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If You Give a Girl Menstrual Health Education: The Positive Effects of Menstrual Health Management on Developing Countries

This project investigates the impact menstrual health management and education have on the socioeconomic structure and sustainability of developing countries.

INTRODUCTION

- More than 800 million people menstruate daily.
- In developing countries, menstruation can become a huge threat to the psychosocial wellbeing of young women in those areas.
- There is significant stigma surrounding the discussion of reproductive health and menstrual education in these developing countries.
- Research shows how menstrual health management can improve the lives of billions of girls worldwide as well as the living communities and countries they live in.

RESEARCH QUESTIONS

- What are the psychosocial effects of menstrual health management and education on young girls?
- How can these psychosocial effects be applied to developing countries as a whole?
- How do they affect the living conditions of developing countries?
- What are their socioeconomic effects?
- Does menstrual health management and education have an impact on the sustainability of a country?



METHODS

The paper is designed to be a literature review. Sources were gathered from peer reviewed journals, the Binghamton Library Course Reserves, and other credited databases. Each source was carefully read through and analyzed, and then organized based on which section of the paper they would be relevant to. The data within each source was examined in order to develop a conclusion.

CONCLUSION/RESULTS

Menstrual health management and education need to be destigmatized and incorporated into sustainability initiatives like the Sustainable Development Goals and the WASH (water, sanitation and hygiene) programs. Poor menstrual hygiene habits have an impact on schoolgirls' integrity, well-being, and health, as well as school attendance, educational achievement, and dropout rates. Access to sanitary products and menstrual and puberty education had a positive impact on school attendance (Montgomery et al. 2016). Despite this, menstrual hygiene practices are not well known. Implementation of menstrual-friendly WASH services in all schools should be prioritized by programmers, managers, concerned stakeholders and policy makers (Habtegiorgis et al. 2021).

DISCUSSION

Menstrual health management and education are extremely important. It can increase literacy rates and school attendance, decrease levels of waste, increase sanitation and improve the quality of life of young girls around the globe. There are a multitude of positive socioeconomic, cultural and environmental effects on girls, communities and countries. Young girls face poor sanitation, lack of clean drinking water and a lack of privacy in terms of menstruation, and yet they “are often excluded from participating meaningfully in decision-making and management of WASH programmes” (Mahon & Fernandes 2010).

SDGs (Sustainable Development Goals)

As emphasized by Sommer et al., menstrual health management has a direct connection with SDGs, and can help achieve many SDGs that have been established. Sommer et al. highlights menstrual health education and awareness as an essential part of the socioeconomic and environmental development of countries across the world.

WASH (Water, Sanitation and Hygiene)

Incorporating menstrual hygiene into the WASH sector involves raising awareness, hygiene education and promotion, providing affordable and accessible products and equipment, waste management, and integrating these approaches into general policies and programs.

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