

**VOICING OUT MENSTRUATION: A STUDY ON MEN'S
PERCEPTIONS WITH SPECIAL REFERENCE TO KOCHI**



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**Voicing out Menstruation:
A study on Men's perceptions with special reference to Kochi**

Thesis submitted to St. Teresa's College (Autonomous), Ernakulam in
fulfillment of the requirements for the award of the degree of Master of Arts in
Sociology

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CERTIFICATE

I certify that the thesis entitled **“VOICING OUT MENSTRUATION: A STUDY ON MEN’S PERCEPTIONS WITH SPECIAL REFERENCE TO KOCHI”** is a record of bonafide research work carried out by **RUSAILA RASHEED RB** under my guidance and supervision. The thesis is worth submitting in fulfillment of the requirements for the award of the degree of Master of Arts in Sociology.



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DECLARATION

I, RUSAILA RASHEED RB, hereby declare that the thesis entitled "**VOICING OUT MENSTRUATION: A STUDY ON MEN'S PERCEPTIONS WITH SPECIAL REFERENCE TO KOCHI**" is a bonafide record of independent research work carried out by me under the supervision and guidance of Smt. LINDA THERESE LUIZ. I further declare that this thesis has not been previously submitted for the award of any degree, diploma, associateship, or other similar title.

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RUSAILA RASHEED RB

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CHAPTER 1

INTRODUCTION

About menstruation

Menstruation is a phenomenon that only affects women. But there are long-standing attitudes and taboos that keep women from participating in many facets of social life. The subject has long been taboo in India. The widespread taboos around menstruation have an effect on girls' and women's mental health, outlook, way of life, and, most importantly, health. Among females, there is a lack of awareness and understanding about puberty, menstruation, and reproductive health, which makes it more challenging to confront cultural taboos and prejudices related to menstruation. Consequently, to address these problems, a strategic strategy is required. The goal of the current study is to learn more about how men perceive their periods.

What is menstruation?

Both the words menstruation and menses have their roots in the Latin word mensis, which is related to the Greek word mene and is also the source of the English word's month and moon.

Menstruation is the normal monthly vaginal bleeding that every woman experiences as she gets ready to become pregnant, according to biology. Despite being such a regular part of every woman's life, menstruation is still viewed in the majority of our families as a taboo topic that must be discussed in secret. Not only is it physically hidden, but people also refrain from talking about it out of concern that it could make them uncomfortable.

During menstruation, the uterus releases blood and tissue through the vagina. This is a typical and healthy process for young girls and females who are fertile. This is usually referred to as the time in Western societies. Although though it differs from person to person, it typically lasts between two and five days.

What is the menstrual cycle?

A woman's or a girl's reproductive system undergoes a cycle of biochemical changes during the menstrual cycle in order to prepare for a potential pregnancy. This cycle includes the menstrual cycle. The changes are brought about by hormones, which are naturally created body chemicals. This cycle begins when a girl enters puberty and continues until the conclusion of her reproductive years, which is known as menopause.

Though they can be shorter or longer, menstrual cycles typically last for roughly 28 days. During menstruation, the uterine lining and the last unfertilized egg are shed. Estrogen levels continue to grow as a result, and as a result, the uterine lining thickens and swells once more (typically days 6-8). About day 14, but this can vary, is when ovulation, or the release of an egg from one of the ovaries, occurs. The fallopian tube is then used by the egg to enter the uterus (typically day 15-24). If the egg is not fertilized, the uterine wall will not be pierced, and hormone levels such as progesterone and estrogen will fall.

The menstrual cycle of a person can occasionally change or adapt, especially in the first few years after menarche, even if it may be regular and even predictable. Pregnancy is indicated by a few changes, including the cessation of bleeding. Use of birth control, stress, dietary changes, physical activity, or medical conditions may result in additional changes. Some cycle changes are only a common consequence of ageing.

The regularity of the menstrual cycle may be affected by several kinds of contraception, including intrauterine devices (IUDs) and birth control pills with longer durations. About what to expect, the healthcare professional should be consulted. The menstruation may start to vary again as menopause approaches.

Since they are still viewed as being filthy and frequently forbidden from entering their own homes or kitchens, menstruation women in India are still subject to a number of restrictions. Women in some rural and tribal communities are required to live in separate menstrual huts while they are on their periods.

The menstrual cycle is a natural process that can vary from woman to woman. Women typically experience a menstrual cycle every 28 days. During a menstrual cycle, hormones are released to

prepare the body for pregnancy. The menstrual cycle consists of four phases: menstruation, follicular phase, ovulation, and luteal phase. During menstruation, the uterus sheds its lining and blood is discharged from the body. Following menstruation is the follicular phase, which is when the follicles in the ovaries begin to mature and estrogen levels increase. The third phase is ovulation, which is when the mature egg is released from the ovary. Lastly, is the luteal phase, in which the ovaries begin to produce progesterone and the body prepares for a potential pregnancy. The menstrual cycle can be affected by a variety of factors, including stress, diet, exercise, and medications, which can cause irregularities in the menstrual cycle. Common menstrual irregularities include amenorrhea, which is the absence of a menstrual cycle, and polymenorrhagia, which is having too frequent menstrual cycles. Other menstrual irregularities include oligomenorrhea, which is having infrequent menstrual cycles, and menorrhagia, which is having heavy menstrual bleeding. In conclusion, the menstrual cycle is an important indicator of a woman's overall health and wellbeing. It is important to understand what is normal and what is not in order to take precautionary measures to maintain a healthy menstrual cycle. (Clayton, 2023 and Mayo Clinic,2022).

What results in irregular menstrual cycles?

Menstrual cycle irregularities can result from a variety of factors, such as:

1. Inconsistent menstruation may be a precursor to pregnancy. Breastfeeding generally postpones the beginning of menstruation after delivery.
2. Intense exercise, a significant weight reduction, or eating disorders. Extreme weight reduction, strenuous exercise, and eating disorders like anorexia nervosa can all interfere with menstruation.
3. Polycystic ovarian disease (PCOS). According to an ultrasound examination, women with this common endocrine system issue have little collections of fluid, known as follicles, in each ovary. Moreover, they could have irregular periods.
4. Premature ovarian failure is the phrase used to describe an ovary's failure to function normally before the age of 40. Periods are erratic or irregular for years in women with primary ovarian insufficiency, often known as early ovarian failure.

5. Inflammatory conditions of the pelvis (PID). Unusual menstrual flow could result from an infection of the reproductive system.

6. Fibroids in embryos. Non-cancerous uterine growths are called uterine fibroids. In order to produce the hormone progesterone, which maintains the uterus' thick lining, they may result in protracted, painful menstrual periods. In the absence of pregnancy, the corpus luteum dies, progesterone levels fall, the uterine lining sheds, and a new menstrual cycle starts. (NICHD, 2017)

Common view about Menstruation

The onset of this typical process is one of the signs that puberty is starting to set in for females between the ages of 11 and 14. This illness, which primarily affects girls, has long been shrouded in mystery and urban mythology in many different countries. Women and girls are marginalized in many facets of social and cultural life as a result of taboos associated with menstruation.

Cultural and societal factors still appear to be a barrier to the progress of knowledge on the subject in India, where it was previously forbidden to even bring up the subject. Many women and girls experience limitations in their daily lives because they have periods. For urban women, the main norm is to avoid the "puja" chamber during menstruation; for rural girls, the guideline is to avoid the kitchen. Girls and women who are on their periods are likewise forbidden from praying or touching holy objects. Similar cultural conceptions of the impureness of menstruation support the fundamental premise of this myth. The perceptions of menstruating women as filthy and unhygienic raises the possibility of food contamination when they handle or prepare it. When normal hygiene precautions are taken into account, no scientific study has shown that menstruation is the reason for any food to degrade.

As people begin to accept the harmful impacts of this stigma, a problem develops. The social stigma associated with menstruation has a number of major and subtle repercussions on the lives of women and girls. One of them is the end of their education. Girls often drop out of school after hitting puberty because they are believed to be prepared for marriage and producing children, especially in less developed regions of India. As soon as adolescence begins, women are told not to mention their periods in public. They are told to ask a woman subtly for a pad so that no men in particular might overhear, and once they have it, to tuck it away in their pocket. Males almost

never understand what or why they are getting their periods, in contrast to the majority of women who have heard similar things about menstruation throughout their childhood.

As soon as adolescence begins, women are told not to mention their periods in public. They are told to ask a woman subtly for a pad so that no men in particular might overhear, and once they have it, to tuck it away in their pocket. Males almost never understand what or why they are getting their periods, although most women have heard similar things about menstruation throughout their lives.

Starting at a very young age, young girls are trained to take care of themselves covertly or privately when they are on their periods. Menstruation is a major problem for women throughout a wide range of varied cultural groups since they must keep it a secret from them. This affects women's body images generally, not just when they're menstruating. A girl takes an attempt to keep her skirt clean and avoid spilling blood on the chair she was seated on. She would have to put up with awkward looks and disrespectful remarks from passers-by on the street or even from her schoolmates, not because a ripped skirt looks bad.

The startlingly large number of Indian girls who stop going to school once their periods start is estimated to be close to 20 million. Young females lose their eligibility for education, the most powerful tool for civilization, when their bodies undergo certain fundamental changes. Menstruation ignorance, daughter safety concerns, and post-period bodily changes are the main factors that motivate parents to send their girls with their husbands for purportedly safe custody instead of continuing with their education.

Stereotypes about Menstruation

Due to societal preconceptions around menstruation, the majority of women continue to struggle. In many less economically developed nations, a large portion of female students leave school when their period starts. As females are so little informed about matters like puberty, menstruation, and reproductive health, it is difficult to overcome the socio-cultural taboos and attitudes surrounding them.

Contrarily, menstruation women are ostracized, secluded from other people, and kept from contaminating holy locations because they are seen as a serious issue and a symbol of impurity

and uncleanness in most major world religions. These traditional myths and beliefs persist today and can be seen in a variety of unfavorable attitudes around menstruation, which can harm reproductive health.

Cultural standards and religious taboos around menstruation are frequently exacerbated by historical connotations with malevolent spirits, humiliation, and embarrassment linked with sexual reproduction. In some cultures, women who dress historically bury it to keep evil spirits from taking use of it. Menstrual blood is seen as hazardous in some cultures, and a wicked individual could use black magic to harm a lady or girl who is menstruation. It's also claimed that a woman can make a man do what she wants by using her menstrual blood as a weapon. It's interesting to notice that similar perspectives continue to prevail in Asia, particularly in India. But this doesn't appear to have any logical or scientific justification.

Some common difficulties that women face

More frequent menstrual problems include:

1. Premenstrual syndrome (PMS): Before their period, certain women may be more susceptible to a range of negative consequences, such as fluid retention, headaches, fatigue, and irritability. Therapy options include food modifications and exercise.
2. Menstrual pain, also referred to as dysmenorrhea. It is believed that in reaction to certain hormones, the uterus contracts more forcefully than is necessary in order to discharge the lining. The oral contraceptive pill and painkillers are also available as therapies.
3. If untreated, menorrhagia, or excessive monthly bleeding, can result in anemia. Oral contraceptives and hormonal intrauterine devices (IUDs) are examples of available treatments.
4. Amenorrhea, or the absence of menstrual cycles with the exception of pre-puberty, pregnancy, nursing, and post-menopause, this is recognized as abnormal. Low or high body weight and excessive activity are two potential causes. (Mayo Clinic, 2022)

Different religions concept about Menstruation

This myth has roots in the Vedic era and is frequently associated with Indra killing Vritra's. As women are believed to have contributed to some of Indra's guilt, the Veda asserts that the shame

of slaying a brahmana-murder is said to manifest itself each month as menstruation. Women are also forbidden from going about their everyday activities while menstruating in Hinduism. Before being permitted to return with her family and resume her usual tasks, she must first be "purified." The underlying reason of menstruation is ovulation, followed by a failed attempt at conception, which causes endometrial artery bleeding. Next is cycle preparation.

Hinduism is predominantly associated with ideas of impurity and filth in many places of India. It is considered that pollution is caused by both bodily excretions and the bodies that produce them. The bodily functions of menstruation and childbirth taint all women, regardless of their social station. Others claim that water is the most typical cleansing substance. Hindu deities materialize physically as water sources; hence it is very important to keep them clean. This suggests a possible defense for the prohibition on women taking baths when they are menstruating, particularly in the first several days. In Hinduism, menstruation is viewed in a variety of ways. Women are frequently kept away from places of worship during their periods since menstruation is a time of purification. The majority of Hinduism's cultural rituals and prohibitions regarding menstruation are based on this.

Women who are menstruating are not permitted to offer prayers. Ladies are urged to follow specific rules at the time. They shouldn't observe any fasts, and any that are still in effect from Ramadan should be broken on other days. Menstruation-related pilgrimages and the circumambulation of the Kaaba are both permitted. They are welcome to attend Muslim celebrations and festivities, and they have access to the mosque's prayer space, but they are not permitted to take part in the Eid prayer.

Both spouses need to take a bath after sex and after the period before prayer may start. Physical intimacy and other non-sexual activities are permitted during a woman's period, but sexual conduct is prohibited according to the orthodox Islamic interpretation of the Qur'an. When a husband is having sex with his wife and realizes that she has started her menstruation, he must immediately cease.

Menstruation is not typically viewed as an impurity or any other deviation from Christian religious practices. Yet, very few communities still believe that menstruation is unhygienic. Christianity enables women to participate in religious rites, unlike other religions.

Today, menstruation is a hotly debated topic. It's vital to acknowledge the contribution that males have made to the dialogue, even though the focus of the discussion has mostly been on the experiences of women. From a male perspective, it is critical to take into account how menstruation affects their life, their relationships, and the communities they live in. Men's attitudes towards menstruation might be viewed positively or negatively. Menstruation can, on the one hand, be viewed as a symbol of womanhood and a reminder of the enormous strength and power that women possess. On the other hand, it could be perceived as a burden and a cause of discomfort, shame, and embarrassment.

It is even more important that males support advocacy efforts to effect change because cultural norms, illiteracy, and a lack of confidence prevent women from being innovators. In order to promote menstrual hygiene management, minimize the shame associated with menstruation in Indian and other countries, and reduce restrictive behavior, men have a responsibility to get involved in menstrual concerns. In order to take the proper steps to win men's support as advocates of women or to inspire them to make independent contributions to fixing these issues, it is necessary to understand the information and attitudes that men now possess.

CHAPTER 2

REVIEW OF LITERATURE

A literature review is a “critical analysis of a segment of a published body of knowledge through summary, classification, and comparison of prior research studies, reviews of literature, and theoretical articles”. By doing this literature review, the researcher gets more ideas about various aspects of their study. (University of Wisconsin Writing Centre, 2020). This review of literature examines the various resources available for explaining periods to men.

