

A Cross-Sectional Study on Menstrual Hygiene Practice Amongst Women

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Abstract

Poor Menstrual hygiene destructively affects the lives of women and girls who are in their reproductive age. The Myth still lies under menstruation and is being practiced in most of the rural areas. Even now girls feel too shy to share about their menarche with their family members because of this they have to suffer from various health-related issues. Lack of awareness and resources is still a major problem for girls in various parts of the world. The purpose of this study was to evaluate the practices of menstrual hygiene amongst women aged 12-40 years in the rural region of District Lucknow. A cross-sectional study was designed and consecutive samplings were applied to recruit 82 participants from rural areas of Lucknow. A questionnaire was used to collect the data and Microsoft Excel was used for its analysis.

The study demonstrates that 30.67% of respondents were not getting their periods at regular intervals of time. 32.73% of the respondents complained of abdominal pain, and 23.03% of them complained of body aches during their menstruation. Also, 15.15% complained of weakness and 13.94% of cramps respectively. The majority 81.71% of the respondents were not aware of the problems earlier during menstruation. The study also revealed that the majority 49.54% of the respondents prefer to use cloth during their periods and 48.62% prefer to use pads over other things. This study reveals the majority of respondents were not aware of the intimate hygiene practice and the majority had no knowledge about the problems before their menstruation. Preferences of material between cloth and pad during their menstruation were almost similar.

Keywords: Women, Menstrual Hygiene, Reproductive health, Women's health, Sanitary practice

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Introduction:

Menstruation plays a very important role in any women life hence it is necessary for every girls to have proper awareness about their menstrual hygiene and menstrual cycle. Because this subject is least talked amongst within the families because of which girls are least aware about it till the time they get their menarche. Menstrual hygiene management plays a very important role in women's life and if not maintained properly can leads to further complications such as RTI's, UTI's and STI's. Hence it is very important for every girl to maintain proper hygiene so as to get better reproductive health and life style; it will also help in prevention of future complications that may cause discomfort to them. From the initial stage they should take care of their diet, should consume healthy diet that are rich in iron and calcium.

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Methodology:

This study has followed descriptive research design and data Collection was done and evaluated by Microsoft excel. Major objective of research is listed below:

- To assess the practices of menstrual hygiene among women aged 12-40 years in rural areas of district Lucknow.
- To assess the knowledge regarding menstruation and menstrual hygiene among them

Study was conducted using convenient sampling technique and self-designed questionnaires were used to obtain relevant data. Total 82 women were selected as per below given criterion:

Inclusion Criteria:

- Women of age group 12-40 years.
- Both married and unmarried women.
- Who are willing to participate in the study

Exclusion Criteria:

- Women of age group above 40 years.

- Pregnant Women.
- Those who are not comfortable and willing to participate in the study

Result and Discussion:

This study demonstrate that majority of the participants i.e. 57.69% were in the age group of 12-20 years, 23.08% in 26-30 years, and 16.67% were in the age group of 21-25 years as mentioned in Fig 1.

