

Adolescent girls reflecting on their bodies essay



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Contents

- Decision

In September 2000, United Nations members declared their corporate duty to continue the rules of human self-respect, equality, and equity at the planetary degree. They outlined eight Millennium Development Goals (MDGs) to cut down poorness and better the lives of the universe ' s people, and 191 member provinces have pledged to run into these ends by 2015 (Population Council) . Among the eight Millennium Development Goals was to “ advance gender equality and empower adult females ” , (Population Council) . Subsumed in it was to “ extinguish gender disparity in primary and secondary instruction sooner by 2005, and at all degrees by 2015, ” (Population Council) .

In its quest to advance gender equality, the Population Council ' s Reproductive Health plan strived to better sexual and generative wellness, particularly for vulnerable people in developing states. The relationship they had cultivated enabled them to undertake sensitive issues and to give voice to those groups who were most in demand (Population Council) .

At the same clip the Population Council ' s Poverty, Gender, and Youth plan (PGY) sought to understand and turn to the societal dimensions of poorness, the causes and effects of gender inequality, the disparities in chance that arise during adolescence, and the critical elements for making a successful, productive maturity in developing states (Population Council) .

The Ministry of Education, Science and Technology in Kenya, adopted a Sector Wide Approach to Programme Planning (SWAP) . Through a SWAP

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procedure, the Government and development spouses developed the Kenya Education Sector Support Programme (KESSP) which comprised of 20 three investing programmes concentrating on the sector (KESSP, two) .

Harmonizing to KESSP, the wide aim is to give every Kenyan the right to quality instruction and preparation no affair his/her socioeconomic position. This will be achieved through the proviso of an across-the-board quality instruction that is accessible and relevant to all Kenyans (. ii)

The Kenya Government, being a signer to major international Conventions and understandings on human rights and gender equality, was expected to prosecute policies that lead to the realisation of this end. These conventions include Universal Declaration of Human Rights, the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) , the Elimination of the Worst Forms of Child Labour, the Convention on the Rights of the Child, the Beijing Platform of Action, the Dakar World Conference on Education for All and the Millennium Development Goals (MDGs) (KESSP, p. 248)

Discussion on NGOS which have contributed toward authorising missss would non be complete without adverting UNGEI (United Nations Girls Education Initiative) . The UNGEI partnership was initiated in 2004, and its aims are to organize and advance missss ' instruction activities. Partnership meetings are an chance to portion information and advocator for missss ' instruction. UNGEI, nevertheless, still needs to be strengthened at the grass-roots degree through spouses (UNGEI, par. 5) .

The followers are UNGEI ' s enterprises:

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A five-year investing programme for girls' instruction within the Kenya Education Sector Support Programme launched in 2005 is coordinated through UNGEI.

UNGEI spouses have developed ' Terms of Reference ' that guide the enterprise ' s activities.

Advocacy and community mobilisation are ongoing.

UNGEI is a cardinal participant in the development and reappraisal of a girls' instruction policy in Kenya.

Research and certification of best patterns is one of UNGEI ' s precedences. UNGEI, par. 6)

The Kenya chapter of FAWE although registered in 1996, has done a commendable occupation in authorising the girl child in Kenya. Its undertakings and research scope from joint forcing with development spouses to give scholarship to girls, giving bursaries to destitute girls, funding a undertaking on Famine Hygiene for 28, 000 girls in North Eastern and Nairobi states, partnering with the Ministry of Education in supplying proficient expertise in Gender Policy in Education among others.

FAWEK has besides provided leading and proficient input to two NGOs viz. Girl Child Network (GCN) and Elimu Yetu Coalition, in the capacity of Chair and Vice Chair to the Executive Board of the two organisations respectively. A FAWE Kenya has spearheaded a successful run for a revenue enhancement release on healthful towels.

Last, Reproductive Health Education of Family Life Education (FLE) in school course of study and most presently the Life Skills introduced in Secondary Schools has helped educate the striplings on generative wellness issues.

The attempts made by the Government and NGOs as discussed above has made a batch of additions and empowered the missss to a big extent. But there is still a demand to concentrate on the physiological and psychological challenges that these missss face, by giving them a voice to talk about their experiences.

Statement of the Research Problem

Toril Moi confirms de Beauvoir ' s two major thoughts in her composing The Second Sex. One thought is that “ one is non born, but instead becomes, a adult female. ’ (p. 1) , this therefore makes the oncoming of menses is a physiological and psychological milepost in a adult female ' s generative life (Swenson and Havens 202) .