This to assess the current state of research regarding menstruation and menstrual problems. The most recent medical research regarding menstruation and menstrual problems emphasizes the importance of health education and the need for women to be more informed about their reproductive health. Several studies have highlighted the need for better access to health care services, as many women are unaware of the range of treatments available for menstrual problems. Additionally, studies have shown that the stigma associated with menstruation and menstrual problems can lead to feelings of shame and isolation. In terms of independent research, surveys and other forms of qualitative data have provided valuable insight into the experiences of women with menstrual problems. One study found that many women reported feeling embarrassed or ashamed to talk about their menstrual problems, and that this stigma had a negative impact on their quality of life. Other studies have highlighted the difficulties women face in accessing accurate information about their reproductive health, as well as the lack of resources available to them. (NICHD, 2017).

Clayton (2023) discusses the description, phases, hormonal control, ovulation, and menstruation of the menstrual cycle. It begins by defining the menstrual cycle and exploring its key components, before delving into the anatomy and physiology of the cycle. It provides an in-depth look at the hormonal control of the cycle, including the role of hormones such as estrogen and progesterone. It also describes the process of ovulation and menstruation, as well as their effects on the body. The article is well-structured and provides detailed information on all aspects of the menstrual cycle. The article also includes several figures and diagrams to help illustrate the various phases of the cycle. It provides helpful links to additional resources for further exploration of the topic. It also offers a brief overview of the various disorders related to the menstrual cycle, such as

polycystic ovary syndrome and premenstrual dysphoric disorder. This is a valuable resource for those seeking to learn more about the menstrual cycle and its associated disorders. (Clayton 2023)

(Pandia Health, 2023) provides a comprehensive overview of menstruation, including the physiological processes involved, possible signs and symptoms, and what men can do to support their female partners during this time. Additionally, the article provides tips on how to discuss menstruation in a respectful and supportive manner. Other sources discussed include online resources such as the National Women's Health Network and the American College of Obstetricians and Gynecologists. These sources provide detailed information on the physiological processes of menstruation, as well as helpful advice on how to support women during this time. Finally, other educational resources such as books, videos, and websites are discussed. These provide a more in-depth look into the processes and social implications of menstruation. Overall, this review of literature provides a comprehensive overview of the resources available for explaining periods to men. The primary source discussed is an article from Pandia Health which provides a comprehensive overview of menstruation and gives tips on how to discuss the topic in a respectful and supportive manner.

(Staff, M. 2016) looks at how men can be affected by the menstrual cycle of their female partners. This examines the physical, emotional, and social implications of periods on men. The article begins by discussing the physical effects of periods on men, including cramps, fatigue, and bloating. It then moves on to discuss the emotional effects of periods, such as irritability and mood swings. The article also looks at the social implications of periods on men, including the need for them to be understanding and supportive of their partners during this time. Overall, this article provides a comprehensive overview of the effects of periods on men. It is an important resource for men to understand the impact of their partner's menstrual cycle on their lives. The article also provides practical advice to men on how to best support their partner during this time. This is a valuable resource for anyone looking to better understand the implications of periods on men.

(Gardner, Mitchell C, 2008) they examine the attitudes men have towards the menstrual cycle. It looks at the existing research on the topic and provides an overview of the current state of knowledge. It begins by looking at the stigma men have towards menstruation and how it affects their interactions with women. Research has found that men often view menstruation as a taboo topic and that they tend to be less supportive of women during menstruation. Men have also been

found to perceive periods as dirty and embarrassing, and this can lead to a lack of understanding and empathy for women. Then looks at how men view menstruation in the context of relationships. It finds that men often view menstruation as an obstacle to intimacy and may be less likely to engage in sexual activity during this time. Men have also been found to experience discomfort when discussing or engaging in activities related to menstruation, such as buying sanitary products. This also looks at the attitude's men have towards menstruation in the workplace. Men have been found to be less likely to talk about menstruation in the workplace, and this can lead to a lack of understanding and support for female colleagues.

(Gold,2000) it is an important examination of the different demographics, environmental influences, and ethnic and international differences in the menopausal experience. Gold begins by examining the demographics of menopause, including the age range for which it typically occurs and how this range can vary between different ethnicities. Gold then moves on to discuss environmental influences on menopause, such as diet, stress, and lifestyle, and how these can affect the severity and timing of the menopausal experience. Finally, Gold looks at the different cultural and international differences in the menopausal experience, examining how different culture's view menopause and the different treatments available to alleviate its symptoms. Gold provides a thorough and comprehensive overview of the different factors that can affect the menopausal experience. This is well-researched and draws on a variety of sources to support its conclusions.

(Ussher,2017) provides an interesting discussion of how men can help women cope with premenstrual syndrome (PMS). Ussher cites several studies that have been conducted on the subject, including a study from 2017 that showed that emotional support from male partners can help improve subjective symptoms of PMS. He also discusses the role of hormones in PMS, as well as the importance of lifestyle factors such as exercise, diet, and stress reduction in managing the condition. Ussher's article provides a comprehensive overview of the current research on PMS, and offers insights into how men can effectively provide support and comfort to their female partners during their premenstrual cycles.

(Journal of clinical nursing,2011), Menstruation is a natural process experienced by women of reproductive age, yet its impact on men has been largely overlooked in the literature. This review of the literature focuses on the beliefs, attitudes, and experiences of men towards menstruation. Studies have found that men have negative attitudes towards menstruation due to a lack of

knowledge and understanding. Additionally, men often view menstruation as being “unclean” or “taboo” and associate it with negative connotations. Furthermore, men often feel embarrassed or uncomfortable discussing the topic of menstruation, even with their female partners. These attitudes can have a negative effect on the relationship between men and women, as well as on the reproductive health of women. Studies have found that men often do not provide adequate support to women during their menstrual cycles, and may even hinder their ability to gain access to menstrual hygiene products. In addition, men may not be willing or able to provide emotional support during this time. In order to improve men’s attitudes towards menstruation, research suggests that increased education and awareness is needed. This can be achieved through health education programs, media campaigns, and other forms of public health initiatives.

(Peranovic, T, 2017) provides an in-depth look at how men perceive menstruation in different cultures. It begins by discussing the role of menstruation in different cultures, noting that it has been seen as both positive and negative, depending on the culture. Then highlights the different attitudes men have towards menstruation and how they perceive it in different contexts. It discusses the different beliefs that men hold about menstruation, such as the belief that it is a sign of womanhood, and how these beliefs may change over time. It examines the different experiences men have had with menstruation. It looks at how men can be supportive of women during their periods, as well as how some men may be uncomfortable or even hostile towards menstruation. It also examines how men deal with their own feelings of embarrassment and shame when it comes to menstruation. Finally, the review looks at how different approaches to education about menstruation can help to promote positive attitudes and experiences.

(Garg S,2015) the prevalence of menstrual related myths in India and the various strategies available to combat them. The authors begin by discussing the social and cultural factors that contribute to the perpetuation of these myths. They then discuss the various strategies proposed by organizations, such as health education campaigns and the use of mass media, to address the issue. The authors then present data from a survey which was conducted in India to determine the prevalence of menstrual related myths in the population. The results of the survey indicate that a significant proportion of the population believes in these myths. The authors conclude with a discussion of the implications of their findings and the need for further research in this area. Overall, this paper provides a comprehensive overview of the prevalence of menstrual related

myths in India and the strategies available to combat them. This is a valuable contribution to the literature on menstrual health in India and provides an important resource for those looking to address this issue.

This explores the subject of men's attitudes and opinions towards menstruation. Through a survey of over 1000 men, the study found that men have a range of opinions about menstruation, from being uncomfortable with the topic, to being supportive and understanding of the importance of discussing it. The survey results showed that the majority of men view menstruation as a natural process, with only a small minority viewing it negatively or as something to be ashamed of. The article highlights the need for further research into men's attitudes towards menstruation, particularly in terms of how they can support the women in their lives. The article also discusses the importance of education on the topic of menstruation, as well as the need to reduce stigma and create a more open dialogue about the subject. Overall, this article provides an interesting insight into men's attitudes and opinions towards menstruation. It highlights the need to create a more open dialogue about the subject and the importance of educating both men and women on the topic. The findings of the survey provide valuable information on the current state of men's attitudes towards menstruation and can be used to inform future conversations and initiatives in this area (X. Li 2018)

A study conducted by Lete et al. (2018) on the male perceptions of the inconveniences associated with monthly bleeding for their partner surveyed men from eight countries, including France, Germany, Italy, the Netherlands, Poland, Portugal, Spain, and the United Kingdom, using an online questionnaire. The results of the study showed that men, regardless of their nationality or age, perceived monthly bleeding as a source of inconvenience for their partner. The study by Lete et al. (2018) adds to the existing literature on men's perceptions of menstruation and its associated inconveniences. Previous research has suggested that men tend to view menstruation as a source of discomfort for their partner, and that they often lack knowledge about the causes and effects of menstruation (García-Franco et al. cited in Lete et al 2018). The current study provides further insight into this topic by examining the perceptions of men from different age groups. The findings of the current study have implications for health care providers, who can use this information to provide appropriate education and support to their male patients. Additionally, the results of the study could be used to inform public health initiatives aimed at increasing awareness about

menstruation and its associated inconveniences. Overall, the study by Lete et al. (2018) provides valuable insight into male perceptions of monthly bleeding and its associated inconveniences. The results of the study suggest that men from different countries and age groups view menstruation as a source of discomfort for their partner, and that increased education and support is needed in order to improve awareness about the topic. (Lete et al. (2018).

CHAPTER 3

METHODOLOGY

The rationale behind scientific research is called methodology. The research's design was supplied by the methodology. It is the art of using the best method to research a specific issue.

Statement of the problem

This study concentrates on the perceptiveness of men's thought towards menstruation with different age groups of younger generation, middle age, and older generation. The samples were collected from the city of Kochi.

This study sheds light on the historical influences that social, cultural, and historical factors have had on men's conceptions, attitudes, and beliefs towards menstruation. The establishment of this societal stigma surrounding menstruation is a result of patriarchal and misogynistic ideas existing throughout society. Since menstruation women have been stigmatized as impure since antiquity, which has kept them out of many aspects of society, this study is necessary.

Objectives

General objectives

- To analyse and interpret men's perceptions on menstruation over generations.

Specific objective

- To examine if there the ideological shift of menstruation from a biological process to a socio-cultural process.
- To investigate the demand for awareness campaign and educational programmes on menstruation.
- To determine if men are aware of the various menstrual products.
- To determine if men are aware of the health-related challenges women face during menstruation

Clarification of concepts

Theoretical definitions

- Menstruation

According to Merriam Webster dictionary Menstruation is the cyclical discharging's of the blood, the secretions, and the tissue debris from the uterus that recurs in nonpregnant breeding-age primate women's at around monthly interval and that is considered to show a readjustment of uterus to the non-pregnant state following proliferative changes occurs with the preceding ovulation. (Webster, 2023)

- Generations

According to Collins dictionary Generation is all the people in a group or a country who are of a similar age group mostly when they are of a considered as having the same experiences and attitudes in the society. (Collins, 2023)

Operational definitions

- Menstruation:

Due to the absence of the egg and sperm fertilization, there is regular flow of the blood and the mucosal tissue via the vagina from the inner lining of the uterus.

- Generations:

Primarily examine the three generations in the society to ascertain their perspectives on menstruation.

- Health related challenge's:

Various health issues that women experience before, during and after their menstruation.

Identification of variables

Independent Variables in the study are

- Age
- Educational Qualification
- Marital Status

Dependent Variable in the study is

- Awareness

Population

According to Ram Ahuja (1992) a population refers to all those people with characteristic's which the scholar wants to the study within the context of the problems. In this study includes the different generations of men around the Kochi.

Universe

The universe of the study consists of men across Kochi.

Sampling method

In this study the sampling method is Quota sampling. The men of Kochi were classified into different age groups: Young Generation (18-29 years), Middle Aged (30-59years) and Older Generation (above 60 years). In this study the sample size were limited to 40,40 and 20 from Young Generation, Middle Aged and Older Generation respectively. Respondents were selected at random until the quota was filled.

Pilot study

In order to know the feasibility and to make sure of the cooperation of the respondents, a pilot study was conducted in the month of January 2023. It was found feasible to gather information about the objectives of the study.

Tool of Data Collection

The primary data was obtained using questionnaires and interview schedules as the tools of the data collection. Both English and Malayalam questionnaires were provided to the respondents. The data was collected by circulating online questionnaires and taking interviews of men of age group 18-29 years, 30-59 years, and above 60 years. All these respondents belonged to urban and rural area across Kochi.

The secondary data was collected from various online sources and studies.

Pre-test of the questionnaire

Pre-test is a trial test of the tool used for the data collection. A pre-test was conducted with three cooperative respondents from each age group. Based on the feedback from the pre-test, several new ideas were identified. These included adding the ability to filter results by specific criteria, providing additional customization options, and adding a feature that would allow users to save their results for future reference.

Limitations of the study

The study has following limitations:

- The sample size of the study was relatively small. The study was limited to hundred respondents from the Kochi which only gave a basic idea on men's perceptions towards the menstruation.
- Cultural background: The study was conducted in Kerala and the finding may not be applicable to other cultural contexts.
- The finding of the entirely depends on the data given by the respondents.

Some experience of data collection

As part of my research work, first I went to public for collecting data through a set of prepared questionnaires both in English and Malayalam language. Collecting data on the topic of men's perceptions towards menstruation in society was quite a difficult task. As menstruation is a sensitive topic, many respondents were reluctant to share their opinions openly and some of them felt embarrassed or ashamed to do so. Additionally, some difficulties while collecting accurate data was that men may not report their true feelings or attitudes towards the topic due to the stigma that is often associated with it.

On my part, I created an open and safe environment to discuss the topic. I used gender-neutral language, framing the topic in a non-judgmental way, and encouraged the respondents to speak openly. This helped to create a safe space for respondents to express their own views and feelings about the topic.

Younger men were more accepting and less likely to view menstruation as a taboo subject. They were more likely to talk openly about menstruation and to feel comfortable doing so. Older men were less likely to view menstruation positively and were less comfortable discussing it.

Overall, there appears to be a difference in how men of different age groups interact with the topic of menstruation. Younger men are more open and accepting of the topic, while older men are more likely to view it as a taboo subject.

Chapter 4

DATA ANALYSIS AND INTERPRETATION

The analysis and interpretation of the data is the core of any research report. After the data has been collected the research focused on analysis and interpretation. Analysis of data involves a number related operations which are performed with the purpose of summarizing the collected data and organizing these in such a manner that they answer the research options. Analysis means a critical examination of the assembled data and the purpose of interpretation is to highlight the meaning of the research findings by linking them to another available knowledge.

The collected data must be processed so that conclusion is made. The statistical analysis of the valuable help in this regard. The purpose of the analysis is to brief the complete observation in such a manner that yield answers to the research.

The study was conducted on men's perceptions towards menstruation with special reference to Kochi. For these 100 samples were collected and quota sampling method is used.

The primary data collected was analyzed through the software SPSS. For the meaning full interpretations of the study, the analysis was done using pie diagrams, bar diagrams and tables.

