To Study the College Absenteeism During Menstruation Among Adolescent Girl

Bharati A,

Guest faculty, Department of Home Science, Kuntala Kumari Sabat Women's College Balasore- 756001, Odisha, India.

Abstract

Menstrual hygiene is an issue that every girl and women must deal with in her life, but there is lack of awareness on the process of menstruation and proper requirements managing menstruation among adolescent girl. The onset of menstruation is an important event in a women's life cycle. It is associated with taboos & socio-cultural restriction, with this background the study was planned to determine the level the cultural restriction and college absenteeism during menstruation among 100 adolescent girls of Kuntala Kumari Sabat Women's college, Balasore, Odisha, India.

Keywords: Adolescence, menstruation, sanitary absorbent, puberty, taboos, secondary sex characteristics, embarrassment, socio-cultural restrictions

I. Introduction

General Background

Adolescence represents a transitional phase from childhood to adulthood, marked by the onset of puberty and sexual maturation; consequently, adolescents encounter various physiological developmental challenges. Many adolescent girls often lack essential knowledge about reproductive health, including menstrual hygiene, which may stem from the socio-cultural factors present in their upbringing. According to the World Health Organization (WHO), adolescents are defined as individuals aged 10 to 19 years. The adolescent years for girls are recognized as a crucial period that indicates the shift from girlhood to womanhood. This stage is identified as the time from the beginning of puberty to the cessation of physical growth and the achievement of final adult stature and traits. It is characterized by rapid physical development along with significant emotional, psychological, and spiritual transformations. This is also a time of heightened awareness and focus on one's physical condition and well-being. Adolescence brings the emergence of secondary sexual characteristics, sexual and reproductive maturity, the evolution of cognitive processes, and the formation of adult identity. It marks the transition from childhood into adulthood. This stage is particularly significant in the lives of young women. Many adolescent girls often lack adequate knowledge about reproductive health, including menstruation, which can stem from the socio-cultural contexts in which they were raised. These cultural barriers pose numerous challenges for adolescent girls. What girls currently need is access to accurate information, education, and a supportive environment to address menstruation-related issues. The hygiene practices of adolescent girls during menstruation can impact their health. The onset of menarche may be linked to existing taboos and myths in our evolving society, which negatively affects women's health, especially regarding menstrual hygiene. In our culture, parents often refrain from discussing sexual characteristics with their growing daughters. The taboos surrounding this topic hinder girls and women from expressing their needs and concerns, which is a primary reason for engaging in unhygienic practices during their periods. This is a significant issue that requires open and honest discussions. Prior to any changes in menstrual practices, they must be informed about the facts of menstruation and its physiological effects. It is important to educate girls on the significance of menstruation, the development of secondary sexual characteristics, the selection of appropriate sanitary products, and their proper disposal. The topic of

menstruation and its associated practices remain shrouded in taboos and cultural restrictions, leading to a lack of awareness about scientific facts and hygienic health practices among adolescent girls, which can sometimes result in negative health outcomes. The attitudes of parents and society about addressing these issues serve as obstacles to accessing accurate information, particularly in rural areas. Consequently, menstruation is often viewed as a source of shame in many cultures. Hence, a study was initiated to examine college absenteeism and cultural restrictions faced by adolescent girls, with the aim of recommending interventions to enhance health awareness.

II.METHODOLOGY

2.1 Selection of area

Kuntala Kumari Sabat Women's college Manikhamb, Balasore was selected for the present study area. The reason for selecting these colleges is that I am very much familiar with the area and mostly the students of these government colleges or rural background.

2.2 Selection of sample

Purposive sampling technique was used to select the sample units due to time and cost constraints.

2.3 Collection of data

Primary data was collected through interview schedule cum questionnaire method from 100 adolescent girls of college in the Kuntala Kumari Sabat Women's college, Balasore. Only primary data is collected for study. For primary data questionnaire survey method is used and set of structure questionnaire are designed and distributed among the students to collect data regarding the research topic.

2.4 Methods and Tools

A descriptive sectional study is designed to assess the level knowledge and practice regarding menstrual hygiene among college adolescent girls of Kuntala Kumari Sabat women's college, research is quantitative in nature. The data was collected from interview cum questionnaire method.

2.5 Data processing and Analysis

The collected data are coded on the same day of data collection. Data coding is done manually and then entered the computer through the help of Microsoft word and excel. After collection of data, descriptive statistics like bar diagram and percentage are used to analyze data in more systematic way.

