

A Study On Problems Of Menstruation Among Adolescent Girls And Its Related Cultural Practices As Expressed By Mother In Rural Community Of Kamrup District Assam

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Abstract: Background: Adolescence is a significant period in the life of a female. WHO defined adolescence is as a person between 10 -19 years age. One of the major changes occurs among adolescence girl is menarche. The first menses is called "Menarche". Menstruation is associated with various symptoms, occurring before or during the menstrual flow, which interfere their life. Menstruation despite being a natural phenomenon this has always been surrounded by secrecy and myths in many societies. Taboos surrounding menstruation exclude women and girls from many aspects of social and cultural life. Such taboos about menstruation present in many societies impact on girls' and women's emotional state, mental state and lifestyle and most importantly, health. The main objective of the study was to assess the prevalence of menstrual Problem among adolescent girls and its related cultural practices in selected rural community of Kamrup District, Assam. **Methodology:** A community based cross sectional study was conducted in selected Block Primary Health Centre and Community Health Centre /First Referral Unit of Rural community of Kamrup District Assam. In this study the data were collected from 350 adolescent girls to assess the menstrual problem and data were collected from 250 mothers to assess the cultural practices. The study sample was selected by using multistage stratified random sampling .The data were collected by using Interview schedule and inventory checklist. The data were collected in the year 2012 -2016 in different parts respectively. The collected data was analyzed by using descriptive and inferential statistics. **Major findings of the study:** The Result reveal that out of 350 adolescent girls majority 223(63.7%) found to be in the age group of 13-16 year. Majority 224(64%) girls started menarche at the age of 12-14 years. 283 (80.86%) adolescent girls suffers from premenstrual problem and 329(94%) adolescent girls face problem during menstruation, Among pre menstrual problem majority 275(73.4%) girls reported abdominal cramps and among menstrual problem majority 309(88.3%) girls reported dysmenorrhoea .The study revealed that due to dysmenorrhoea 208 (59.4%) adolescent girls absence from school. The study showed that majority 215(61.4%) manage the problem by using home remedies and only 15(4.3%) adolescent girls consult doctor. The common cultural practices related to menarche as revealed by the study are 163(65.2%) mother reported the practices that as soon as the menarche starts the girls are kept isolated, 152(60.8%) mother said that the menarche girl should not take bath and should not eat cooked food for three days. 152(60.8%) said that there is practice of Santi bia or tuloni bia (marriage for menarche girl) for the girl who attend menarche. 249(99.6%) mother consider menstruation as dirty things. The Cultural practice related to menstruation which is revealed by the study includes 169 (67.6%) mother said that the menstruating girl should not take bath for two days. 119 (47.6%) mother reported the practice that menstruating girl Should sit on floor or dhakua (dried areca leaves). According to 100% Mother the menstruating girl should not go to temple and should not go to pooja room at home. According to 248(99.2%) mother the menstruating girl should not eat egg during her period. According to 119 (47.6%) mother the menstruating girl should not eat yogurt and cold water during her period. 119 (47.6%) mother reported that the menstruating girl should not eat cold food during period which can results in cramps during periods. 119(47.6%) mother said the practice that if the menstruating girl drinks sugary drinks during menstruation it can cause blood flow heavier. 5 (3.2%) mother use sanitary pad. 240 (96%) Mother washes and reuses the cloth. 33(13%) Mother practice restriction of Sex during menstruation. 201(80.4%) mother throw used material openly. **Conclusion:** The present study concluded that adolescent's girls of rural community of Kamrup District Assam experience many premenstrual and menstrual problems, which affects them psychologically and physically. The study also reported many taboos practices related to menstruation in rural community of Assam. Appropriate knowledge regarding menstrual problem, its management and knowledge regarding menstrual hygiene is still lacking among the adolescent girls of rural community of Kamrup District Assam.

Keywords: Menstrual problem, dysmenorrhoea, Adolescent girl cultural practice.

