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RESEARCH ARTICLE

PERCEPTION OF FEMALE COLLEGE STUDENTS ABOUT MENSTRUAL HYGIENE IN JHAJJAR, HARYANA: A SURVEY STUDY

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Questionnaire, Sanitary Material

Abstract

Background: In Indian society, menstruation is often considered impure and there is a lack of knowledge about it among adolescent girls. Proper menstrual hygiene practices, such as using sanitary pads and washing the genital area, are essential. However, due to social stigma and lack of access to affordable products and facilities, many girls miss school or work during their periods. It is crucial to break the taboo surrounding menstruation and educate both girls and boys about it. This will lead to improved physical health and greater participation in daily life, resulting in a more inclusive and equal society.

Objectives: The objective of this study is to understand the perception and awareness of menstrual hygiene among female college students in Jhajjar, Haryana.

Design: Questionnaire based survey study.

Method: The study sample consisted of 300 subjects. The subjects were selected as per the inclusive criteria and information was provided to the subjects. Consent form was obtained from the subjects. Questionnaire was given to subjects and filled questionnaire was collected. After collecting the necessary data through the questionnaire, it was compiled and analyzed using suitable statistical methods.

Result: According to the result obtained most of the females have proper knowledge regarding sanitary material. A majority of females re-change their sanitary material more than twice. Whereas washing hands and cleanliness practices were found to be unsatisfactory.

Conclusion: From the result of this study we have concluded that females have proper knowledge about sanitary material but they don't have enough knowledge about washing and cleaning habits due to which they can be vulnerable toward many infections and diseases.

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Introduction:-

Menstruation is a natural process in women of reproductive age where the uterus sheds its lining and blood is discharged through the vagina. It usually occurs regularly and can cause physical and emotional discomfort for some women. While it is viewed as a normal biological process in modern times, cultural and societal differences can still influence attitudes towards menstruation. Despite the advancement of medical science in understanding the biological basis of menstruation, variations in perspectives on menstruation can still be seen across different populations and cultural groups. (Moronkola O.A. & Uziegbu U.V. 2006)

Menstruation is a natural process that occurs in females after they reach puberty. It is important for women to manage menstrual bleeding in a hygienic way. However, the issue of menstrual hygiene management is often neglected in developing countries, hindering progress towards achieving several Millennium Development Goals.

The onset of menstruation, also known as Menarche, is a significant milestone in female pubertal development. Unfortunately, menstruation remains a largely taboo subject in India due to social and cultural beliefs. Many parents hesitate to discuss this topic openly with their daughters, resulting in a lack of accurate information on menstrual hygiene. As a result, many girls end up using unclean materials during menstruation, which can increase the risk of developing infections in the urinary, perineal, vaginal and pelvic areas. If left untreated, these infections can lead to infertility, ectopic pregnancy, fetal wastage, prenatal infection, low birth weight babies, and toxic shock syndrome. (Ram R et al ;2006)

It is crucial to openly discuss menstruation with girls as they can sometimes receive inaccurate or incomplete information from peers and family. This can lead to a cycle of misinformation, which can be detrimental to their overall health and wellbeing. Moreover, it has been noted that many adolescent girls in low and middle income countries do not have access to necessary support and facilities in school to manage menstruation. The lack of education and resources can further hinder their ability to manage their menstrual hygiene effectively. Therefore, it is essential to address this issue and provide adequate support to promote menstrual health and hygiene among adolescent girls.(WASH in schools, Menstrual hygiene management 2014)

Aim And Objectives:-

Aim:-

The study aims to identify the effect of menstrual health on overall well-being of subject.

Objective:-

To assess the perception of females college students about menstrual hygiene.

Need Of The Study

Undertaking this study is crucial as it offers an opportunity to enhance the reproductive health of girls and women. The results obtained from this study will contribute towards meeting the hygiene requirements of all adolescent girls and women across all settings.

Significance Of Study

Data obtained from this study will help us to assess the knowledge of girls regarding menstrual hygiene & by assessing this data we will be able to educate girls regarding menstrual hygiene, its effect on health & will be able to prevent various infections & disease.

Study Design:

Survey study

Source Of Data Collection:

Various schools & colleges in Jhajjar.

Sample Size:

300 girls

Sampling Method:

Convenient sampling

Selection Criteria:

Inclusion Criteria:

1. Age 18-25
2. Unmarried
3. Cooperative
4. Have given their consent to participate

5. Can communicate well

Exclusion Criteria:

1. Age below 18
2. Age above 25
3. Married
4. Have not given the consent
5. Cannot communicate well

Independent Variables:

Menstruation.

