

Review Study on Prevalence of Hygienic Practices During Menstruation Among Adolescent Girl.

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Abstract: Menstrual hygiene is a necessary aspect of being a woman. Menstruation has been linked to women's health and wellbeing in a variety of ways, including its physiology, pathology, and psychology; as a result, it is a significant issue in terms of the morbidity and mortality of the female population. Women are thought to be most susceptible to contracting sexually transmitted illnesses, urinary tract infections, and other reproductive system infections during this time. This review study shows that, teenage girls experience a number of difficulties managing their periods properly. Adolescent girls in many low-income settings continue to have few options for safe and proper menstrual hygiene due to a lack of adequate sanitary products, an inadequate water supply, and privacy for changing sanitary pads. Furthermore aggravating these circumstances are societal misconceptions, stigmas associated with menstruation, and discriminatory social standards. The health, happiness, dignity, and productivity of women and girls depend on good menstrual hygiene. However, there is an issue with managing menstrual cleanliness, particularly in cultures where it is taboo to talk about menstruation hygiene.

Keywords: Hygiene, Menstruation, Teenage girl, sanitary pads, menstrual hygiene, women health

I. Introduction:

Menstrual hygiene is a necessary aspect of being a woman. Menstruation has been linked to women's health and wellbeing in a variety of ways, including its physiology, pathology, and psychology; as a result, it is a significant issue in terms of the morbidity and mortality of the female population. Women are thought to be most susceptible to contracting sexually transmitted illnesses, urinary tract infections, cervical cancer, school absenteeism, or drop out poor academic performance, lower self esteem and poor quality of life during this time. Menstrual hygiene is concerned with the specific medical needs and requirements that women have throughout their monthly menstrual cycle. Increased awareness of menstruation from an early age may therefore enhance safe practices and lessen the pain of millions of women.

Management of menstrual hygiene need to be a crucial aspect of healthcare. According to the United Nations, "women and adolescent girls use 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 materials." Girls and women have significant obstacles to establishing proper menstruation management, particularly in developing nations.

Girls' attitudes regarding their menstrual periods have an impact on how hygienically they behave while they are bleeding. Women who have a better awareness of menses frequently use safe and hygienic methods to control their monthly flow, and vice versa.

In many developing countries, it is a missed opportunity to address the level of understanding and hygienic practice of menstruation among girls earlier from their adolescent age. Safe menstrual hygienic practices can be of utmost importance to help millions of women suffering from such complicated and complex problems.

II. Conclusion:

This study reported that menstrual hygiene was unsatisfactory among adolescent girls. Therefore, girls should be educated about the facts of menstruation and proper hygienic practices. Menstrual Hygiene is Key in Promoting Good Health, These hygiene practices can help you stay healthy and comfortable during your periods. Maintain habits like Wear lightweight, breathable clothing, Change your menstrual products regularly, keep your genital area clean, use unscented toilet paper, tampons, or pads in this context administrators and policy makers were recommended to provide specific education on menstrual hygiene.

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