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Adolescent Tribal Girls Awareness on Menstrual Hygiene and Sanitation

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Abstract

Adolescence is a crucial time period in any person's life. An adolescent girl has to manage the occurrence of menarche during this time period. This study focuses on this phase of life mainly on the menstrual hygiene and sanitation awareness among tribal adolescent girls. The study has conducted with specific objectives of understanding the socio - demographic profile of the respondents, to know the awareness of menstrual hygiene among Tribal Girls, to understand the awareness of menstrual sanitation among Tribal Girls, to understand the current practices relate with menstrual hygiene and sanitation and to understand the cultural practices associated with menstruation. It was a descriptive study and both primary and secondary data was used. Sixty respondents in the age group of eight to sixteen were selected with simple random technique. The results of the study show 80% of the respondents are burning their used pads in home and at the same time schools are giving good facilities for proper disposal of sanitary pads that is 80%. The common reaction of the respondents at the time of menarche was fear and anxiety with a frequency of respondents 50% and 31.7% respectively. On the whole the study revealed the level of understanding on the awareness of the adolescent tribal girls regarding menstrual hygiene as well as the facilities available at the school level regarding the menstrual hygiene and sanitation.

Key Words: Adolescent Tribal Girls, Menstrual Hygiene, Awareness and Sanitation

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