

## ENHANCING MENSTRUAL HYGIENE BY AUDIO DRAMA FOR VISUALLY CHALLENGED ADOLESCENTS GIRLS

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**ABSTRACT:** : Menstruation is the visible manifestation of cyclic physiologic uterine bleeding due to shedding of the endometrium. Adolescent girls are consists of a vulnerable group, particularly in India 20.9% of the population falls into this age group where female child are neglected one. Health hygiene related practices of women during menstruation are of considerable importance, as it is a health impact on terms of increased vulnerability of infection. Good hygienic practices are usage of sanitary pads and adequate washing of the genital area are essential care during menstruation. Many studies are shown that poor menstrual hygienic practice during adolescence period are washing of clothes, proper disposal of used materials, using of dirty clothes has to be practiced due to lack of Knowledge during menstruation. Repeated usage of dirty napkins or clothes results in certain vaginal infections. In the current study, we present an Audio Drama to enhance the overall aspects of the menstrual hygienic practices among visually challenged adolescent girls. It is based on the data gathered by on structured questionnaire and practice checklist from interview schedule and formulation of healthy diet, techniques of hygienic practices.

**Key Words:** Menstruation, Adolescent girl, Hygienic practices

### INTRODUCTION:

Menstruation is naturally occur as a physiological phenomenon in adolescent girls and pre-menopausal women<sup>1</sup>. The first menstruation is otherwise known as (menarche) occurs between 11 to 15 years. Menstrual hygiene practices are still clouded by taboos and socio-cultural restrictions in adolescent girls are ignorant<sup>2</sup>. They were the scientific facts and hygienic health practices, are sometime results into the adversely health outcomes. Menstrual hygiene, is a very important risk factor for reproductive tract, it is a more vital aspect of health for adolescent girls<sup>3</sup>. Adolescent girls are occupies a 1/5th of the total world's population. In such places adolescent girls are fall into the age group to neglecting in a certain functions, moments and follow a certain traditional beliefs to believe a menstruation in a poor hygiene<sup>4</sup>.

In India such studies, the researchers found that 42% of women are doesn't know about the importance of sanitary pad. Most of the girls and women were worried about their first menstruation<sup>5</sup>. In 2018 Worldwidely one in three of women are does not know about the usage of [toilet](#) using .So menstrual hygiene management is one of the importance of girls to maintain proper hygienic practices such that washing and cleanliness of cloth, body maintenance, and proper sanitation of hygiene methods to be maintain<sup>6</sup>. Menstrual hygiene is a serious problem for school going adolescents due to limited lack of knowledge or access to maintain a sanitary hygiene, and lack of safe sanitary facilities. So this leads to girls for dropping out of in schools, because there was a lack of basic facilities are not provided in the school setup. For this lackage of menstrual management, the school itself make initiate to improve their knowledge and practice about their menstrual hygienic practices, then only improve about their hygiene to manage during their menstruation<sup>7</sup>.

World Health Organization (WHO) 2009, estimates that 145 million blind people and 35 million visually impaired adolescent girls are living in developing countries such as India, China and Africa around the world. Women having a knowledge regarding menstrual hygiene and safe practices are less in normal girls, but visually challenged adolescent girls has to be need a more knowledge and practices about their menstruating periods. Menstrual hygiene practices are a main turning point among the blind adolescent girls<sup>2,6</sup>. They need assistance to do daily activities such as identification of things, placing of menses materials, washing the menses used clothing and disposal of used materials. Poor menstrual hygiene is more in developing countries to need more improvement of practices<sup>5</sup>.

## AUDIO DRAMA ON MENSTRUAL HYGIENE

So improvement of menstrual hygiene practice for visually challenged adolescent girls to improve their knowledge through the audio aids. Radio drama (or audio drama, audio play, radio play, radio theatre, or audio theatre) is a dramatised, purely acoustic [performance](#) are played on dialogue, music and sound effects to help the listener with no visual component. It is an auditory of the physical dimension but equally powerful as a visual force in the psychological dimension<sup>8</sup>. We are more interested in stories but radio drama is an more efficient way to promote the well being techniques to by using of drama to develop their knowledge and practices through their aids.

The principles of radio drama are played for 20 mins commercial programme for dramatised reading, and listening methods to point out of certain programmes for teaching in a schools. They were started for their teaching is a limited time period to deliver in an effective manner. A research was assessed an audio film to the visually impaired girls to conducted a clear storyline or information messages through to do an certain activities such as by using of sound effects methods to deliver an proper management of menstrual hygiene management. To show an radio has been used with rural women to communicate with developmental information regarding menstrual hygiene and other certain things. The tools used were audio and video formats for communicating the information and create awareness to improve the practices on visually challenged adolescent girls<sup>9</sup>. Most of the study results revealed that there is a significant improvement are observed through audio format **Audio Visual Aids” or Instructional Material**.

As a researcher I had made a Practice of menstrual hygiene is a powerful tool to keep the visually challenged adolescent girls has to improve their knowledge and practices. The Audio Drama regarding menstrual hygiene proved that the 3 days for 20 minutes of practice makes an increased level of knowledge and practice to be assessed. To maintain a good relationship to the visually challenged adolescent girls to meet their importance<sup>10</sup>.

### Advantages

1. Its helps to make the girls to effective learning process
2. Its helps to more attention of students to attain their goal
3. It helps to build their interest and motivation of students to thinking ability improve
4. It provides the students for an realistic approach and experience

### Importance of audio drama:

- Helping them to convey the meaning of sentences clearly
- Helps them to improve their supplement spoken words
- Helps to attract the students for their attention of audio.
- Helps to them to create a interest in the learning purposes
- Helps to change an attitude to attain their knowledge.

### CONCLUSION:

Prevalence of menstrual hygiene is more common in rural areas. Improper menstruation is an complication of many infections and it is the leading cause of infertility. It also affects the quality of hygiene, glooming appearances and general well beings. Audio Drama on menstrual hygiene is an effective way to improve the menstrual hygienic management in everywhere.

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