In many African societies adult females ' s generative wellness has been private issues, worse when it comes to menstruations. This experience does n't even hold a name in most communities. It ' s merely referred to as “ that clip of the month ” . Yet is non a one time off experience for adult females ; it really goes on for more than half of their lives. On the other manus scientific discipline and medical specialty have premises about adult females ' s bodily experiences which have been documented, but there is a demand to hear from the adult females.

The Common Wealth Education Fund Kenya (CEPK) , has supported some of the CSOs in buttonholing the authorities to apportion budget proviso to back
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up proviso of healthful towels in schools besides lobbied the authorities along with FAWE and FIDA to take revenue enhancement on healthful towels (zero -rating) , but this have non been plenty because these missss can entree the towels but do non a opportunity to talk about what they feel. .

In the past most surveies have explored hygiene issues during menses, wellness issues related to menses such as dysmenorrhea, menarche and the physiology of menses. Yet, harmonizing to (Swenson and Havens) menarche is recognized as one of the most graphic and emotion-laden events for the human female, irrespective of the specific cultural patterns of the society (p. 202) , intending that it ' s a really of import phenomenon in a adult female ' s life worth researching. " Not being able to speak to speak about their experience and holding limited information means that menses becomes something black and something to conceal, and is accordingly ignored in households, schools and communities " (FAWE U 2) .

This survey hence, seeks to research the apprehension of how girls communicate during this ' time of the month ' by giving the missss a voice to pass on or joint their organic structures.

The survey therefore ground tackles itself on ' women ' s discourse about their organic structures ' .

1. 3 Research Questions

How make adolescent girls communicate about their organic structures?

How are these experiences grounded in the day-to-day lives of the missss?

3. How these do experiences determine and impact the manner miss live their lives

1. 4 Scope

This survey will concentrate on 10 participants (miss) drawn from miss schooling in an urban public twenty-four hours secondary school, aged 15 - 16 and who come preponderantly come from the Kibera slum in Nairobi-Kenya.

1. 5 Restrictions

The survey limits itself to the female pupils of one urban assorted twenty-four hours secondary school, one because of handiness to the site and respondents.

Second because of finacess I can non utilize many schools as the research sites informations collected from 10 participants is adequate at the same clip more participants may non alter the findings.

1. 6Justification

It is going progressively hard to disregard issues of menses because 1000000s of miss in Kenya are at hazard of dropping out of school at the oncoming of menses (Muvea, par. 4) . Recent grounds from a survey by the Ministry of Education suggest that, Kenyan stripling miss miss about 3. 5 million learning yearss per month during their catamenial rhythm. This hinders their ability to vie in the schoolroom, leads to low self-pride, higher drop-out rates and, in some parts, makes them vulnerable to early matrimony. Along with the lost acquisition yearss, miss lose assurance, and

the chance of accomplishing their possible diminishes farther each month (Muvea, par. 4) .

This survey is of import because it gives a voice to the misss to give their narrative. The information from the adult females, traveling through the procedure, as cardinal sources is missing yet each of them, brings of import information to the survey.

In my position the information from the misss is important because they give dependable informations. There is need hence to carry on participatory research on how girls communicate their organic structures.

Significance of the Study

It is going progressively hard to disregard issues of menses because 1000000s of misss in Kenya are at hazard of dropping out of school at the oncoming of menses (Muvea, par. 4) . Recent grounds from a survey by the Ministry of Education suggest that, Kenyan stripling misss miss about 3. 5 million learning yearss per month during their catamenial rhythm. This hinders their ability to vie in the schoolroom, leads to low self-pride, higher drop-out rates and, in some parts, makes them vulnerable to early matrimony. Along with the lost acquisition yearss, misss lose assurance, and the chance of accomplishing their possible diminishes farther each month (Muvea, par. 4) . This survey is of import because it gives a voice to the misss to give their experiences. The information from the misss, traveling through the procedure, as cardinal sources is missing yet each of them, brings of import information to the survey.

Theoretical Model

“ Feminism is a societal motion whose members are dedicated to heightening the position of adult females. It is besides “ a political motion whose end is to do adult females and work forces more equal ” (Gamble and Gamble2003 401) .