Table.4.1 Age of the respondents

	Frequency	Percentage
18-29 years	40	40.0
30-59 years	40	40.0
Above 60 years	20	20.0
Total	100	100.0

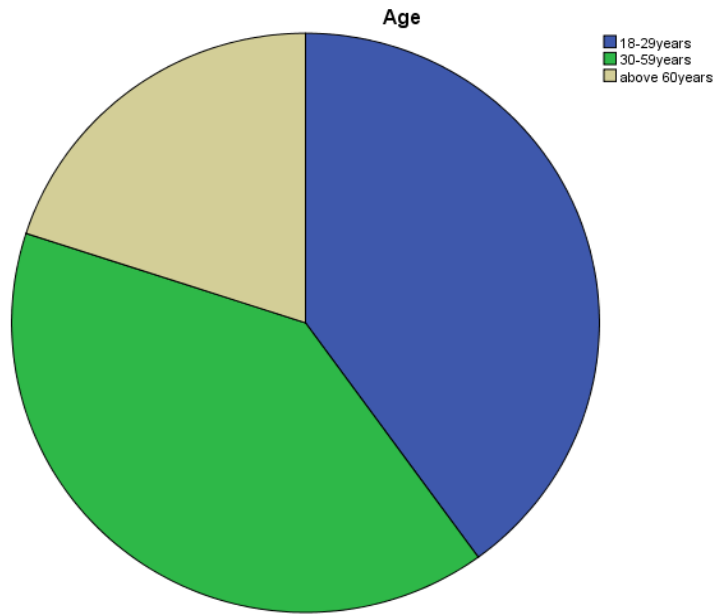


Fig.4.1 Age

Age is defined as the number of years since someone was born. The survey was conducted to compare and analyze the varying perspective of men on menstruation among the young middle age and older generation. 100 response was collected. 40 % of the responses were collected from men of age group 18-29 years, 40% were collected from the age group of 30-59 years and 20% of the responses were collected from the older generation. Younger men are more open and accepting the topic but the most of older people ware not.

Table 4.2 Marital Status of the respondents

	Frequency	Percentage
Single	49	49.0
Married	51	51.0
Total	100	100.0

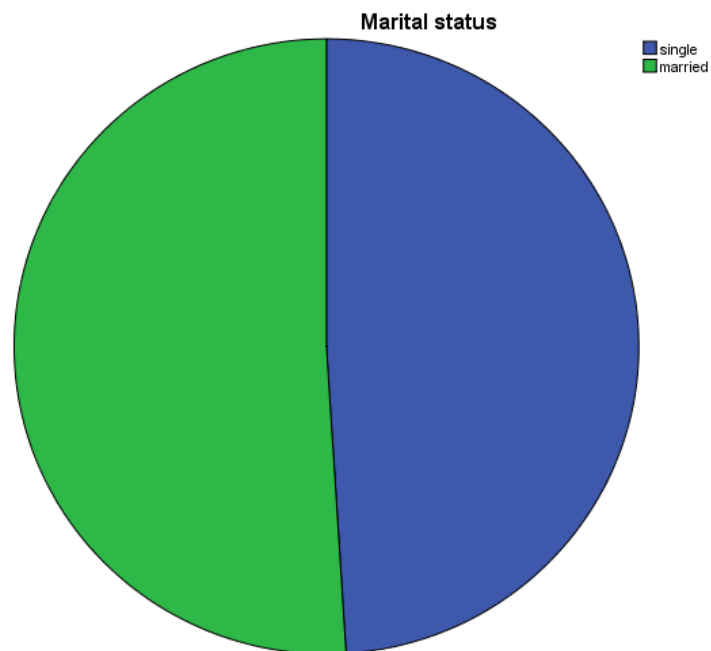


Fig4.2 Marital Status

In the study, 51% of the respondents was married and 49% were single. This could be due to the geographical regions or cultural norms.

Table 4.3 Religion of the respondents

	Frequency	Percentage
Hindu	27	27.0
Muslim	31	31.0
Christian	39	39.0
Nil	3	3.0
Total	100	100.0

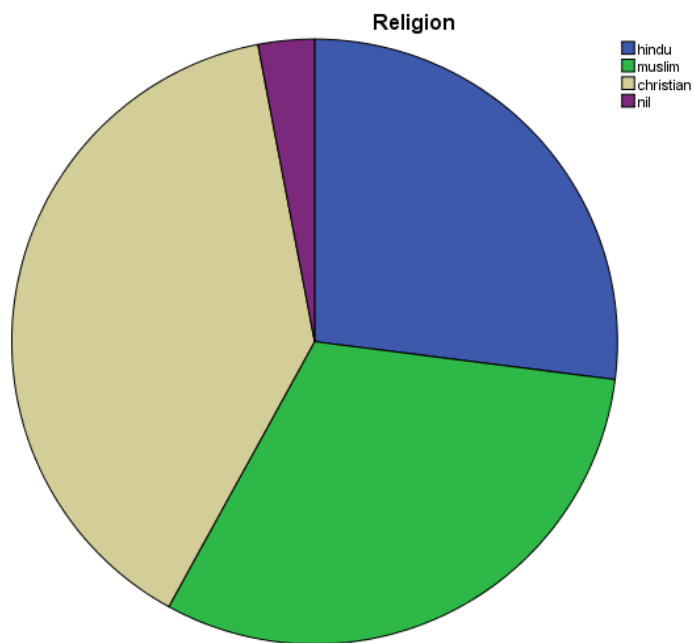


Fig4.3 Religion

Religion is a major demographic factor and is important for future population growth trends as well as the other social indicators. From the collected data out of 100 respondents 27% of them were Hindu, 31% were Christians, 39% of them were Muslims and 3% specified no religion.

Table 4.4 Educational Qualification of the respondents

	Frequency	Percentage
Class VIII	1	1.0
High school	11	11.0
Higher secondary	19	19.0
Diploma	21	21.0
Graduation	24	24.0
Post-graduation	22	22.0
Other	2	2.0
Total	100	100.0

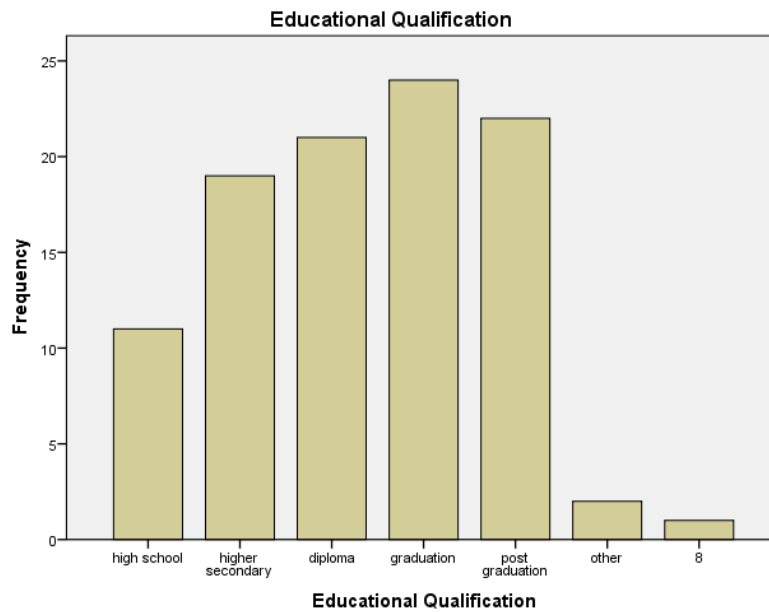


Fig.4.4 Educational Qualification

From the above pie diagram, we can understand that the majority of the respondents have completed graduation (24%) and post-graduation (22%), diploma (19%), higher secondary (19%), high school (11%), others (2%), 1 % of respondent studied till 8th grade.

Table .4.5 when respondents came to know about menstruation

	Frequency	Percentage
Below 10 years	25	25.0
10-20 years	59	59.0
20 years and above	16	16.0
Total	100	100.0

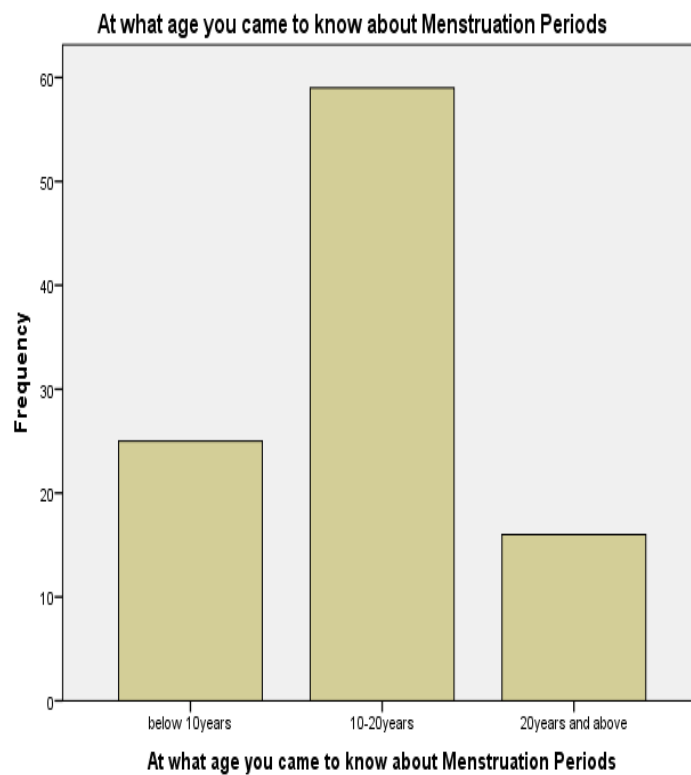


Fig.4.5

The above diagram shows that 59% of the respondent came to know about menstruation from the age between 10-20 years. 25% of the respondent came to know about it below the age of 10. Around 16% came to know about it at the age of 20 years and above

Table 4.6 How the respondents come to know about Menstruation

	Frequency	Percentage
Family	48	48.0
Friends	15	15.0
Education	31	31.0
Social media	6	6.0
Total	100	100.0

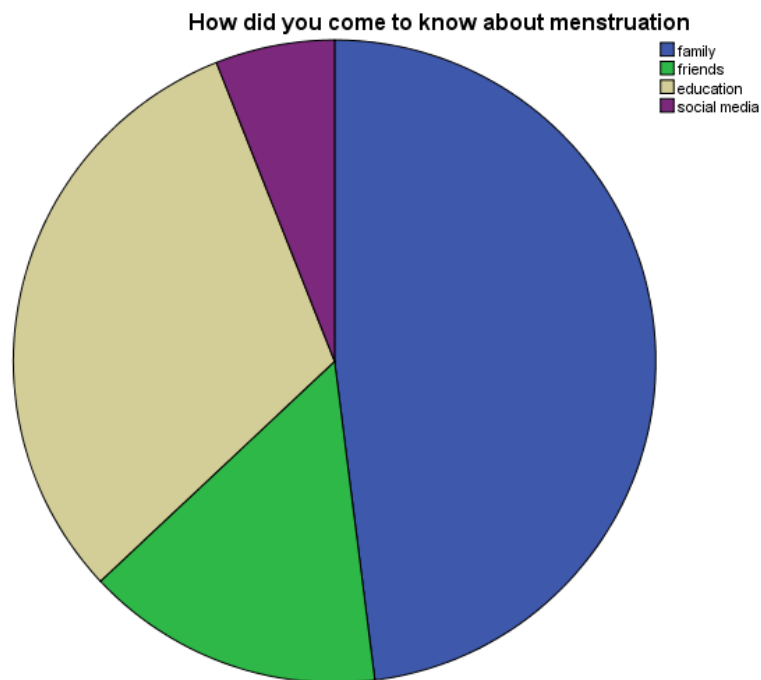


Fig.4.6

The above graph shows that the 48% of the respondent came to know about menstruation from family, 31% from education, 15% respondents came to know from friends and only 6% were from the social media

Table 4.7 Awareness about the Biological process of Menstruation

	Frequency	Percentage
Yes	78	78.0
No	22	22.0
Total	100	100.0

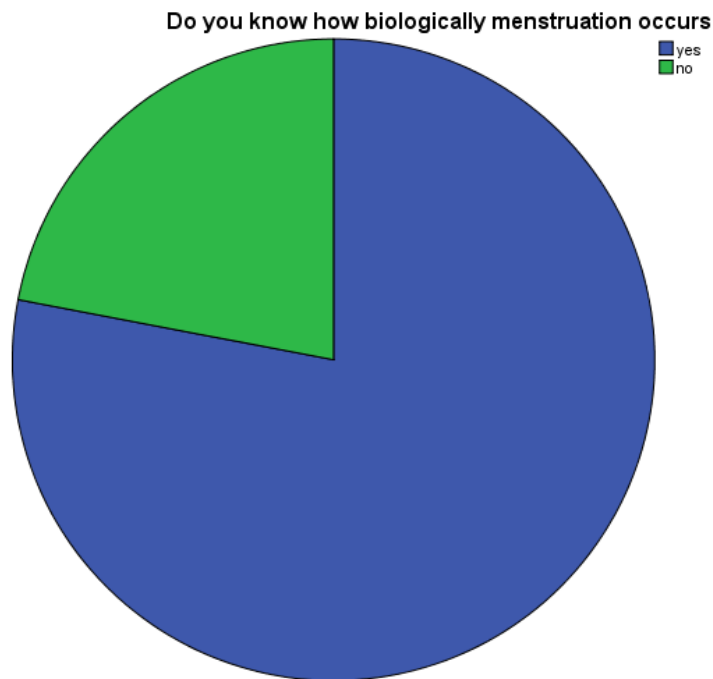


Fig. 4.7

This data shows that the majority of respondents, 78% are aware of how biologically menstruation occurs, while a small minority 22% are not aware of the biological process. This suggests that most people have a basic understanding of how menstruations.

Table .4.8 Awareness on the Cause of Menstruations

	Frequency	Percentage
Impure blood	32	32.0
Scientific process	68	68.0
Total	100	100.0

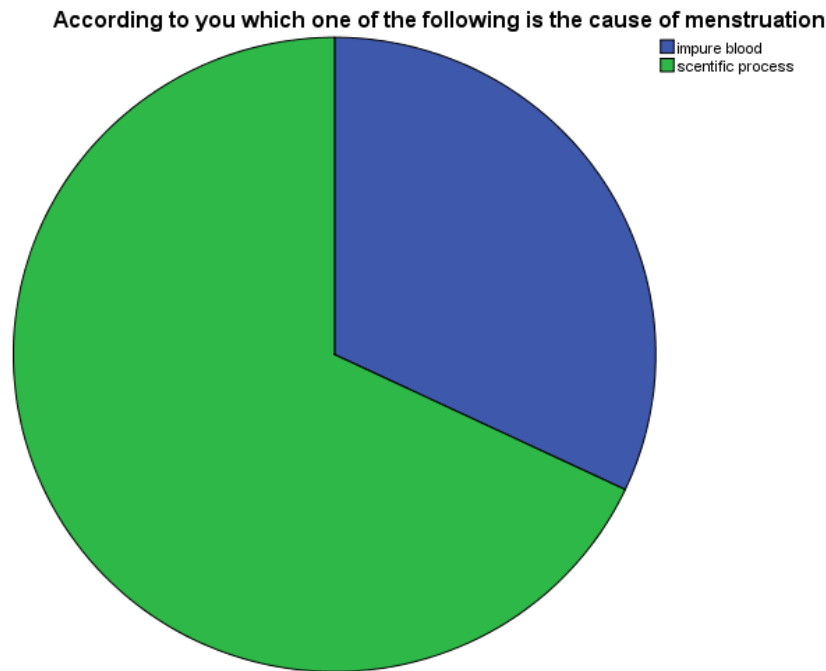


Fig.4.8

Among the 100 respondents, 68% were aware about the process of menstruation and they stated as it is a regular discharge of blood and mucosal tissue from the inner lining of the uterus and other 32% were not aware: they stated that menstruation is the emission of impure blood from the body.