1 Introduction:

According to WHO, adolescence is defined as a person between 10 -19 years age. There are about 1.2 billion adolescence worldwide and one in every five people in the world is an adolescent. [1] One of the major changes occurs among adolescence girl is menarche. The first menses is called "Menarche". Menstruation is a natural phenomenon among matured females who experience shedding of blood for 1-7 days every month from the age of maturity until

menopause. There is about 1.2 billion adolescence worldwide and one in every five people in the world is an adolescent [2] The adolescence girls face many health problems one of the important problem face by the adolescent girl. Menstruation is associated with various symptoms, occurring before or during the menstrual flow, which interfere their life. The adolescence girls experience many problems during menstruation. some of the common problem faced by the adolescence are dysmenorrhea,

menorrhagia, less blood flow, Pre menstrual Syndrome / Premenstrual exacerbation of psychological illness, Psychological problem like irritability aggression, tension, depression, mood swings, feeling out of control, emotional instability Feeling lazy and tired easily Increased appetite, body weight increases because the body stores water in significant amounts. Physical symptoms that often are swelling and pain in the breast, dysmenorrhoea, headache, backache, aches, fainting Most common cause is a symptom of psychological distress Factors that increase the risk PMT(pre menstrual tension) [3] Among this problem one important problem is dysmenorrhea. According to a data published in Indian journal of pediatrics in January 2012. Menstrual disorders were reported in 21.1%. The most frequently reported problem during menstruation was dysmenorrhoea (72.4%) followed by oligomenorrhoea (11.3%). Only 11.5% of the girls who had menstrual problems sought treatment and majority from a gynecologist. Out of 81.5% girls who reported vaginal discharge, only 5.7% had abnormal discharge. [4] There is a relationship between culture and menstruation. A variety of menstrual related traditions exist. Cultural practice varies depending upon the religion. In the existing Indian cultural milieu, the society is interwoven into a set of traditions, myths and misconceptions especially about menstruation and related issues. Menstruation is generally considered as unclean in Indian society. In cultures where religion plays an important role in determining the rules of daily life, the restrictions around menstruation were more diverse and strict. Menstruating girls were not allowed to enter holy places such as mosques and temples or practice some religious activities such as praying or menstruating girls were not allowed to enter holy places such as mosques and temples or practice some religious activities such as praying or fasting. Women are not allowed to handle certain kinds of food during menstruation, not allowed swimming, taking a bath, or not crossing over other people who sleep on the floor. [5]

2 Methods:

A community based cross sectional study was conducted in selected Rural community under Hajo Community Health Centre/ First Referral Unit, Bezera Community Health Centre /First Referral Unit and Boko Block Primary Health centre of Kamrup District Assam, India. In this study the data were collected from 350 adolescent girls and from 250 mothers by using Multistage stratified random sampling and purposive sampling. The data were collected by using validated Interview schedule and inventory checklist. The data were collected in the year 2012-2016 in the month of April, July, October and December in different parts respectively.

3 Data analysis:

The collected data was analysis by using descriptive and inferential statistics.

4 RESULTS:

Table -1

Analysis of the demographic characteristics of Adolescent girls of rural community of Kamrup District Assam.

N=350

Demography	Characteristics	Percentage
Age (Yrs)	10-13 Yrs	32(9.1%)
	13-16 Yrs	223(63.7%)
	16-19 Yrs	95(27.1%)
Religion	Hindu	336(96%)
	Muslim	14(4%)
Caste	GEN	101(28.9%)
	OBC	127(36.3%)
	SC	26(7.4%)
	ST	96(27.4%)
Age at menstrual bleeding	8-10 Yrs	2(0.6%)
	10-12 Yrs	90(25.7%)
	12-14 Yrs	224(64%)
	14-15 Yrs	34(9.7%)
	16-17 Yrs	0(0%)
Know about menstruation before menarche	No	27(7.7%)
	Yes	323(92.3%)
Source of menstrual information	Friend	115(32.9%)
	Mother	93(26.6%)
	Sister	115(32.9%)