Harmonizing to Gamble and Gamble, “ Feminists are categorized harmonizing to why members believe gender inequalities exist and how they propose covering with the inequalities. They identify three chief contrasting feminist political orientations, Liberal or enlightenment feminism, societal feminism and extremist feminism ” (403) .

Broad feminism harmonizing to Gamble and Gamble (2003) is:

A mainstream feminist political and societal theory. That their disciples ‘ claims that gender differences are non based in biological science. They believe that since adult females and work forces are, for all practical intent, likewise and equal in all of import facet, work forces and adult females should be treated in a gender impersonal mode, and have entree to the same functions, rights, privileges, and chances. 404)

Social feminism on the other manus contends that “ patriarchal capitalist economy depends for its endurance on the development of working persons- especially adult females ” . at the same clip socialist women’s rightists points to “ the combination of patriarchate and capitalist economy as being peculiar oppressive by specifying adult females as work forces ‘ s belongings and so working them ” (Gamble and Gamble 2003, 404) .

While extremist feminism, “ the most of the extreme of the three ideologically, claims that all signifiers of subjugation because they are categorized on a gender footing as an inferior category ” . They contend that “ by promoting aggressiveness in work forces shows of gender in adult females ” .

Gamble and Gamble 2003, maintains that, “ he climate created by such development besides leads to sexual torment and the downplaying of the rational and leading capablenesss of adult females. This motion besides embraces a doctrine of extremist sapphic feminism that takes the pessimistic position of work forces held by extremist women’s rightists and promotes a women-centered, male free universe ” (404) .

LITERATURE REVIEW

2. 0 Introduction

This chapter will discourse literature related to the survey. It will get down with a definition of an stripling and the approximative age. Second discuss menarche and menses, so highlight the cultural position related to the phenomenon, give a elaborate treatment on hygiene direction and in conclusion describe African Feminism.

2. 1. 1 Adolescent Girls

Gale Encyclopaedia of kids ‘ s wellness traces the beginning of the word adolescence is Latin in beginning, derived from the verb adolescere, which means “ to turn into maturity. ” It further suggests that, “ Adolescence is a clip of traveling from the immaturity of childhood into the adulthood of maturity ” and that “ there is no individual event or boundary line that

denotes the terminal of childhood or the beginning of adolescence ”

(Literature & A ; Language Dictionary) . Many surveies differ in their treatments about the age of adolescent miss, some place them between the ages of 10- 20 while others place them at 10-19. It is nevertheless agreeable within this scope

Harmonizing to O’Connor and Kovacs, “ Adolescence is a period of passage between childhood and maturity ” that “ it is a clip of really active psychological growing ; nevertheless, physical and psychological development ” (188) . Attach toing the biological alterations in adolescence is cognitive, emotional and societal passage which means therefore that this is a really critical stage in a miss ‘ s life that needs to be catered for by the parents, instructors and the authorities along side other stakeholders.

At adolescence, “ there is a pronounced development of secondary sex features such as chest development, tegument and circulatory alterations, the growing of pubic and armpit hair and alterations of the organic structure into the rounded female figure ” (Dalton 83) . “ Attach toing the secondary sex features are psychological alterations which consist of cognitive and socio-emotional constituents non merely may the physical and psychological development advancement at different rates, but the ability of the stripling to hold on constructs may be extremely variable ” (O’Connor and Kovacs 188) .

Adolescence miss, Dalton argues see “ premenstrual syndrome (symptoms or ailments which on a regular basis come merely earlier or during menses but absent at other times of the rhythm) as a major job in adult females ” .

The adolescent miss are members of atomic, extended, individual parent-headed households or could even be orphaned. Recent surveies have suggested that the traditional female parent, male parent and kids household threatened by HIV/AIDS pandemic. It is besides common presents to happen kids headed places.

2. 1. 2 Menarche, menses and stripling maidenhood

Harmonizing to Dalton “ the menarche, or first menses, is an of import milepost in any miss ‘ s life and demonstrates that she has an integral hormonal tract from the hypothalamus and pituitary to the ovaries and uterus ” (83) . This first menses is an experience that draws different reactions from different miss depending on the consciousness of an single depending on their anterior cognition of menses. Kirk and Sommer agree that, “ pubescence and adolescence can be disputing times for any miss ” (1) .

