

# Menstrual Knowledge and Hygiene Practices among Hakki-Pikki Tribal Adolescent Girls: A Study in Hunsur Taluk of Mysuru

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## **Abstract:**

The Hakki-Pikki tribe is semi-nomadic in nature, they move place to place for their livelihood. In this changing scenario tribal women and girls are facing health and hygiene related threats due to lack of amenities. The present research work has made an effort to understand the level of menstrual knowledge and hygiene practices among Hakki-Pikki adolescent girls residing in tribal hadies comes under Hunsur taluk, Mysuru district, Karnataka.

The study was conducted for 62 Hakki-Pikki adolescent girls aged between 14-18 years. The Explorative Research Design was used in the study and Simple Random Sampling with lottery method was administered to select the determined sample from the population. Semi-structured interview schedule was followed to collect data from the respondents. Descriptive as well as inferential statistics were used to analyse the data with the help of SPSS version 20.

The research work has been revealed that, menstrual related knowledge among Hakki-Pikki adolescent girls is slightly satisfactory, but menstruation related hygiene practices are insufficient due to ignorance of menstrual importance. Hence, concerned institutions like, family, schools, ASHAs, tribal welfare departments and NGOs should take extra initiatives to improve the menstrual hygiene status among Hakki-Pikki adolescent girls which contributes to improve their health-related quality of life.

**Keywords:** *Hakki-Pikki Tribe, Nomadic, adolescent girls, menstruation, knowledge, hygiene practices.*

\* **Hadi:** Hadi is the small tribal hamlet, far from the villages and close to nature where tribal people live with indigenous culture and traditions.

## **Introduction:**

Primarily, India is a blend of rural-urban-tribal communities which, they have own different background, nature and issues. Particularly, tribal community has unique identity than other two communities, they are away from the civil society and living close to the nature (Parvathamma & Rajegowda, 2005). India consists 8.3 percent of tribal population and having second-highest tribal population in the world. The total population of Hakki-Pikki tribal community in Karnataka is 11,892. (2011 Census). Now, Hakki-Pikki tribal people are settled in Mysuru, Kolar, Shivamogga and Hassan districts of Karnataka. Especially, in Mysuru district a greater number of Hakki-Pikki community people lives in Pakshirajpura Block-I, II and III comes under Hunsur taluk (Singh, 1992).

The Hakki-Pikki tribal community people were earlier living in forests to hunting small animals and birds for their livelihood (Deepak & Sindhu, 2017). The Hakki-Pikki tribal community is nomadic in nature, they travel from place to place for their livelihood (Herbert, 2012). They speak a dialect called "Vaghri" that is a blender of Gujarati, Mewari, and Rajasthani. But they are also familiar with Kannada, Tamil, and Telugu (Metry, 2017).

The primary occupation of Hakki-Pikki tribe those who residing in Mysuru district is Herbal hair oil preparation. They have the knowledge of medicinal root plants, collect those roots from the forest and prepare

hair oil at homes and they go out of nearby districts, state and foreign countries to sell their forest-based products. Women also execute skilful jobs like polishing beads, organizing decorative flowers and household materials (Guruprasad et al., 2015).

The current study made an effort to understand the level of menstrual knowledge and hygiene practices among Hakki-Pikki adolescent girls in Hunsur taluk, Mysuru district. Adolescence is the initial point of menstruation among girls which is the first milestone of womanhood (Bennett, 1985). Practical knowledge about menstruation and hygiene process needs to be followed during menstruation time is very essential requirements for the tribal girls which significantly improves their health status (Kumari et al., 2021). Unfortunately, various myths, misconceptions and stereotype attitudes towards menstruation transforming by the elder generations to younger generation (Oraw & Toppo, 2012). Thus, scientific education and systematic knowledge should reach the young generation including boys and girls regarding menstruation (Sharma et al., 2008).

## **Research Method:**

### **Aim of the study:**

The main aim of the study is to measure the level of knowledge and hygiene practices towards menstruation among the Hakki-Pikki adolescent girls residing in hunsur taluk, Mysuru District, Karnataka.

### **Specific Objectives:**

- 1) To know the socio-demographic details of the respondents.
- 2) To recognise the level of knowledge towards menstruation among the respondents.
- 3) To understand the hygiene practices during menstruation among the respondents.

## **Hypotheses:**

**H<sub>0</sub>:** There is no relationship between educational status of Hakki-Pikki adolescent girls and their level of knowledge towards menstruation.

**H<sub>0</sub>:** There is no relationship between educational status of Hakki-Pikki adolescent girls and their hygiene practices during menstruation.

## **Study Design:**

The study has followed **Explorative Research Design** which is appropriate to meet the study objectives. Continued that, the Researcher has used **Simple Random Sampling with lottery method** for selection of the sample from the population.

