

Determinants of Menstrual Hygiene Management among Young Indian Women: An investigation based on the National Family Health Survey 2015-16

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Abstract: The study aimed to portray menstrual hygiene management among young women of India from various demographic, socio-cultural, economic backgrounds. The study also identified the effect of different background characteristics on the menstrual hygiene management (MHM). We used NFHS-4 (2015-16) data and applied inferential statistics such as chi-square, multinomial logistic regression for the analysis. The results of the study showed partial-hygienic and unhygienic menstrual management were significantly higher in Central or Northeastern India, among the women of Muslims and socially marginalized groups, who belonged to a higher age group, had lower level of education, low media exposure, were economically poor and lived in rural areas as members of an extended family. Unhygienic menstrual management was less common among the teenage girls and unmarried women. Clearly, level of education, media exposure, and economic background largely determine the level of menstrual hygiene management level rather than any specific social, demographic, and religious determinant. The Government of India should take more initiative through implementing different projects or schemes, especially meant for young girls and women belonging to socially, culturally, and economically marginalized communities, so that they can be made aware of MHM and get access to and afford disposable hygienic sanitary products.

Key words : Menstrual hygiene management, determinants, young women, India