

Age at Menarche in Two Caste Groups (Brahmins and Rajputs) From Rural Areas of Jammu

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ABSTRACT The present study was conducted to find the mean age at menarche in two different caste group i.e. Brahmins and Rajputs and to study the rituals, taboos, social restrictions, health problems and nutrition observed during the menstrual period. The sample for the research comprised of 50 Brahmin girls and 50 Rajput girls in the age group of 9-15 years from different rural areas of Jammu (Jammu and Kashmir State). Purposive sampling technique was used to select the sample. Status quo method and interview schedule was used for data collection. The results reveal that the mean age at menarche in Brahmin girls were 13.857 ± 0.0125 and the Rajput girls is 13.859 ± 0.0125 . Majority of the girls belonging to both the caste group felt bad at the time of menarche and they faced painful menstrual periods. There are no restrictions in eating but they avoid sour foods. It was found that the girls of both the communities follow certain beliefs like avoid going to kitchen and temples, separate utensils, and prohibition from social intercourse. The result showed that the 't' value is not significant therefore there is no difference in the mean age at menarche between the two-caste groups.