However, more education on the subject is likely needed in order to ensure that everyone has a full understanding of how menstruation works and the important of it.

Table 4.9 Menstruation as a private thing

	Frequency	Percentage
Strongly agree	9	9.0
Agree	24	24.0
Neutral	38	38.0
Disagree	18	18.0
Strongly disagree	11	11.0
Total	100	100.0

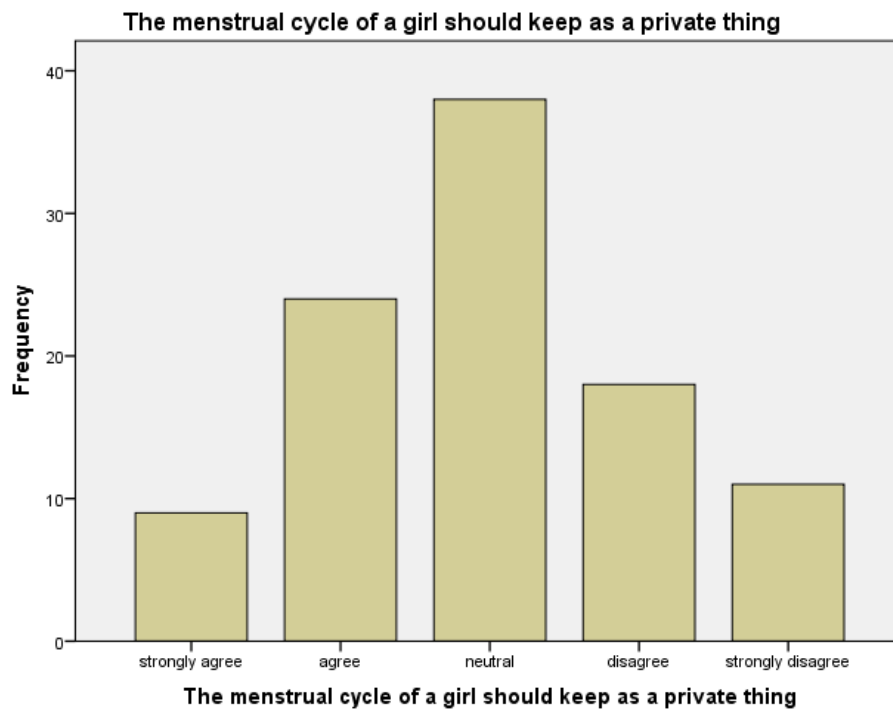


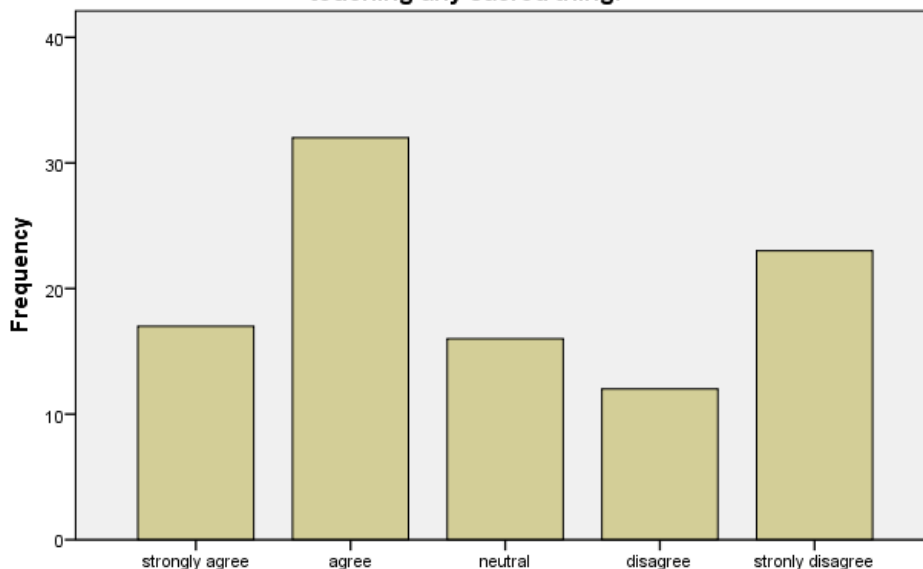
Fig.4.9

The respondents were to rate the following statement “A girl should keep her menstrual cycle as a private thing.” This data suggests that the majority of people respond agree or strongly agree and specifically 33% respondents either agreed or strongly agreed, while 38% of respondent were in neutral. And 29% respondents either disagreed or strongly disagreed with the statement.

Table 4.10 Religious beliefs related to Menstruation

	Frequency	Percentage
Strongly agree	17	17.0
Agree	32	32.0
Neutral	16	16.0
Disagree	12	12.0
Strongly disagree	23	23.0
Total	100	100.0

A woman who is menstruating should not be allowed to a place of worship, offer prayers, or participate in religious rituals. she should also be prohibited from touching any sacred thing.



A woman who is menstruating should not be allowed to a place of worship, offer prayers, or participate in religious rituals. she should also be prohibited from touching any sacred thing.

Fig. 4.10

The following statement was asked to know the various responses between the three age groups " A menstruating woman cannot offer prayers, take part in religious ceremonies, should be forbidden from touching a sacred object or enter a place of worship". The above table and figure show the responses. In that only 23% strongly disagreed to this statement, 12% disagreed, 16 % neutral, 32% agreed and 17% strongly disagreed to this statement. The respondents did not believe that this statement is correct. This could indicate a shift in public opinion on this issue.

Table 4.11 Opinion on menstruating woman going to the kitchen.

	Frequency	Percentage
Strongly agree	4	4.0
Agree	6	6.0

Neutral	5	5.0
Disagree	44	44.0
Strongly disagree	41	41.0
Total	100	100.0

A woman who is menstruating should not cook or even go near to the kitchen. Otherwise the food in the kitchen would spoil and making anyone who ate it fall sick



Fig.4.11

A menstruating woman should not cook food or even enter the kitchen. As doing so, it would spoil food items in the kitchen and anyone consuming them would fall sick. The above statement was asked to the respondents to rate on a five-point scale and among the respondents 44% disagreed to the statement, 41% strongly disagreed, 5% stated neutral, around 6% agreed to this and the 4% of the respondents stated that they strongly agreed.

Table 4.12 Influence of media on perceptions regarding Menstruation

	Frequency	Percentage
Strongly agree	4	4.0
Agree	27	27.0
Neutral	43	43.0
Disagree	19	19.0
Strongly disagree	7	7.0
Total	100	100.0

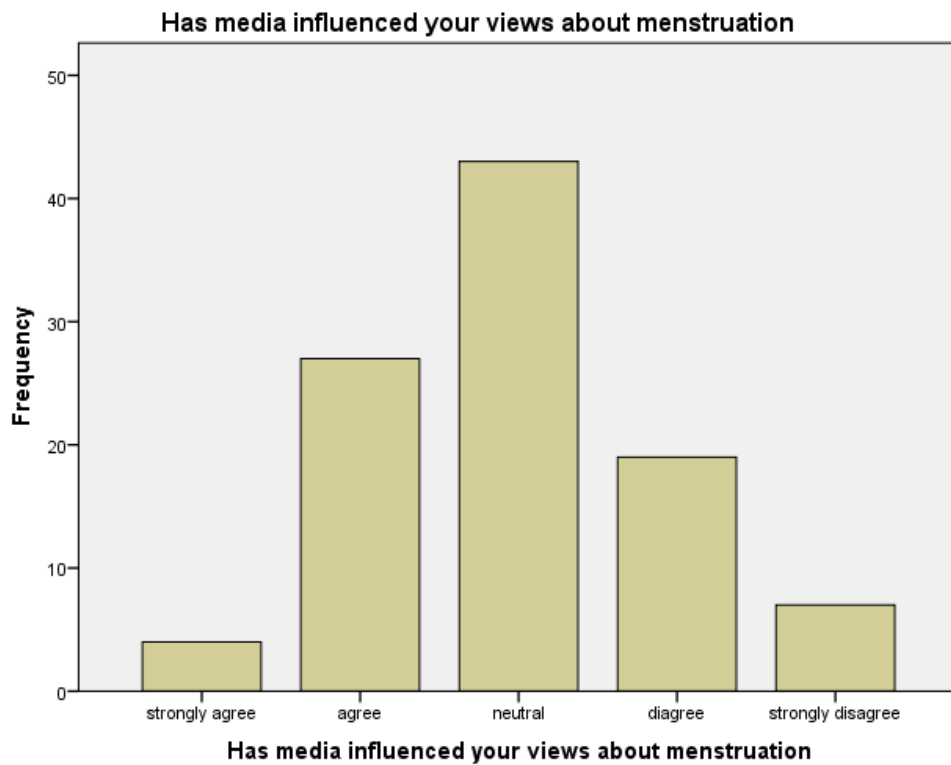


Fig.4.12

Based on the given data, it appears that the majority of the respondents had been influenced by the media regarding menstruation. Out of the 100 respondents, 4% agreed, 27% were neutral, 43% disagreed, and 19% strongly disagreed with the idea that media had influenced their views about menstruation. This suggests that the majority of the respondents did not believe that the media had a major role in their views on the subject. However, the 4% of respondents who agreed with the idea suggest that there may be some influence from media sources, even if it is not a majority opinion.

Table .4.13 Most influenced Medias

	Frequency	Percentage
Social media	45	45
Print media	19	19
Advertisement	43	43
YouTube	25	25
Movies	7	7
All of the above	19	19
Nil	5	5

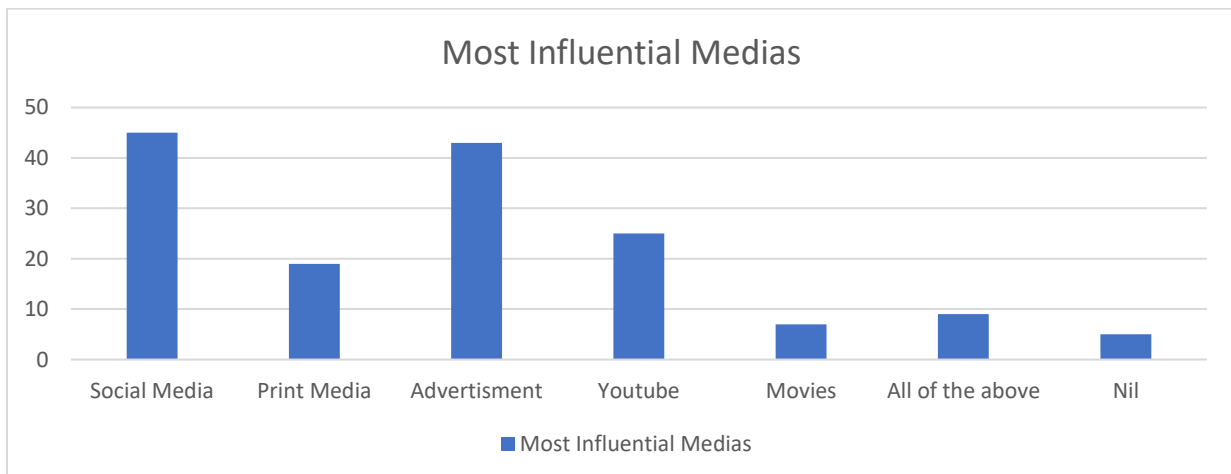


Fig. 4.13

In the above bar diagram, it's clear that the respondents were influenced by all the medias that is social media, movies, advertisements and print media. And most of the respondents were influenced by social media platforms followed by advertisement, print media, YouTube, movies.

Table 4.14 Comfort level for discussion about Menstruation

	Frequency	Percentage
Yes	49	49.0
No	21	21.0
Do not know	30	30.0
Total	100	100.0

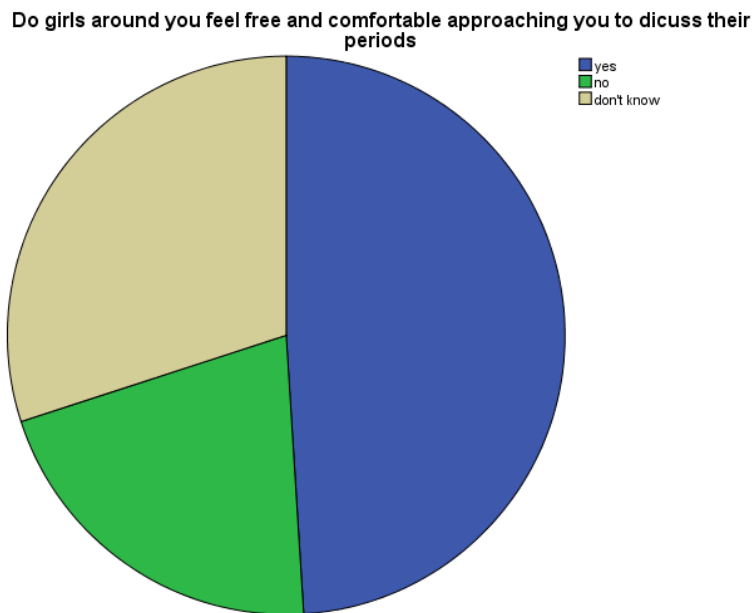


Fig. 4.14

This data suggests that the majority of girls around the respondent feel comfortable approaching them to discuss their periods. However, a significant portion of girls do not feel comfortable discussing their periods with the respondent, suggesting that the respondent may need to work on creating a more open and comfortable atmosphere for these girls. Additionally, the 30% who stated that they do not know suggests that the respondent may need to make a more concerted effort to make their stance on the issue clear.

