



# MENSTRUAL PROBLEMS AMONG WOMEN COLLEGE STUDENT WITH SOCIO-ECONOMIC CLASS

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*Abstract:* This paper tries to analyze the menstrual problems among women's college student with socio-economic concept. Awareness on health with the young ladies is the time of priority to have a healthy future citizen. The old cultural and traditional aspect of food intake, house hold work style, company work style, production work style and socio – economic style differs with the modern western culture. The Puberty brings lot of changes with physical and mental attitudes, to make them aware on learning regularity of periods and hygiene leads them to have high socio – economic standard. Here comes the study of health economics specially to create awareness among the women's college students. It is a qualitative research paper the objective of the study is to bring awareness among the college students in taking care of their health so that students can have a long and responsible life. The random sampling technique has been used in collecting hundred data's of age group from 18 to 20 within the time limit of one week and the respondents are students of under graduate. The study focused on Knowledge, Physical Symptoms, Hygiene and Attitude correlated with that of socio – economic status.

**Key Words:** menstrual, care of health, college students, socio – economic, Knowledge, Physical Symptoms, Hygiene, Attitude, future citizen, create awareness.

## INTRODUCTION

Taking care of health is the most important priority in this modern economy. The reason is the life styles of the people differ with the old cultural and traditional aspect of food intake, house hold work style, company work style, production work style and socio – economic style with that of modern culture. Here comes the study of health economics to create awareness among the different life style of the people. In this study the author tried to analyze the menstrual problems among women's college student with socio-economic classes. So many studies have been made in the past to create awareness among the women between the age group of 18 to 20. It is a qualitative research paper the objective of the study is to bring awareness among the college students in taking care of their health so that students can have a long and responsible life which will generate a magnificent future citizen. The random sampling technique has been used in collecting hundred data's of age group from 18 to 20 within the time limit of one week and the respondents are students of under graduate. The study focused on Knowledge, Physical Symptoms, Hygiene and Attitude correlated with that of socio – economic classes.

## OBJECTIVE OF THE STUDY

To understand the women's college students based on knowledge, Physical symptoms, Hygiene and their Attitude.

To analyze the women's college student problems based on the socio – economic class.

## METHODOLGY

This paper is based on qualitative study and the samples collected are based on simple random sampling technique. The area of the study is from in and around Avadi. The data's collected from the 100 women's college students with the age limit of 18 to 20 most probability under graduate students. The hard copies of the questionnaire were distributed to the students by personally in their free time to read and to fill it up. SPSS soft ware has been used to analysis the data.

## REVIEW OF LITERATURE

Some of the literature based on menstruation with the age group of college students are been reviewed. Health education is a major concept especially for women at the adult age. There is a need for awareness among the college students to care of their health and to continue with daily routine.

**Chaturvedi SK, Chandra PS (1991)** observed on socio cultural aspects of menstrual attitudes with the sample of 48 women in India at a random sample technique and stated that it is a natural event which has an impact on attitude and stressful feelings. Therefore it is a natural stress with the women which as to be balanced with alternative phenomenon.

**Walsh TM, LeBlane L, Mc Grath PJ (2003)** made a study on menstrual pain intensity, cope and disability. The college undergraduate students were taken for study and the analysis is based on high and low pain catastrophizing groups. The results obtained that intensity of pain with that of medication to manage the menstrual pain.

**Borenstein JE, Dean BB, Endicott J, Wong J, Brown C (2003)** explores a study on health and economic impact of the premenstrual syndromes. The women with premenstrual syndromes reported reduced work productive and affected with physical and mental components and they miss most of the working days health reasons

**Pragya Sharma, Chena Malhotra (2008)** observed the problems related to adolescent girls aged between 13-19 years the total number of 198 samples has been selected for the study. The questions covered menstrual problems and regularity of menses in the last three menstruations. The result obtain from 60 % of the girls from the sample says that the girls were effected due to prolonged bed rest, missed social activates , disturbed sleep and decrease appetite. It was interesting that most of this information is collected through mother and friends. The suggestion given in the study was there was need for designing menstrual health program for adolescents

**Subhash.B, Thakre, Sushama.S Thakre (2012)** made a study on urban and rural differences in menstrual problems and practices of girl students in Nagpur in India. The urban and as well as rural students had at least on problem whereas the urban students have more awareness and follow hygiene in their life style when compared to rural students .

**Harshad Thakur, Annette Aronsson (2014)** assess on qualitative and quantitative study on young women from low socio - economic community in Mumbai, India. The respondent for this study was 192 respondents of which 96 adults and 96 young women were taken for study. It was observed that there is an inadequate knowledge on menstruation with the low socio-economic community has unhygienic practices leads to many health problems as well as unnecessary restriction on young women. Therefore the author recommended that health hygiene knowledge is the need of the hour especially for young women

**Vikaschothe, Jagadish Khubchandani (2014)** made a study on student's perceptions and doubts about menstruation in developing countries a case study from India stated that developing countries do not often address on menstrual hygiene. This qualitative study from India is to document the themes on menstrual symptoms, menstrual myths and menstrual abnormalities, usage of sanitary pads and its disposal, diet and lifestyle. Students of different grades are randomly selected in numbers 612 are been asked questions. The result of the study states that students had doubts on menstrual practice and there is need for awareness on menstrual health education on school students to make them to have healthy life.

**Bo- Ramkim, Sunghwun kang and Woo- Suk Jeong (2022)** in his study the author aimed on leisure-time physical activity associated with menstruation among the respondent of female university students in three metropolitan cities in Korea. It is very interesting that the author noted that many of the questionnaires are not filled with proper answers. Even though the outcome of the study is that the correlation of regular and irregular menstruation are observed and both had a same impact on health so the author suggested that sports like physical exercises will reduce the pain of menstruation and the psychological well-being.