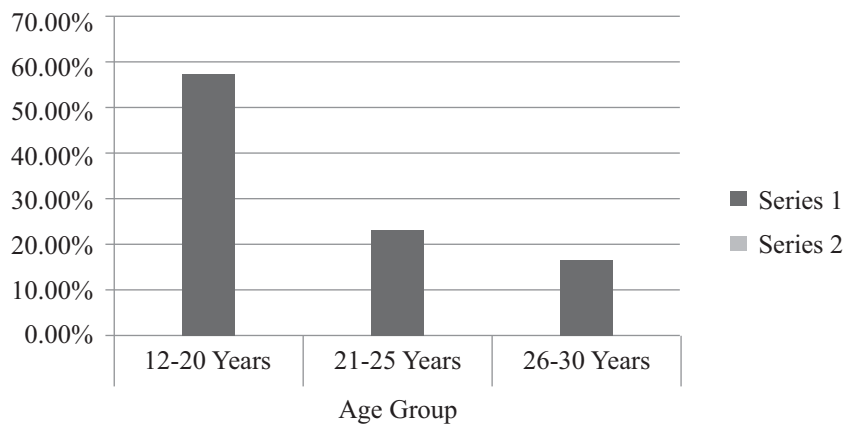


Fig: 1

Among these 65.38% of the respondent are married and 34.62% are unmarried. Study also reveals that 89.74% of the respondents have done their primary education whereas 5.13% respondents are illiterate and 71.7% of the respondents are unemployed. 34.67% respondents got the information about menstruation from their mother and 28% from their sisters, whereas 17.33% revealed that they got the information from the television. Majority 48.78% of the respondents have

shared to their mothers about their first menstruation, 24.39% to their sisters and 20.73% of them have revealed that they have informed their other family members about their menstruation.

Study also reveals that 30.67% respondents were not getting their periods on regular interval of time which is also shown in fig 2.

Periods On Regular Interval

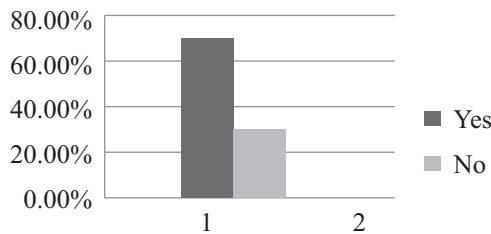


Fig: 2

Study demonstrates that 75% of the respondents don't take suggestions from the doctors amongst which 71.43% of them have expressed the reason of doctor not being available in their villages and 28.57% of the respondents hesitate to tell these things to someone. 45.33% of the respondents were confused that they may or may not get infection from their irregular periods. This study also revealed that 60% of the respondents were not aware of the intimate hygiene.

32.73% of the respondents complained of abdominal pain, 23.03% of them complained of body ache during their menstruation. Also 15.15% complained of weakness and 13.94% for cramps respectively. Majority 81.71% of the respondents were not aware about the problems earlier during menstruation. In which 43.18% of the respondent share their problems during menstruation with their mothers, 34.09% with anyone and 15.91% of them shares with their sisters. Refer to fig 3.

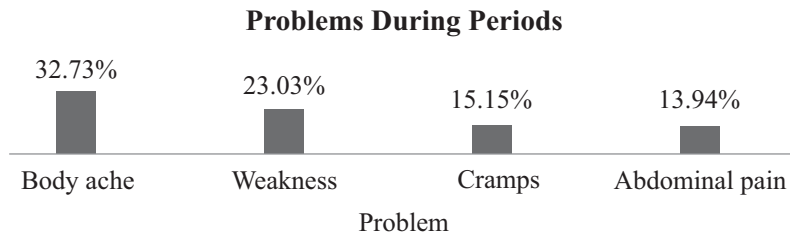


Fig: 3

Study has revealed that 82.61% of the respondents don't take any medications during menstruation whereas

13.04% and 4.35% of them have allopathic and home remedy respectively. Refer to fig 4.

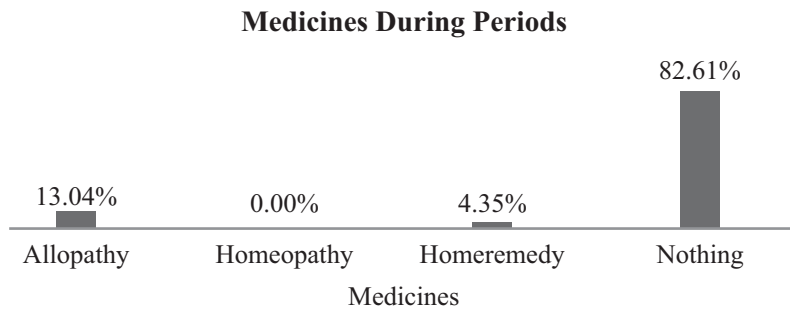


Fig: 4

95.12% of the respondents admitted that every girl should made aware about the menstruation before they got their periods. Study also shows that 80% of the respondent daily routine during their periods is same like other days. 78.05% of the respondents agreed that they take bath during their periods where as 21.95%

refuses to take it during their periods. 80% have revealed that they used to wash their head during 5 days of periods. Study also demonstrates that majority 49.54% of the respondents prefer to use cloth during their periods whereas 48.62% prefer to use pads over other things. Refer to fig 5