Table,4.15 Whether comfortable for open discussion about menstruation

valid	Frequency	Percentage
Yes	50	50.0
No	12	12.0
Maybe	38	38.0
Total	100	100.0

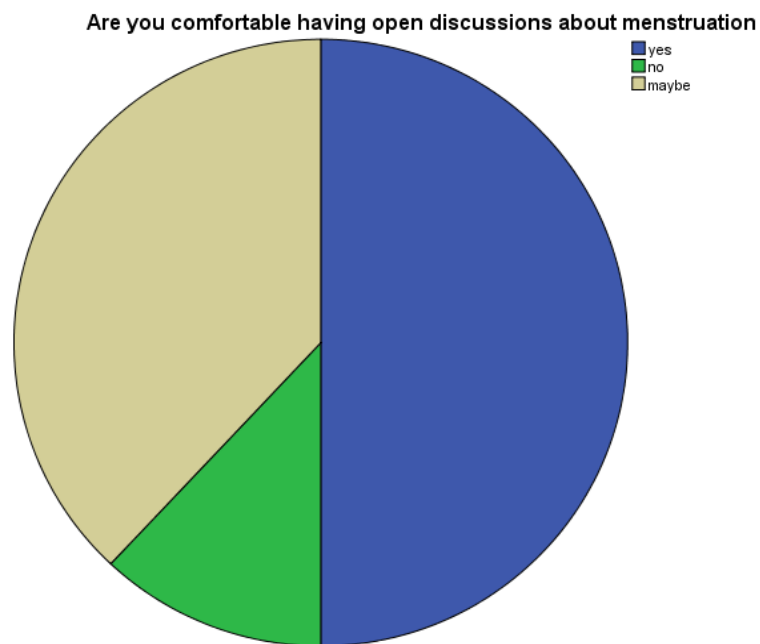


Fig. 4.15

The data indicates that the majority of the respondents (62%) are comfortable having open discussion about menstruation. This is a positive sign that the respondents are more accepting and comfortable with discussing this topic. 38% of respondents stated that they may be comfortable with discussing the topic, suggesting that there may be some hesitation. 12% of respondents stated that they are not comfortable with discussing the topic, suggesting that further work needs to be done to create an environment in which people feel comfortable discussing menstruation. They were comfortable.

Table 4.16 Helping menstruation women in public

	Frequency	Percentage
Yes	47	47.0
No	13	13.0
Maybe	40	40.0
Total	100	100.0

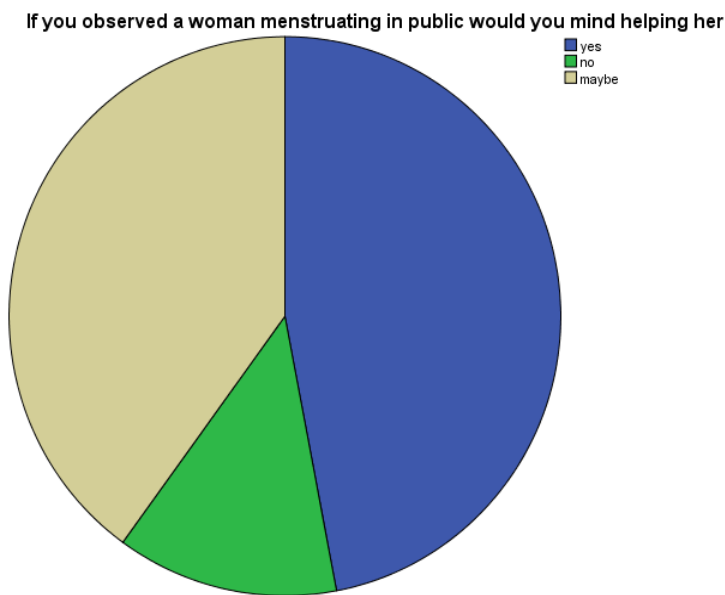


Fig. 4.16

This data suggests that the majority of respondents would be willing to help the woman menstruating in public. Of the 100 respondents, 60% said either yes or maybe, indicating that they would be willing to offer assistance. Around 40% indicating that they may be willing to help. This suggests that many respondents may be uncertain about how to best approach the situation.

Table 4.17 Necessity of Awareness about menstruation for Men

	Frequency	Percentage
yes	67	67.0
no	33	33.0
Total	100	100.0



Fig. 4.17

The most important question asked to the respondents was whether educating men about menstruation is the need of the hour. The three age categories responded in different ways. The diagram shows that, most of the respondents stated that men should be given knowledge about menstruation.67% of them responded positively. 33% declared that the education about menstruation is not needed for the men

Table 4.18 Campaigns for Menstruation to remove the social stigma

	Frequency	Percentage
Strongly agree	38	38.0
Agree	39	39.0
Neutral	20	20.0
Disagree	2	2.0
Strongly disagree	1	1.0
Total	100	100.0

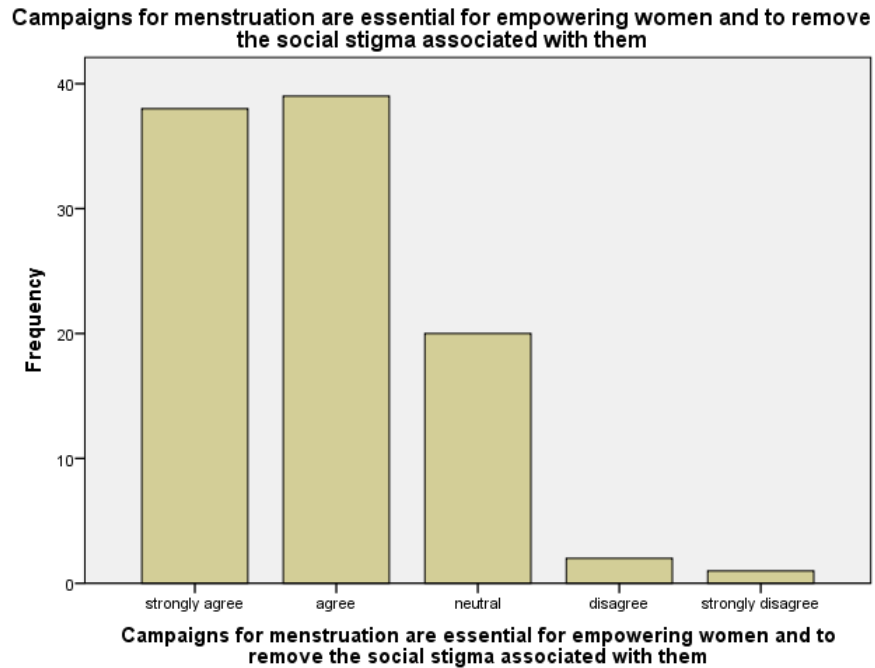


Fig.4.18

The data shows that 77% of the respondents agreed that campaigns for menstruation are essential for empowering women and to remove the social stigma associated with them. This indicates that the majority of the respondents are in favour of these campaigns and believe that they are important. Only 3% of the respondents disagreed with this statement, which suggests that there is a high level of public support for these campaigns.

Table .4.19 Men’s leading menstrual movement to break stereotypes

	Frequency	Percentage
Yes	44	44.0
No	8	8.0
Maybe	48	48.0
Total	100	100.0

Do you agree that more men should come forward to lead menstrual movement and break the stereotypes against menstruation

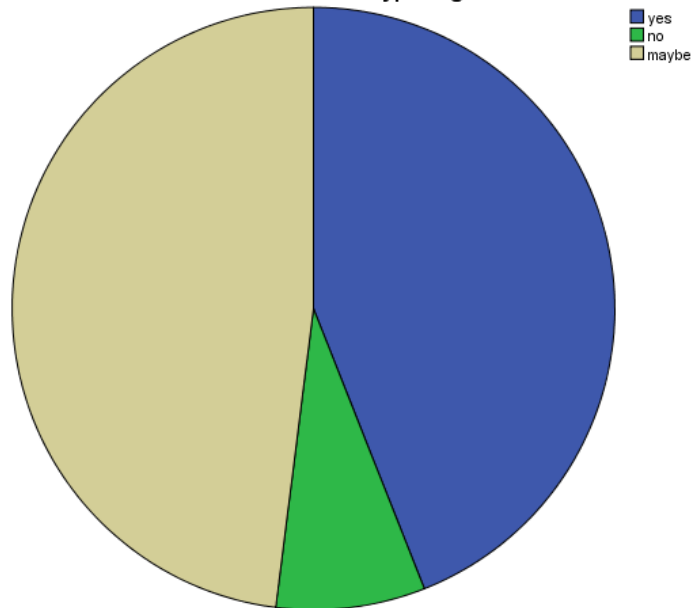


Fig. 4.19

This data shows that there is a strong consensus among the respondents that more men should come forward to lead the menstrual movement and break the stigma surrounding menstruation. The majority of respondents (44%) agreed that this should be done, with only 8% disagreeing, and almost half (48%) expressing uncertainty. This indicates that many respondents may be open to the idea, but are not yet sure how to make it a reality. Therefore, further discussion and education may be necessary to encourage more men to take a leadership role in this movement

Table 4.20 Awareness on various menstrual products

	Frequency	Percentage
Yes	26	26.0
No	9	9.0
Maybe	65	65.0
Total	100	100.0

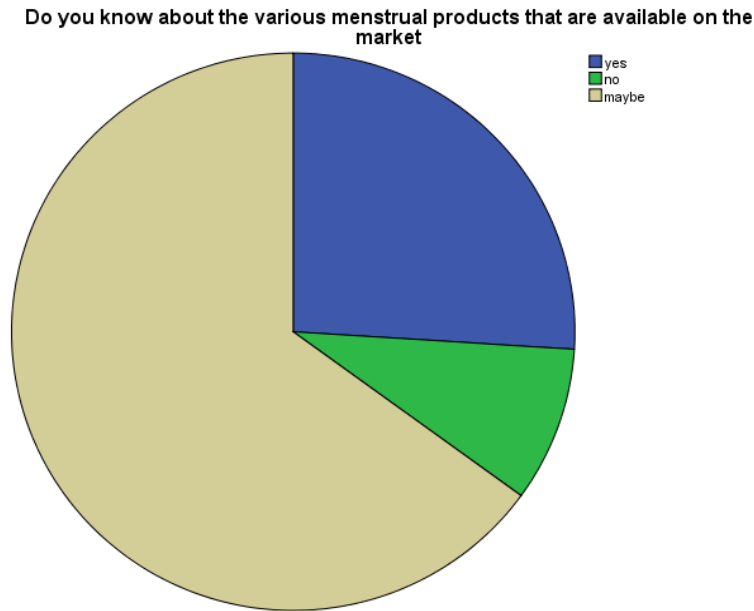


Fig. 20

From this data, it appears that the majority of respondents (65%) are not sure about the various menstrual products that are available on the market. This could be due to a lack of knowledge or awareness about the different menstrual products. Additionally, 27% of respondents indicated that they do know about the various menstrual products, while 9% stated that they do not know about them. This suggests that there is some knowledge about menstrual products among the respondents, but more education and awareness may be needed.

Table 4.21 Comfort with purchasing menstrual products

	Frequency	Percentage
yes	69	69.0
no	10	10.0
maybe	21	21.0
Total	100	100.0

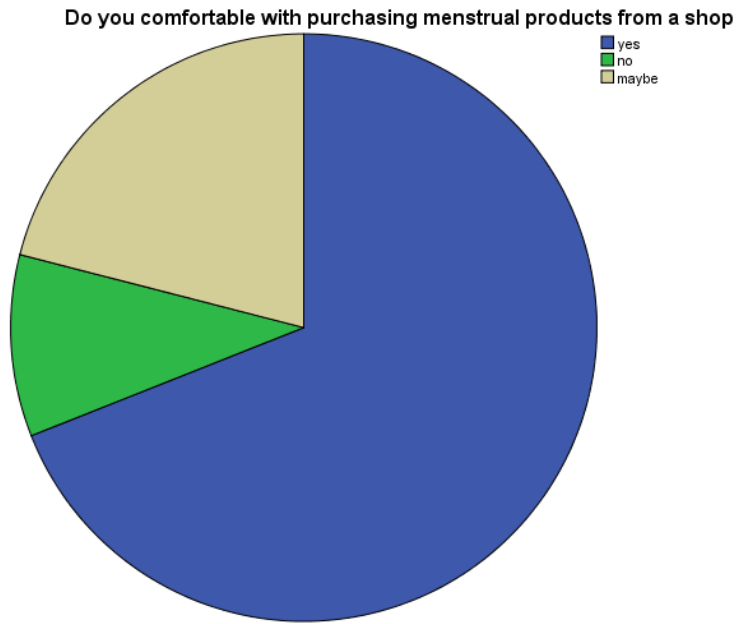


Fig. 4.21

This data indicates that a majority of respondents (79%) are comfortable with purchasing menstrual products from a shop. This suggests that most people are comfortable with the idea of buying menstrual products from a shop, and that it is not an issue for them. Additionally, 10% of respondents said no, which suggests that there may be some stigma attached to the purchase of menstrual products in some contexts. Finally, 21% of respondents stated maybe, which indicates that there may be some hesitancy or ambivalence about the idea of purchasing menstrual products from a shop.

