

# Awareness on Menstrual Hygiene among Deaf Mute Adolescents with Special Reference to in Thrissur District, Kerala

Dr. P. Natarajan<sup>1</sup>, Sarangi. K<sup>2</sup>

<sup>1</sup>Associate Professor, PG and Research Department of Social Work,

<sup>2</sup>II MSW Student, PG and Research Department of Social Work,

<sup>1,2</sup>Hindusthan College of Arts & Science, Coimbatore, Tamil Nadu, India

## ABSTRACT

Menstruation is a delicate physiological process through which a shedding of uterine lining occurs each month in females of reproductive age. Menstrual hygiene is considered as important hygiene maintenance in adolescent girls from the time of menarche. Deaf mute adolescent's girls have very less or no knowledge about reproductive tract infections caused due to ignorance of personal hygiene during menstruation time. Ensuring proper menstrual hygiene is vital for the well-being and development of healthy reproductive life in deaf mute adolescent's girls. Awareness can be given to them by educating their parents and also getting training from healthcare professionals, particularly nurses. Braille method is one of the techniques which are used to provide proper knowledge about menstrual hygiene and its maintenance. The researcher adopted Descriptive research design and consequently the sampling method adopted for this study was probability sampling. For this study the researcher used simple random sampling lottery method to gather data from respondents. A sample size of 60 was collected using interview schedule.

**KEYWORDS:** Menstrual Hygiene, Deaf Mute, Adolescents

## INTRODUCTION

Menstrual hygiene management (MHM) or menstrual health and hygiene (MHH) refers to access to menstrual hygiene products to absorb or collect the flow of blood during menstruation, privacy to change the materials, and access to facilities to dispose of used menstrual management materials. It can also include the "broader systemic factors that link menstruation with health, well-being, gender equality, education, equity, empowerment, and rights". Menstrual hygiene management can be particularly challenging for girls and women in developing countries, where clean water and toilet facilities are often inadequate. Menstrual waste is largely ignored in schools in developing countries, despite it being a significant problem. Menstruation can be a barrier to education for many girls, as a lack of effective sanitary products restricts girls' involvement in educational and social activities.

Menstrual hygiene management can be particularly challenging for girls and women in developing

**How to cite this paper:** Dr. P. Natarajan | Sarangi. K "Awareness on Menstrual Hygiene among Deaf Mute Adolescents with Special Reference to in Thrissur District, Kerala" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-7 | Issue-5, October 2023, pp.300-304, URL: [www.ijtsrd.com/papers/ijtsrd59899.pdf](http://www.ijtsrd.com/papers/ijtsrd59899.pdf)



Copyright © 2023 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



countries, where clean water and toilet facilities are often inadequate. In addition, traditional cultures make it difficult to discuss menstruation openly. This limits women's and adolescent girls' access to relevant and important information about the normal functions of their own body. This directly affects their health, education, and dignity. Access to information can be considered a human right.

Deaf-mute is a term which was used historically to identify a person who was either deaf and used sign language or both deaf and could not speak. The term continues to be used to refer to deaf people who cannot speak an oral language or have some degree of speaking ability, but choose not to speak because of the negative or unwanted attention atypical voices sometimes attract. Such people communicate using sign language. Some consider it to be a derogatory term if used outside its historical context; the preferred term today is simply "deaf".

## DEFINITION

Menstrual hygiene: Women and adolescent girls are using clean menstrual management materials 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 materials drafted by JMP Hygiene Working Group.

Deaf and dumb: unable to hear or speak by Collins Dictionary.

## REVIEW OF LITERATURE

**1. An article published on January, 2001 by Kalanghot P Skandhan from Sree Narayana Institute of Medical Sciences on the topic; Menarche and menstrual cycle among deaf girls.** Their MMA was 14.93 years, which was not statistically different from normal girls. All participants had pre menarcheal knowledge about menstrual cycle from different sources. Most (57%) of them gained this information from their mothers. This was similar to an earlier report about normal girls. All participants reported the experience of menarche as frightening. Their experience on menarcheal blood loss and the details of subsequent menstrual cycle like its length (days), pattern of blood loss and dysmenorrhea were comparable to normal and no difference was found. This study on deaf girls thus concludes that the sound present in surrounding atmosphere does not have any effect on normal female reproductive function.

**2. A project of Serma Subathra Arunachalam, Asha P Shetty, ShyamaDevi, Karthick Murugesan 1, Shankar Shanmugam Rajendran on the topic; Knowledge and Practice on menstrual hygiene among speciallyabled (Deaf & Dumb) adolescent Girls at selected centres in Bhubaneswar, Odisha State, published on European Journal of Molecular & Clinical Medicine, volume -7 at March-2020.** Good menstrual hygiene triggers women's health, trust and self-esteem and is linked to gender equality and fundamental human rights. Setting realistic timelimited targets, including education (Videos and Information Booklets) on hygienic practices followed during menstruation using sign language for deaf and mute adolescent girls, would be a welcome effort to provide basic hygiene and reproductive services to specially-enabled girls and women.