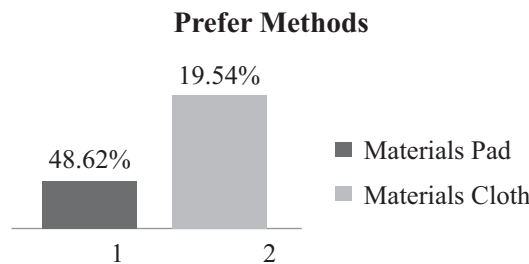


Fig: 5

Study demonstrates a very good menstrual hygiene practices as the whole sample size choose to wash hands prior and after changing their pads and clothes.

62.50% of the respondents have expressed that they choose to wash the cloth prior using it during their menses, whereas 37.50% of them had denied of washing it as shown in fig 6.

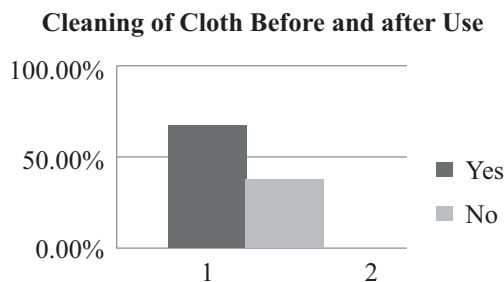


Fig: 6

87.50% respondents revealed that they faces issues due to the use of cloth during their period amongst which 36.36% revealed the problem of getting cloths dirty and

27.27% have shared the issues of stinking, 18.18% of them have revealed issues of vaginal itching as mentioned in fig 7.

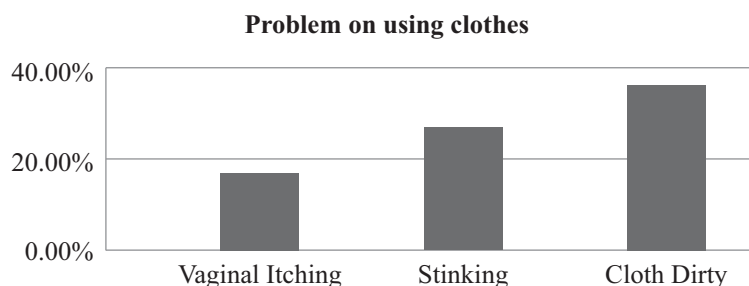


Fig: 7

Study reveals that majority 49.06% of the respondents used to change their pads twice in 12 hours and 41.51% of them revealed to change their pads 4 times in 6 hours

and 9.09% of them changes 6 times in 4 hours during first 3 days of their periods. Refer to fig 8.

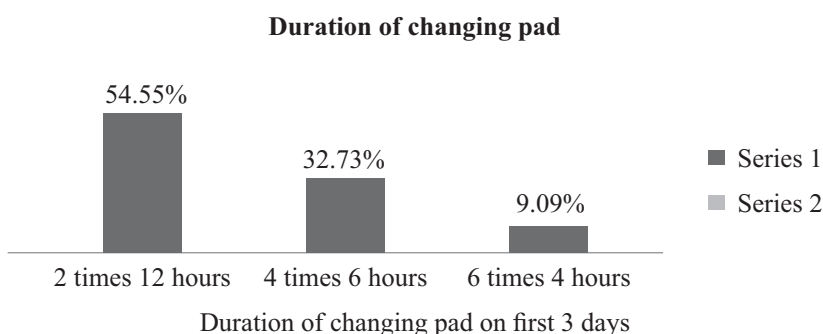


Fig: 8

In this study 71.95% of the respondents found pads better than cloths and 28.05 choose cloth as shown in fig 9. Also 50% of the respondents have shared that they used to wash and reuse the cloth during their periods

whereas 44.64% use to throw away after using it. Similarly 86.84% of the respondents reveal that they used to throw away the pads after using it and 10.53% use then burn the pads. 73.17% of the respondents deny

using pads even if they made available to them in affordable rates.