Table 4.22 Well Known menstrual products

	Frequency	Percentage
Menstrual cups	53	53.0
Reusable cloth pads	59	59.0
Sanitary Pads	91	91.0
Tampons	20	20.0

Periods panties	15	15.0
All of the above	9	9.0

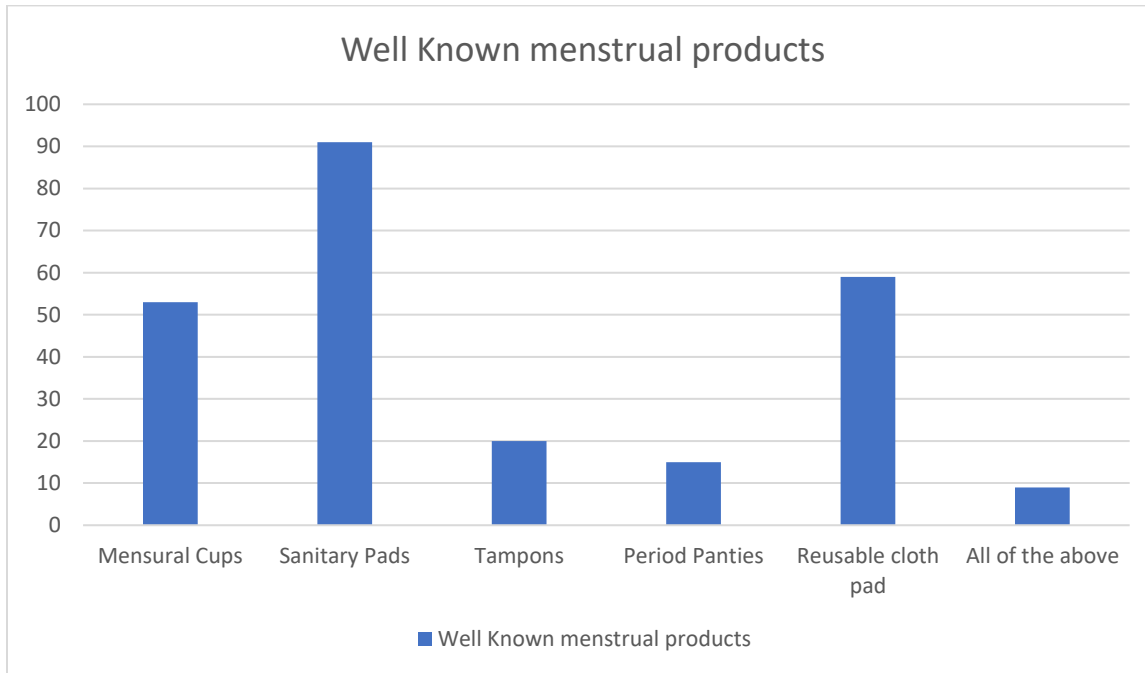


Fig.4.22

Men’s perspectives towards menstruation vary greatly, and this can be seen in the range of menstrual products that they are familiar with. Sanitary pads are the most well-known product, as they have been around the longest and are the most commonly used product. Menstrual cups, period panties, reusable cloth pads, and tampons are all fewer common options but are becoming increasingly popular

Table.4.23 Awareness about health issues while using menstrual products

	Frequency	Percentage
Skin infection	73	73.0
Urinary infection	51	51.0
Future infertility	16	16.0

Cervical cancer	26	26.0
Not aware of these conditions	21	21.0

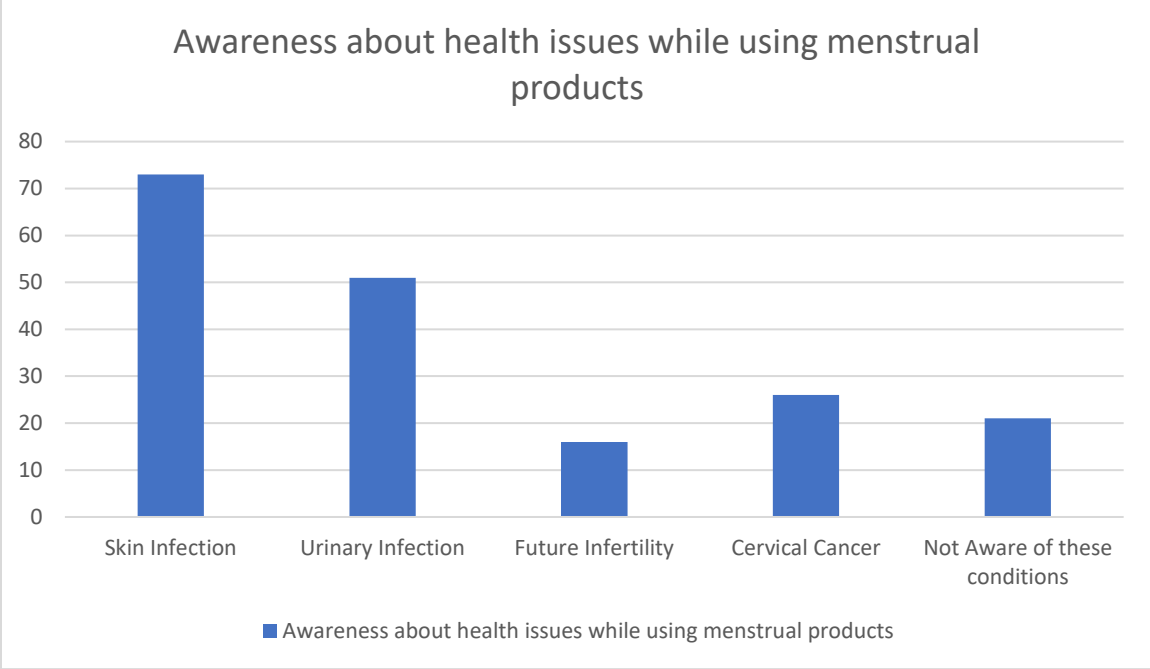


Fig. 4.23

The analysis results suggests that there is a lack of awareness among men regarding health issues associated with menstrual products. While most of the respondents were aware of skin infections as a potential risk of using these products, few were aware of other health issues such as future infertility. This lack of awareness could be due to a lack of education and dialogue on the subject, as well as a general stigma surrounding menstruation. This reinforces the need for better education and awareness about menstrual hygiene, including the health risks associated with menstrual products, in order to ensure that all individuals are aware of the potential risks and how to avoid them

Table. 4.24 Opinion about providing Menstrual products freely or at reasonable price

	Frequency	Percentage
Strongly agree	58	58.0
Agree	30	30.0
Neutral	10	10.0
Disagree	2	2.0
Total	100	100.0

Since menstrual products are an essential part of every womens life, do you think that such products should be provided freely or at more reasonable price



Fig.4.24

Menstrual hygiene products like pads, tampons, menstrual cups should be made more affordable or provided freely. These products should be available to all the people around the world in very affordable price as many of the people are finding difficulty in buying these

menstrual hygiene products as they are so costly. Respondents were asked whether these products should be made more affordable. Among the respondents 58% strongly agreed that menstrual products should be made available in more affordable prices and 2% responded that there is no need to make these menstrual hygiene products more affordable. Around 10% were neutral to this and 30% agreed to the need.

Table 4.25 Awareness about the health problems associated with menstruation

	Frequency	Percentage
Yes	50	50.0
No	50	50.0
Total	100	100.0

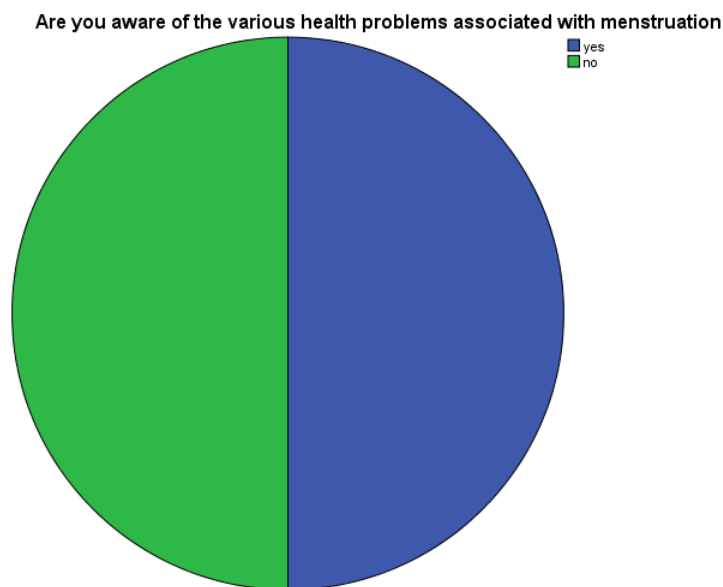


Fig.4.25

This data suggests that half of the respondents are aware of the health problems associated with menstruation, while the other half are either unaware or have a limited understanding of the issue. This indicates that there is still a need for greater awareness and education on this important topic. It is also important to recognize that health problems associated with menstruation can vary based on a person's cultural and socioeconomic background, so it is important that any educational efforts are tailored to meet the needs of different communities. Additionally, access to resources and healthcare services for menstrual health problems should be improved to ensure all people have the necessary support to manage their symptoms.

Table 4.26 Awareness about conditions like PCOD and PCOS

	Frequency	Percentage
strongly agree	3	3.0
agree	14	14.0
neutral	13	13.0
disagree	9	9.0
strongly agree	20	20.0
not aware of these condition	41	41.0
Total	100	100.0

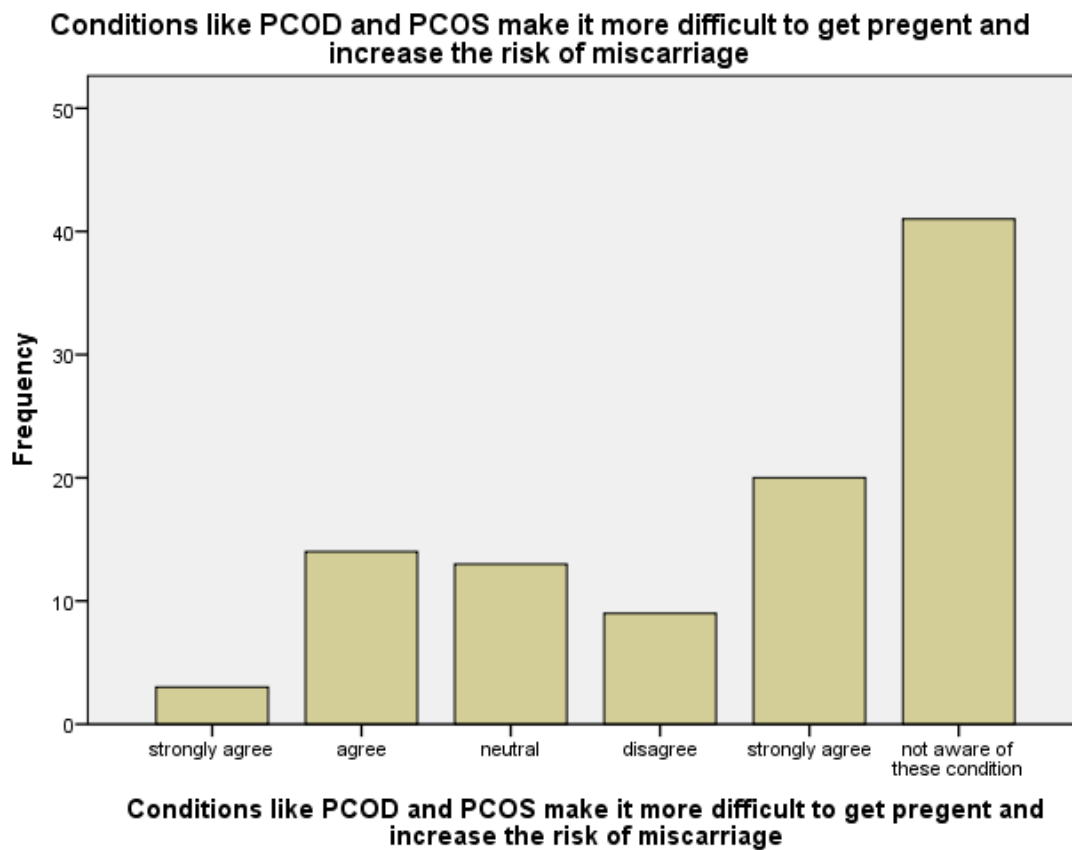


Fig.4.26

The results indicate that 41% of men are not aware of conditions such as PCOD and PCOS, which can make it more difficult to get pregnant and increase the risk of miscarriage. 14% of men strongly agree with this statement, 20% agree, 13% are neutral and 9% disagree. Generally, more men are aware of the potential effects of these conditions than not. This indicates that there is an understanding of the negative effects of these conditions on fertility, but at the same time, it suggests that more information should be provided in order to further educate people about the risks associated with PCOD and PCOS. This data can be used to develop strategies for creating awareness about these conditions, as well as for providing necessary medical and psychological support to those affected.

Table 4.27 Awareness about premenstrual syndrome (PMS)

	Frequency	Percentage

Yes	31	31.0
No	69	69.0
Total	100	100.0

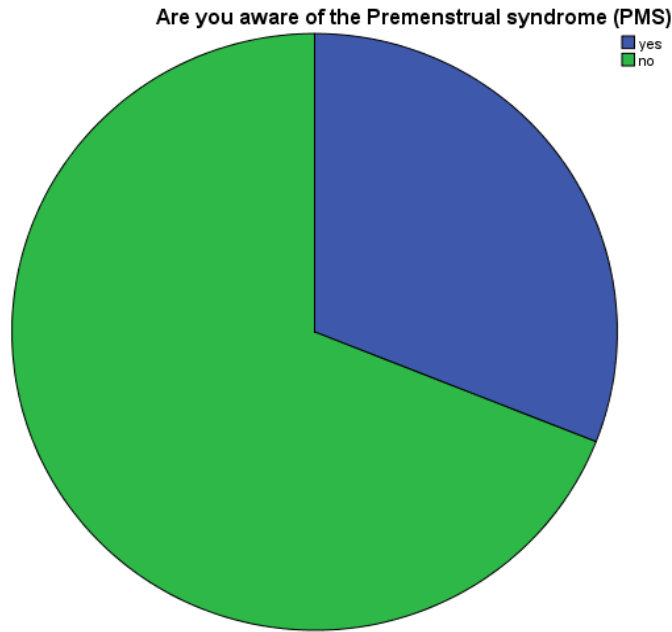


Fig. 4.27

Awareness about PREMENSTRUAL SYNDROME (PMS). It is the condition that affects a woman's emotions, physical health, and behavior during certain days of the menstrual cycle, generally just before her menses. PMS is a very common condition. Its symptoms affect more than 90 percent of menstruating women.” The awareness of premenstrual syndrome is necessary among men as well as women as these symptoms can affect the mental and physical health of the menstruating women and can affect the relation between men and women. The awareness about the premenstrual syndrome was evaluated and the responses are as follows: The figure shows that among the respondents, only 31% of the respondents were aware of the Premenstrual Syndrome (PMS) and 69% were not aware about this condition.

Table 4.28 Dealing with women during menstruation

	Frequency	Percentage	Valid percentage	Cumulative percent
Yes	31	31.0	31.0	31.0
No	69	69.0	69.0	100.0
Total	100	100.0	100.0	

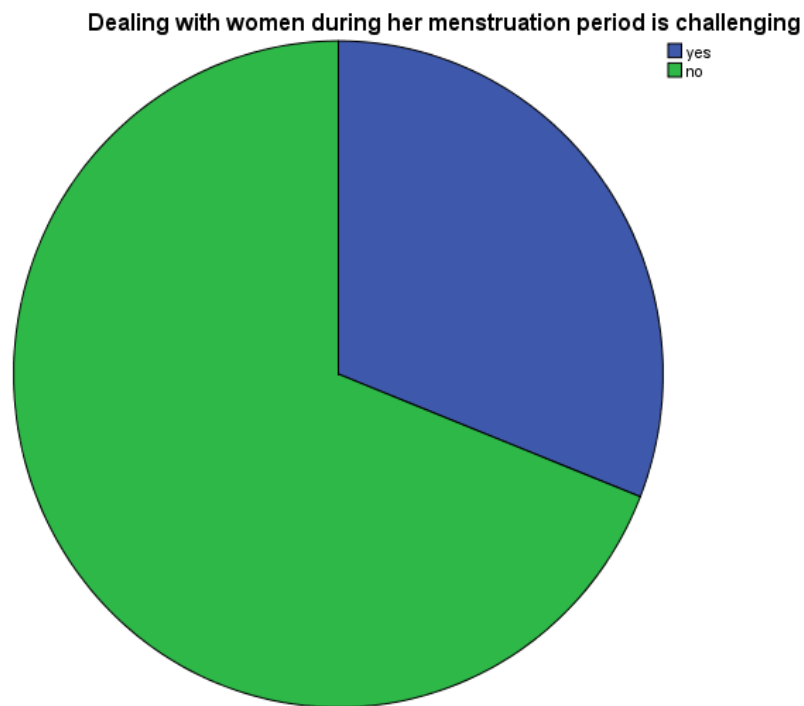


Fig.4.28

Next, asked if the respondents find any difficulty in dealing with menstruating women as they go through physical, mental, and emotional pain. The male participants have responded in the following way. The pie diagram shows that 31% stated that they find difficulty in dealing with menstruating women and the remaining 69% stated that there is no such difficulty in dealing with women during menstruation.

