



Research Article

PROBLEMS OF MENSTRUATION AMONG ADOLESCENT GIRLS AND ITS RELATED CULTURAL PRACTICES AS EXPRESSED BY MOTHER IN URBAN COMMUNITY OF KAMRUP DISTRICT, ASSAM

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ABSTRACT

Background. 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

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

Methods: A cross sectional study was conducted in Dhirenpara maternal and child welfare hospital and Pandu FRU, Assam, India. Aim of the study was: To assess the prevalence of menstrual problems among adolescent girls in the urban community of Kamrup District, Assam. & to assess the cultural practices related to menstruation in the urban community of Kamrup District, Assam. In this study the data were collected from 350 adolescent girls and from 250 mothers by using Multistage stratified random sampling, convenient and purposive sampling. The data were collected by using validated Interview schedule and inventory checklist. The data were collected in the year 2013-2016 in the month of April, July, October and December in different parts respectively.

Major findings of the study:

The Result on Demographic variables it was found that majority of the adolescent girls 200(57.1%) were found in the age group of 13-16 years, 79(22.1%) were found to be in the age group of 16-19 years followed by 71(20.3%) were in the age group of 10-13 years. The results on religion, 271(77.6%) adolescent girls were belongs to Hindu and 79(22.6%) were belongs to Muslim.

Regarding age at first menstruation majority 263(75.1%) girls started menstruation bleeding at the age of 12-14 years, 46(13.1%) girls started menstruation bleeding at the age of 10-12 years, 28 (8%) girls started menstruation at the age of 14-15 years 12(3.4%) girls started menstruation at the age of 16-17 years and 1(0.3%) girls started menstruation at the age of 8-10 years.

Material used during menstruation: Majority 272 (77.7%) girls used cloth whereas 78(22.3%) girls used pad.

The results on menstrual problem reveals that 285(81.43%) adolescent girls face pre menstrual problem. 332 (95.13%) adolescent girls face problem during menstruation. Pre menstrual problem includes 78(22.3%) adolescent girls experience bloating and breast tenderness, 34 (9.7%) adolescent girls Experience dysphoria (unhappiness), 254(72.6%) adolescent girls experience stress and anxiety prior to menstruation, 19(5.4%) adolescent girls experience headache, 39(11.1%) adolescent girls experience fatigue prior to menstruation, 29 (8.3%) adolescent girls Experience mood swing where as Experience mood swing, 195 (55.7%) girls experience abdominal cramps prior to menstruation, 175(50.0%) adolescent girls experience waist pain, 160 (45.7%) adolescent girls experience acne prior to menstruation. adolescent girls face problem during menstruation. 332 (94.9%) adolescent girls face problem during menstruation, 65 (18.6%) girls suffers from heavy bleeding, 64(18.3%) adolescent girls absence from school, 13(3.7%) adolescent girls affect relationship with others 16(4.6%) adolescent girls feel depressed, 38(10.9%) adolescent girls feel weak due to heavy bleeding, 12(3.4%) does not able to do daily activities. 324 (92.6%) adolescent girls Experience dysmenorrhoea. 313(89.4%) urban adolescent girls experience dysmenorrhoea in each cycle. 152 (43.4%) adolescent girls experience moderate dysmenorrhoea. 109(31.1%) adolescent girls experience mild dysmenorrhoea and 68(19.4%) girls experience severe dysmenorrhoea. 18 (5.1%) urban adolescent girls experience Headache, dizziness during dysmenorrhoea. Due to dysmenorrhoea 244(69.7%) urban adolescent girls absence from school. 13(3.7%) affect relationship with others, 25 (7.1%) adolescent girls feel depressed. 38 (10.9%) adolescent girls feel weak. 36(10.36%) adolescent girls use home remedies. 60 (17.1%) adolescent girls consult doctor and 15(4.3%) do Nothing. 38 (10.9%) urban adolescent girls put hot water bottle on abdomen. Result on cultural practice related to menarche reveals that 202(80.8%) mother Consider menarche as dirty things. According to 128(51.2%) mother the menarche girl should not eat cooked food for three days. According to 128(51.2%) rural mother the menarche girl should take bath on fourth day of menarche, according to (1.2%) mothers the menstruating girl should not see men before bathing. According to 5(2.0%) mother the menstruating girl should not see birds before bathing. According to 9(3.6%) mother the menstruating girl should sit on floor or dhakua /dried areca leaves. According to 39(15.6%) mother the menstruating girls should not touch anything except her usable things during her periods. According to 238(95.2%) mother menstruating girl should not touch plants. According to 7(2.8%) mother the menstruating girl should not touch others till 3 days. According to 8(3.2%) mother if the menstruating girl touch anybody he /she should take bath immediately before touching anything else. According to 13(5.2%) mother the menstruating girl should not touch well or tube well. According to 250(100%) mother the menstruating girl should not go to temple and pooja room. **Regarding the result related to menstruation hygienic practice** reveals that only 16 (6.4%) mother use sanitary pad. 5(2.0%) mother practice restriction of Sex during menstruation. 103(41.2%) Mother Wash genitalia during changing Material. 121(48.4%) urban mother wash of genitalia after urination during menstruation. 192(76.8%) urban mother throw used material openly.