**3. An article about Level of Awareness on Menstrual Health among University Students in Mauritius Azraa Jadwat\*, Uzma Bibi Bassa, Anastachia Rungusomy and Mahesh Shumsher Rughooputh.** The study shows that the tertiary students of University of Mauritius only have

superficial knowledge about the concept of menstrual health. Many of the participants are unaware about common menstrual disorders; polycystic ovary syndrome (PCOS), fibroids or endometriosis. Additionally, females fail to acknowledge the actual importance of their own menstrual health, especially regarding the possibilities of suffering from menstrual disorders or the necessity of regular medical check-ups. Our study highlights the importance of reinforcing Menstrual Health Awareness in Mauritius. Breaking taboo, public awareness campaigns improving sex education curriculum, and implementing proper sanitary infrastructure will ameliorate menstrual health as well as help resolve the mental and physical troubles that women face.

## METHODOLOGY OF STUDY

### Objectives of the study

- To find out social personal profile of the respondents.
- To assess the level of awareness deaf and mute adolescent girl's student's knowledge regarding menstrual hygiene.
- To analyze the association between the personal profile and level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene.
- To examine the difference between the personal profile and level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene.
- To provide valuable suggestion about awareness of deaf and mute adolescent girl's student's regarding menstrual hygiene.

### Research Design

The researcher will conduct the research in a descriptive manner. It includes 60 samples which have been selected from the deaf and dumb adolescents in Thrissur district, Kerala.

### Universe

The universe of the study is the deaf and dumb adolescents who are studying in 5 special schools for total 102 for deaf and dumb in Thrissur District, Kerala.

### Sample Design

The researcher will conduct simple random sampling (lottery method) design in probability sampling method was used in this study.

### Tool of Data Collection

The researcher will use self-structured questionnaire for the collection of data.

The statistical tools applied by the researcher Percentage Analysis, Chi-square, T-test, and ANOVA.

**Finds of study**

Personal variables	Frequency	Respondents	Percentage %
Age	15yrs-18yrs	42	70
Sex	Female	60	100
Education	9 <sup>th</sup> standard	42	70
Education of father	10 <sup>th</sup>	38	63
Education of mother	12 <sup>th</sup>	40	67
Occupation of father	Worker	35	58
Occupation of mother	Housewife	39	65
No. of siblings	Two	45	75

- Majority (70%) of the respondents were 15 to 18 years of age.
- All most (100%) of the respondents were female.
- Majority (70%) of the respondents were 9<sup>th</sup> standard.
- Majority (63.3%) of the respondents are father educations are 10<sup>th</sup> standard.
- Majority (67%) of the respondents are mother educations are 12<sup>th</sup> standard.
- More than half (58%) of the respondents are occupations of father are workers.
- Majority (65%) of the respondents are occupations of mother are house wife.
- Majority (71.7%) of the respondent's sibling are two.

**DISTRIBUTION OF THE RESPONDENTS BY LEVEL OF AWARENESS DEAF AND MUTE ADOLESCENT GIRL'S STUDENT'S REGARDING MENSTRUAL HYGIENE.**

S. No	Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene.	No. of Respondents	Percentage (%)
1	High	17	28
2	Moderate	33	55
3	Low	10	17
<b>TOTAL</b>		<b>60</b>	<b>100</b>

**INTERPRETATION**

The above table depicts that (28%) of the respondents are high Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene, (55%) of the respondents are moderate Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene and (17%) of the respondents are low Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene.

**INFLUENCE OF PERSONAL PROFILE FACTORS AND LEVEL OF AWARENESS DEAF AND MUTE ADOLESCENT GIRL'S STUDENT'S REGARDING MENSTRUAL HYGIENE**

Variables	Statistical Tool	Value	Result
Age & Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene	ANOVA	P = .016 < 0.05	Significant
Gender & Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene	t-test	P = .101 > 0.05	Not Significant
Educational qualification of father & Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene	ANOVA	P = .030 < 0.05	Significant
Educational qualification of mother & Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene	ANOVA	P = .106 > 0.05	Not Significant
Fathers occupation & Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene	ANOVA	P = .010 < 0.05	Significant
Mothers occupation & Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene	ANOVA	P = .076 > 0.05	Not Significant
Siblings & Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene	t-test	P = .008 < 0.05	Significant

- There is significant difference in the age and Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene.
- There is no significant difference in the gender and Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene.
- There is significant difference in the educational qualification of fathers and Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene.
- There is no significant difference in the educational qualification of mother and Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene..
- There is significant difference in the occupation of fathers and Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene.
- There is no significant difference in the occupation of mothers and Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene.
- There is significant difference in the siblings & Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene.