Table-1 depicts that the majority of adolescent girls 223(63.7%) were found in the age group of 13-16 years, 95 (27.1%) were found in the age group of 16-19 years and 32(9.1%) were found in the age group of 10-13 years, 336(96%) girls were Hindu and 14 (4%) were Muslim. Regarding caste 127(36.3%) were belongs to OBC, 101(28.9%) were belongs General caste, 96(27.4%) were belongs to S.T and 26 (7.4%) were belongs to SC caste, 224(64%) girls started menstrual bleeding at the age of 12-14 years, 90(25%) girls started at the age of 10-12 years, 34 (9.7%) girls started at the age of 14-15 years and 2(0.6%) girls started at the age of 8-10 years, 323 (92.3%) girls had prior knowledge regarding menstruation. Regarding source of menstrual information among the adolescent girls majority 115 (32.5%) girls received information from friend, 115(32.5%) girls received information from sister, and 93 (26.6%) girls received information from mother.

Table 1(a): Demographic Characteristics of adolescent girls (N=350)

Demography	Characteristics	Percentage
First menstruation is managed by Informed	Mother	284(81.1%)
	Friend	24(6.9%)
	Sister	25(7.1%)
	Other	17(4.9%)
Reaction towards first menstruation	Afraid	239(68.3%)
	Cried	16(4.6%)
	Shocked	95(27.1%)
	Mixed	0(0.0%)
Menstrual cycle interval	Irregular	32(9.1%)
	Regular	318(90.9%)
	3 days	22(6.3%)
Duration of menstrual bleeding	4days	235(67.1%)
	5 days	72(20.6%)
	> 5 days	21(6.0%)
Material used during menstruation	Cloth	214(61.1%)
	Pad	136(38.9%)

Table 1(a) reveals the result that 284(81.1%) adolescent girls were managed their first menstruation by informing mother, 25(7.1%) girls were managed their first menstruation by

informing sister, 24(6.9%) girls were managed their first menstruation by informing friend and 17(4.9%) girls were managed their first menstruation by informing other member. Regarding reaction towards first menstruation among the adolescent girls majority 239(68.3%) girl were afraid, 95(27.1%) were shocked and 16 (4.6%) girls were cried towards first menstruation, 318(90.9%) adolescent girls have regular menstrual cycle. Regarding duration of menstrual bleeding 235 (67.1%) girls have 4 days bleeding, 72(20.6%) girls have 5 days bleeding. On aspect of material used during menstruation majority 214 (61.1%) adolescent girls used cloth whereas 136 (38.9%) girls used pad.

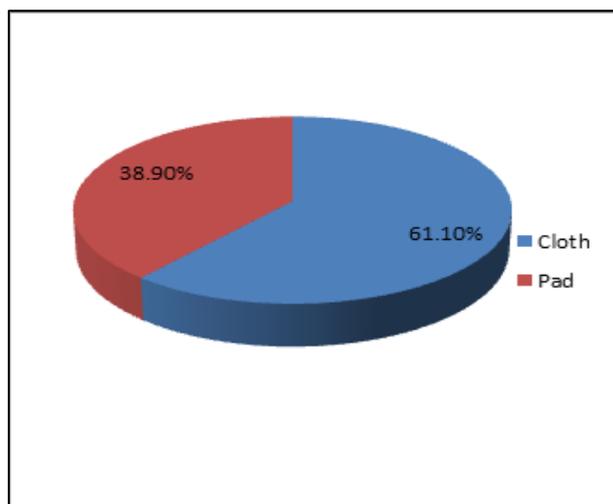


Fig: 1 Material Used During Menstruation By The Adolescent Girls

Table 1(b): Demographic characteristics of adolescent girls in selected rural community of Kamrup District. (N=350)

Demography	Characteristics	Percentage
Frequency of changing Material(Pad /Cloth)	Once daily	117(33.4%)
	Thrice daily	39(11.1%)
	Twice daily	78(22.3%)
If pad is not used what is the reason	when it is wet	116(33.1%)
	Pad	136(38.9%)
	Don't Like	12(3.4%)
Disposable sanitary pad	Unable to Buy	202(57.7%)
	Burning	2(0.6%)
	Burying	3(0.9%)
	Open	131(38.3%)
Management of cloth	open (wrap with paper)	0(0.0%)
	Throw Open	12(3.4%)
	Wash ,Dried & Reuse	202(57.7%)