Dependent Variable:

Menstrual hygiene management.

Material Required:

Consent form, Menstrual hygiene practices questionnaire, pen, paper etc.

Procedure:-

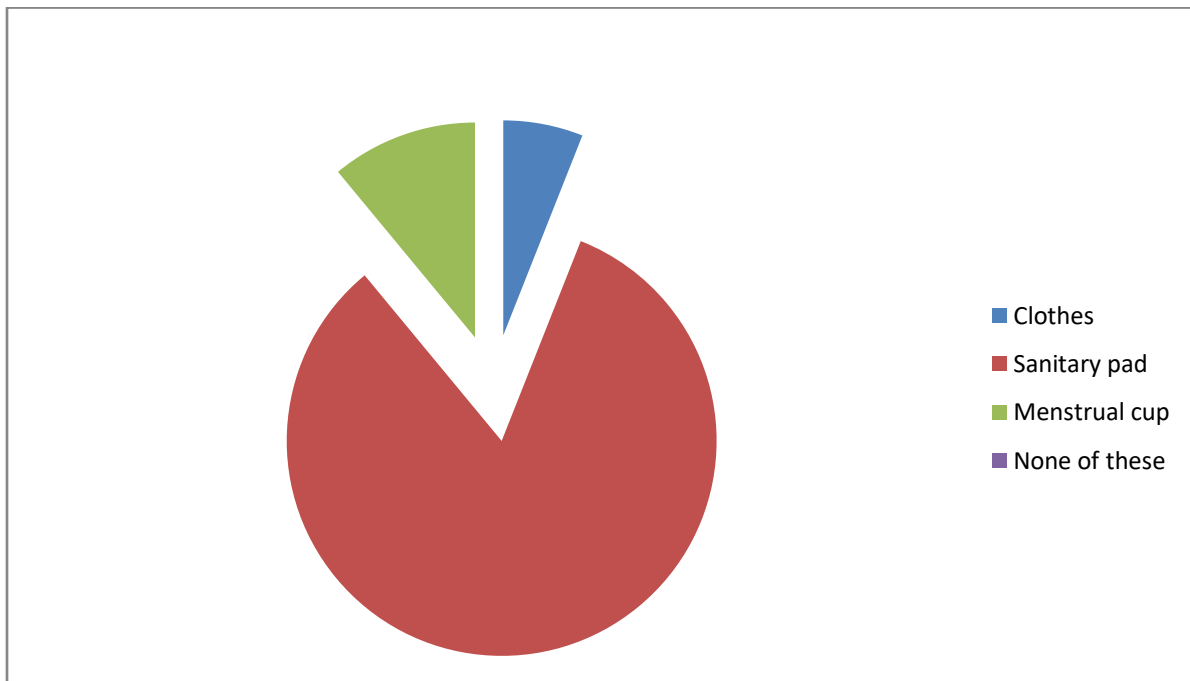
The subject was selected as per the inclusive criteria and information was provided to the subjects. Consent form was obtained from the subjects. Questionnaire was given to subjects and filled questionnaire was collected. The data was compiled and analysed.

Data Analysis

This study has been conducted in a sample of 300 subjects in view of finding the perception of female college students about menstrual hygiene management and carefully examined through suitable statistical tool. The collected data was analysed by using descriptive analysis, with the help of Microsoft Excel.

