



**A STUDY TO EVALUATE THE KNOWLEDGE AND PRACTICE OF  
MENSTRUAL SANITATION AMONG WOMEN OF ANCESTRAL  
COMMUNITIES RESIDING IN SELECTED AREAS OF INDORE, MADHYA  
PRADESH**

**Kanchan Lata Singh**

Ph.D. Nursing Scholar, Malwanchal University

**Introduction**

In India 52% of the female population is of reproductive age and are likely to menstruate each month. They are getting anxious, adolescents missing their schools, taking leave from works, sometimes completely isolated from their family and society and practicing unhealthy menstrual hygiene practices during menstruation as they want to hide their menstruation and to maintain the purity of their surroundings.

Menstruation is also known as period or monthly. By definition, menstruation is the regular discharge of blood and mucosal tissue from the inner lining of the uterus through the vagina. It is due to the preparation of woman's body for pregnancy. So, if pregnancy do not happen the lining will shed through the vagina. The menstrual cycle is controlled by the reproductive hormone system and is necessary for pregnancy and reproduction.

Menstrual hygiene management means that women and adolescent girls using a clean menstrual management material to absorb or collect blood that can be changed in privacy as often as necessary for the duration of the menstruation period, using soap and water for washing the body as required, and having access to facilities to dispose of used menstrual management material.

## **OBJECTIVES**

- Assess the knowledge on menstrual hygiene among women of ancestral communities.
- Identify the practice of menstrual sanitation among women of ancestral communities.
- Determine the association between knowledge on menstrual sanitation and socio personal variables.
- Determine the association between personal hygiene practice during menstruation and socio personal variables.
- Determine the correlation between knowledge on menstrual sanitation and personal hygiene practice during menstruation among women of ancestral communities.

## **METHODS AND MATERIALS**

A non -experimental approach will be chosen for this study. Descriptive research design will be randomized control trial. The study was conducted in selected area of Indore, Madhya Pradesh. In this study the target population are Women of selected ancestral communities. Purposive sampling technique will be used for the study. The sample consisted of 210 women between 12 to 50 years of age, attained menarche and residing in selected ancestral communities selected as per the inclusion criteria for the study.

## **RESULTS**

Majority of women (60%) belong to the age group of 28- 39years. 13.3% of women were belongs to 40– 50 years of age. 45.7% women are married, separated women represents 4.8% and widows are 9.5%. Unmarried women represent 40% of the participants. Majority of women (90.5%) attained menarche at their age  $\leq 15$  years.

half of the participants (54.3%) have primary education. 2.9% have educational qualification degree and above. 7.6% of women have no formal education.

61.9% of women have no prior information regarding menstrual hygiene. Among 40

participants who got the prior information regarding menstrual hygiene, 65 percentage of women got the information regarding Menstrual Sanitation from teachers. 9.5% of the women had good knowledge. Majority of women, (58.1%) have average knowledge regarding menstrual hygiene. 32.4% of women have poor knowledge regarding menstrual hygiene.

## **CONCLUSION**

Majority of women (60%) belongs to the age group of 28-39 years. 13.3% of women were belongs to 40– 50 years of age. 45.7% women are married, separated women represent 4.8% and widows are 9.5%. Unmarried women represent 40% of the participants. Most of the women (90.5%) attained menarche at their age  $\leq 15$  years.

Majority of participants (54%) have primary education. 2.9% have educational qualification degree and above. 7.6% of women have no formal education. 50.5% of women are home makers, 15.2% are manual laborers. 33.4% have no occupation, in which 28.6% are students. 61.9% of women have no prior information regarding menstrual hygiene. Among 40 participants who got the prior information regarding menstrual hygiene, 65 percentage of women got the information regarding menstrual hygiene from teachers.

9.5% of the women had good knowledge. Majority of women, (58.1%) have average knowledge regarding menstrual hygiene. 32.4% of women have poor knowledge regarding menstrual hygiene. 65.7% are not aware about menstruation. They say that it is the bad blood which is going out. Only 12.4% knows that uterus is the source of menstrual blood. Others think that the blood is coming from the stomach, and some says it is coming from anal orifice.

Regarding the most answered known minor discomforts associated with menstruation are dysmenorrhea (89.5%) and tiredness (73.3%). Less known is constipation (15.2%) and nausea (21%) 9.5% of women among Ancestral Communities have good practice of Menstrual Sanitation and majority of women (90.5%) have poor practice of menstrual hygiene. 58.1% of participants have good personal hygiene practice during menstruation. As their culture supports the cleanliness of the body and surroundings, 71.4% are taking baths regularly.

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