Table 1(b) depicts the result that 117(33.4%) adolescent girls change material once daily, 116 (33.9%) changed material when it is wet ,78(22.3%) changed material when it is wet and 39(11.1%) changed material thrice daily ,212(61.1%) adolescent girls do not used pad, among these girls majority 202(57.7%) girls unable to buy pad and 12(3.4%) girls don't like to use , 2(0.6%) girls dispose pad by the method of Burning, 3(0.9%) used burning method , 131(38.3%) throw pad openly,214(61.1%) girls used cloth rather than pad. Among these girls 202(57.7%) girls wash, dried and reuse the cloth.

Table 2: Problem face prior to Menstruation by the adolescent girls in selected rural community of Kamrup District. (N=350)

Problem	Response	Percentage
problem face prior to menstruation	N	67(19.1%)
	Y	283(80.9%)
Experience bloating & breast tender	N	205(58.6%)
	Y	78(22.3%)
Experience dysphoria (unhappiness)	N	242(69.1%)
	Y	39(11.1%)
Experience stress and anxiety prior to menstruation	N	241(68.9%)
	Y	40(11.4%)
Experience headache	N	255(72.9%)
	Y	26(7.4%)
Experience fatigue prior to menstruation	N	244(69.7%)
	Y	37(10.6%)
Experience mood swing	N	273(78.0%)
	Y	9(2.6%)
Experience abdominal cramps prior to menstruation	N	25(7.1%)
	Y	257(73.4%)
Experience waist pain	N	105(30.0%)
	Y	178(50.9%)
Experience constipation prior to menstruation	N	295(84.3%)
	Y	0(0.0%)
Experience acne prior to menstruation	N	85(24.3%)
	Y	207(59.1%)

Table 2 reveals the result on premenstrual problem among the Rural adolescent girls, it was found that 78(22%) girls experience bloating and breast tenderness, 39 (11.1%) adolescent girls experience dysphoria (unhappiness) ,242(69.1%) girls experience stress and, 26(7.4%) girls experience headache, 37(10.6%) experience fatigue,9(2.6%) girls Experience mood swing, 275(73.4%) adolescent girls experience abdominal cramps,178 (50.9%) adolescent girls experience waist pain ,207 (59.1%) adolescent girls experience acne .

Table 3: Problem face during Menstruation and its affect and management by the adolescent girls in selected rural community of Kamrup District (N=350)

Problem	Response	Percentage
Problem face during menstruation	N	21(6.0%)
	Y	329(94.0%)
Experience heavy bleeding	N	259(74.0%)
	Y	70(20.0%)
Experience dysmenorrhoea	N	15(4.3%)
	Y	309(88.3%)
Experience dysmenorrhoea in each cycle	N	59(16.9%)
	Y	255(72.9%)
	Mild	49(14.0%)
Type of dysmenorrhoea	Moderate	201(57.4%)
	Severe	30(8.6%)
	N	280(80.0%)
Headache, dizziness during dysmenorrhoea	Y	27(7.7%)
	Dysmenorrhoea affects in	Absence from school
Affect relationship with others		64(18.3%)
Feel depressed		16(4.6%)
Feel weak		18(5.1%)
Not able to do daily activities		23(6.6%)
Management of menstrual problem	Consult doctor	15(4.3%)
	Doing Nothing	15(4.3%)
	Home Remedies	215(61.4%)
	put hot water bottle on abdomen	0(0.0%)