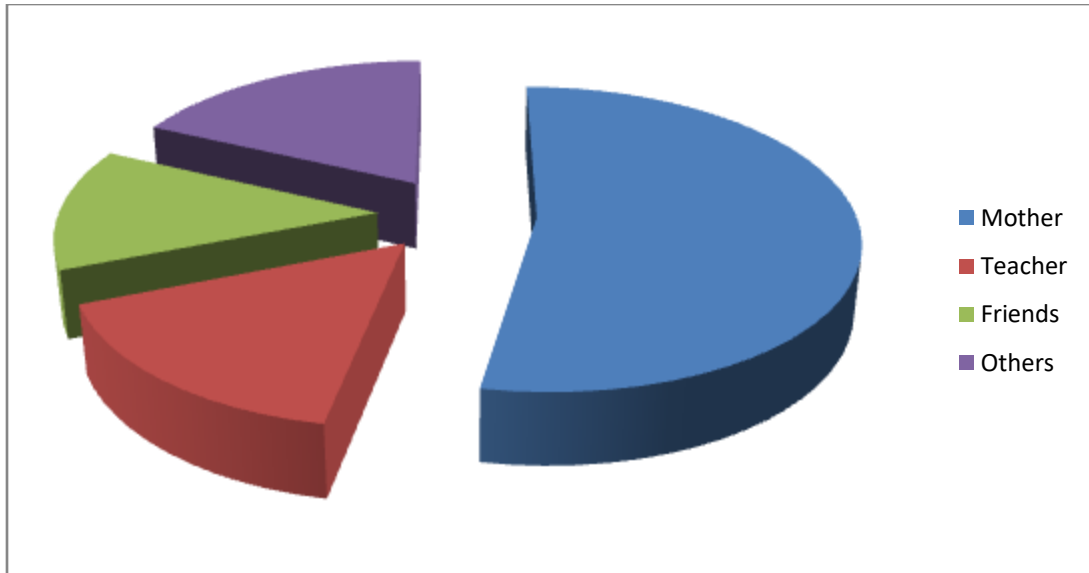
Result:-

Total subjects	Clothes	Sanitary pad	Menstrual cup	None of these
300	6%	83%	11%	0%



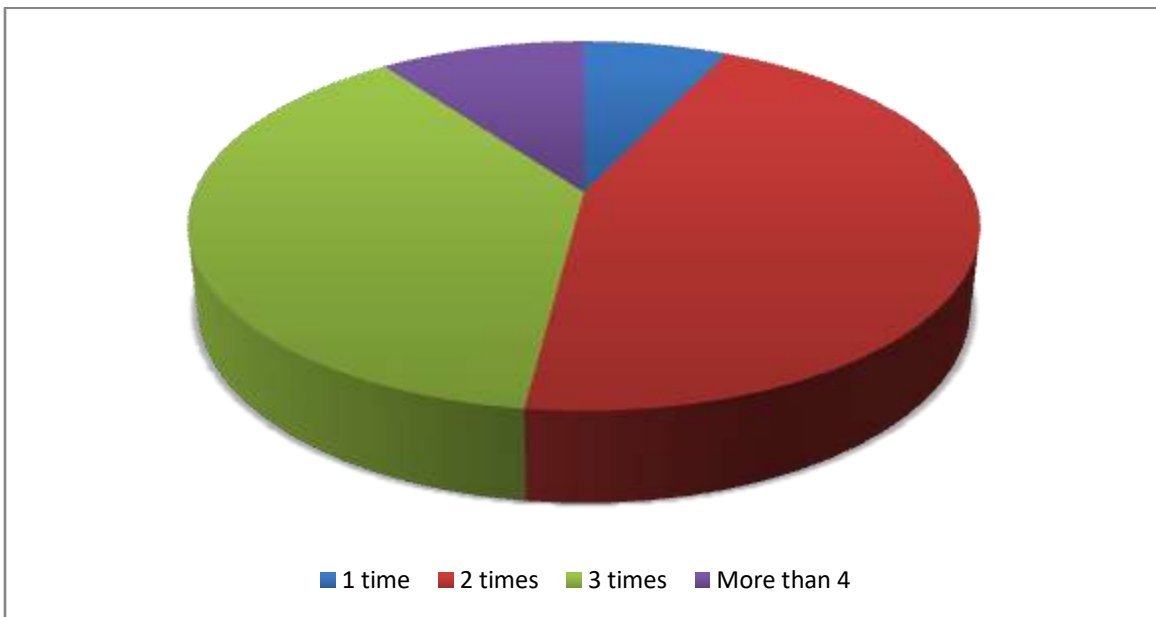
Pie chart showing sanitary material used by females