Conclusion: The present study concluded that adolescents girls experience many premenstrual and menstrual problem. This affects their daily life. Lacked appropriate knowledge and practices about menstruation in the pre- program phase. Therefore the educational program was successful in attaining its aims of positively changing the knowledge and practice of menstrual hygiene

Recommendations: Development of in-service training program for health care providers who take care of adolescent girls at orphanage home about issues related to menstruation and reproductive health

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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]

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

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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]

METHODS

A cross sectional study was conducted in Dhirenpara maternal and child welfare hospital and Pandu FRU. Assam, India . Aim of the study was: to assess the prevalence of menstrual problems among adolescent girls in the urban community of Kamrup District, Assam. & to assess the cultural practices related to menstruation in the urban community of Kamrup District, Assam. In this study the data were collected from 350 adolescent girls and from 250 mothers by using Multistage stratified random sampling, convenient and purposive sampling. The data were collected by using validated Interview schedule and inventory checklist. The data were collected in the year 2013-2016 in the month of April, July, October and December in different parts respectively.

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

RESULT

The data were analysed according to the objectives of the study

Section- I: Analysis of the demographic characteristics of Adolescent girls of Urban community, of Kamrup District Assam

Table 1 Frequency and Percentage distribution of Demographic Characteristics N=350

Demography	Subgroup	Percentage
Age (Yrs)	10-13 Yrs	71(20.3%)
	13-16 Yrs	200(57.1%)
	16-19 Yrs	79(22.6%)
Religion	Hindu	271(77.4%)
	Muslim	79(22.6%)
Caste	GEN	169(48.3%)
	OBC	140(40%)
	SC	26(7.4%)
	ST	15(4.3%)
	8-10 Yrs	1(0.3%)
Age of menstrual bleeding	10-12 Yrs	46(13.1%)
	12-14 Yrs	263(75.1%)
	14-15 Yrs	28(8%)
	16-17 Yrs	12(3.4%)
Know about menstruation before menarche	No	53(15.1%)
	Yes	297(84.9%)
Source of menstrual information	Friend	128(36.6%)
	Mother	66(18.9%)
	Sister	103(29.4%)

Table no 1 shows the following result, the majority of the adolescent girls 200(57.1%) were found in the age group of 13-16 years, 79(22.1%) were found to be in the age group of 16-19 years followed by 71(20.3%) were in the age group of 10-13 years, Result on Religion shown that majority 271(77.6%) adolescent girls were belongs to Hindu and 79(22.6%) were belongs to Muslim. Regarding caste it is seen that majority of the girls 169(48.3%) adolescent girls were belongs to General caste, 140 (40%) were belongs OBC,26 (7.4%) were belongs to SC and 15 (4.3%) were belongs to ST caste . The result on age of First menstrual bleeding majority 263(75.1%) adolescent girls started menstruation bleeding at the age of 12-14 years, 46(13.1%) girls started menstruation bleeding at the age of 10-12 years ,28 (8%) girls started menstruation at the age of 14-15 years 12(3.4%) girls started menstruation at the age of 16-17 years ,and 1(0.3%) girls started menstruation at the age of 8-10 years. Result regarding knowledge of menstruation before menarche, it is seen that 297 (84.9%) adolescent girls had prior knowledge regarding menstruation, regarding source of menstrual information, it was found that 128 (336.6%) adolescent girls received information from friend, 103 (29.4%) girls received information from sister and 66(18.9%) girls received information from mother .

Table 1(a) Frequency and percentage distribution of Demographic characteristics of adolescent girls in Urban Community of Kamrup District Assam. N=350

Demography	Sub Group	Percentage
First menstruation is managed by Informed	Mother	271(77.4%)
	Friend	30(8.6%)
	Sister	49(14.0%)
	Other	0(0.0%)
Reaction towards first menstruation	Afraid	193(55.1%)
	Cried	28(8.0%)
	Shocked	120(34.3%)
Menstrual cycle interval	Mixed	9(2.6%)
	Irregular	152(43.4%)
	Regular	198(56.6%)
Duration of menstrual bleeding	3 days	68(19.4%)
	4days	208(59.4%)
	5 days	56(16.0%)
	> 5 days	18(5.1%)
Material used during menstruation	Cloth	78(22.3%)
	Pad	272(77.7%)

Table 1(a) shows that result as follows; regarding management of first menstruation Majority 271(77.4%) adolescent girls were managed by informing mother, 49(14%) girls were managed by informing sister and 30(8.6%) girls were managed by informing friend.

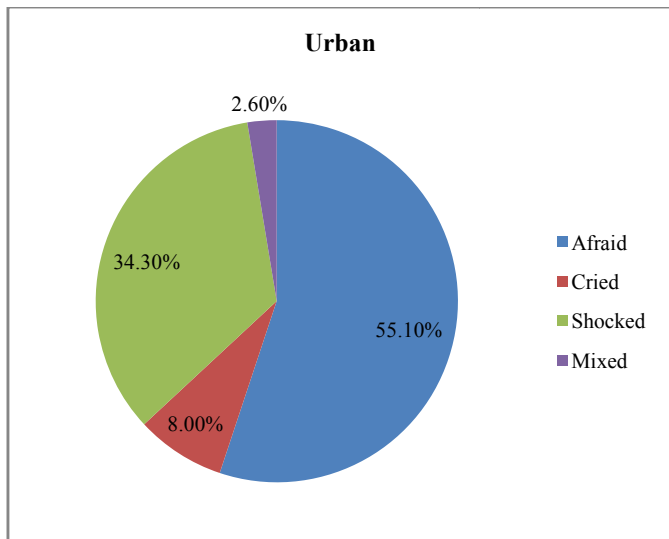


Fig 1 Shows the percentage regarding reaction towards first menstruation among urban adolescent girls.

