

Menstrual Management Practices among College Students in Alangulam

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Abstract:

The cyclic hormonal changes that regulate the menstrual cycle are a important biological influence on the female body, one with both physical and emotional ramifications. The objective of present study was to assess the knowledge and practices about menstrual hygiene management. A questionnaire was using the data collection. The sample size was 60. The result is the most of the respondents are have little bit of knowledge about menstruation and menstrual hygiene management. The study concluded that most college students needed better knowledge and followed hygienic practices correctly and regularly.

Key Words: Menstruation, College students, menstrual knowledge

Introduction

Menstruation

Menstruation is a common and physiological phenomenon that females experiences each month. However this topic is still taboo in India. The problems are inadequately known and have not acknowledged proper attention hence; most young girls enter puberty with insufficient knowledge. The girl children around them, including parents and teachers, are ill-informed and uncomfortable discussing sexuality, reproduction, and menstruation. It has remained seen that in Tamil Nadu, petti shops and shopkeepers always give sanitary pads wrapped in newspaper in a black polyethene bag. The girls are always thing try to hide their pads from the male look. During menstruation, these sociocultural burdens make this phenomenon troublesome and a happening that makes them feel fear, hatred, and shame.

Hygiene during menstruation us an inevitable part of women's life. Various aspects such as physiology, pathology and psychology have been found to be related to the health and well-being of women during menstruation. Therefore, it is a major issue related to the morbidity and mortality of women. If menstrual hygiene is not practiced, a woman is susceptible to non-communicable diseases such as reproductive tract infections, urinary tract

infections various sexually transmitted diseases. Menstrual hygiene deals with the special health needs and requirements of women during their monthly menstruation. Therefore, increased knowledge about menstruation from childhood, along with increasing safe practices, will help alleviate the suffering of millions of women.

Menstrual hygiene management should be an integral part of the health care. Menstrual hygiene management practices include the use of clean and neatly menstrual management products to absorb or collect menstrual blood in privacy as often as needed during menstruation, the use of soap and water to wash the body as needed, and access to facilities for disposing of used menstrual management products.

Menstrual hygiene is important in promoting good health, and the following points can help the hygiene:

- ✓ Wear lightweight, breathable clothing
- ✓ Change the menstrual product regularly
- ✓ Use unscented toilet paper or pads
- ✓ Drink enough fluids
- ✓ Track and monitor the menstrual cycle
- ✓ Visit a healthcare provider for an annual checkup
- ✓ Wash the hands before and after using the toilet and before applying menstrual products
- ✓ Dispose of used disposable menstrual products properly: wrap them in toilet paper, a tissue, or other cloth, then throw them in the trash.

Review of literature:

1. Dr. S. Sujatha has conducted a study on Menstrual problems among women college students with socio-economic class, she has highlighted the following objectives. In her study to understand the women's college student based on knowledge, physical symptoms, hygiene and their attitude. She has adopted the following methodology is based on qualitative study and samples collected are based on simple random sampling method. The result of this study is respondent of 67% experience the blood

flow up to 6 days and the respondent of 68% it is a common with physical symptoms of abdominal pain headache and vomiting.

2. Kanagabala Balasubramanian he was conducted a study on menstrual hygiene management among adolescence girls in Tamil Nadu. A multilevel approach at the state, community, school and family level including men and boys id warranted for effective menstrual hygiene management. This study result is providing choices of absorbents and the provision to chance the absorbents in privacy and provision of adequate disposal of used absorbents will help reduce school absenteeism.

Methodology:

The specific objectives were,

1. To study the socio-economic profile of the respondents
2. To assess the knowledge and practices related to the menstrual hygiene management
3. To find out the remedies measures to menstrual management among the college students

Methods:

This work was done in collaboration with Government arts and science college for women, Alangulam. Both arts and science department students studied in this college. The present study was used the questionnaire tool for data collection. This study is which covered rural and urban college going students. The simple random sampling method using the study and the sample size is 60. There are a total five department in this college. Each department 12 students are chosen to collect the data. The filled up questionnaire have been checked up through and edited to make the complete for further processing. After coding and editing, a data analysis was prepared.

Data analysis:

Table:1 Socio-economic status of the respondents:

S. No	Variables	Classification	No of respondents	Percentage
1	Age	17-18	15	25
		19-20	45	75
2	Religion	Hindu	54	90
		Christian	4	8.3
		Muslim	1	1.6

S. No	Variables	Classification	No of respondents	Percentage
3	Community	MBC	13	21.6
		BC	36	60
		SC	11	18.3
4		Ist year	2	4
		IInd year	10	16
		III rd year	48	80
5	Family monthly income	5,000-10,000	38	63.3
		10,001-15,000	10	16.6
		15,001-20,000	9	15
		Above 20,000	3	5
6	Type of family	Nuclear family	48	80
		Joint family	12	20

The above table shows that socio-economic condition of the respondents. The table show that majority of the respondents are belongs to the age group of between 20. Majority of the respondents are belongs to the Hindu religion and the table conclude that the study area highly covered by backward community people. One third of the respondents are belongs to studying up to 3rd year students. Then the table indicates that almost all the respondents are above poverty level. Most of the respondents are belongs to the nuclear family.

Table: 2 Menstrual hygiene practices of college students

Variable	Subgroups	N	Percent
Sanitary material used for menstruation	Sanitary pads	57	95
	Reusable cloths	3	5
Cleaning genitals after urinating during menstruation	No	11	18
	Yes	49	81.6
Place at where pad was disposed	Toilet	2	3.3
	Open field	5	8.3
	Dustbin	47	78.3
	Burning	6	10
Absent at least one day to college during menstruation	Yes	22	36.6
	No	38	63
Used any medication for menstrual problems	Yes	28	46.6
	No	32	53.3
Bath during menstruation	First day only	49	81.6
	Not take any time	11	18.3

The above table discuss that out of 95 percent of the respondents are the belongs to using the sanitary pads during menstruation, majority of the respondents are said that cleaning the genitals after urinating during menstruation, and 78 percent of the respondents are using the dustbin for place at where pad disposed and 63 percent of the respondents are not take leave for college during menstruation and 53 percent of the respondents are not use a medication for menstrual problems.

Conclusion:

Most of the college going students needed better knowledge but followed hygienic practices correctly. There is an urgent need to design acceptable awareness creation and advocacy programs to improve college student's knowledge regarding menstruation. Of all the socioeconomic profile monthly family income and family type influenced students' knowledge and practices related to menstruation. Discussing the challenges faced by students during menstruation with family, friends and colleagues can relieve anxiety and stress.

References:

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