Total subjects	Mother	Teacher	Friends	Others
300	53%	16%	13%	18%



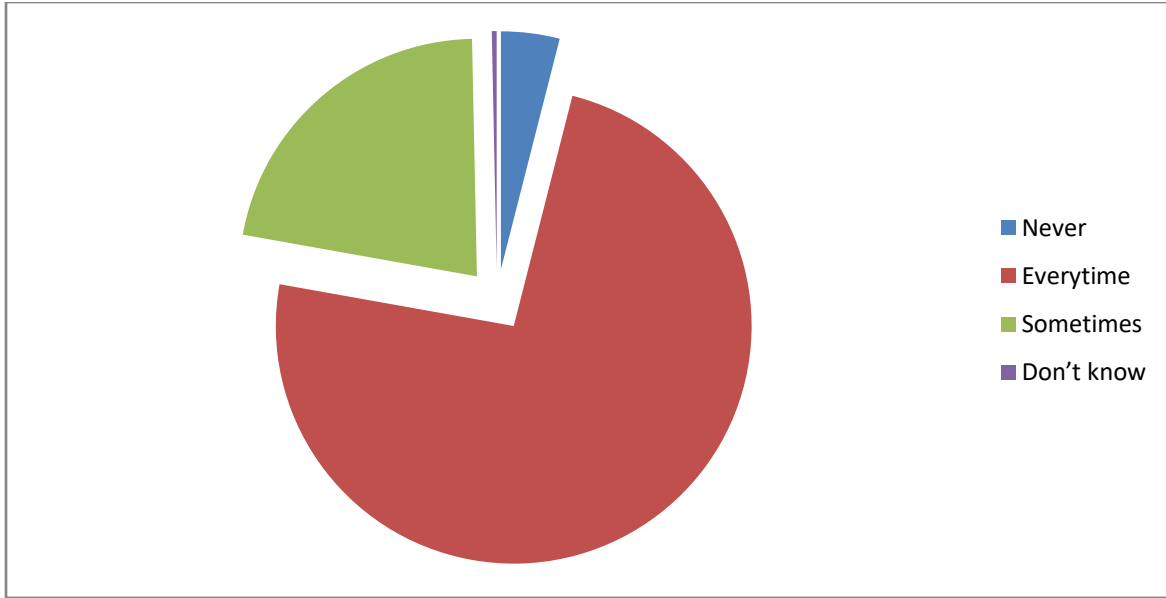
Graph showing source of information about menses

Total subjects	1 time	2 times	3 times	More than 4
300	7%	45%	38%	10%



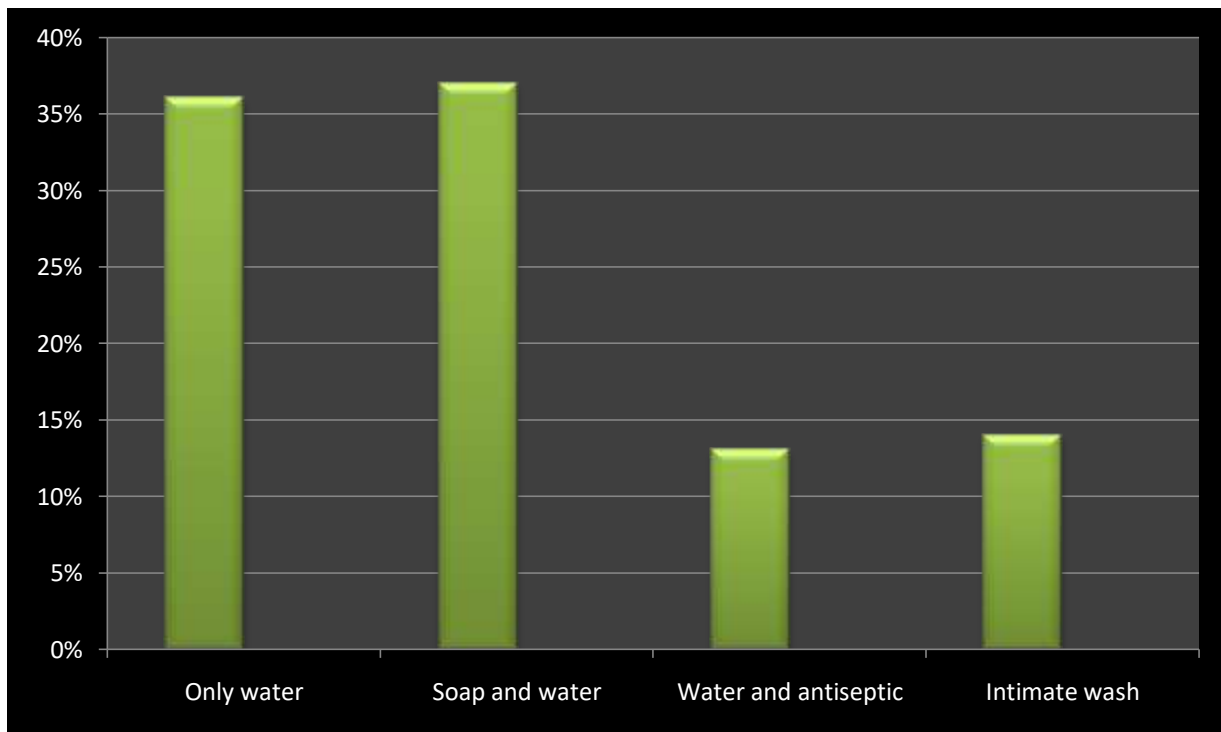
Graph showing that how many times did the females change their menstrual materials