**Times of India (2022)** the interesting article on menstrual leave for college students, after the introduction of Cochin University of science and Technology in all Kerala Universities the education minister R. Bindu said that memorandum will be submitted so that other Universities can also avail the benefits. Directed the authorities to sanction maternity leave up to 60 days for students above age of 18 and all state Universities have been asked to lower the attendance requirement for women students to appear for their semester exams to 73%. The very next on times of India the Article published based on the above statement the Mumbai Premier Tata Institute of Social Sciences (TISS) students union seeks condonation of 2% of the mandatory 75% attendance policy as 'Periods leave' also extended menstrual benefits to the students. It is to get back to the record by MG University had in December 2022 decided to grant maternity leave for degree students.

## SUMMARY OF THE RESPONDENT'S

### Independent Variables

The detail of the data collected from the respondent shows that 102 of the samples are women's college students hardy 12% of the respondent are from age group of 18, 42% of the respondents are from age group of 19 and 46 % of the respondent are from age group of 20.

The detail of the slipping from the respondent exhibit 60% of the respondent are single daughters out of which 34% of the respondent is having younger sister and 16% of the respondents are having elder sister.

The detail of the family members from the respondent says that 12% of the respondents have 3 family members and 42 % of the respondents have 4 family members lastly 42 % of the respondents have 5 family members and 6% of the respondents have 6 family members.

The detail of the Annual income from the respondent reveal that 45% of the respondent are earning less than one lakh per Annum and 34 % of the respondent are earning above one lakh per Annum and 21% of the respondent are earning more than two lakh per Annum.

**Dependent variables****Based on Knowledge**

The details of the age of maturity from the respondent expose 34% of the respondent attend maturity at the age of 12 and 29% of the respondent attend maturity at the age of 13 and 20% of the respondent attend maturity at the age of 14 and hardly 17% of the respondent attend maturity at the age of 15.

The details of cycles of periods hardly 10% of the respondent experience irregular periods whereas 90% of the respondent experience regular periods. With the number of days of periods 23% of the respondent the blood flow up to 3 days and 67% of the respondent the blood flow up to 4 to 6 days 10% of the respondent the blood flows up to 10 days. 18 % of the respondents miss their periods for two to three months.

**Based on Physical Symptom**

The details on the physical symptoms clarify that 68% of the respondent occurrence with abdominal pain, among which 18% of the respondents have vomiting and 34% of the respondents have headache whereas 32% of the respondent does not occurrence with any of these symptoms.

**Based on Hygienic**

The details on the hygienic make clear that 100% of the respondent are following hygiene that is taking bath, washing genetic part( cervix) and Replacing pads.

**Based on Attitude**

The details on the attitude give that 33 % of the respondent skips food during period days and 25 % of the respondent cannot take up their daily routine work and 20% of the respondent absent themselves from college.

**HYPOTHESIS**

H1 - There is no significance difference between age group of the respondent with that of attitude

H2 – There is no significance difference between physical symptoms with that of attitude

The Author as used two statistical tools for analysis is Cross tabulation with that of Chi-square –test and ANOVAs. A chi-square test is used to compare observed results with expected results to understand the relationship between variables. ANOVA is used to analyze one independent variable with that of means of more than two groups.

In this study the observed results of age with that of expected results of attitude variables of not having food, not attending college and not doing daily routine. The variable of not attending college the significant level is .001, the variable of not doing daily routine the significant level is .032 and for not having food the significant level is .008 with that of the observed results of age women's college students hardly 12% of the respondent are from age group of 18, 42% of the respondents are from age group of 19 and 46 % of the respondent are from age group of 20. Therefore there is a significance difference between age group of the respondent with that of attitude.

The above statement is supported with that of ANOVA one independent variable of physical symptoms like irregular period, headache, abdominal pain, missing period, vomiting with that of attitude of not having food, not attending college and not doing daily routine the significant level is .000 with that of means of more than two groups that is apart from physical symptoms and the attitude on more group is also added to the variable is the socio- economic class shows that the observed results shows 45% of the respondent are earning less than one lakh per annum and 34 % of the respondent are earning above one lakh per annum and 21% of the respondent are earning more than two lakh per annum adds to their lifestyle. Therefore there is a significance difference between physical symptoms with that of attitude.

**CONCLUSION AND SUGGESTION**

From the study it is very appealing that 60% of the respondents are single daughter and 42 % of the samples have 4 to 5 members in a family. The respondent age is the main factor doesn't have much of maturity in balancing the life style and more over they are exposed to different level of socio – economic conditions. The respondent of 67% experiences the blood flow up to 4 to 6 days and the respondent of 68% it is common with physical symptoms of abdominal pain, headache and vomiting. Therefore the menstrual phenomenon is a natural blessing for a woman to produce human beings in the means of access of life a woman should have perseverance to prevail over these outcomes in her long journey.

Some of the suggestions for women college students are to take care of their food especially during their menstruation that is they can have udacha kadalai the roasted chana and peanut as snacks. Early morning breakfast should not be skipped and should consume more water or buttermilk. Taking gingelly oil with urad dal for one week after period days and for abdominal pain better to have fenugreek for one teaspoon per day during menstruation days to avoid urinary track inspection should clean the genetic part with warm water it is always good to clean the part with water mixed with soap after urinating .

Recently published report in times of India says that Kerala Universities and the Mumbai Premier Tata Institute of Social Sciences (TISS) suggested that menstrual leave should be given to Women college student and instead of 75% attendance 72 % attendance should be considered it is a welcome aspect to be implemented in all the Indian Educational Institutions.

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