Table 4.29 Opinion on paid menstrual policy

	Frequency	Percentage
Yes	76	76.0
No	24	24.0
Total	100	100.0

Would you recommend that Indias paid menstrual leave policy shoild be widely implemented

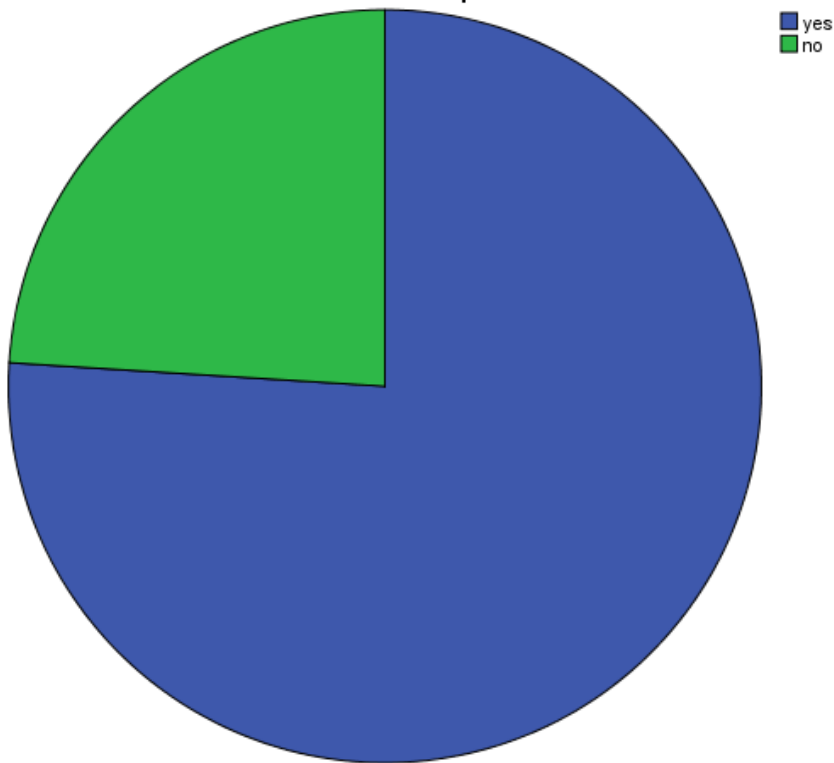


Fig. 4.29

Implementation of paid menstrual leave policy in India. In a Menstrual leave policy, a woman may have the option to take paid or unpaid leave from her employment if she is menstruating and is unable to go to work because of her condition. We asked about the opinion in implementing this policy in India. Among 76% of the respondents stated that menstrual leave policy should be

implemented in India and 24% believed that there is no need of implementing a policy for menstruation. Most of the respondents stated that women need rest in the time of menstruation, women are emotionally feeble at the time of menstruation and different types of body respond differently therefore leave should be given and it is difficult to work in the menstrual period and rest is needed. While some stated that work can be left pending if they take leave, it is a natural process therefore it's not necessary to give paid leave and some stated that the company may face loss if they provide paid menstrual leave and some stated that salary should be given only for working hours both for men and women, it's not a disease therefore it is not necessary to provide paid leave.

Table 4.30 Opinion on granting menstrual leave for college or school students

	Frequency	Percentage
Strongly agree	50	50.0
Agree	19	19.0
Neutral	19	19.0
Disagree	6	6.0
Strongly disagree	6	6.0
Total	100	100.0

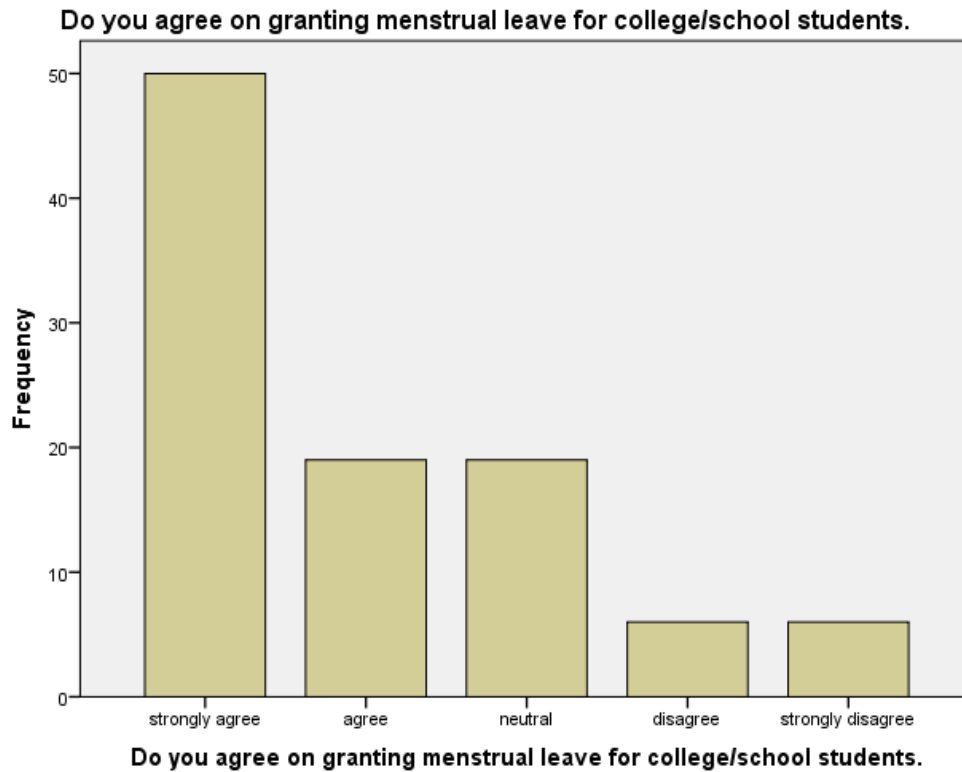


Fig.4.30

This data shows that the majority of respondents agree with granting menstrual leave for college/school students. This suggests that the public generally favors the idea of menstrual leave for students. The fact that 50% of respondents strongly agreed demonstrates that there is strong support for menstrual leave. The 19% of respondents who agreed, and the 19% who were neutral, indicate that there is also a moderate degree of acceptance for the idea. The 6% who disagreed and the 6% who strongly disagreed are a small minority, suggesting that the majority of people are in favor of the concept. Overall, this data suggests that granting menstrual leave for college/school students is a popular idea, with a majority of people in favor of the concept. The data indicates that there is strong public support for menstrual leave, and that there is also a moderate degree of acceptance among a smaller group of people. The CUSAT provides menstrual leave for female students. It is the first time an educational institution in Kerala has introduced menstrual leave. The students' union and the CUSAT management who made it possible deserve praise.

CHAPTER – 5

FINDINGS AND CONCLUSION

The study on “Voicing Out Menstruation: A Study on Men’s Perceptions with Special Reference To Kochi “was conducted to analyze how much the men in our society are aware and concern about the process of menstruation. The study is more significant since there are still taboos and stigmas associated with menstruation in our culture, and because women are still considered as filthy while they are having their periods. The perspectives of different generations were also examined.

While majority of both the younger and older generations have stated that they are aware about the process behind menstruation, more than half of them consider it to be a scientific process, and the rest view the process of menstruation as the release of impure blood. A majority of men from both the generations came to know about menstruation from 15 to 20 years. Family, friends and Media play a major role in introducing men to Menstruation. According to the study, most of the men from each generation came to know about it from their Family members while some of the respondents came to know about it through education followed by friends and social media. According to the study, majority of the respondents from the younger, middle, and older generations seems to be rational when it comes to the socio- cultural- religious aspects. Almost half of the respondents from three generations have been influenced by different media (social media, Movies, Advertisements, print media, etc.) in shaping their views on menstruation. It is possible to find a higher influence of social media among the generations.

Majority of men among the three generations feel that the women around them could talk freely about their menstruation to them but some respondents have said that they are confused whether they are comfortable or not with the statement. Contrary to the general perceptions, the people belonging to the age group of 60 and above possessed the similar progressive perspectives as of the youngsters and middle age in most of the aspects. We can find that the old age group is illiterate when it comes to the specific terms such as menstruation, pre-menstrual syndrome, taboos, tampons, menstrual cups etc. but they are well aware of it in their native terms. While analyzing the awareness of men about various menstrual products more than half of the respondents are somewhat aware of the products and only a few are unaware of it. Majority of the respondents

from the three generations are not really aware of the problems caused by menstrual products. While most of the respondents were aware of skin infections as a potential risk of using these products, few were aware of other health issues such as future infertility.

While determining the awareness of men on various health problems related with menstruation half of them are aware while another half is not. It may be because of lack of education or awareness about the potential health risk associated with menstruation. When it comes to educating men on menstruation, the awareness programs, empowering women, and breaking stigmas, but can find that the three generations are similarly supportive. Premenstrual syndrome and paid menstrual leave all are very important terms and topics to be discussed and educated. Here we can find when the country is developing, the state's literacy rate in growing up and the world is getting digitalized but still indifference and ignorance of youth towards these matters are deeply concerning and disappointing.

CONCLUSION

The study examined the viewpoints of hundred men who were chosen from various parts of Kochi in Kerala, building on previous research. The study concerned with the views of men regarding menstruation belonging to the younger generation (18-29 years.), middle age (30-59 years) and the senior generation (60 above years.). Menstruation has been stigmatized since the beginning of time. Regrettably, things stayed the same into the twenty-first century. It took many years to arrive at the current scenario, when people are choosing to talk openly about menstruation and ending the stigmatized process. Many males who were first averse to discussing topic, even though we accepted reasonable viewpoints on menstruation from younger, middle age, and older generations.

In many of the state's interior regions, where sufficient levels of literacy and technical advancement are still missing, the archaic sexist rituals and customs are still observed today. They are still not given enough information about all of issues, which is preventing them from moving forward. Due to conditioned socio-cultural variables, some people are hesitant to accept these changes and developments at the same time.

In order to overcome any preconceptions and to help people understand that 'menstruation is a normal phenomenon, it's totally OK to speak about it, there is nothing to be concealed from the public', sexual education becomes vital. Various awareness classes and discussions held

throughout Kerala by the "RED CYCLE," a Calicut-based organization whose founder is a boy named Arjun Unnikrishnan, are evidence of the evolving perceptions on menstruation and how it should be treated. These initiatives include the "SHE PAD" Campaign launched by the Kerala Left Government to promote the need for menstrual hygiene, "ARTHAVAYANAM" 2017 led by Sustainable Menstruation Kerala Collective, a Trivandrum-based organization,

Nowadays, the Internet offers a bigger stage for these progressive dialogues as well. Our research demonstrates the intricacy of how men's conceptions of menstruation are formed, which is significantly influenced by sociocultural, social, educational, and developmental aspects. Men's attitudes towards menstruation don't spring out of vacuum, to put it simply.

It is planned for Kumbalangi village in Kerala's Ernakulam district to become the first community in the nation to ban the use of sanitary napkins. Arif Khan Mohammed, the governor of Kerala, made the announcement on January 13, 2022. A total of 5000 menstruation cups were given out as part of the project to women who were at least 18 years old. The project is being carried out by parliamentarian Hibi Eden in the Ernakulam parliamentary seat as a part of the "AVALKAYI" (for her) program.

This is first for higher education institutions in Kerala, and it comes just after students at the Mahatma Gandhi University were granted maternity leave. The CUSAT's decision will help students get past their problems with poor attendance. Students can currently only take the exams if they have a 75% attendance rate. With the new rule, female students will receive 2% more leave per semester. It is the first time an educational institution in Kerala has introduced menstrual leave. The students' union and the CUSAT management who made it possible deserve praise.

In conclusion, although the majority of men are still not aware about the menstruation process, it is improving from the yearly period in the society. This is due to the increasing awareness and education campaigns that are being conducted by organizations and governments in order to bridge the gap between men's knowledge and understanding about the menstrual cycle. This, in turn, is helping to reduce the stigma and taboo associated with menstruation and bringing more acceptance and understanding of women's health issues in the society.

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APPENDIX

INTERVIEW SCHEDULE

1) NAME

2) AGE

- 18-29 years
- 30-59 years
- 60 years above

3) MARITAL STATUS

- Single
- Married

4) RELIGION

- Hinduism
- Christianity
- Muslim
- NIL
- Other _____

5) EDUCATIONAL QUALIFICATION

- High Schooling
- Higher Secondary
- Diploma
- Graduation
- Post-Graduation
- NIL
- Other _____

6) LOCALITY

- Rural
- Urban

7) AT WHAT AGE YOU CAME TO KNOW ABOUT MENSTRUATION/PERIODS?

- Below 10 years
- 10-20 years
- 20 years and above

8) HOW DID YOU COME TO KNOW ABOUT MENSTRUATION?

- Family
- Friends
- Education
- Social media

9) DO YOU UNDERSTAND HOW BIOLOGICALLY MENSTRUATION OCCURS?

- Yes
- No

10) ACCORDING TO YOU, WHICH ONE OF THE FOLLOWING IS THE CAUSE OF MENSTRUATION?

- Gods curse on women
- Emission of impure blood the body
- Due to the absence of the egg and sperm fertilization, there is regular flow of the blood and the mucosal tissue via the vagina from the inner lining of the uterus.
- Other _____

11) "THE MENSTRUAL CYCLE OF A GIRL SHOULD BE KEEP AS A PRIVATE THING."

- Strongly agree
- Agree

- Neutral
- Disagree
- Strongly disagree

12) “A WOMAN WHO IS MENSTRUATION SHOULD NOT BE ALLOWED TO A PLACE OF WORSHIP, OFFER PRAYERS, OR PARTICIPATE IN RELIGIOUS RITUALS. SHE SHOULD ALSO BE PROHIBITED FROM TOUCHING ANY SACRED THING.”

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

13) “A WOMAN WHO IS MENSTRUATING SHOULD NOT COOK OR EVEN GO NEAR TO THE KITCHEN. OTHERWISE, THE FOOD IN THE KITCHEN WOULD SPOIL AND MAKING ANYONE WHO ATE IT FALL SICK.”

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

14) HAS THE MEDIA INFLUENCED YOURS VIEWS ABOUT MENSTRUATION?

- Yes
- No

15) WHICH MEDIA INFLUENCED THE MOST?

- Social medias
- Print media

- Advertisement
- YouTube
- Movies
- All the above
- Other_____

16) DO GIRLS AROUND YOU FEEL FREE AND COMFORTABLE APPROACHING YOU TO DISCUSS THEIR PERIODS?