Total subjects	Never	Everytime	Sometimes	Don't know
300	4%	74.3%	22%	0.3%



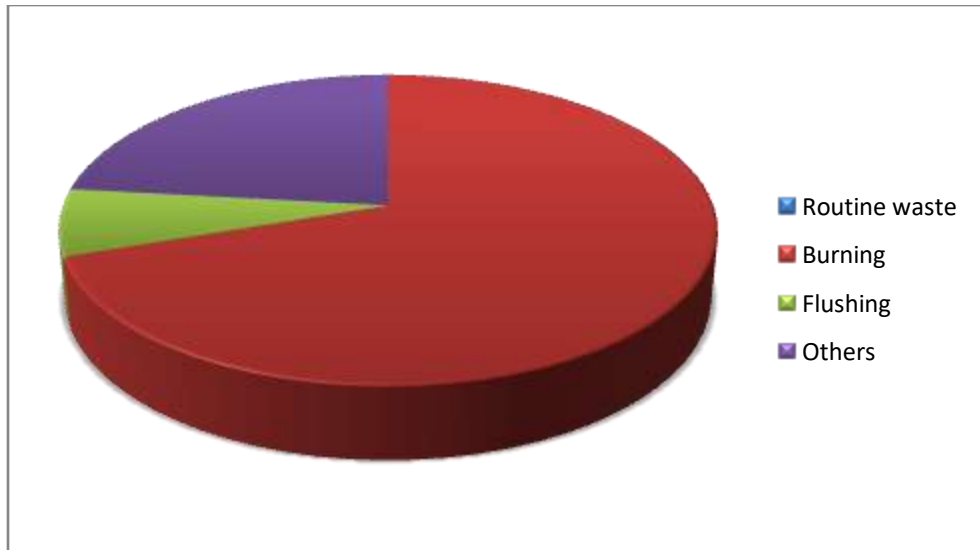
Graph showing the no. of times females washing their hands after changing their menstrual material.

Total subjects	Only water	Soap and water	Water and antiseptic	Intimate wash
300	36%	37%	13%	14%



Graph showing the material used by the females to clean their internal genital.

Total subjects	Routine waste	Burning	Flushing	Others
300	57%	30%	3%	10%



Graph showing how females disposed their used menstrual material.

Discussion:-

This study aimed to investigate the perceptions and practices of menstrual hygiene management among female college students. The research implemented a self-administered questionnaire to collect data from a sample of 300 subjects. The findings indicate that the majority of female students (over 50%) possessed adequate knowledge about menstrual hygiene, although there were some who lacked proper information. Most of the participants (94%) practiced good menstrual hygiene, and a significant proportion (83%) used sanitary napkins as an absorbent material, while 11% of the students opted for menstrual cups. However, 6% of the students reported using cloth as absorbent material due to a lack of knowledge, which can lead to infections and skin irritation. Our study found that 57% of the female participants follow good menstrual hygiene practice by washing their genitals daily. Meanwhile, 23% stated that they wash in 2-3 days, and 15% clean their genitals at the end of menstruation. These results indicate that there is still a need to educate and raise awareness among females regarding proper menstrual hygiene practices.

Limitation Of The Study

1. Small sample size.
2. Lack of funding.

Future Scope Of The Study

Sample size of study can be large and availability of better tools and questionnaire. Sample population can be altered as , menstrual hygiene among housewives.

Conclusion:-

In our research, we have found that menstruation remains a significant taboo in India, with societal discomfort surrounding open discussions about the topic. Additionally, there is a notable lack of information regarding menstrual processes and proper management practices. Addressing menstrual hygiene management requires more than just initiatives in schools and colleges; it necessitates a broader societal effort. For adolescent girls and women to receive adequate support and facilities, it is crucial for families, communities, and society as a whole to challenge existing norms and break the silence surrounding menstruation. Influential figures, including government officials and educators, have a role in promoting open discussions and taking actionable steps to address these issues. Our study also reveals that while women generally have knowledge about menstrual products, they lack sufficient understanding of proper washing and cleaning practices. This gap in knowledge can lead to inadequate hygiene and increase susceptibility to infections and diseases.

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