

## **An Exploratory study on Menstruation issues, menstrual management and Menstruation Rights of Females with IDD in the special school and Home environs.**

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### **Context**

Girls with intellectual disability usually go through puberty at the same time as those without disabilities. But their level of understanding presents challenge to them and to their care givers in learning/imparting conceptual, social, Practical understanding and skills needed to manage their menses.

### **Method**

Structured Interview schedules were administered on Special Teachers and parents/care givers. to collect the data from 56 females with ID attending the special school and Sheltered Workshop of Kamayani.

### **Results**

The mothers have mixed emotions of happiness, sadness and anxiety about menarche of their daughter with ID, but faced challenges due to daughter's intellectual disability in teaching the skills of menstrual management.

More percentage of females with ID were reported to be caring independently during their menses in School/Workshop (66.07) than those at home (57.14). The family traditions and taboos on social participation and Social Mobility during menstrual periods in the home environs are still practiced. The females with ID showed increased aggression, mood swings and attention seeking behavior and aloofness during their menses.

### **Conclusion**

There is a need for undertaking continuous training workshops for females with ID, special teachers/trainers and parents on topic of Menstrual Management.

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