Regarding Reaction towards first menstruation it was found that majority 193(55.1) adolescent girls were afraid, 120(34.3%) were shocked, 28 (8%) girls were cried and 9(2.6%) towards first menstruation, the result on menstrual cycle, it was found that 198 (56.4%) adolescent girls have regular menstruation cycle, Regarding duration of menstrual bleeding, it was found that 208(59.4%) adolescent girls have 4 days bleeding, 68(19.4%) girls have 3 days bleeding, 56(16%) girls have 5 days bleeding, and 18 (5.1%) girls have more than 5 days bleeding, result on Material used during menstruation it was found that 272 (77.7%) adolescent girls majority used cloth whereas 78(22.3%) girls used pad.

Table 1(b) Frequency and percentage distribution of Demographic characteristics of adolescent girls in Urban Community of Kamrup District Assam N=350

Demography	Sub Group	Percentage
Frequency of changing Material(Pad /Cloth)	Once daily	0(0.0%)
	Thrice daily	70(20.0%)
	Twice daily when it is wet	210(60.0%)
If pad is not used what is the reason	Do not Like	4(1.1%)
	Unable to Buy	74(21.1%)
Disposable sanitary pad	Burning	0(0.0%)
	Burying	0(0.0%)
	Open	18(5.7%)
	open (wrap with paper)	218(69.2%)
Management of Cloth	Throw open	7(2.0%)
	Wash ,dried & reuse	69(19.7%)

Table no 1 (b) reveals the result as follows ; regarding the Frequency of changing Material (Pad/Cloth) , it is seen that among majority 210(60%) adolescent girls change material twice daily, 70 (20%) changed material when it is wet, and 70(20%) changed material trice daily.

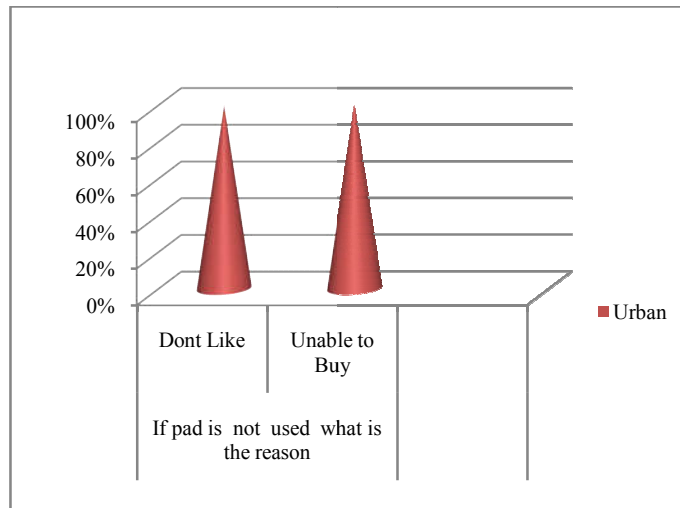


Fig 2 Showing the reason of not using pad among Rural and Urban adolescent girls

Table no 1(b) and Fig 2 shows the reason of not using pad it was seen that 78 girls (22.2%) adolescent girls do not used pad, among these girls majority 72(21.1%) girls unable to buy pad and 4 (1.1%) girls don't like to use pad.

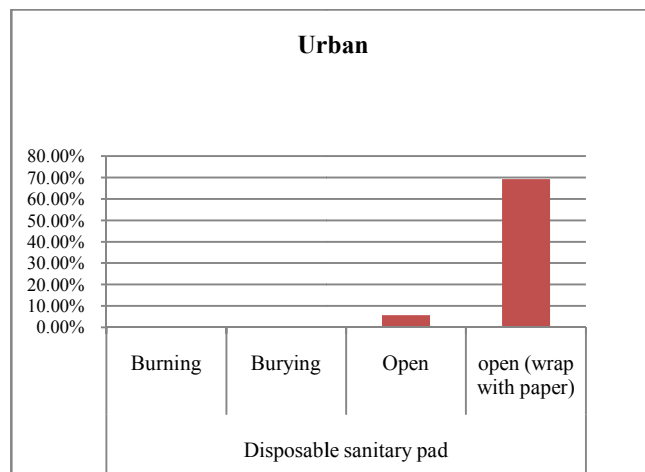


Fig 3 showing the result on Disposable of sanitary pad by urban adolescent girls

Table 1(b) and Fig 3 shows result on disposable of sanitary pad, it was found that 272 (77%) adolescent girls used pad among these 218(62.3%) girls thrown the pad by wrapping with paper.

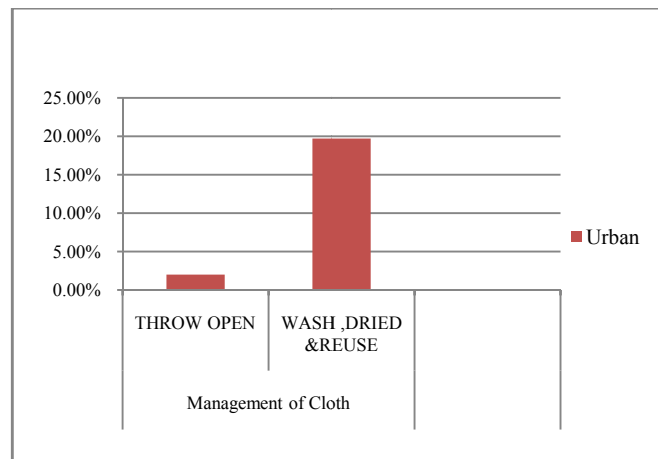


Fig 4 Show the management of cloth used by adolescent girls in urban community

Table 1(b) and fig 4 reveals the result on Management of Cloth: it was seen that 69(19.7%) adolescent girls wash, dried and reuse the cloth, 7(2.0%) throw openly.

