

MENSTRUAL HYGIENE MANAGEMENT: SOCIO-CULTURAL CHALLENGES FACED BY THE ADOLESCENT GIRLS IN INDIA

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Abstract

Menstrual hygiene is extremely important for women during menstruation especially for young girls. Many young girls do not have proper hygienic practices during their menstrual period. Improper usage of menstrual hygienic materials may associated with the risk of RTI (Reproductive Track Infection), UTI and other reproductive health issues. Many studies highlighted poor menstrual hygienic practices during menstrual period among adolescents caused gynecological problems. In Indian society, menstruation is generally considered as unclean and menstrual practices are clouded by taboos and social cultural restrictions being imposed on them and reinforced a negative attitude towards menstruation even today. This had resulted among the adolescent girls remaining ignorant of the scientific facts and hygienic health practices. A key priority for both women and adolescent girls is to have the necessary knowledge, facilities and cultural environment to manage menstruation hygienically with dignity. Very few studies covered up detailed information about the menstrual hygienic practices among the adolescent girls. The aim of this study is to review the literature on knowledge, practices and hygienic management regarding menstruation among adolescents. The present study will attempt

to analyse the socio, cultural and religious restrictions, acquiring education had any influence on practicing the hygienic practices and the influence of media which influences the menstrual hygiene practices among the adolescent girls with respect to India.

Keywords: Menstrual hygiene, hygienic practices and hygienic practices and knowledge.

Introduction

Puberty is a key development of human growth both men and women into adulthood, involving the most speedy physical growth and the human undergoes except for pre-natal and neonatal growth. Among girls the hormonal changes lead to know-how their first menstruation (menarche), while boys will have their first ejaculation (semenarche). These physical growths are accompanied by new and complex emotions, as well as sexual desire and gender identity. These changes are also connected with peer pressure to behave in a certain way.

Puberty among the girls is identified by Menstruation which is a normal, natural and physiological process but it is associated with number of superstitions and restrictions. It is considered as unclean, girls or women in the fertile period, in India whom undergoes the menstruation