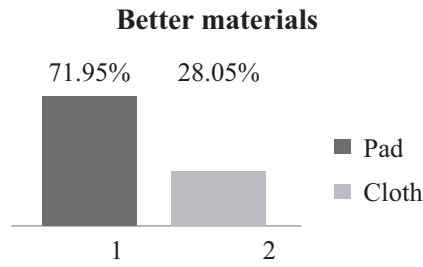


Fig: 9

The study also demonstrates that 47.06% of the respondents consider menstruation as a disease. 60.17% of the respondents are even not allowed to visit their religious places, 10.17% were not allowed to take bath and 22.03% were restricted to other things. 74.19% of the girls reveal that they used to go to schools during their periods.

97.87% of the respondents expressed that they had issues of itching, pain, and burning sensation in last 6 months during their periods, amongst all 36.17% of the respondents reveals the problems of abdominal pain, 18.44% of body ache, 11.35% of cramps and 10.64% of weakness as mentioned in fig 10.

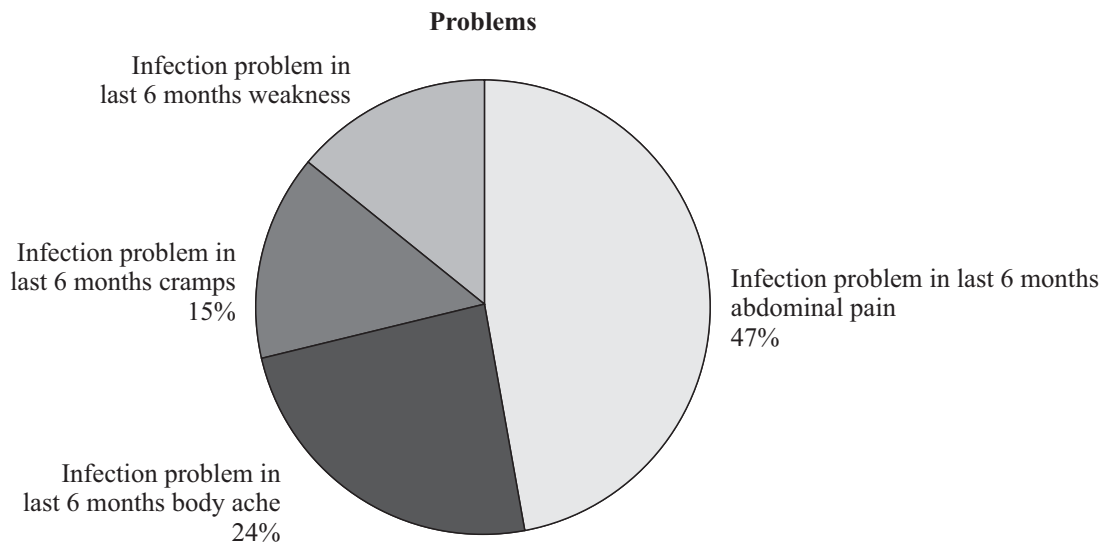


Fig: 10

69.57% of the respondents reveals that they had UTI,STI & RTI in last 1 year. refer to fig 11.