Section –II

Based on Objective 1

To assess the prevalence of menstrual problems among adolescent girls in the urban community of Kamrup District, Assam.

Table 2 Frequency and percentage distribution on Prevalence of Problem face prior to and during menstruation by Adolescent Girls. **N=350**

Area	Menstrual problem	Response	Count	%	95%CI
Urban (N=350)	Prior to	Yes	285	81.43%	77.02-85.15%
		No	65	18.57%	14.85-22.98%
	During	Yes	332	95.13%	92.34-96.94%
		No	17	4.87%	3.06-7.66%

Note: Computed using score confidence intervals.

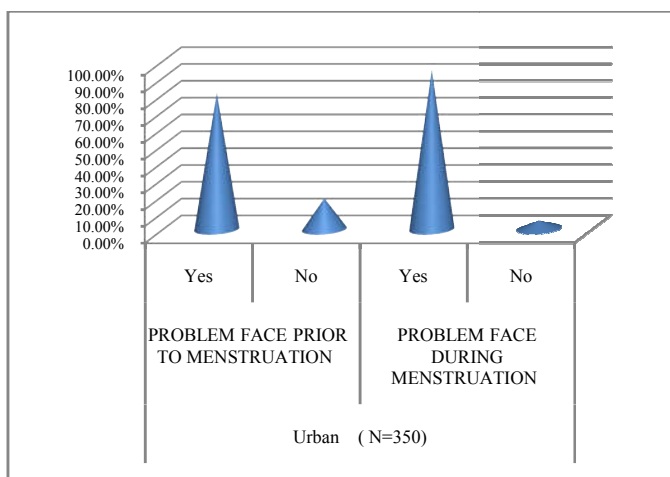


Fig 5 Problem face prior to menstruation and during menstruation among urban adolescent Girl

Table 2 and fig:5 shown the results on menstrual problem ,it was revealed that 285(81.43%) adolescent girls suffers from premenstrual problem and 332 (95.13%) adolescent girls face problem during menstruation.

Table 2 (a) Frequency and percentage distribution on Problem face prior to Menstruation by the urban adolescent girls (N=350)

Problem	Response	Percent age
problem face prior to menstruation	N	65(18.6%)
	Y	285(81.4%)
Experience bloating & breast tender	N	65(18.6%)
	Y	78(22.3%)
Experience dysphoria(unhappiness)	N	250(71.4%)
	Y	34(9.7%)
Experience stress and anxiety prior to menstruation	N	254(72.6%)
	Y	30(8.6%)
Experience headache	N	265(75.7%)
	Y	19(5.4%)
Experience fatigue prior to menstruation	N	245(70.0%)
	Y	39(11.1%)

Table 2 (a) reveals the result on premenstrual problem, it was found that 78(22%) adolescent girls experience bloating and breast tenderness, 34 (9.7%) adolescent girls experience dysphoria (unhappiness), 30 (8.6%) Experience stress and anxiety prior to menstruation, 39(11.1%) experience fatigue prior to menstruation.

Table 2 (b) Frequency and percentage distribution on Problem face prior to Menstruation by the urban adolescent girls. **N=350**

Problem	Response	Percent age
Experience mood swing	N	253(72.3%)
	Y	29(8.3%)
Experience abdominal cramps prior to menstruation	N	51(14.6%)
	Y	195(55.7%)
Experience waist pain	N	105(30.0%)
	Y	175(50.0%)
Experience constipation prior to menstruation	N	289(82.6%)
	Y	2(.6%)
Experience acne prior to menstruation	N	93(26.6%)
	Y	160(45.7%)

Table : 2(b) show that 29 (8.3%) adolescent girls Experience mood swing Experience, 195 (55.7%) adolescent girls experience abdominal cramps prior to menstruation as compared to urban adolescent girls experience abdominal cramps prior to menstruation,175(50.0%) adolescent girls experience waist pain, 160 (45.7%) adolescent girls experience acne prior to menstruation and only 2(6%) urban adolescent girls experience constipation prior to menstruation.

Table 3 Frequency and percentage distribution of Problem faced during Menstruation and its Management by Urban adolescent girls of Kamrup district. Urban **N=350**

Problem	Response	Percentage
Problem face during menstruation	N	17(4.9%)
	Y	332(94.9%)
Experience heavy bleeding	N	268(76.6%)
	Y	65(18.6%)
Heavy bleeding affects in	Absence from school	47(13.4%)
	Affect relationship with other	4(1.1%)
	Feel depressed	6(1.7%)
	Feel weak	3(.9%)
	Not able to do daily activities	2(.6%)

Table 3 indicates the following Result, 332 (94.9%) adolescent girls face problem during menstruation and 65 (18.6%) girls suffers from heavy bleeding. Regarding affects of heavy bleeding , 47(13.4%) adolescent girls absence from school, 4(1.1%) girls affect relationship with others ,6(1.7%) adolescent girls feel depressed , 3(.9%) adolescent girls feel weak 2 (. 6%) adolescent girls does not able to do daily activities .

Table 3 (a) Frequency and percentage distribution of Problem faced during Menstruation and its Management by Urban adolescent girls of kamrup district. Urban **N=350**

problem	Response	Urban(N=350) Percentage
Experience dysmenorrhoea	N	11(3.1%)
	Y	324(92.6%)
Experience dysmenorrhoea in each cycle	N	16(4.6%)
	Y	313(89.4%)
	Mild	109(31.1%)
Type of dysmenorrhoea	Moderate	152(43.4%)
	Severe	68(19.4%)
	N	287(82.0%)
Headache, dizziness and disorientation during dysmenorrhoea	Y	42(12.0%)

Table 3 (a) shows that 324 (92.6%) adolescent girls experience dysmenorrhoea. 313 (89.4%) adolescent girls experience dysmenorrhoea in each cycle, 109 (31.1%) girls experience mild dysmenorrhoea, 152 (43.4%) adolescent girls experience moderate and 68(19.4%) girls experience severe dysmenorrhoea .