As Kirk and Sommer note, “ In Western contexts, the literature suggests that the minute of menarche may be alternately exciting or terrorizing to immature miss, while household and community members may run from disregarding the minute wholly to denoting it as a celebratory minute ” (1)

“ Menstrual flow, merely set, is blood and tissue sloughed from the endometrium, or liner of the womb. This blood is free of toxins and does it incorporate any bacteriums except “ good bacterium ” which is found of course in the vaginal canal. The being of any kind of ‘ menotoxin ‘ or toxin in the catamenial flow has ne’er been proven by any consistent surveies ” (Bharadwaj and Patkar 8.) . While Nahar and Ahmed, suggest that “ menses

is a normal, natural procedure that occurs in all healthy stripling and grownup adult females who have n't reached climacteric. Girls Begin to flow usually between eight and twelve old ages " (2)

Puberty is marked with the chest development, addition in tallness, widening of the hips, growing of pubic and armpit hair and so the oncoming on mernache, by the age of 17 misss can non alter any longer, and this marks the terminal of pubescence.

" Despite the oncoming of menses being an of import milepost in the passage from childhood to maturity, it is frequently viewed as a major concern " (Muvea, par. 1) ; " there is still continuity in negative perceptual experience of catamenial rhythm " . Ideally, menses should be viewed positively, because it is the procedure that makes the adolescent misss the female parents of tomorrow. However, this is non the instance because of the misss lack cognition of the phenomenon both at pre-menarcheal and post-menarcheal phase, compounded by the premenstrual syndrome which involves uncomfortableness, being Moody, emotional and a feeling of bloating experienced by the misss as they grow older.

Kirk and Sommer note that, " menarche conveys conflicting social messages ; it represents the beginning of muliebrity and gender, but misss of this age are seen as excessively immature to be sexually active ' (1) . " In other contexts, nevertheless, this new birthrate may involvement parents because of a post-pubescent misss ' new position as marriageable, which may be straight linked to increasing the household income from a dowry payment " Kirk and Sommer (1) .

2. 1. 3 Cultural perceptual experiences and patterns

Menstruation has been perceived negatively around the universe ; an issue frowned on and kept as a secret in most communities. In fact most communities have no name for this phenomenon. Harmonizing to Kirk and Sommer, menses is understood “ as a failing of adult females instead than a biological and normal repeating experience of life for post-pubescent misss and adult females ” (2) . “ A series of myths, euphemisms and cryptic linguistic communication have been adopted to conceal this deficiency of cognition and apprehension, for illustration, the phrase “ traveling to the Moon ” is normally used to mention to the catamenial period ” Kirk and Sommer (2) mentioning (FAWE U 2003) .

Kirk and Sommer point out that, “ Girls explain that menses is a tabu capable even within their ain households, depicting a “ civilization of silence ” with respect to menses ” . “ They feel unable to discourse menses issues with their female parents and surely non with their male parents ” (2) .

Menstruation is a construct shrouded in secretiveness and silence because of the perceptual experience of the society. In India, “ menses is considered a polluting factor among Hindus ” such that “ many flowing misss and adult females are considered untouchable ” “ the misss learn right from early adolescence that during their monthly rhythm they may non touch anything in the kitchen or see a temple ” (Kirk and Sommer 3)

Harmonizing to Kirk and Sommer, “ Myths and taboos about flowing adult females, such as the demand to abstain during sex or being out to fix

nutrient, while non holding disappeared wholly, have by and large diminished in Western scenes " (1) .

Bharadwaj and Patkar, reported many cases of the intervention of the perceptual experience around the universe. The followers are some of them:

In several Asian and African civilizations, adult females were put in privacy in particular catamenial huts. These are still in usage today in some parts.

The ability to shed blood and non decease equalled control of life powers in some faiths. In goddess worship, a adult female ' s menstruations determines the position of her power in the maiden, female parent and hag figures. Menopausal adult females are sometimes revered and looked up to for their wealth of cognition and experience.

The Roman writer, Pliny, in his Natural History wrote that a flowing adult female can turn wine sour, cause seeds to be unfertile, wither transplants, do garden workss to go adust and fruit to fall from a tree she sits under. Aspects of this are echoed in Hindu socio-cultural patterns.

A Hindu adult female abstains from worship and cookery and stays off from her household as her touch is considered impure during this period.

Judaic tradition respects a adult female as ceremonially impure during menses and anyone or anything she touches becomes impure as good. As clip went on, more points were added to include her breath, saliva, footmarks, voice and nail cuttings.

