

A Study on Restriction Practices during Menstruation among Rural Adolescent Girls in Bareilly District

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ABSTRACT

Menstruation is a natural, normal biological process experienced by all adolescent girls and women, yet it is not spoken about openly causing unnecessary embarrassment and shame. India's 113 million adolescent girls are particularly vulnerable at the onset of menarche. At this time, they need a safe environment that offers protection and guidance to ensure their basic health, well-being and educational opportunity is realised. The objectives of study were to assess the socio-economic profile among rural Adolescents girls and to assess the restriction practices during menstruation among rural adolescent's girls. The data was gathered personally by using checklist and interview method. The data was collected month of January to February (2020). Total sample size of 80 rural adolescent girls. The study aims to assess the socio economic background of rural adolescent girls and to assess the restriction practices during menstruation among rural adolescent girls. In this study we found that 16-17 years (47.5%) and 13-15 years (41.5%) rural girl were restricted to do religious activities during period. We also found that 16-17(27.5%) years and 13-15 years (20%) rural girls were restricted from shampooing hair during menstruation. These restrictions were due to the overall perception of the people regarding menstruation as they consider it dirty and polluting. **Keywords-** Menstruation, restriction practices, adolescent girls, rural girls.

I. INTRODUCTION-

Adolescence can be a time of confusion. It's not surprising given the physical and mental changes that take place during this time. After all, moving from the world of the child to the world of

the adult requires great adjustment. (<https://www.psychologytoday.com/us/basics/adolescence>).¹

Menarche is an important biological milestone in a woman's life as it marks the onset of the reproductive phase of her life. The average age at menarche is mostly consistent across the populations that is, between 12 and 13 years of age.²

Adolescence is a unique time in a woman's life that represents the shift from youth to adulthood. Menstruation is an essential phenomenon in an adolescent girl's life. She undergoes various physiological and psychological changes during this phase of life. Menstruation is considered unclean in India, and teenage girls are not allowed to undertake home chores or engage in religious or cultural events during their period.³

Menstruation and menstrual practices still face many social, cultural, and religious restrictions which are a big barrier in the path of menstrual hygiene management. In many parts of the country especially in rural areas girls are not prepared and aware about menstruation so they face many difficulties and challenges at home, schools, and work places.⁴

Menstrual hygiene practices were affected by cultural norms, parental influence, personal preferences, economic status, and socioeconomic pressures. Menstrual beliefs refer to misconceptions and attitudes towards menstruation within a given culture or religion. Menstrual beliefs, knowledge, and practices were all interrelated to the menstrual hygiene management.⁵

Menstruation is surrounded by various psychological and religious barriers due to lack of knowledge about the scientific process of

menstruation. Many girls residing in slum areas are unaware of what actually happens during menstrual cycle. Although menstruation is a natural process, it is linked with several perceptions and practices within the community, which sometimes may result in adverse health outcomes.⁶

Unfortunately, due to lack of knowledge on menstruation preparedness and management or due to shyness and embarrassment the situation becomes worse for girls in rural areas. Menstruation is a natural process but it is still a taboo in Indian society as it is considered unclean and dirty. The present study is in the direction to understand the restriction practices among adolescent girls during menstruation. Thus the objective of this study were-

1. To assess the socio- economic profile among rural Adolescents girls
2. To assess the restriction practices during menstruation among rural adolescent's girls

II. METHODS-

Research design is used to conduct research with objectivity of accuracy. Ex post facto research design was adopted in the present research. It is a kind of research that explores a cause for a condition that already exists. It focuses first on the cause and search or the effect. It is difficult to study the whole population; hence it is imperative to select a small group. The present study was conducted in different rural village of

Bareilly city. For the present research, random sampling technique was adopted to select rural girls as sample. For selection of the respondent's multi stage sampling technique was adopted. The total sample of this study were 80. The descriptive data was collected personally by using self-structured checklist and interview method during the period of January to February 2020. The checklist was developed and divided into various sections. In the present study frequency and percentage were computed for analyzing the demographic variables i.e. age, and restrictions practices during menstruation different parameters were also calculated with the help of frequency, percentage were conducted.

III. RESULT-

The social stigma attached to menstruation causes many girls and women to carry out dangerous hygiene practices and restriction during menstruation. Females/girls who are menstruating are considered impure and teenage girls are not allowed to undertake home chores or engage in religious or cultural events during their period. Up-to-date knowledge about menstruation, beginning in early adolescence, would improve the social stigma of people and relieve the distress of millions of women.

The distribution of age among respondents was comprehensively presented in Table 1, offering valuable information insights-

Table No.1 Assessment of age of the respondents (N-80)

Sr.no.	Age (in years)	frequency	Percentage (%)
1.	13-15	33	41.25
2.	16-17	38	47.5
3.	18-19	9	11.25

Age determines the maturity of an individual and has a bearing on the thinking experience and exposure of a person that is achieved at different stage of life. The age wise distribution of respondents is portrayed in table 1 and it can be noted that only nine respondents

(11.25%) were in the age group of 17-19 years. Almost equal percentage of the respondents belonged to the age group of 16-17 years (47.5%), followed by the respondents belonging the age group of 13-15 years (41.25%).

Table No. 2 Assessment of Restriction practices during menstruation among adolescent girls

Restriction practices during menstruation among adolescent girls	Age (in years) (N-80)					
	13-15 years		16-17 years		18-19 years	
	F	%	F	%	F	%
i) Restriction of sour food	4	5	6	7.5	6	7.5
ii) Restriction of religious activities	33	41.25	38	47.5	9	11.25
iii) Restriction of shampooing hair	16	20	22	27.5	6	7.5

iv) Restriction of wearing washed clean clothes	0	0	1	1.25	0	0
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The above table explains the restriction practices during menstruation among rural adolescent girls across the age. Table 2 related data to frequency of age among rural adolescent girls in their overall restriction practices. It was evident from the data that equal percentage of 16-17 years (7.5%) and 18-19 years (7.5%) rural girls were restricted to eat sour food during menstruation followed by 13-15 years (5%) girls. It also revealed that almost equal percentage of 16-17 years (47.5%) and 13-15 years (41.25%) rural girls were restricted to do religious activities followed by 18-19 years (11.25%) girls. The table also evident 16-17 years (27.5%) and 13-15 years (20%) rural girls were restricted from shampooing hair during menstruation followed by 18-19 years (7.5%) rural girls. It also revealed that only 16-17 years (1.25%) of rural girls were restricted from wearing washed clean clothes during menstruation followed by 13-15 years (0%) and 18-19 years (0%) rural girls.

IV. CONCLUSION-

Menstruation and menstrual practices still face many social, cultural, and religious restrictions which are a big barrier in the path of menstrual hygiene management. Menstrual beliefs refer to misconceptions and attitudes towards menstruation within a given culture or religion. Menstrual beliefs, knowledge, and practices were all interrelated to the menstrual hygiene management. In this study we found many cultural and religious beliefs followed by people regarding menstruation. In this study we found that 16-17 years (47.5%) and 13-15 years (41.5%) rural girl were restricted to do religious activities during period. We also found that 16-17(27.5%) years and 13-15 years (20%) rural girls were restricted from shampooing hair during menstruation. These norms were the barriers in the path of good menstrual hygiene

practices. Many women experiencing restrictions on cooking work activities, sexual intercourse, bathing, worshipping, and eating certain foods. These restrictions were due to the overall perception of the people regarding menstruation as they consider it dirty and polluting.

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