Table 3 indicates the following Result,329 (94.0%) adolescent girls face problem during menstruation ,70 (20%) adolescent girl suffers from heavy bleeding , 309(88.3%) adolescent girls experience dysmennorhoea, 255 (72.9%) girls experience dysmennorhoea in each cycle . 201 (57.4%) adolescent girls experience moderate, 49 (14 %) adolescent girls experience mild and 30 (8.6%) girls experience severe dysmennorhoea. 27 (7.7%) adolescent girls experience Headache and dizziness during dysmennorhoea. Due to dysmennorhoea 208 (59.4%) adolescent girls absence from school. 64 (18.3%) affect relationship with others 16 (4.6%) adolescent girls feel depressed .18 (5.1%) adolescent girls feel weak,23 (6.6%) adolescent girls does not able to do daily activities. On aspect of management of dysmennorhoea 215(61.4%) adolescent girls manage the problem by using home remedies, 15(4.3%) adolescent girls consult doctor, 15(4.3%) do nothing and 84(24%) Sleeps to reduce pain during dysmennorhoea.

Table 4: Cultural Practice related to Menarche as expressed by mother in selected rural community of Kamrup District (N=250)

Cultural practice	Response	Percentage
Consider menarche as dirty things	N	0(0.0%)
	Y	250(100.0%)
As soon as menarche starts the girls kept isolation	N	87(34.8%)
	Y	163(65.2%)
The girl should not touched others	N	98(39.2%)
	Y	152(60.8%)
The menarche girl should not come out from the room for three days	N	98(39.2%)
	Y	152(60.8%)
The menarche girl should not see sunlight	N	98(39.2%)
	Y	152(60.8%)
The menarche girl should not see men	N	98(39.2%)
	Y	152(60.8%)
The menarche girl should not take bath for three days	N	98(39.2%)
	Y	152(60.8%)
The menarche girl should not be touched by others	N	98(39.2%)
	Y	152(60.8%)
The menarche girl should not eat cooked food for three days	N	98(39.2%)
	Y	152(60.8%)
The menarche girl should take bath on fourth day of menarche	N	98(39.2%)
	Y	152(60.8%)
Santi bia tuloni bia (marriage for menarche girl) is celebrated for the girl who attend menarche	N	98(39.2%)
	Y	152(60.8%)
Consider menstruation as dirty things	N	0(0.0%)
	Y	250(100%)

Key: N=No, Y=Yes

Table: 4 shown the Result that 250 (100.0%) Mother Consider menarche as dirty things, 163(65.2%) mother replied that as soon as the menarche starts the girls are kept isolated. According to 152 (60.8%) mother the menarche girl should not touch other, the menarche girl should not come out from the room for three days , the menarche girl should not see sunlight , the menarche girl should not see men, menarche girl should not take bath for three days, mother replied that the menarche girl should not be touched by others , the menarche girl should not eat cooked food for three days and said the practice of Santi bia tuloni bia (marriage for menarche girl) is celebrated for the girl who attend menarche.

Table 5: Cultural Practice related to Menstruation as expressed by mother in selected rural community of Kamrup District (N=250)

Cultural practice	Response	Percentage
As soon as period starts the girls should take bath immediately before touching anything else	N	127(50.8%)
	Y	123(49.2%)
She should not take bath for two days	N	81(32.4%)
	Y	169(67.6%)
She should not see men before bathing	N	190(76.0%)
	Y	60(24.0%)
She should not see birds before bathing	N	191(76.4%)
	Y	60(24.0%)
She should sit on floor/dhakua	N	131(52.4%)
	Y	119(47.6%)
She should not touch anything except her usable things during her periods	N	131(52.4%)
	Y	119(47.6%)
She should not touch plants	N	131(52.4%)
	Y	119(47.6%)
She should not touch others till 3 days	N	131(52.4%)
	Y	119(47.6%)
If anybody touch her he /she should take bath immediately before touching anything else	N	131(52.4%)
	Y	119(47.6%)
She should not touch well or tube well	N	131(52.4%)
	Y	119(47.6%)
She should not go to temple	N	3(1.2%)
	Y	247(98.8%)
She should not go to pooja room at home	N	2(.8%)
	Y	248(99.2%)
She should sleep separately on floor or mat	N	3(1.2%)
	Y	247(98.8%)
She should mop the floor on 3 rd day	N	132(52.8%)
	Y	118(47.2%)
She should wash the clothes and mat which is used while sleeping ,which should not be touched by others	N	132(52.8%)
	Y	118(47.2%)