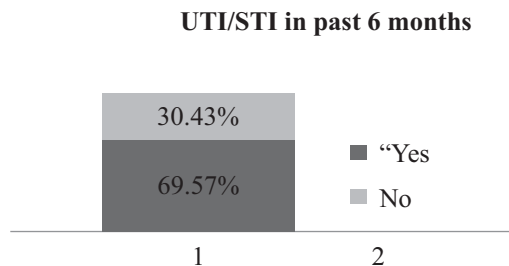


Fig: 11

Majority 55.26% of the respondents shared that they don't purchase pad by their own. And 57.89% said that they hesitate to buy pad from male sellers. 52.44% of the respondents revealed that they have to face issues due to high cost of pad because of which they are unable to use it. This study reveals that 39.33% of the respondents used to get irritated during their periods

whereas, 37.08% of them used to remain normal.

When asked about the known method, 79.35% of the respondents shared that they are familiar with the pad, 4.35% of the respondents knows about tampons and 14.13 respondents don't know about any of the methods which is also expressed in fig 12.

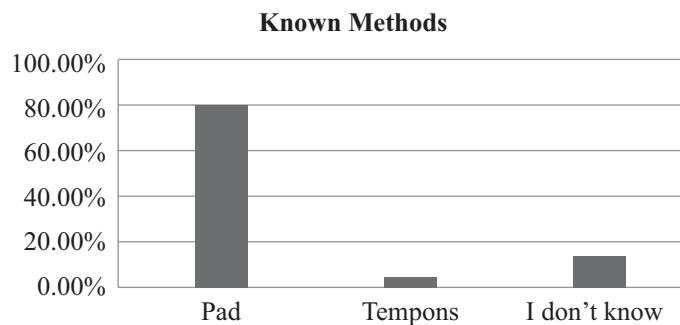


Fig: 12

76.47% of the respondents reveal that they don't take iron pills. In this study we also found that 50% of the respondents show that they are happy to enter in their reproductive age and 25% of them said that they are not happy as a girl.

Key findings:

Key finding of the study were as follows :

- 30.67% respondents were experiencing irregular periods.
- 75% of the respondents don't take suggestions from the doctors amongst which 71.43% have expressed the reason of doctor not being available in their villages and 28.57% of the respondents hesitate to tell these things to anyone.
- 32.73% of the respondents complained of abdominal pain, 23.03% of them of body ache during their menstruation. Also 15.15% complained of weakness and 13.94% for cramps respectively.
- 82.61% of the respondents don't take any medications during menstruation whereas 13.04% and 4.35% of them have allopathic and try home remedy respectively.
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- 49.54% of the respondents prefer to use cloth during their periods whereas 48.62% prefer to use pads over other things.
- 62.50% of the respondents have expressed that they choose to wash the cloth prior using it during their menses, whereas 37.50% of them had denied of washing it.
- 87.50% respondents revealed that they faces issues due to the use of cloth during their period amongst which 36.36% revealed the problem of getting cloths dirty and 27.27% have shared the issues of stinking, 18.18% of them have revealed issues of vaginal itching.
- 49.06% of the respondents used to change their pads twice in 12 hours and 41.51% of them revealed to change their pads 4 times in 6 hours and 9.09% of them changes 6 times in 4 hours during first 3 days of their periods.
- 71.95% of the respondents found pads better than cloths and 28.05 choose cloth.
- 97.87% of the respondents expressed that they had issues of itching, pain, and burning sensation, 36.17% of abdominal pain, 18.44% of body ache, 11.35% of cramps and 10.64% of weakness in last 6

months during their periods.

- 69.57% of the respondents reveals that they had UTI, STI & RTI in last 1 year.

Conclusion:

This study reveals the majority of respondents were not aware of the intimate hygiene practice and majority had no knowledge about the problems before their menstruation. Preferences of material between cloth and pad during their menstruation were almost similar. This brings out a need to create awareness session and advocacy program to enhance the knowledge and promote good hygiene practices during menstruation. Many families had misconception regarding menstruation, Hence, it is highly recommended to aware girls and their families about the facts menstrual cycle, Proper menstrual hygiene maintenance will prevent them from future RTI's. Mothers will play a crucial role in this. And menstrual health education should be provided in the schools that can be helpful to improve menstrual hygiene practices.

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