## **Inclusion and Exclusion criteria for the study:**

The study has included, Hakki-Pikki adolescent girls aged between 14-18 years, those who are experiencing menstruation and living in Hunsur taluk tribal Hadies.

The study has excluded, Hakki-Pikki adolescent girls aged below 14 years and above 18 years, those who are not experiencing menstruation, living in other than Hunsur taluk tribal Hadies and not willing to participate.

## **Universe and Sample of the Study:**

According to the Department of Tribal Welfare, Hunsur Taluk-2021 survey, there are 112 Hakki-Pikki adolescent girls aged between 14 to 18 years are living in 03 tribal Hadies of Hunsur taluk, Mysuru district, Karnataka. Therefore, 112 is the study population. The study has covered 55 percent of the sample from the

population. Hence, 62 Hakki-Pikki adolescent girls are selected as sample through **Simple Random Sampling with lottery method** in each Hadi wise.

**Table 01: Hadi wise sample distribution**

Sl. No	Hadi Name	Gram Panchayats	Total Number of Hakki-Pikki adolescent girls	Drown Sample (55%) of Population
1	Pakshirajapura Block-1	Ummathuru	69	38
2	Pakshirajapura Block-2	Ummathuru	35	19
3	Shankarapura	Doodda Hejjur	8	4
<b>Total</b>			<b>112</b>	<b>62</b>

**Source:** Department of Tribal Welfare, Hunsur Taluk-2021.

### Method of Data Collection:

The Researcher has followed both **Primary** as well as **Secondary** sources for data collection of the study.

Primary sources like, in-depth observation and interview schedule have been used to collect information from the respondents in the fields.

Secondary sources as, earlier articles related to the study subject, books, national-international journals, reports, documents etc. were utilised.

### Limitations of the Study:

- The study was restricted to assess the level of knowledge and hygienic practices among Hakki-Pikki adolescent girls from Hunsur taluk.
- The study only restricted to 14-18 years age group of Hakki-Pikki tribal adolescent girls.
- The study not implemented any interventions to improve Hakki-Pikki tribal adolescent girl's menstrual hygiene practices.

### Result of the Study:

**Table 02: Socio-demographic details of the Hakki-Pikki adolescent girls**

Variables	Frequency N=62	Percent
<b>Age</b>		
14	12	19.4
15	11	17.7
16	12	19.4
17	18	29.0
18	9	14.5
<b>Mean =16.01 and Std Deviation = 1.36</b>		

Education Level		
Primary	11	17.7
Secondary	35	56.5
Higher Secondary	16	25.8
Occupation of Status		
Student	26	41.9
Home maker	12	19.4
Herbal hair oil preparation	24	38.7
Nature of the family		
Joint Family	33	53.2
Nuclear Family	29	46.8
Type of house		
Pucca House	24	38.7
Semi Pucca house	38	61.3
Type of toilet Posses		
Own house toilet	48	77.4
No toilet	14	22.6

**Table 02** demonstrates the socio-demographic details of the Hakki-Pikki adolescent girls residing in Tribal Hadies of Hunsur taluk, Mysuru district. All the respondents are belonging to age between 14 to 18 years. Most of the respondents are studying at secondary level education but still more than half of the respondents are home makers and involving in Herbal hair oil preparation near their town areas after dropped out from the schools. Majority of the respondents are living in joint family system and having semi-pucca houses, it shows their socio-economic status improvements result of Herbal hair oil preparation. Surprisingly, more than twenty percent of the respondents do not have toilet facilities in their homes, it negatively affects the hygiene status of the menstruating girls.

**Table 03: Menstruation related information**

Age of menarche	Frequency N=62	Percent 100%
11	13	21.0
12	27	43.5
13	14	22.6
14	7	11.3
15	1	1.6
Mean =12.29 and Std Deviation = 0.98		
Source of knowledge regarding your menstruation		
Mother	52	83.9
Grand mother	10	16.1
Materials used during menstrual flow		
Cloth	4	24.2
Pad	47	75.8

**Table 03** explains the menstruation related information among Hakki-Pikki tribal adolescent girls. Around forty five percent of the Hakki-Pikki adolescent girls attain menarche at the age of 12 years and mean age of the menarche also twelve years. Mothers are the main source of knowledge regarding menstruation issues to

their daughters. Significantly, more than seventy five percent of the respondents are using sanitary pads during their menstruation which improves their menstrual hygiene status but remaining are still depending on used clothes for their menstrual flow, which needs to be improved through proper awareness programmes.