Under Islamic jurisprudence, a flowing adult female is non allowed to pray, fast or hold sex. She is non allowed to touch the Koran unless it is a interlingual rendition (as merely the Arabic version is considered to be the holy book) (. 9)

While Raut and Tandon in a recent survey pull our attending to “ The centuries old pattern of chhaupadi in Nepal which can do drawn-out depression in miss and adult females. In utmost instances it can besides do decease. Chhaupadi pratha, or ritual pattern, topographic points Nepali adult females and miss in a oblivion of isolation ” (Raut and Tandon) .

Recent grounds from Nepal suggest that even in the twenty-first century miss are banished when flowing to populate in “ a chhaupadi shed or hut besides called chhaupadi peasant, which is fundamental rock, grass or stick shelter ” (Raut and Tandon) . Many of these are “ normally used as cow or caprine animal shed ” dirty and unventilated. They are besides stop deading by winter and “ sweltering ” at summer (Raut and Tandon) .

Harmonizing to Raut and Tandon, there have been instances of decease occasioned by these rough conditions particularly at winter. A instance in point is that of “ a 40 twelvemonth old Belu Damai ” “ found dead on January 3rd ” 2010 “ in a chhaupadi (catamenial) shed in Bhairabsthan ” Raut and Tandon) .

Raut gives her ain experience where she was banished to their amah ‘ s place. She besides gives similar experiences of others that:

“ Girls who have their rhythm of menstruations frequently face, for the really first clip, rough limitations based on superstitious notions. On the start of their menarche they all of a sudden can non touch any males, including their male parent and brothers. They can non traverse a span. They are barred from coming ining their ain place. They can non talk aloud. They can non execute their usual errands as their menstruations may do them to poison or “ contamination ” whatever they touch. (Raut and Tandon) .

2. 1. 4 Menstruation Hygiene Management

“ Across the development universe, the deficiency of appropriate and equal sanitation installations prevents misss from go toing school, peculiarly when they are flowing. Of the 113 million kids presently non enrolled in school worldwide, 60 % are girls. There is conclusive grounds that misss ‘ attending at school is increased through improved sanitation ” (Bharadwaj and Patkar, 5)

“ In Africa, the development of slums and homesteaders is a direct manifestation of high rates of urbanisation. This has had serious economic, societal and psychological deductions for the occupants. It is estimated that a 3rd of the population in Africa live in slums and homesteader colonies ” (Obonyo) . “ Due to the nature of the slums, a batch of societal jobs are encountered and this affects the life style of the people, including the striplings ” who sometimes “ come from individual parent households ” largely female-headed (Obonyo 6) . “ Consequently populating in engorged houses constructed of card board, boxes, old Fe sheets and clay walls offer no privateness to the misss (Obonyo 6) ” doing it even harder to be hygienic during menses.

“ While catamenial hygiene is easy crawling into the discourse and besides the design of some consciousness and behavior alteration programmes, disposal remains a non-issue. We risk disregarding the disposal issue and links with solid waste and sewerage systems at our ain hazard as is clear from the graduated table of the environmental job this airss ” (Bharadwaj and Patkar 6) .

Hygiene direction involve cleanliness and appropriate disposal of used healthful towels, this means that there is demand for equal disposal and rinsing installations to be provided to the miss. Kirk and Sommer argue that, “ hapless protection and unequal lavation installations may increase susceptibleness to infection, with the smell of menses blood seting miss at hazard of being stigmatized ” (4) . This job is compounded in miss who are initiated particularly those from communities who pattern infibulation because “ the oncoming of menses create extra wellness and hygiene jobs. Where the vaginal aperture is unequal for catamenial flow, a obstruction and build-up blood coagulums is created behind the infibulated country. This can be a cause of drawn-out and painful periods (dysmenorrhoea) , increased olfactory property, uncomfortableness and potency for extra infections ” Kirk and Sommer (4) mentioning (Obuekwe Ifeyinwa and Egbagbe Eruke 2001)

2. 2. 1 Adolescent Reproductive Heath Policy

Adolescent generative wellness is one really important country that authoritiess have invested on in line with the accomplishment of the MDGs.