KEY: N=No, Y=Yes

Table: 5 shown the result that 249(99.6%) mother consider menstruation as dirty things .Result according to 123 (49.2%) mother as soon as period starts the girls should take bath immediately before touching anything, 169 (67.6%) mother reported that the menstruating girl should not take bath for two as days .According to 59(23.6%) mother the menstruating girl should not see men before bathing. 58(23.2%) mother said that the menstruating girl should not see birds before bathing. According to 119 (47.6%) mother the menstruating girl should sit on floor or dhakua (dried areca leaves) .According to 119(47.6%) mother the menstruating girls should not touch anything except her usable things during her periods. 119(47.6%) to mother reported that the menstruating girl should not touch plants. According to 119(47.6%) mother the menstruating girl should not touch others till 3 days. 119(47.6%) mother said that if the menstruating girl touch anybody he /she should take bath immediately, According to 119(47.6%) mother the menstruating girl should not touch well or tube well. According to 100% Mother the menstruating girl should not go to temple, should not go to pooja room at home. According to 247(98.8%) mother the menstruating girl should sleep separately on floor or mat .According to 118(47.2%) mother the menstruating girl should mop the floor on 3rd day. According to 118(47.2%) mother the menstruating girl should wash the clothes and mat which is used while sleeping.

Table 7: Cultural Practice related to Menstrual hygiene as expressed by mother in selected rural community of Kamrup District (N=250)

Cultural practice	Response	Percentage
Mother Use sanitary pad	N	242(96.8%)
	Y	8(3.2%)
Mother Use cloth	N	5(2.0%)
	Y	245(98.0%)
Mother washes and reuse cloth	N	10(4.0%)
	Y	240(96.0%)
Mother Changing cloth /pad whenever needed	N	6(2.4%)
	Y	244(97.6%)
Mother practice Sex during menstruation	N	217(86.8%)
	Y	33(13.2%)
Mother Wash of genitalia during changing Material	N	81(32.4%)
	Y	169(67.6%)
Mother Wash of genitalia after urination during menstruation	N	56(22.4%)
	Y	194(77.6%)
Mother open disposable of used material	N	49(19.6%)
	Y	201(80.4%)

Key: N=No, Y=Yes

Table: 7 shown the result related to menstruation hygiene practice that only 5 (3.2%) mother use sanitary pad, 245 (97.4%) mother use cloth, 240 (96%) Mother washes and reuses the cloth. 244(97.6%) Mother Changed cloth whenever necessary, 33(13%) Mother practice restriction of Sex during menstruation, 169(67.6%) Mother wash genitalia during changing material. 194(77.6%) Mother washes genitalia after urination during menstruation. 201(80.4%) mother throw used material openly.

5 Discussion:

The community based cross sectional study was conducted to assess the prevalence of menstrual Problem among adolescent girls and its related cultural practices in selected rural community of Kamrup District, Assam. The conducted study reveal that out of 350 adolescent girls majority 223(63.7%) found to be in the age group of 13-16 year. Majority 224(64%) girls started menarche at the age of 12-14 years. 283 (80.86%) adolescent girls suffers from premenstrual problem and 329(94%) adolescent girls face problem during menstruation , Among pre menstrual problem majority 275(73.4%) girls reported abdominal cramps and among menstrual problem majority 309(88.3%) girls reported dysmenorrhoea .The study revealed that due to dysmenorrhoea 208 (59.4%) adolescent girls absence from school. The study showed that majority 215(61.4%) manage the problem by using home remedies and only 15(4.3%) adolescent girls consult doctor. A supported study was conducted by Agarwal AK etal (2011) on dysmenorrhoea during menstruation in adolescent girls in Gwalior. Result showed that the prevalence of dysmenorrhoea in adolescent girls was found to be 79.67%. Most of them, 37.96%, suffered regularly from dysmenorrhoea severity. The three most common symptoms present on both days, that is, day before and first day of menstruation were lethargy and tiredness (first), depression (second) and inability to concentrate in work (third), whereas the ranking of these symptoms on the day after the stoppage of menstruation showed depression as the first common symptoms. Negative correlation had found between dysmenorrhoea and the General Health Status as measured by the Body surface area. [6] A study was conducted by Narring