III.Result

Table 3.1 Restriction in home during menstruation

Yes	72
No	28
Total	100

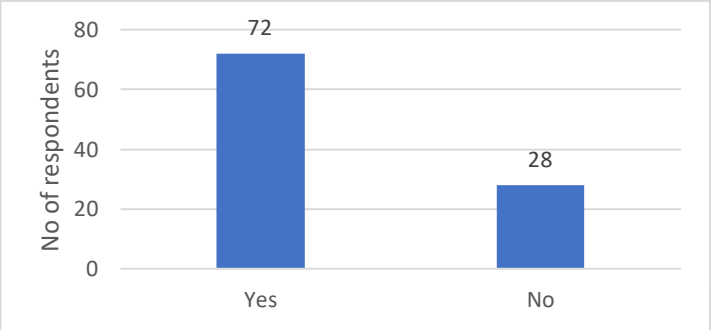


Fig 3.1 Restriction in home during menstruation

Table 3.1 and Fig 3.1. shows Restriction in home during menstruation. 72 girls have restrictions by their home. and 28 girls have no restrictions during menstruation.

Table 3.2 Types of restriction in home during menstruation

No cooking /go inside kitchen	24
Having food together	03
To go the temple	94
Touch to male members of home	31
Not to go play outside	00
Separate sitting	03

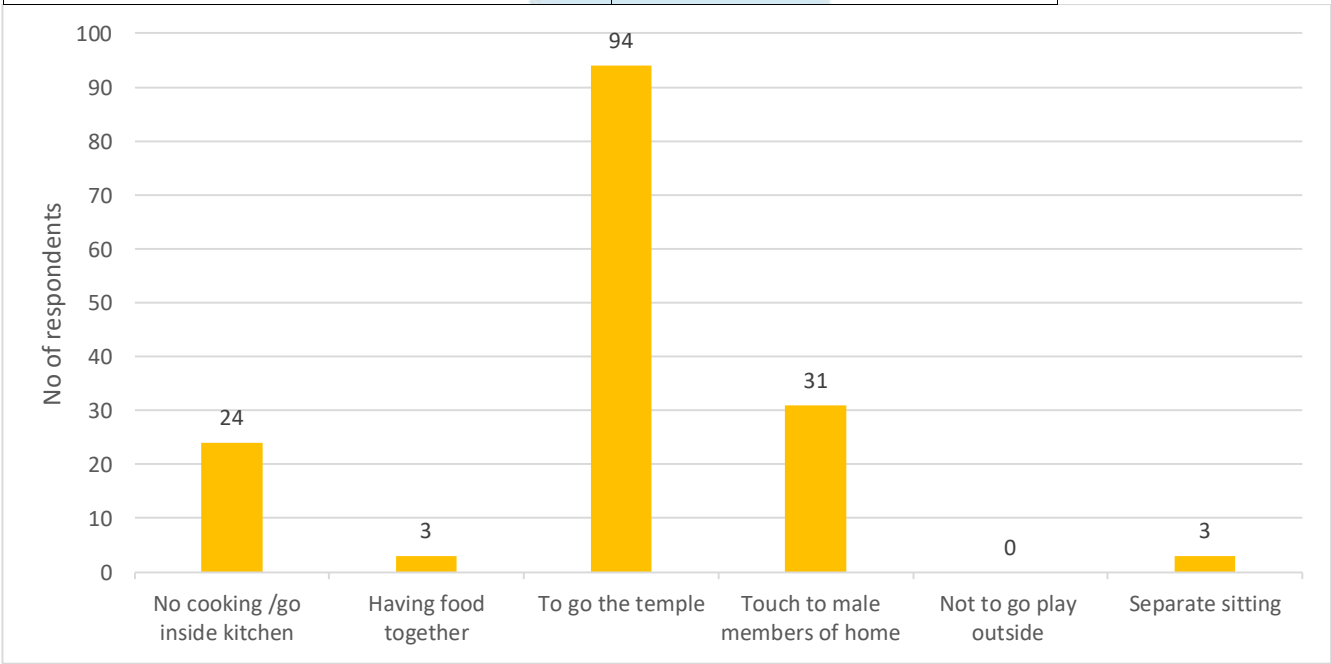


Fig 3.2 Types of restriction in home during menstruation

Table 3.2 and Fig 3.2 shows types of restriction in home during menstruation. 24 girl no cooking/go inside the kitchen. 03 girl not having food together. 95 girls not to go the temple. 31 girls not touch to the male members of home. 03 girls separate sitting.