The end of the Policy is to lend to the betterment of the quality of life and good being of Kenya ‘ s striplings and young person. The thought is to

incorporate their wellness and development concerns into the national development procedure, and heighten their engagement in that procedure. The Policy outlines the aims and marks to steer its execution to 2015. (ARH & A ; D, 5)

Harmonizing to ARH & A ; D, the policy intends to:

Bring adolescent wellness issues into the mainstream of wellness and development. The Policy examines the predominating societal, economic, cultural and demographic context of adolescent sexual and wellness, its deductions and effects to their wellness and development. As a complement to sector-specific policies and programmes, the Policy defines the constructions and cardinal mark countries for guaranting that adolescent wellness concerns are mainstreamed in all planning activities (ARH & A ; D, 5)

The policy reiterates that the relationship between a state ' s development and the wellness of its striplings and young person is of paramount concern - peculiarly when those age groups form such a dominant part of the population. While by and large regarded as brimming with wellness, striplings face many generative wellness jobs that negatively affect their general wellness and development - early gestation, school dropout and sexually familial infections including HIV/ AIDS (ARH & A ; D, 5)

2. 2. 2 Adolescent Sexual Reproductive Health Rights

Harmonizing to “ the Adolescent Reproductive Health Development Policy

(ARH & A ; D) ” , the followers are some of the adolescent Sexual Reproductive Health Rights:

I) Provide appropriate sexual and generative wellness information and services at all degrees.

two) Review and enact relevant statute law on generative wellness with a position to protecting striplings and young person.

three) Incorporate adolescent sexual and generative wellness instruction into the course of study of all instruction and preparation establishments.

four) Provide instruction to parents and the community on the sexual and generative rights and wellness of striplings and young person.

V) Advocate for behaviour alteration communicating programmes by mark groups (10-14 old ages, and out of school, married, handicapped, displaced including street kids) .

six Strengthen the capacity of instructors, parents and leaders within communities to supply appropriate information on HIV/AIDS.

seven) Promote adolescent engagement and engagement in planning, decision-making, execution and direction of adolescent sexual and generative rights and wellness

programmes (ARH & A ; D 12-3)

2. 3. 1 African Feminism

Mikell posits that “ African Women ‘ s battle against gender dissymmetry and inequality is frequently described in footings of the relationship between public and private domains or what we may name the “ domestic versus populace ” differentiation in gender functions in Africa ” (p. 3) .

In her authorship, she argues that, “ female subordination, frequently implemented through this domestic-public duality, tends to be linked with sex functions and relationships in most parts of the universe, much to the humiliation of applied societal scientists and women’s rightists ” (p. 3) .

“ The most hopeful mark is that African adult females have become vocal about their societal personal, economic and political challenges and about their freshly emerging vision of African feminism ” . The consequence is what is called “ African-feminist attack to public and private life ” (Mikell 3)

For Beauvior, “ adult females are the slaves of the species. Every biological procedure in the female organic structure is a ‘ crisis ‘ or a ‘ trial ‘ , and the consequence is ever disaffection. Her list of problems and strivings experienced during menses is impressive, to state the least, runing from high blood force per unit area, impaired hearing and seeing to unpleasant odors, destabilization of the cardinal nervous system, abdominal strivings, irregularity and diarrhoea ” (Arnfred, p. 8)

The adult female harmonizing to Arnfred, “ is adapted to the demands of the egg instead than to her ain demands. From pubescence to menopause adult female is the theater of a drama that unfolds within her and in which she is non personally concerned ” (7)

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“ It may be true that most African adult females are trapped in the day-to-day concern of procuring the endurance of themselves, their households and their communities-but that is simply diagnostic of a planetary grid of patriarchal power, and all the societal, political and economic unfairnesses that delivers to adult females, and to Africans ” (Taking about Feminism in Africa 3) .

Harmonizing to the article, “ women-focused gender political relations would work for transmutation at three degrees, viz. at the degree of our subjectiveness, at the degree of our personal lives and relationships and thirdly at the degree of political economic system. Women ‘ s release requires turn toing gender unfairness all the manner from micro- to the macro-political degree, and non shying off from any degree of battle ” (Taking about Feminism in Africa 3) .

2. 3. 3 The private-public divide in Africa

“ The private-public argument (and the nature-culture divide as good) is really present in feminist theory as an account for certain gender functions. Traditionally adult females are more associated with the private domains (kids, place, a^!) , whereas work forces are more seen in connexion with public life en the resulting societal functions ” (Feminism in Africa 3) .

Chapter THREE

Research Design and Methodology

3. 0 Introduction

This subdivision focuses on the philosophical paradigms or universe positions that guides research, the research design, and methods of enquiry to be

adopted. The sampling process will besides be extensively discussed, informations coevals techniques and analysis. Last, a treatment on trustiness and ethical concerns.

