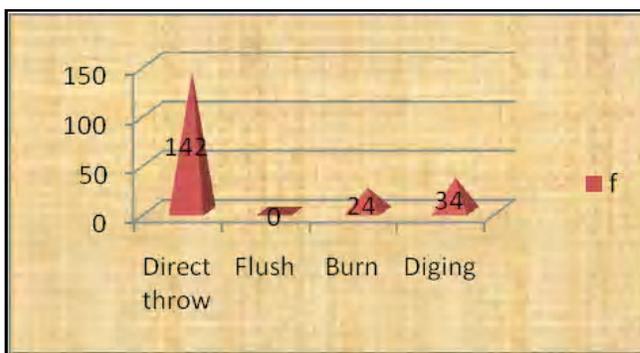


Table 5 revealed that 105 women change their protection material once in a day and 47 twice and 8 thrice in a day and 40 women dose not even change their protection in the whole day. It was suggested by the

experts that the protection material should be changed after every 6 to 8 hours so that the chances of infection was reduced, but the rural women were unaware about this fact and these women were suffering from various infection problems.

Table 5 : Frequency and percentage distribution of the respondents regarding change of Protection pads in a day. (N=200)

Sr. No.		f	%
1.	1 Time	105	52.5
2.	2 Time	47	23.5
3.	3 Time	8	4
4.	No change	40	20

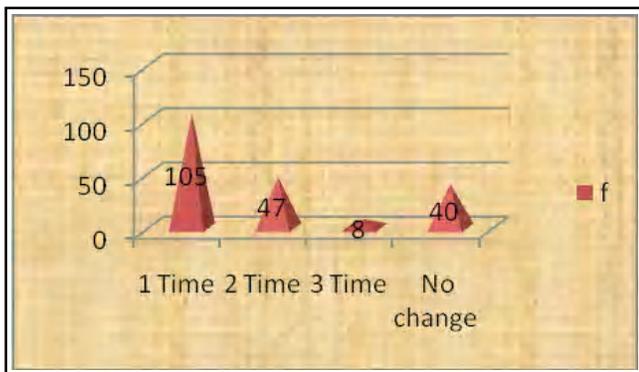


Table 6 showed that 147 women were suffering from allergy and 53 were comfortable with those. This allergy was mainly necessary changing of protection. Thus it was very necessary they should be taught regarding the importance of hygienic protection during menstrual period.

Table 6 : Frequency and percentage distribution of the respondents regarding allergy from protection used during menstrual cycle? (N=200)

Sr. No.		f	%
1.	Yes	147	73.5
2.	No	53	26.5

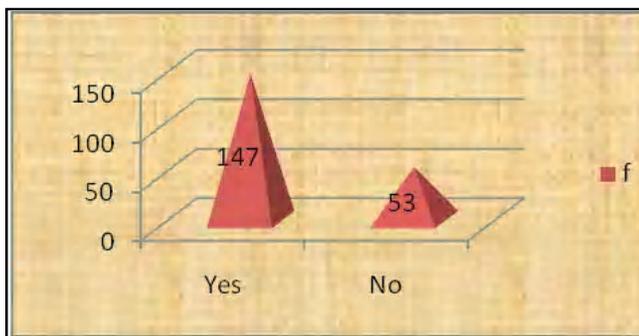
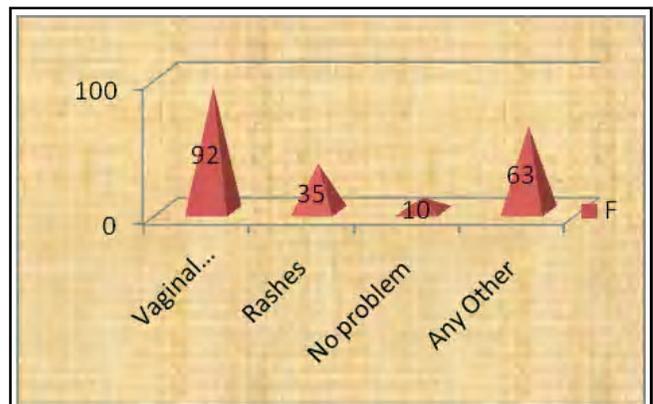


Table 7 showed that 92 women were suffering from vaginal itching problem, 35 were having rashes, 10 do not have any problem and 63 were having some other type of problem. Thus it was very clean during research that these women were mainly facing the problems which were related to unhygienic and improper protection used. Hence it was the need of the day that these should be given a lecture cum training on use of protection during menstrual cycle.

Table 7 : Frequency and percentage distribution of the respondents regarding physical problem due to the protection. (N=200)

Sr. No.		F	%
1.	Vaginal itching	92	46
2.	Rashes	35	17.5
3.	No problem	10	5
4.	Any Other	63	31.5



Conclusion:

Menstrual cycle is a most vulnerable period in women’s life. The research shows that most of the women of rural areas use fabric as protection during this period. Women were facing the health issues like stomach ache, back ache, body ache, etc. .during their cycle. They does not change their protection frequently which causes many problems like itching, veginal infection etc. due to their poor economic condition they can’t afford sanitary napkin some more reasons like shyness in buying, less availability and lack of disposal facility.

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