### SUGGESTIONS

- The researcher suggests that proper awareness on menstrual hygiene should be provided for deaf mute adolescent girls.
- The researcher suggest that the awareness should also given to the parents.
- The researcher suggest that we have to abolish the misconceptions about the menstruation and provide proper awareness to everyone not only for women.
- Special children need the special care so there are many deaf mute adolescents who don't have the knowledge about personal, menstrual hygiene. So conducted awareness classes with sign languages.
- Researcher suggest that concerned authority from Kerala women commission should take initiative in conducting awareness classes for students.

### CONCLUSION

The project was on the topic awareness on menstrual hygiene among deaf mute adolescents in Thrissur District. This research was conducted among the vulnerable population deaf and mute adolescent girls using intensive, culturally adapted approaches and trying to understand basic menstrual hygiene awareness and current practices. Good practices of

menstrual hygiene will leads to wellbeing; trust and respect for specially challenged teenage girls and relate to gender equality and fundamental human rights. In this project the researcher had studied about the socio demographic profile, knowledge and practices on menstrual hygiene. Proper awareness should be given to deaf mute adolescent girls & their family by conducting classes and their doubts should be allayed through good classes. This paper conclude that (28%) of the respondents are high Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene, (55%) of the respondents are moderate Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene and (17%) of the respondents are low Level of awareness deaf and mute adolescent girl's student's regarding menstrual hygiene.

### REFERENCES

- [1] Matsumoto, S. Statistical studies on menstruation; A criticism on the definition of normal menstruation. *Gunma JMedSci*. 1962;11 (4):294-318.
- [2] MacGregor, E, ChiaH, VohrahR, Wilkinson, M. Migraine and Menstruation: A Pilot study. *Cephalgia*. 1990: 10(6) 305-10.
- [3] Adolescents in India. A profile. World Health Organisation.2003. Available at: [http://www.whoindia.org/LinkFiles/Adolescent Health and Development\\_ \(AHD\\_UNFPA\\_Country\\_Report.pdf\)](http://www.whoindia.org/LinkFiles/Adolescent Health and Development_ (AHD_UNFPA_Country_Report.pdf)). Accessed on September28, 2020.
- [4] Ministry of Drinking Water and sanitation, Govt of India. Menstrual Hygiene Management National Guidelines; 2015. Available from: [http://www.mdws.gov.in/sites/default/files/Menstrual %20 hygiene%20management %20-%20Guidelines.pdf](http://www.mdws.gov.in/sites/default/files/Menstrual%20hygiene%20management%20-%20Guidelines.pdf) Accessed on March 18, 2020.
- [5] Resource on MHM; About Menstrual Hygiene day. Available from <http://www.mensturalhygiene.org/about/about-mhday/2018> Mar 30. Accessed on October 15, 2020.
- [6] Infographic MHM and SDGs –Menstrual Hygiene day. Available from [http://www.mensturalhygieneday.org/wp-content/uploads/2017/05/MHDay\\_MHMSDGs\\_2017\\_RGB\\_fin.pdf](http://www.mensturalhygieneday.org/wp-content/uploads/2017/05/MHDay_MHMSDGs_2017_RGB_fin.pdf).s Accessed on August 8, 2020.
- [7] World Health Organisation. (2008). Reproductive health. Retrieved (May 29,2016) from <http://www.google.com>

- eg./#q=Raising+Awareness+of). Accessed on August 16, 2020.
- [8] Thakre, S, Reddy, N, Rathi, K, Pathak. Menstrual hygiene: knowledge and practice among adolescence school girls of Saoner, Nagpur District, "Journal of Clinical and Diagnostic Research", Volume 5, no 5, pp. 1027-1033, 2011.
- [9] Ministry of Health & FW, Government of India. A Strategic Approach to Reproductive, maternal, Newborn, Child and Adolescent Health (RMNCH +A) in India: 2013. Accessed on September 18, 2020.
- [10] National Institute of Public Cooperation and Child Development, New Delhi. Module on SABLA. Available from: [http://www.wed.nic.in/sites/default/files/2-Sabla\\_PDF\\_English.pdf](http://www.wed.nic.in/sites/default/files/2-Sabla_PDF_English.pdf). Accessed on October 17, 2020.
- [11] National Rural Health Mission. Training Module for ASHA on Menstrual Hygiene. Available from <http://www.sanitation.indiawaterportal.org/site/default/files/attachment/training/>. Accessed on October 1, 2020.
- [12] Jasper T, Le, and J. Bartram, "Water and sanitation in schools: a systematic review of the health and educational outcome," International Journal of Environmental Research and Public Health, volume. 9, no. 8, pp. 2772-2787, 2012.
- [13] Maxwell J, Belser J W, & David D. (2009). A health handbook for women with disabilities. Berkley, CA Hesperian Foundation. pp 67-70, 2015.
- [14] United Nations. Disability and Development Report: Realizing the Sustainable Development Goals by, for and with disabilities New York: United Nations, 2018. Accessed on April 20, 2020.
- [15] World Health Organisation and World Bank World Report on Disability. Manila: World Health Organisation, 2011. Accessed on September 17, 2020.

