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Menstrual hygiene: Comparative study of urban and rural schoolgirls of Khulna, Bangladesh

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It is observed that in developing countries many young girls are lack of appropriate knowledge and information about menstrual hygiene. Since there exists a culture of science about the matter of menstruation and related issues, in developing countries many girls handle their menstruation period without maintaining adequate and proper hygiene. Continuations of such unhygienic practices lead them to the different health problems of and in future cause problems in their maternal and reproductive health. Studies show that in rural areas of Bangladesh overwhelming majority (69%) of adolescent girls are still doing old traditional practices and are absence of proper hygiene condition. Since menstrual hygiene and health are curtail for the girls and for the future mothers, menstrual knowledge and hygiene are embracing attention of Bangladesh Government and International organizations for intensive research and actions. However, adequate information and researches about the menstrual health and hygiene related different issues are not yet available. Therefore, this research intends to explore the level of menstrual hygiene practices of urban and rural schoolgirls. It presents a comparative picture between rural and urban girls' menstrual hygiene practices. From August to September 2018, total 400 girls from four schools (two from urban areas and two from rural areas) located at Khulna (coastal districts) were surveyed through structured questionnaire survey. This survey investigates about what type of materials are used and what are the approaches of cleaning, changing, storage and disposal during menstrual time period. Results present comparative picture of menstrual hygiene level of urban and rural girls. It is expected that the research outcomes would facilitate further policy action planning for urban and rural areas and would contribute to build a healthy nation by improving adolescent reproductive health.

Biography

Gulsan Parvin has her expertise in Disaster Risk Reduction, Resilience and Women Empowerment. She is basically an Urban and Rural Planner. She has 20 years of teaching and research experience. She has published about 50 research papers in different National and International journals and books. She has research and working experiences in Bangladesh, Japan, Malaysia, Thailand and USA.

Nina Takashino is an Associate Professor of International Development Studies Laboratory, Graduate School of Agricultural Science, Tohoku University, Japan. She received her Ph.D. of Economics from Kobe University in 2007. Prior to joining Tohoku University, she was a Postdoctoral fellow at Hokkaido University and The University of Tokyo. Her current research interests are gender and human security issues, development policy, poverty alleviation, and food policy. She has research experience in Indonesia, India, Bangladesh, Cambodia, Philippines, Japan and Cameroon.

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