Table 3 (b) Frequency and percentage distribution of Problem faced during Menstruation and its Management by Urban adolescent girls of Kamrup district.Urban

N=350		
Problem	Response	Percentage
Menstrual problem affects in	Absence from school	244(69.7%)
	Affect relationship with others	13(3.7%)
	Feel depressed	25(7.1%)
	Feel weak	38(10.9%)
Management of menstrual problem	Not able to do daily activities	12(3.4%)
	Consult doctor	60(17.1%)
	Doing Nothing	82(23.4%)
	Home Remedies	36(10.3%)
	put hot water bottle on abdomen	38(10.9%)

Table : 3 (b) depicts the result that due to menstrual problem 244 (69.7%) adolescent girls absence from school 13(3.75) affect relationship with others , 25 (7.1%) adolescent girls feel depressed,38 (10.9%) feel weak and 12 (3.4%) adolescent girls does not able to do daily activities . Regarding management of menstrual problem 60(17.1%) adolescent girls consult doctor, 36(10.36%) adolescent girls use home remedies. 82(23.4%) adolescent girl doing nothing and 38 (10.9%) adolescent girls put hot water bottle on abdomen to relieve pain.

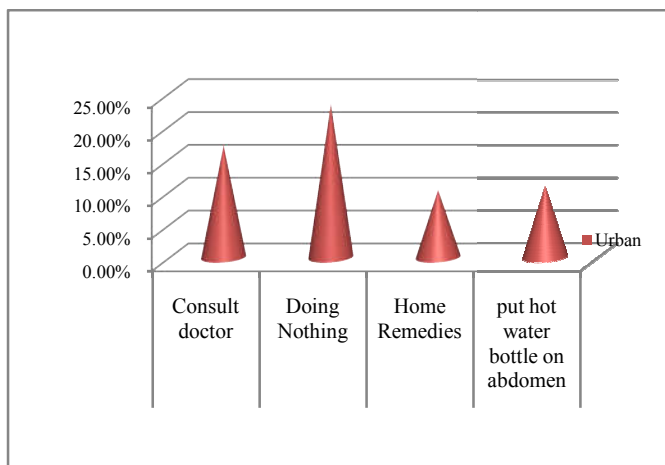


Fig 5 Showing the percentage of management of Menstrual Problem among urban adolescent girls

Section –iii

Objective 2

To assess the cultural practices related to menstruation in the urban community of Kamrup District, Assam

Table 4 Cultural Practice related to Menarche as expressed by Urban mother in KamrupUrban

N=250		
Cultural practice	Response	Urban(N=250) Percentage
Consider menarche as dirty things	N	48(19.2%)
	Y	202(80.8%)
As soon as menarche starts the girls kept isolation	N	122(48.8%)
	Y	128(51.2%)
The girl should not touch others	N	122(48.8%)
	Y	128(51.2%)
The menarche girl kept isolation for four days in a dark room	N	122(48.8%)
	Y	128(51.2%)
The menarche girl should not see sunlight	N	122(48.8%)
	Y	128(51.2%)

N=No , Y=Yes

Table no 4 depicts the Result on cultural practice related to menarche, the result reveals that 202(80.8%) Mother Consider menarche as dirty things. According to 128 (51.2%) mothers as soon as the menarche starts the girls are kept isolated, According to 128 (51.2%) mothers the menarche girl should not touch others , According to 128 (51.2%) mothers the menarche girl kept isolated for four days in a dark room and according to 128 (51.2%) mothers the menarche girl should not see sunlight .

Table 4 (a) Cultural Practice related to Menarche as expressed by Rural and Urban mother in Kamrup Urban

N=250		
Cultural practice	Response	Urban(N=250) Percentage
The menarche girl should not see men	N	122(48.8%)
	Y	128(51.2%)
The menarche girl should not take bath for three days	N	122(48.8%)
	Y	128(51.2%)
The menarche girl should not be touched by others	N	122(48.8%)
	Y	128(51.2%)
The menarche girl should not eat cooked food for three days	N	122(48.8%)
	Y	128(51.2%)
The menarche girl should take bath on fourth day of menarche	N	122(48.8%)
	Y	128(51.2%)
Santi bia tuloni bia (marriage for menarche girl) is celebrated for the girl who attend menarche	N	122(48.8%)
	Y	128(51.2%)
Consider menstruation as dirty things	N	79(31.6%)
	Y	171(68.4%)

N= No, Y=Yes

Table 4 (a) shown the result that According to 128(51.2%) mother the menarche girl should not see men. According to 128 (51.2%) mother the menarche girl should not take bath for three days as compared to Accordng 128 (51.2%) mothers the menarche girl should not touched by others.According to 128 (51.2%) mother the menarche girl should not eat cooked food for three days . According to 128 (51.2%) mother the menarche girl should take bath on fourth day of menarche .. According to 128 (51.2%) mother the Santi bia tuloni bia (marriage for menarche girl) is celebrated for the girl who attend.

Table 5 Cultural Practice Related to Menstruation in Urban Community of Kamrup District Assam as expressed by mother.

