

“MAITRI MENSTRUAL CUP SCHEME”: A SOCIOLOGICAL STUDY

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Abstract:

“Maitri Menstrual Cup” Scheme is a first step of the State Government regarding clean and hygienic regulation about menstrual cycle of adolescent girls. Adolescent girls is young girl who either child or adult. The present study aims to know the “Maitri Menstrual Cup” Scheme. The sample for the study consisted adolescent girls aged between 16 to 18 years. The findings will helpful in identifying the awareness about “Maitri Menstrual Cup” Scheme among adolescent girls. Thus, this study makes adolescent girls aware about benefits of such schemes.

Keywords: Maitri Menstrual Cup Scheme, Adolescent girls, Menstruation, Menstrual Cup, Sanitary pads.

Introduction:

The Karnataka Government first step to interrupt the restriction on every side of menstruation by launching “Maitri Menstrual Cup” Scheme for hygienic administration of menstrual cycle among adolescent girls has accepted acknowledgment. At first the scheme, labeled as the first in the country, was introduced in Chamrajanagar and Dakshina Kannada Districts. The Government plans to issue menstrual cups to all adolescent girls free of charge below this programme.

Health and Medical Education minister Dr. K. Sudhakar has declared that once the pilot intercession is finished, the scheme will be expanded over the state. The Health and Family Welfare Department support the menstrual cups that are spirit upset the health difficulties. Menstruation plays important role in life span of girls and women. Many adolescent girls feel uneasy during menstrual stage.

Conceptual Framework:

Target to launch “Maitri Menstrual Cup” Scheme is to promote environmental methods for menstrual purity regulation for adolescent girls. Thus, this scheme state benefits to all adolescent girls aged between 16 to 18 years. Adolescent girls are those who have transition phase of changes and growth faster than boys.

Thus, this research study aims to know “Maitri Menstrual Cup” Scheme. This also focuses on awareness of this scheme.

Importance of study:

This study may prevent health problems regarding menstrual. There is need to overcome the misconceptions related to menstruation and

openly accept it as a physical phenomenon as this “Maitri Menstrual Cup” Scheme will promote the healthy growth and development of adolescent girls in the society. So, schemes have to framework to generate consciousness and implementation of good menstrual clean and hygiene among adolescent girls. However, few studies have described the health problems related to menstrual cycle patterns.

Review of Literature:

- **Rokade HG, Kumavat (2016). (7)398-403:** “*Study of menstrual pattern and menstrual hygiene practices among adolescent girls*”. This study explains menstrual hygiene practices which include adolescent girls. This study make girls educated about the menstrual pattern and menstrual hygiene practices. Therefore, this focus of study of menstrual hygiene plays a remarkable role in building healthy lives of adolescent girls.
- **Kapoor G, Kumar D, (2017). (6)959-962:** “*Menstrual hygiene knowledge and practices among adolescent girls in rural Viskhatapatam: a cross-sectional study*”. This study explains the hygiene practices during menstruation among adolescent girls. It helps know about the knowledge about menstruation in rural areas.
- **Ghimire S, (2017). (5)3426-3430:** “*Knowledge regarding menstrual hygiene among adolescent girls*”. This study concluded that menstrual hygiene is an important issue which needs to be addressed particularly amongst adolescent girls.
- **Kalita D, Pathak G (2019). 8(9)759-764:** “*Study on hygiene practices among adolescent girls with special reference to menstrual hygiene in Barpeta, Assam*”. This aims study the role menstrual hygiene in adolescent which is regarded as an integral part of their lives. This study brought transformation and girls participated to acquire health education regarding menstrual hygiene.

Review of literature is used as background or context for research work. There are other reasons like identify the developments and research gap in the field of study.

Objectives of Study:

- The target of study is to have knowledge about Maitri Menstrual Cup Scheme.
- To know benefits of this scheme.
- To understand the reason behind this scheme.
- To examine awareness of this scheme among adolescent girls.

Research Methodology:

For this study, observation method linked with discussion with adolescent girls in Angol, Belagavi City. Secondary data such as newspaper, books, journals, articles, and websites, etc. have been regarded for the study.

Area of the study:

According to the census report: 2011, Angol population is 10168 out of which 5170 are males while 4998 are females. There are 250 adolescent girls in Angol. There is 01 primary health care center in Angol. There are 26 Angawadi centers in Angol.

“Maitri Menstrual Cup” Scheme:

People have respected the forecast which targets to make sure cleanliness among women particularly adolescent girls. The sanitary pads that are generally used now, which carry plastic which takes 600 to 800 years to spoil. The menstrual cups that are being introduced and it leads to environment friendly. One cup can be used for more than 08 to 10 years. According to the Health and Family Welfare Department, this menstrual cup cost less.

First clothes were worn in the course of menstruation which was not secure and it lead to many diseases. At present sanitary pads are being used commonly. Although, this also has lead the way garbage problems and it is also dangerous for the nature as it carry plastic. So, this leads to launch “Maitri Menstrual Cup” Scheme.

During menstruation respondents (Adolescent girls) use materials like cloth, sanitary pads, and napkins. 20 % adolescent girls use cloth, 70 % adolescent girls, and 10 % adolescent girls use napkins during menstrual period.

Suggestions:

- The leading of BJP Government needs to give menstrual cups to all women free of charge after the execution in two districts.
- Suggest teachers and parents to increase awareness about Maitri Menstrual Cup Scheme among adolescent girls.
- Advice adolescent girls to share their problems during menstruation without any embarrassment and hesitation.
- Adolescent girls should utilize such schemes for their well-being.

Findings:

- Findings shows 40% of adolescent girls are unaware of “Maitri Menstrual Cup” Scheme.
- 30% have no knowledge regarding benefits of this scheme.
- 20% of adolescent girls aware but don't know how use it.
- 10 % of adolescent girls not utilize such schemes.

Conclusion:

This topic of menstruation has been considered as taboo in past even in the present scenario, the intellectual and communal impacts seem to be barrier for development of the understanding the subject matter. “Maitri Menstrual Cup” Scheme is a very important aspect of health education for adolescent girls. In society teachers and parents have to provide vital message regarding like this schemes to the adolescent girls. Thus, this study provides education that works to promote the health of adolescent girls. It also develops abilities to solve health problems of adolescent girls during menstruation. Thus, this result of low information about menstrual unhygienic and unhealthy practices creates gender-based violence. This scheme helps to maintain cleanliness among adolescent girls.

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