F etal (2011) on dysmenorrhoea in Switzerland. Result showed that among 3340 girls, 86.6% suffered from dysmenorrhoea-related symptoms: 12.4% described having severe dysmenorrhoea and 74.2% moderate dysmenorrhoea. Girls with severe dysmenorrhoea described heavier consequences on daily activities compared with girls without dysmenorrhoea: 47.8% of girls with severe dysmenorrhoea reported staying at home and 66.5% declared reducing their sportive activities. Yet, fewer than half have consulted a physician for this complaint and even fewer were treated properly. Treatment of dysmenorrhoea is discussed and recommendations for clinical practice are given.[7] Shabnam etal, (2018) conducted a supported study to assess menstruation of Indian adolescent girls in an urban area of south India . The sample were consisting of 536 healthy menstruating female aged 10-19 years .The study found that the mean age of menarche was 13±1.1 years with wide variation i.e. 10-17 years .73.1% had cycle duration of 21-35 days. More than half of them reported 5-6 days duration of menstrual blood flow and 12 % the participants had > 7 days of flow.30.1% reported abundant blood loss.66.7% had dysmenorrhoea [8] The common cultural practices related to menarche as revealed by the study are 163(65.2%) mother reported the practice that as soon as the menarche starts the girls are kept isolated, 152(60.8%) mother said that the menarche girl should not take bath and should not eat cooked food for three days. 152(60.8%) said that there is practice of Santi bia or tuloni bia (marriage for menarche girl) for the girl who attend menarche. 249(99.6%) mother consider menstruation as dirty things. The Cultural practices related to menstruation which is revealed by the study includes 169 (67.6%) mother said that the menstruating girl should not take bath for two days. 119 (47.6%) mother reported the practice that menstruating girl should sit on floor or dhakua (dried areca leaves). According to 100% Mother the menstruating girl should not go to temple and should not go to pooja room at home. According to 248(99.2%) mother the menstruating girl should not eat egg during her period. According to 119 (47.6%) mother the menstruating girl should not eat yogurt and cold water during her period. 119 (47.6%) mother reported that the menstruating girl should not eat cold food during period which can results in cramps during periods. 119(47.6%) mother said the practice that if the menstruating girl drinks sugary drinks during menstruation it can cause blood flow heavier. Regarding the result related to menstruation hygienic practice reveals that only 5 (3.2%) mother use sanitary pad. 240 (96%) Mother washes and reuses the cloth. 33(13%) Mother practice restriction of Sex during menstruation. 201(80.4%) mother throw used material openly. Saumya ,Sequira Leena (2016) conducted a supported study on cultural practices about menarche and menstruation .In this study data was collected from sample who were 18 years and above. Findings of the study reveal that 37% of the sample celebrates menarche 13 % offer special pooja after 7th day of menarche.83% of the sample does not offer pooja and visit temple during menstruation .68 % of sample do not apply kumkum, Hindus do not visit temple , enter the pooja room, attend the religious function .[9] Tamil Selvi K, Dr Ramachndran S (2016) conducted a supported study on socio-cultural Taboos concerning menstruation in Tamil Nadu. In this study data was collected from 600 sample respondents from rural and urban areas. Result showed that a very strong practice attitude among the

women is that keeping them away from religious and ceremonial participation. Low practices seen like should not : see men before bath , see bird before bath , touch infant ,pooja things , plants , flower, enter kitchen and should sleep on floor .[10]

6 Conclusion:

The present study concluded that adolescent's girls of rural community of kamrup District Assam experience many premenstrual and menstrual problems, which affects them psychologically and physically. The study also reported many cultural practices of taboos related to menstruation in rural community of Kamrup District Assam. Appropriate knowledge regarding menstrual problem, its management and knowledge regarding menstrual hygiene is still lacking among the adolescent girls of rural community of kamrup District Assam.

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