N=250		
Cultural practice	Response	Urban Percentage
As soon as period starts the girls should take bath immediately before touching anything else	N	79(31.6%)
	Y	171(68.4%)
She should not take bath for two days	N	240(96.0%)
	Y	10(4.0%)
She should not see men before bathing	N	247(98.8%)
	Y	3(1.2%)
She should not see birds before bathing	N	245(98.0%)
	Y	5(2.0%)
She should sit on floor/dhakua	N	241(96.4%)
	Y	9(3.6%)

N=NO, Y=YES

Table no 5 shown the result that according to 171(68.4%) mother as soon as the menstruation starts menstruating girl should take bath immediately before touching anything else .According to 10(4.0%) mother the menstruating girl should not take bath for two as days .According to 3 (1.2%) mother the menstruating girl should not see men before bathing. According to 3 (1.2%) mother the menstruating girl should not

see men before bathing as. According to 5(2.0%) mother the menstruating girl should not see birds before bathing . According to 9(3.6%) mother the menstruating girl should sit on floor or dhakua /dried areca leaves

Table 5 (a) Cultural Practice Related to MENSTRUATION in Urban Areas in Kamrup District Assam as expressed by mother.

N=250		
Cultural practice	Response	Percentage
She should not touch anything except her usable things during her periods	N	211(84.4%)
	Y	39(15.6%)
She should not touch plants	N	12(4.8%)
	Y	238(95.2%)
She should not touch others till 3 days	N	243(97.2%)
	Y	7(2.8%)
If anybody touch her he /she should take bath immediately before touching anything else	N	242(96.8%)
	Y	8(3.2%)
She should not touch well or tube well	N	237(94.8%)
	Y	13(5.2%)

N=No, Y=Yes

Table 5 (a) show the result that According to 39 (15.6%) mother the menstruating girls should not touch anything except her usable things during her periods . According to 238 (95.2%) mother the menstruating girl should not touch plants .According to 7(2.8%) mother the menstruating girl should not touch others till 3 days. According to 8(3.2%) mother if the menstruating girl touch anybody he /she should take bath immediately before touching anything else. According to 13(5.2%) mother the menstruating girl should not touch well or tube well.

Table 5 (b) Cultural Practice Related to Menstruation in Urban Community of Kamrup District Assam as expressed by mother (N=250)

Cultural Practice	Response	Percentage Urban(N=250)
She should not go to temple	N	0(0.0%)
	Y	250(100.0%)
She should not go to pooja room at home	N	0(0.0%)
	Y	250(100.0%)
She should sleep separately on floor or mat	N	48(19.2%)
	Y	202(80.8%)
She should mop the floor on 3rd day	N	242(96.8%)
	Y	8(3.2%)
She should wash the clothes and mat which is used while sleeping ,which should not be touched by others	N	242(96.8%)
	Y	8(3.2%)

N=No, Y=Yes

Table 5 (b) show the result that according to 250(100%) mothers the menstruating girl should not go to temple and Pooja room. According to 202(80.8%) mother the menstruating girl should sleep separately on floor or mat . According to 8(3.2%) mother the menstruating girl should mop the floor on 3rd day. According to 8(3.2%) mother the menstruating girl should wash the clothes and mat which is used while sleeping during period, which should not be touched by others as

Table 6 Cultural Practice related to menstruation in Urban Community in Kamrup as Expressed by the Mother (N=250)

Cultural Practice	Response	Urban(N=250)
She should use separate vessels and wash herself	N	243(97.2%)
	Y	7(2.8%)
She should not eat hot and spicy food	N	5(2.0%)
	Y	245(98.0%)
She should not eat egg during her periods	N	55(22.0%)
	Y	195(78.0%)
She should not eat sour during her periods	N	0(0.0%)
	Y	250(100.0%)
She should not eat yogurt and cold water	N	244(97.6%)
	Y	6(2.4%)

N=No, Y=Yes

Table no 6 represent the result on cultural practice related to menstruation which indicate the following result, According to 7(2.8%) mother the menstruating girl should use separate vessels and wash herself .According to 245(98.0%) mother the menstruating girl should not eat hot and spicy food. According to 195(78.0%) mother the menstruating girl should not eat egg during her periods. According to 250 (100%) mother the menstruating girl should not eat sour during her periods. According to 6(2.4%) mother the menstruating girl should not eat yogurt and cold water during her periods.

Table 6 (a) Cultural Practice related to menstruation Urban Community in Kamrup as Expressed by the Mother (N=250)

Cultural Practice	Response	Percentage
She should not cut hair and nail during periods	N	245(98.0%)
	Y	5(2.0%)
Eating cold food during period can results in cramps	N	247(98.8%)
	Y	3(1.2%)
Drinking sugary drinks during menstruation can make blood flow heavier	N	248(99.2%)
	Y	2(.8%)
If the menstruating girl touches cow the cow will become infertile	N	243(97.2%)
	Y	7(2.8%)

Fig : 6 (a) show the result that According to 5(2.0%) mother the menstruating girl She should not cut hair and nail during periods .According to 3 (1.2%) mother the menstruating girl should not eat cold food during period which can results in cramps periods during her periods compared to urban mother. According to 2(.8%) mother if the menstruating girl drinks sugary drinks during menstruation it can cause blood flow heavier .According to 7(2.8%) mother if the menstruating girl touches cow the cow will become infertile .