**Table 04: Knowledge towards menstruation**

Level of Knowledge	Frequency 62	Percent 100%	Mean	Std. Deviation	Minimum	Maximum
Very Poor	5	8.1	3.5	1.14	1	5
Poor	7	11.3				
Medium	12	19.4				
High	28	45.2				
Very High	10	16.1				

**Table 04** proves the level of knowledge towards menstruation among Hakki-Pikki tribal adolescent girls. Around 45 and 16 percent of the respondents have high and very high level of knowledge about menstruation and 19 percent of the respondents have medium level of knowledge then remaining are having poor and very poor level of knowledge towards menstruation. The mean score of menstrual knowledge is 3.5. the minimum and maximum score of the menstrual knowledge is 1 and 5. Henceforth, the result of the table clearly shows that the level of knowledge towards menstruation among Hakki-Pikki adolescent girls is satisfactory but needs to be improved.

**Table 05: Hygiene Practices during menstruation**

Level of Hygiene Practices	Frequency 62	Percent 100%	Mean	Std. Deviation	Minimum	Maximum
Very Poor	11	17.7	2.9	1.19	1	5
Poor	9	14.5				
Medium	25	40.3				
High	11	17.7				
Very High	6	9.7				

**Table 05** illustrates the level of hygiene practices during menstruation among Hakki-Pikki tribal adolescent girls. About, 40 percent of the respondents have practicing medium level of hygiene practices. around, 18 and 14 percent of respondents have practicing very poor and poor level of hygiene practices and remaining are have practicing high and very high level of hygiene practices during their menstruation time. The mean score of hygiene practices is 2.9. the minimum and maximum score of the menstrual hygiene practice is 1 and 5. Hence, the output of the table shows that hygiene practices among Hakki-Pikki adolescent girls is not satisfactory.

**Table 06: Details of Hypotheses testing**

Null Hypothesis	Pearson Chi-Square	df	p-value	Remarks
<b><math>H_0</math>:</b> There is no relationship between educational status of Hakki-Pikki adolescent girls and their level of knowledge towards menstruation.	6.33	4	0.175	p value 0.175(>0.05) is not significant, Null Hypothesis accepted
<b><math>H_0</math>:</b> There is no relationship between educational status of Hakki-Pikki adolescent girls and their Hygiene Practices during menstruation.	5.43	4	0.245	p value 0.245 (>0.05) is not significant, Null Hypothesis accepted

**Significance value: 0.05**

As the p values of both hypotheses are greater than 0.05. Hence, both null hypotheses are accepted. The hypotheses' testing results have proved that, there is no relationship between educational status of Hakki-Pikki adolescent girls with respect to their level of menstrual knowledge and hygiene practices during menstruation.

## Discussion:

The main goal of the current study is to understand the socio-demographic status of Hakki-Pikki adolescent girls as well as their level of menstruation-related knowledge and hygiene practices. The output of the study has revealed that, Hakki-Pikki tribals are living with satisfactory level of socio-economic conditions because of their medicinal plants' root Herbal hair oil preparation which knowledge comes from their ancestors, maximum of the respondents is living in semi-pucca and pucca houses. But, in the matter of hygiene not up to the mark, still more than twenty percent of the respondents not having own house toilets which shows that, hygiene status needs to be improved. More than eighty percent of the respondents are studying at secondary level and pre-university education, it shows that, education started to bring positive changes among Hakki-Pikki tribal community. Those who dropped out from the schools they are involving in house hold works and helping in Herbal hair oil preparation.

Unfortunately, more than twenty percent of the respondents are still depending on cloth pieces as menstrual absorbents, it shows their unsatisfactory level of hygiene practices during menstruation time. The mean age of the menarche is around 12 years which is similar to other studies. The research work also highlighted that, the level of menstrual knowledge among Hakki-Pikki adolescent girls is satisfactory which proves through the mean score of 3.5 out of 5. contradictory, hygiene status during menstruation is not satisfactory which also proves through the mean score of 2.9 out of 5. This results more stresses on Hakki-Pikki adolescent girls needs to focus more on hygiene practices during their menstruation time which improves their menstrual health status. Therefore, the research works clearly revealed that, level of menstrual knowledge among Hakki-Pikki adolescent girls is satisfactory but level of hygiene practices are needs to be improved.

## Conclusion:

Totally, the present research work has proved that socio-economic conditions of the Hakki-Pikki adolescent girls is satisfactory. Their menstrual related knowledge also some extend satisfactory, but menstruation related hygiene practices are inadequate due to ignorance of menstrual importance. Therefore, concerned institutions like, families, schools, tribal welfare departments, ASHAs and other health workers needs to

educate the Hakki-Pikki adolescent girls about importance menstrual hygiene and monitor on regular basis at schools and community level through door-to-door approaches.

**Ethical Consideration:** The researcher has obtained oral consent from each respondent during data collection. Therefore, the study has no conflicts of interest.

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