3. 1. Philosophic Paradigm

All research has cardinal beliefs about the universe, the demand to understand these premises are hence critical for any research worker.

Harmonizing to Cohen, et Al, “ these are premises of an ontological kind- premise which concerns the really nature of kernel of the societal phenomenon investigated and those of epistemic sort which concern the really base of knowledge-nature and signifiers, how it can be acquired, and how communicated to other human existences ” (7) .

Ontology, which is “ the nature of cognition that a research worker intends to get ” , is divided into two opposing terminals, realism/objectivism (consistent with rationalist) and relativism/ subjectivism (consistent with constructivist -interpretivist) epistemology.

3. 1. 2 Epistemic considerations

It is of import for a research worker to understand the different epistemic consideration that can be adopted in research because it is epistemology that concerns itself on how a research worker will get the cognition being sought. Different writers give different names to the construct epistemology, for illustration, Creswell calls it “ philosophical universe positions ” .

Creswell recons that philosophical worldviews still act upon the pattern of research and demand to be identified (5) . In line with this, he proposes for

philosophical worldviews, viz. , postpositive, societal building, advocacy/participatory and matter-of-fact (5) .

My treatment will focus on on the societal constructivist epistemology, which is frequently combined with interpretivism (Creswell 8) and which is typically seen as an attack to qualitative research.

Harmonizing to Creswell, societal constructivists hold premises that persons seek apprehension of the universe in which they live and work. Persons develop subjective significances of their experiences-meaning s directed towards certain objects and things (8) .

He argues that ;

The end of the research is to trust on every bit much as possible on participants ' point of position of the state of affairs being studied. The inquiries become wide and general so that the participants can build the significance of a state of affairs, typically forged in treatments or interactions with other individuals. The more open-ended the inquiring, the better, as the research worker listens carefully to what people say or do in their life scenes. (Creswell 8)

Kelly (2006) argues that “ the interpretative attack was presented as understanding phenomena from within their context, in an emphasized mode, while societal constructivism was said to affect a more distanced disbelieving apprehension ” (326) .

Interpretative research is interested in the experiences feelings, and significances that people talk about (Kelly 328) .

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The difference between interpretative research and constructivist research harmonizing to Kelly is: in distanced reading, we are not merely interested in understanding subjective apprehension, but in uncovering its contextuality. So we might state that we are interested in understanding ' understanding ' or interested in construing apprehension (350) .

Kelly demonstrated that when interested in construing understanding - description of apprehension (interpretative research) , while reading of understanding in its context -social constructivist research (350) .

This survey presents the lives of adult females ' experiences as lived " during " those " minutes of their lives (menses) , presents the voice of the miss who have been historically sidelined and will therefore will use the interpretivist epistemology, because in survey a individual ' s experience, the participants communicates her reading is of the phenomenon (menses) ..

Research Methods

Creswell calls this the research design he besides identifies the three research designs as qualitative, quantitative and assorted methods research. Quantitative research on the other hand is a agency of proving nonsubjective theories by analyzing the relationship among variables. Mixed methods attack is an enquiry that combines or associates both qualitative and quantitative signifier (Creswell 2009 4) . While qualitative research harmonizing to Creswell is a agency of researching and understanding the significance of persons or groups ascribe to a societal or human job (4) .

Creswell posits that the procedure of research involves emerging inquiries and processes ; informations typically collected in the participant ' s scene, informations analysis inductively constructing from peculiar to general subjects, and the research worker doing readings of the significance of informations (Creswell 2009 4) . This survey will be qualitative because it aims to research and understand the phenomenon, menses as experienced by adolescent miss.

Approachs

The survey is a phenomenological survey because it, “ describes the significance for several persons of their lived experiences of a construct or a phenomenon (Creswell 207 57) .

Phenomenologists focus on depicting what all participants have in common as they experience a phenomenon (Creswell 207 58) . The basic intent of phenomenology is to cut down single experiences with a phenomenon to a description of the cosmopolitan kernel. To this terminal, qualitative research workers identify a phenomenon as an ‘ object ‘ of human experience (Creswell 207 58)

The enquirer so collects informations from individuals who have experienced the phenomenon, and develops a composite description of the kernel of the experience for all persons.