Table 7 Cultural practices related to menstrual hygiene in urban areas as expressed by mother (N=250)

Cultural Practice	Response	Urban(N=250)
Mother Use sanitary pad	N	234(93.6%)
	Y	16(6.4%)
Mother Use Cloth	N	16(6.4%)
	Y	234(93.6%)
Mother RE USE Cloth	N	8(6.4%)
	Y	234(93.6%)
Mother Changing cloth/pad whenever needed	N	5(2.0%)
	Y	245(98.0%)
Mother practice Sex during menstruation	N	245(98.0%)
	Y	5(2.0%)
Mother Wash of genitalia during changing Material	N	147(58.8%)
	Y	103(41.2%)
Mother Wash of genitalia after urination	N	128(51.6%)
	Y	121(48.4%)
Mother open disposable of used material	N	58(23.2%)
	Y	192(76.8%)

N=NO, Y=YES

Table :7 reveals the result related to menstruation hygienic practice ,it was found that only 16 (6.4%) mother use sanitary pad. 234 (93.6%) mother use cloth. . 234(93.6%) Mother use used cloth and reuses it. 245(98.0%) Mother Changed cloth whenever necessary. 5(2.0%) Mother practice restriction of Sex during menstruation as compared to urban mother. 103(41.2%) Mother Wash of genitalia during changing Material where as urban mother washes genitalia during changing martial. 121(48.4%) Mother washes of

genitalia after urination during menstruation. 192(76.8%) mother throw used material openly

DISCUSSION

The cross sectional study was conducted to assess the prevalence of menstrual Problem among adolescent girls and its related cultural practices in selected Urban community of Kamrup District, Assam.

The result found that the majority of the adolescent girls 200(57.1%) were found in the age group of 13-16 years, 79(22.1%) were found to be in the age group of 16-19 years followed by 71(20.3%) were in the age group of 10-13 years, Result on Religion shown that majority 271(77.6%) adolescent girls were belongs to Hindu and 79(22.6%) were belongs to Muslim. Regarding caste it is seen that majority of the girls 169(48.3%) adolescent girls were belongs to General caste, 140 (40%) were belongs OBC, 26 (7.4%) were belongs to SC and 15 (4.3%) were belongs to ST caste . The result on age of First menstrual bleeding majority 263(75.1%) adolescent girls started menstruation bleeding at the age of 12-14 years, 46(13.1%) girls started menstruation bleeding at the age of 10-12 years , 28 (8%) girls started menstruation at the age of 14-15 years 12(3.4%) girls started menstruation at the age of 16-17 years , and 1(0.3%) girls started menstruation at the age of 8-10 years. Result regarding knowledge of menstruation before menarche, it is seen that 297 (84.9%) adolescent girls had prior knowledge regarding menstruation, regarding source of menstrual information, it was found that 128 (36.6%) adolescent girls received information from friend, 103 (29.4%) girls received information from sister and 66(18.9%) girls received information from mother .

RESULT

shows that Result as follows; regarding management of first menstruation Majority 271(77.4%) adolescent girls were managed by informing mother, 49(14%) girls were managed by informing sister and 30(8.6%) girls were managed by informing friend.

Regarding Reaction towards first menstruation it was found that majority 193(55.1) adolescent girls were afraid, 120(34.3%) were shocked, 28 (8%) girls were cried and 9(2.6%) towards first menstruation, the result on menstrual cycle, it was found that 198 (56.4%) adolescent girls have regular menstruation cycle, Regarding duration of menstrual bleeding, it was found that 208(59.4%) adolescent girls have 4 days bleeding, 68(19.4%) girls have 3 days bleeding, 56(16%) girls have 5 days bleeding, and 18 (5.1%) girls have more than 5 days bleeding, result on Material used during menstruation it was found that 272 (77.7%) adolescent girls majority used cloth whereas 78 (22.3%) girls used pad.

Regarding the result on Frequency of changing Material (Pad/Cloth) , it is seen that among majority 210(60%) adolescent girls change material twice daily, 70 (20%) changed material when it is wet, and 70(20%) changed material trice daily. Regarding the reason of not using pad it was seen that 78 girls (22.2%) adolescent girls do not used pad, among these girls majority 72(21.1%) girls unable to buy pad and 4 (1.1%) girls don't like to use pad.

Regarding result on disposable of sanitary pad, it was found that 272 (77%) adolescent girls used pad among these 218 (62.3%) girls thrown the pad by wrapping with paper.

Regarding result on Management of Cloth: it was seen that 69(19.7%) adolescent girls wash, dried and reuse the cloth, 7(2.0%) throw openly.. Regarding results on menstrual problem ,it was revealed that 285(81.43%) adolescent girls suffers from premenstrual problem and 332 (95.13%) adolescent girls face problem during menstruation. Result on premenstrual problem, it was found that 78(22%) adolescent girls experience bloating and breast tenderness, 34 (9.7%) adolescent girls experience dysphoria (unhappiness), 30 (8.6%) Experience stress and anxiety prior to menstruation, 39(11.1%) experience fatigue prior to menstruation.

Result showed that 29 (8.3%) adolescent girls Experience mood swing Experience, 195 (55.7%) adolescent girls experience abdominal cramps prior to menstruation as compared to urban adolescent girls experience abdominal cramps prior to menstruation, 175(50.0%) adolescent girls experience waist pain, 160 (45.7%) adolescent girls experience acne prior to menstruation and only 2(6%) urban adolescent girls experience constipation prior to menstruation. The result indicates the following Result, 332 (94.9%) adolescent girls face problem during menstruation and 65 (18.6%) girls suffers from heavy bleeding. Regarding affects of heavy bleeding , 47(13.4%) adolescent girls absence from school, 4(1.1%) girls affect relationship with others , 6(1.7%) adolescent girls feel depressed , 3(9%) adolescent girls feel weak 2 (6%) adolescent girls does not able to do daily activities .