Table 3.3 College absenteeism during menstruation among study respondents

Yes	48
No	22
Sometimes	30

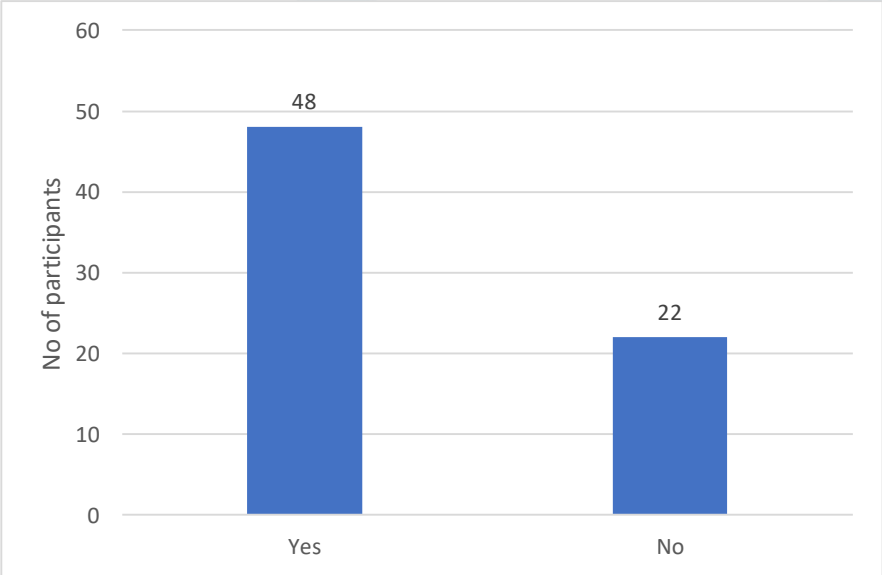


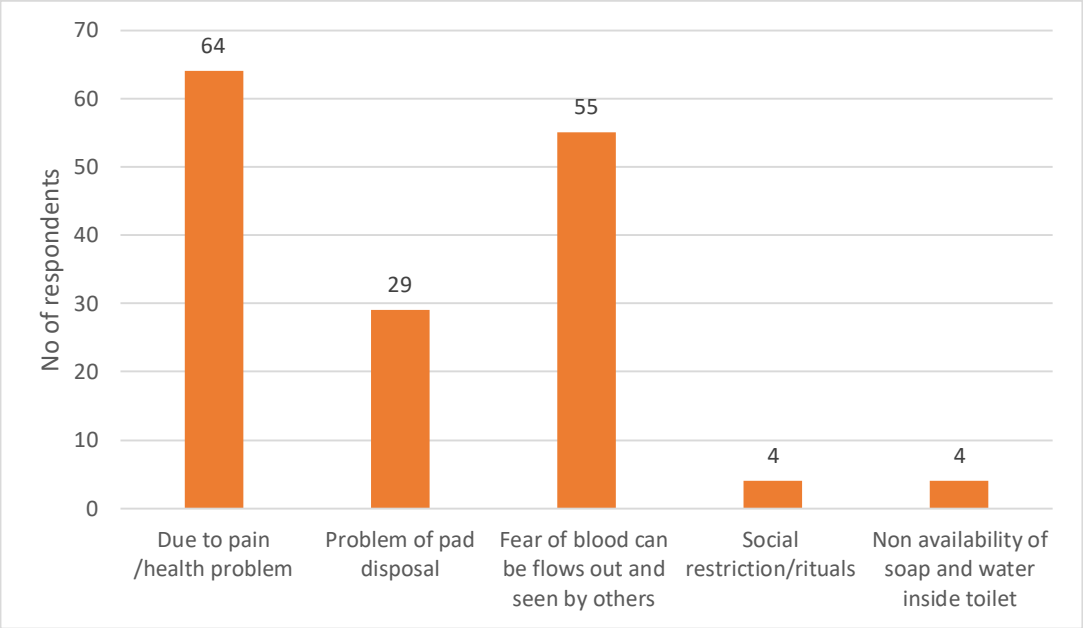
Fig 3.3 College absenteeism during menstruation among study respondents

Table 3.3 and Fig 3.3 shows college absenteeism during menstruation among study respondents. 48 girls absent college because of period .and 22 girls not absent during period.

Table 3.4 Reason for college absenteeism during menstruation among study respondents

Due to pain /health problem	64
Problem of pad disposal	29
Fear of blood can be flows out and seen by others	55
Social restriction/rituals	04
Non availability of soap and water inside toilet	04

Fig 3.4 Reason for college absenteeism during menstruation among study respondents



SUMMARY

Table 3.4 and Fig 3.4 shows reason for college absenteeism during menstruation among study respondents. 64 girls absent the college due to pain/health problem. 29 girls absent the college because lack of pad disposal. 55 girls absent the college because fear of blood can be flows out and seen by others. 4 girls absent the college because of social restriction/rituals and 4 girls absent the college because of non-availability of soap and water inside toilet.

72 people girls have restricted by their home because of most common religious restrictions. 28 girls have no restrictions in their home. 24 girls are no cooking /go inside the kitchen 03 girls are not having food together. 94 girls are not to go the temple. 31 girls are not touch to the male members of home. 03 girls are separate sitting.

We found most of the girls are remain absent in college during the menstruation period. 64 girls are remained absent because of health problem, they mentioned some kind of problems like health problem, problem of pad disposal and fear of blood can be flows out and seen by others one of the major causes for absenteeism at college.

RECOMMENDATION

From this study the following recommendation are made:

1) Menstruation friendly toilet facility must be available in the college.
2) Sanitary pad must be available in college and dust bin must be available inside the toilet for safe disposal, soap and water must be available inside the toilet for hand washing and vaginal part cleaning before changing pads.
3) Awareness rising extra curriculum activities must be conducted in college focusing on menstrual hygiene management including hand washing, waste management and on other indicators of total sanitation.

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