This description consists of “ what ” they experienced and “ how ” they experienced it (Creswell 2007, mentioning Moustakas, 1994)

Equally much as there have been many positions on phenomenology, the philosophical premises rest on some common evidences: the survey of the lived experiences of individuals, the position that these experiences are witting 1s (Creswell 58 mentioning Van Manen, 1990)

Types of Phenomenology

Creswell (2007) identifies two attacks to phenomenology ; hermeneutic phenomenology and empirical transcendental or psychological phenomenology. Hermeneutical phenomenology (by Van Manen) , “ describes research as orientated towards lived experience (phenomenology) and construing the “ text ” of life (hermeneutics) ” (59)

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Mentioning Van Manen, Creswell discusses “ phenomenology research as a dynamic interplay among six activities ” :

Research workers foremost turn to a phenomenon, “ an abiding concern ” which earnestly involvements them (e. g. reading, running, drive, and fussing) . In the procedure, they reflect on indispensable subjects, what constitutes the nature of this lived experience. They write a description of the phenomenon, keeping a strong relation to the subject of enquiry and equilibrating the parts of the authorship to the whole ” . (Creswell 2007 9)

In his position, “ Phenomenology is non merely a description but it is besides seen as an interpretative procedure in which the research worker makes an reading of the significance of lived experiences ” (Creswell 2007 59) .

The 2nd type of phenomenology is nonnatural or psychological phenomenology which is focused less on the readings of the research worker and more on the readings of the experiences of participants (Creswell 2007, 59, mentioning Moustakas 1994) .

In add-on, Moutakas focuses on one of Husserl ' s constructs, epoche (or bracketing) in which research workers set aside their experiences every bit good much as possible, to take a fresh position toward the phenomenon under scrutiny (Creswell 2007 59-60) .

Sampling Procedures

I will use purposive sampling in my research, by taking 10 misss from the Kibera slums and all in signifier two. In Kibera there are 11 small towns: Kianda, Mashimoni Line Saba, Gatwikira, Raila, Soweto, Silanga, Makina, Kware, Kisumu Ndogo and Kambimuru, the participants come from this environment, the survey will choose the participants from any of the small towns.

One of the grounds why I have decided on this method is that this misss portion the same place environment.

Ten participants are besides plenty because of the resources available and clip, that an extra participant will strive the budget for research.

Data Generation Techniques

This survey intends to use the undermentioned informations coevals techniques, diaries, in-depth interviews, focussed treatment groups, and diagrams. I will discourse how each technique will be used in this survey.

Diaries

I intend to publish Diaries to the 10 missss to do entries on their experiences merely on the four or five yearsss on menses, every month for six months.

Focus treatment groups

Harmonizing to Kruger and Casey, “ a focal point group is a particular type of group in footings of intent, size, composing, and processs ” (4) . “ The intent of this group is to listen and garner information. It is a manner to better understand how people feel or think about an issue, merchandise or service ” (4) . The participants to Kruger and Casey argue, “ are selected because they have certain features in common that relate to the subject of the focal point group ” (4) . In this survey the participants will be selected from signifier two and all from Kibera because they come from the same environment.

“ The group treatment is conducted several times with similar types of participants so that the research worker can place tendencies and forms ” (Kruger and Casey: 4) .

Kruger and Casey propose “ a carefully planned series of treatments designed to obtain perceptual experiences of a defined country of involvement in a permissive, non endangering environment ” (5) . Each group harmonizing to Kruger and Casey, “ is conducted with six to eight people by a skilled interviewer ” , in a relaxed, “ and frequently participants enjoy sharing their thoughts and perceptual experiences ” (5) .

“ The purpose of the focal point group is to advance self-disclosure among participants ” which “ for some persons comes easy ” (Kruger and Casey 7)

<https://assignbuster.com/adolescent-girls-reflecting-on-their-bodies-essay/>

in a group set in a natural and comfy environment To cognize what the participant have in head about an issue, and in this survey to cognize the perceptual experience of adolescent misss on menses. Surveies have found that “ persons decide to uncover ” their feelings and perceptual experiences “ based on their perceptual experiences of other individual ” (Kruger and Casey 9) . This can merely be done in a natural environment where the participants feel comfy to unwrap their perceptual experiences and speak about their organic structures. Kruger and Casey maintain that, “ the focal point group presents a more natural environment than that of an single interview because participants are act uponing and influenced by others-just as they are in life ” (11) .

Diagrams

Datas Analysis

I intend to analyse the information generated manually by coding.

Trustworthiness

Ethical Concerns

Decision