The result found that that 324 (92.6%) adolescent girls experience dysmenorrhoea . 313(89.4%) adolescent girls experience dysmenorrhoea in each cycle , 109 (31.1%) girls experience mild dysmenorrhea , 152 (43.4%) adolescent girls experience moderate and 68(19.4%) girls experience severe dysmenorrhoea .

Regarding result that due to menstrual problem 244 (69.7%) adolescent girls absence from school 13(3.75) affect relationship with others , 25 (7.1%) adolescent girls feel depressed, 38 (10.9%) feel weak and 12 (3.4%) adolescent girls does not able to do daily activities . Regarding management of menstrual problem 60(17.1%) adolescent girls consult doctor, 36(10.36%) adolescent girls use home remedies. 82(23.4%) adolescent girl doing nothing and 38 (10.9%) adolescent girls put hot water bottle on abdomen to relieve pain.

A supported study was conducted by Agarwal AK et al (2011) on dysmenorrhea during menstruation in adolescent girls in Gwalior. Result showed that the prevalence of dysmenorrhea in adolescent girls was found to be 79.67%. Most of them, 37.96%, suffered regularly from dysmenorrhea 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 dysmenorrhea and the General Health Status as measured by the Body surface area. [6]

A study was conducted by Narring F et al (2011) on dysmenorrhoea in Switzerland. Result showed that among 3340 girls, 86.6% suffered from dysmenorrhea-related symptoms: 12.4% described having severe dysmenorrhea and 74.2% moderate dysmenorrhea. Girls with severe dysmenorrhea described heavier consequences on daily

activities compared with girls without dysmenorrhea: 47.8% of girls with severe dysmenorrhea 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 dysmenorrhea is discussed and recommendations for clinical practice are given.[7]

Shabnam *et al*, (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 dysmennorrhoea [8]

Regarding Result on cultural practice related to menarche, the result reveals that 202(80.8%) Mother Consider menarche as dirty things. According to 128 (51.2%) mothers as soon as the menarche starts the girls are kept isolated, According to 128 (51.2%) mothers the menarche girl should not touch others , According to 128 (51.2%) mothers the menarche girl kept isolated for four days in a dark room and according to 128 (51.2%) mothers the menarche girl should not see sunlight . Regarding the result that According to 128(51.2%) mother the menarche girl should not see men. According to 128 (51.2%) mother the menarche girl should not take bath for three days as compared to Accoridng 128 (51.2%) mothers the menarche girl should not touched by others.According to 128 (51.2%) mother the menarche girl should not eat cooked food for three days . According to 128 (51.2%) mother the menarche girl should take bath on fourth day of menarche .. According to 128 (51.2%) mother the Santi bia tuloni bia (marriage for menarche girl) is celebrated for the girl who attend.

Regarding the result that according to 171(68.4%) mother as soon as the menstruation starts menstruating girl should take bath immediately before touching anything else .According to 10(4.0%) mother the menstruating girl should not take bath for two as days .According to 3 (1.2%) mother the menstruating girl should not see men before bathing. According to 3 (1.2%) mother the menstruating girl should not see men before bathing as. According to 5(2.0%) mother the menstruating girl should not see birds before bathing . According to 9(3.6%) mother the menstruating girl should sit on floor or dhakua /dried areca leaves.

Regarding the result that According to 39 (15.6%) mother the menstruating girls should not touch anything except her usable things during her periods . According to 238 (95.2%) mother the menstruating girl should not touch plants .According to 7(2.8%) mother the menstruating girl should not touch others till 3 days. According to 8(3.2%) mother if the menstruating girl touch anybody he /she should take bath immediately before touching anything else. According to 13(5.2%) mother the menstruating girl should not touch well or tube well.

Regarding the result that according to 250(100%) mothers the menstruating girl should not go to temple and Pooja room. According to 202(80.8%) mother the menstruating girl should sleep separately on floor or mat . According to 8(3.2%)

mother the menstruating girl should mop the floor on 3rd day. According to 8(3.2%) mother the menstruating girl should wash the clothes and mat which is used while sleeping during period, which should not be touched by others. Regarding the result on cultural practice related to menstruation which indicate the following result, According to 7(2.8%) mother the menstruating girl should use separate vessels and wash herself .According to 245(98.0%) mother the menstruating girl should not eat hot and spicy food. According to 195(78.0%) mother the menstruating girl should not eat egg during her periods. According to 250 (100%) mother the menstruating girl should not eat sour during her periods. According to 6(2.4%) mother the menstruating girl should not eat yogurt and cold water during her periods. Regarding the result that According to 5(2.0%) mother the menstruating girl She should not cut hair and nail during periods .According to 3 (1.2%) mother the menstruating girl should not eat cold food during period which can results in cramps periods during her periods compared to urban mother .According to 2(.8%) mother if the menstruating girl drinks sugary drinks during menstruation it can cause blood flow heavier .According to 7 (2.8%) mother if the menstruating girl touches cow the cow will become infertile . Regarding the result related to menstruation hygienic practice ,it was found that only 16 (6.4%) mother use sanitary pad. 234 (93.6%) mother use cloth. . 234(93.6%) Mother use used cloth and reuses it. 245(98.0%) Mother Changed cloth whenever necessary. 5(2.0%) Mother practice restriction of Sex during menstruation as compared to urban mother. 103(41.2%) Mother Wash of genitalia during changing Material where as urban mother washes genitalia during changing martial. 121(48.4%) Mother washes of genitalia after urination during menstruation. 192(76.8%) mother throw used material openly. Saumya ,Seqira 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]

CONCLUSION

The present study concluded that adolescent's girls of Urban 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 Urban community of Kamrup District Assam. Appropriate knowledge regarding menstrual problem, its management and