- Yes
- No
- Do not know

17) ARE YOU COMFORTABLE HAVING OPEN DISCUSSIONS ABOUT MENSTRUATION?

- Yes
- No
- Maybe

18) IF YOU OBSERVED A WOMAN MENSTRUATING IN PUBLIC, WOULD YOU MIND HELPING HER?

- Yes
- No
- Maybe

19) IS IT NECESSARY TO TEACH MEN MORE ABOUT MENSTRUATION?

- Yes
- No

20) “CAMPAIGNS FOR MENSTRUATION ARE ESSENTIAL FOR EMPOWERING WOMAN AND TO REMOVE THE SOCIAL STIGMA ASSOCIATED WITH THEM.”

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

21) DO YOU AGREE THAT, MORE MEN SHOULD COME FORWARD TO LEAD MENSTRUAL MOVEMENT AND BREAK THE STEREOTYPES AGAINST MENSTRUATION?

- Yes
- No
- Maybe

22) DO YOU KNOW ABOUT THE ‘VARIOUS’ MENSTRUAL PRODUCTS AVAILABLE IN THE MARKET.

- Yes
- No
- Few

23) ARE YOU COMFORTABLE WITH PURCHASING MENSTRUAL PRODUCTS FROM A SHOP?

- Yes
- No
- Maybe

24) WHICH OF THE FOLLOWING MENSTRUAL PRODUCTS IS MOST WELL-KNOWN TO YOU?

- Sanitary Pads

- Menstrual cups
- Tampons
- Periods panties/ periods underwear
- Reusable cloth pads
- All the above
- None
- Other _____

25) WHAT HEALTH ISSUES HAVE YOU HEARD ABOUT WHEN USING MENSTRUAL PRODUCTS?

- Skin infections
- Urinary infections
- Cervical cancer
- Future infertility
- Other _____

26) “SINCE MENSTRUAL PRODUCTS ARE AN ESSENTIAL PART OF EVERY WOMAN’S LIFE, DO YOU THINK THAT SUCH PRODUCTS SHOULD BE PROVIDED FREELY OR AT MORE REASONABLE PRICE.”

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

27) ARE YOU AWARE OF THE VARIOUS HEALTH PROBLEMS ASSOCIATED WITH MENSTRUATION?

- Yes
- No

28) CONDITIONS LIKE PCOD AND PCOS MAKE IT MORE DIFFICULT TO GET PREGNANT AND INCREASE THE RISK OF MISCARRIAGE?

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree
- Not aware of this condition

29) ARE YOU AWARE OF THE PREMENSTRUAL SYNDROME (PMS)?

- Yes
- No

30) DEALING WITH WOMEN WHO ARE MENSTRUATING IS CHALLENGING?

- Yes
- No
- Do not know

31) WOULD YOU RECOMMEND THAT, INDIA'S PAID MENSTRUAL LEAVE POLICY SHOULD BE WIDELY IMPLEMENTED?

- Yes
- No
- If yes/no, mention why? _____

32. DO YOU AGREE ON GRANTING MENSTRUAL LEAVE FOR COLLEGE/SCHOOL STUDENTS?

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

INTERVIEW SCHEDULE (MALAYALAM)

1. പേര്

2. വയസ്സ്

- 18-29 നും ഇടയിൽ
- 30-59 നും ഇടയിൽ
- 60 ന് മുകളിൽ

3. വൈവാഹിക നില :

- വിവാഹിത
- അവിവാഹിത

4. മതം

- ഹിന്ദു
- ക്രിസ്ത്യൻ
- മുസ്ലിം
- ഇല്ല
- മറ്റുള്ളവ

5. വിദ്യാഭ്യാസ യോഗ്യത

- ഹൈസ്കൂൾ
- ഹയർസെക്കൻഡറി
- ഡിപ്ലോമ
- ബിരുദം

- ബിരുദാനന്തര ബിരുദം
- ഒന്നുമില്ല
- മറ്റുള്ളവ

6. താമസ പ്രദേശം :

- ഗ്രാമപ്രദേശം
- നഗരപ്രദേശം

7. ആർത്തവത്തെക്കുറിച്ച് ഏതു പ്രായത്തിലാണ് നിങ്ങൾ അറിയുന്നത്?

- 10 വയസ്സിന് താഴെ
- 10-20 വയസ്സിന് ഇടയിൽ
- 20 വയസ്സിന് മുകളിൽ

8. ആർത്തവത്തെക്കുറിച്ച് എങ്ങനെയാണ് അറിയുന്നത്?

- കുടുംബം
- സുഹൃത്തുക്കൾ
- വിദ്യാഭ്യാസം
- സാമൂഹ്യ മാധ്യമം

9. ജീവശാസ്ത്രപരമായി എങ്ങനെയാണ് ആർത്തവം സംഭവിക്കുന്നത് എന്ന് അറിയുമോ?

- അറിയാം
- അറിയില്ല

10.നിങ്ങളുടെ അഭിപ്രായത്തിൽ താഴെ കൊടുത്തിരിക്കുന്നവയിൽ ആർത്തവം സംഭവിക്കാൻ കാരണം?

- സ്ത്രീകളുടെ മേലുള്ള ദൈവ ശാപം
- ശരീരം അശുദ്ധ രക്തം പുറന്തള്ളുന്നത്
- അണ്ഡത്തിന്റേയും ബീജത്തിന്റേയും അഭാവത്തിൽ

11.ഒരു പെൺകുട്ടിയുടെ ആർത്തവ ചക്രത്തെ സ്വകാര്യമായി കൈക്കൊള്ളേണ്ട ഒന്നാണ്?

- ശക്തമായി യോജിക്കുന്നു
- യോജിക്കുന്നു
- യോജിക്കുന്നില്ല
- ശക്തമായി വിയോജിക്കുന്നു

12.ഒരു സ്ത്രീ ആർത്തവസമയത്തായിരിക്കുമ്പോൾ ആരാധനാലയങ്ങളിൽ പ്രവേശിക്കുവാൻ പാടില്ല, പ്രാർത്ഥനാ ക്രമങ്ങളിൽ ഏർപ്പെടുവാനോ പാടില്ല. കൂടാതെ, ദൈവിക വസ്തുക്കളിൽ സ്പർശിക്കുന്നതിൽ നിന്നും അവളെ വിലക്കണം.

- ശക്തമായി യോജിക്കുന്നു
- യോജിക്കുന്നു
- അഭിപ്രായമില്ല
- വിയോജിക്കുന്നു
- ശക്തമായി വിയോജിക്കുന്നു

13.ആർത്തവ സമയത്ത് പാചകം ചെയ്യുവാനോ അടുക്കള ഭാഗത്തേക്ക് പോകുവാനോ പാടില്ല. അല്ലാത്തപക്ഷം ആ ഭക്ഷണം

ചിത്തയാവുകയോ അത് കഴിക്കുന്നവർക്ക് അസുഖം വന്ന് രോഗിയാകുവാനോ സാധ്യതയുണ്ട്.

- ശക്തമായി യോജിക്കുന്നു
- യോജിക്കുന്നു
- അഭിപ്രായമില്ല
- വിയോജിക്കുന്നു
- ശക്തമായി വിയോജിക്കുന്നു

14. മാധ്യമങ്ങൾ ആർത്തവത്തെ കുറിച്ചുള്ള കാഴ്ചപ്പാടുകൾ രൂപീകരിക്കുന്നതിൽ സ്വാധീനിച്ചിട്ടുണ്ടോ?

- ഉണ്ട്
- ഇല്ല

15. ഏതു മാധ്യമമാണ് കൂടുതലായും സ്വാധീനിച്ചിട്ടുള്ളത്?

- സാമൂഹ്യ മാധ്യമങ്ങൾ
- പത്ര മാസികകൾ
- പരസ്യങ്ങൾ
- യൂട്യൂബ്
- സിനിമകൾ
- മുകളിൽ സൂചിപ്പിച്ചതെല്ലാം
- മറ്റുള്ളവ

16. നിങ്ങളുടെ ചുറ്റുമുള്ള പെൺകുട്ടികൾ അവരുടെ ആർത്തവത്തെ കുറിച്ച് സ്വതന്ത്രമായും സുഖപ്രദമായും നിങ്ങളുമായി ചർച്ച ചെയ്യുവാൻ തയ്യാറാണോ?

- അതെ
- അല്ല
- അറിയില്ല

17.ആർത്തവത്തെ കുറിച്ചുള്ള ഒരു പൊതു ചർച്ചയിൽ പങ്കെടുക്കുവാൻ നിങ്ങൾ താല്പര്യപ്പെടുന്നുണ്ടോ?

- ഉണ്ട്
- ഇല്ല
- ചിലപ്പോൾ

18.പൊതുയിടത്തിൽ വെച്ച് ആർത്തവമാകുന്ന സ്ത്രീയെ കണ്ടുകഴിഞ്ഞാൽ നിങ്ങൾ സഹായിക്കുമോ?

- അതെ
- ഇല്ല
- ചിലപ്പോൾ

19.ആർത്തവത്തെക്കുറിച്ച് പുരുഷന്മാർക്ക് കൂടുതൽ ബോധവൽക്കരണം അനിവാര്യമാണോ?

- അതെ
- അല്ല

20.ആർത്തവത്തെ കുറിച്ചുള്ള സംഘടിത പ്രചാരണ പ്രവർത്തനങ്ങൾ സ്ത്രീ ശാക്തീകരണത്തിനും നിലനിൽക്കുന്ന സാമൂഹ്യ മിഥ്യാധാരണകളെ മാറ്റുന്നതിന് അത്യാവശ്യമാണ്?

- ശക്തമായി യോജിക്കുന്നു
- യോജിക്കുന്നു
- അഭിപ്രായമില്ല
- വിയോജിക്കുന്നു
- ശക്തമായി വിയോജിക്കുന്നു

21.ആർത്തവ പ്രചാരണ പ്രവർത്തനങ്ങൾക്കും സാമൂഹിക ദുഷ്യ ചിന്താധാരകൾക്കും എതിരെ കൂടുതൽ പുരുഷന്മാർ മുന്നോട്ട് വരണം എന്നതിനോട് നിങ്ങൾ യോജിക്കുന്നുണ്ടോ?

- ശക്തമായി യോജിക്കുന്നു
- യോജിക്കുന്നു
- അഭിപ്രായമില്ല
- വിയോജിക്കുന്നു
- ശക്തമായി വിയോജിക്കുന്നു

22.വിപണിയിൽ ലഭ്യമാകുന്ന വിവിധ ആർത്തവ ഉൽപ്പന്നങ്ങളെ കുറിച്ച് നിങ്ങൾക്ക് അറിവുണ്ടോ?

- അറിയാം
- അറിയില്ല
- കുറച്ച്

23.കടയിൽ നിന്നും ആർത്തവ ഉൽപ്പന്നങ്ങൾ വാങ്ങുവാനായി ബുദ്ധിമുട്ടുണ്ടോ?

- ഉണ്ട്
- ഇല്ല
- ചിലപ്പോൾ

24.താഴെ നൽകിയിരിക്കുന്നവയിൽ നിങ്ങൾക്ക് കൂടുതൽ അറിയുന്ന ഉൽപ്പന്നം ഏതാണ്?

- സാനിറ്ററി പാഡ്
- മെൻസ്ട്രുവൽ കപ്പ്
- ടാംപോൺസ്
- പീരിഡ്സ് പാൻറീസ് / പീരിഡ്സ് അണ്ടർ വിയർ
- വീണ്ടും ഉപയോഗിക്കാവുന്ന തുണിപ്പാടുകൾ
- മുകളിൽ കൊടുത്തതെല്ലാം
- ഒന്നുമില്ല
- മറ്റുള്ളവ

25.ആർത്തവ ഉൽപ്പന്നങ്ങൾ ഉപയോഗിക്കുന്നത് മൂലം ഉണ്ടാകുന്ന ഏത് ആരോഗ്യ പ്രശ്നത്തെക്കുറിച്ച് നിങ്ങൾ കേട്ടിട്ടുള്ളത്?

- ത്വക്ക് രോഗങ്ങൾ
- മൂത്രനാളിയിലെ അണുബാധ
- ഗർഭാശയ അർബുദം
- ഭാവിയിലെ വന്ധ്യത
- മറ്റുള്ളവ

26. എല്ലാ സ്ത്രീകളുടെയും ജീവിതത്തിൽ ആർത്തവ ഉൽപ്പന്നങ്ങൾ അത്യാവശ്യ ഘടകമാണ്, ഇത്തരം ഉൽപ്പന്നങ്ങൾ ന്യായമായ വിലയിലോ സൗജന്യമായി നൽകേണ്ടുന്നതല്ലേ എന്ന് നിങ്ങൾ ചിന്തിച്ചിട്ടുണ്ടോ?

- ശക്തമായി യോജിക്കുന്നു
- യോജിക്കുന്നു
- നിഷ്പക്ഷം
- വിയോജിക്കുന്നു
- ശക്തമായി വിയോജിക്കുന്നു

27. ആർത്തവ സംബന്ധമായ വിവിധ ആരോഗ്യ പ്രശ്നങ്ങളെക്കുറിച്ച് നിങ്ങൾ ബോധവാനാണോ?

- അതെ
- അല്ല

28. PCOD, PCOS തുടങ്ങിയ രോഗങ്ങൾ ഗർഭിണിയാകുവാൻ പ്രയാസമാക്കുകയും ഗർഭം അലസിപ്പോകുന്നതിനുള്ള സാധ്യത വർദ്ധിപ്പിക്കുകയും ചെയ്യുന്നു?

- ശക്തമായി യോജിക്കുന്നു
- നിഷ്പക്ഷം
- ശക്തമായി വിയോജിക്കുന്നു
- വ്യക്തമായ അറിവില്ല

29. പ്രീ മെൻസ്ട്രൽ സിൻഡ്രോം (PMS) ഇതിനെക്കുറിച്ച് നിങ്ങൾ ബോധവാനാണോ?

- അതെ
- അല്ല

30. ആർത്തവമുള്ള സ്ത്രീയെ കൈകാര്യം ചെയ്യുന്നത് വെല്ലുവിളിയാണോ?

- അതെ
- അല്ല
- അറിയില്ല

31. ഇന്ത്യ നടപ്പിലാക്കിയ ആർത്തവ അവധി വ്യാപകമായി നടപ്പിലാക്കുവാൻ നിങ്ങൾ നിർദ്ദേശിക്കുന്നുണ്ടോ?

- അതെ
- അല്ല
- അതെ/ അല്ല, എന്നാണെങ്കിൽ എന്തുകൊണ്ട്

32. വിദ്യാർത്ഥികൾക്ക് ആർത്തവ അവധി നൽകുന്നതിനോട് നിങ്ങൾ യോജിക്കുന്നുണ്ടോ?

- ശക്തമായി യോജിക്കുന്നു
- യോജിക്കുന്നു
- നിഷ്പക്ഷം
- വിധേയമാക്കുന്നു
- ശക്തമായി വിധേയമാക്കുന്നു

