

Menstrual Hygiene Practices among Adolescent Girls



J.Saranya, C.Prakash, S. Kubera Sampath Kumar

Abstract: *The menstruation cycle plays a major role in every women's life, with this periodic cycle she undergoes a lot of stress and strains due to her mental and physiological balancing issues, because of the hormone changes. By the time of menstruation, she seeks some comfort with her, for this the sanitary napkins ran a greater part by avoiding the leakages of blood contaminant in her cloths. Some of the pads having wings or flaps that fold over the sides of underwear to protect against from leaks and stains. Also in some rural areas the women's not much aware of maintaining the menstruation hygiene, they are using some rectangular fabric and can be washed then reused. In the hygiene part of menstruation women are unaware of determining the whole imbalance activities of maintaining cleanliness.*

Keywords: *Creation of awareness, survey, Questionnaire, Assessment of Girls, Analysis, Problems and Findings.*

I. INTRODUCTION

It is reported that there are 355 million women and girls who are menstruating in India yet millions of women are facing impediments instead of a comfortable journey through their menstrual phase [1]. A study quotes that about 71% of the girls in India are not provided with the awareness about the menarche and the menstrual hygiene methods. Over 70% of the families are not in a condition to afford sanitary napkin or other menstrual products for their women. The present status of hygiene and sanitation in India is in a woeful state[2]. As per the records, only 18% girls and women know how to use a sanitary napkin were the others were a napkin for more than 12 stated by times of India. About 23 million girls have menarche. In rural area, only 2-3% of the women are approximated to use sanitary napkins [3]. About 60,000 cases of cervical cancer death are being reported in India every year. Improper menstrual hygiene practices lead to two-thirds of cervical cancer patients in India. Harmful chemical like dioxin incorporated in sense of the napkins is the cause for complicated issues like cervical cancers. Scented pads cause Bacterial Vaginosis by disturbing the bacteria in the vagina [4]. Itching, welling and redness are the majorly felt issues and in other times the consolidation of heat and moisture in the sanitary napkin grant bacterial growth. Urinary Tract infection and vaginal infections are the outbreak of using the sanitary pads over 6 hours of time. The accumulation of Dioxin in our body causes damages to reproductive health [5].

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BPA and BPS are chemical that muddles embryonic development. Dioxins gives raise to ovarian cancer. Pesticides and herbicides used for cultivation of cotton crops reach our blood stream. Especially, Furan causes cancer by contaminating our body [6]. The release of toxins by the growth of bacteria on a sanitary napkin causes drop in blood pressure levels and causes breakage in the blood supply to brain [7].

II. MATERIALS AND METHODS

A. Materials

A survey was conducted with 500 girls at sona college of technology, Salem for better perceptive of the menstrual Hygiene Practices that are followed. This survey tags the uncomfortable situations that are faced during menstruation and it also conceded the choice of products from the market. The survey also quoted on the physical and mental imbalances that women undergo during their menstrual phase. A questionnaire with 22 questions was issued to assess the present condition among the 500 girls. The age group of the girls were between 19-22 years. The assessed group of girls consisted Days scholars, Boarders, Public transport commuters, self-driving students, pedestrians, athletes, swimmers to they manage during their periods.

B. THERE WAS A QUESTIONNAIRE ASSESSING GIRLS' MENSTRUAL HYGIENE PRACTICES IN OUR COLLEGE:

Name:

Age:

I. About Menstruation?

- 1.How many days of classes have you missed in the last four weeks due to periods?
- 2.In a normal month how many days do you miss of classes because of illness?
- 3.Which of these products have you heard of?
- 4.What do you normally use during your period?

II.Disposable sanitary Pads:

5. Brand Name?
6. Have you bought disposable sanitary pads from a shop in the last six months?
7. Regular/irregular periods and write an impact of it?
8. how many pads do you changing per day?
9. How often does your period make you miss class due to pain?
10. Does your period make you unable to go to regular activity?
11. Does you period make you unable to do sport?
12. How many days do you bleed each month?
13. I miss classes during my period because I am afraid of staining my clothes?
14. During my period do you experiences the itchiness?
15. During my period I feel I am no good?



Menstrual Hygiene Practices among Adolescent Girls

16. During my period I wish I could be happier?
 17. During my period I feel less confident than when I am not on my period?
 18. Medicines intake, if yes specify it.

III. RESULTS AND DISCUSSIONS

Among the 500 menstruating women at sona college of technology, all were aware about sanitary napkin, only 30% of the women knew about menstrual cups and about 24% of the women know about Tampons. Over 35% of the women were aware about the reusable pad.

A. Usage of Menstrual Products

Over 90% of the women use Disposable sanitary napkin. About 8% of the women use tampons and only 2% of the women who are athletes use menstrual cups during menstruation.

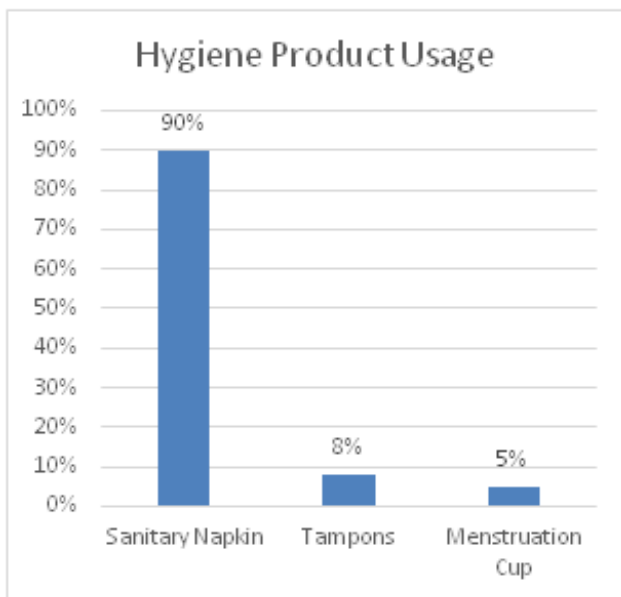


Fig .1. Hygiene Product Usage

B. Products used from varies Brands

Over 40% of the women out of 445 use whisper brand and about 24% of the women use sofy brand. About 20% of the surveyed women use Stayfree brand pads. Over 10% of the women use lady anion and the rest of the 6% use other brands such as nura, vaneesa, carmesi, heyday etc.

C. Changing the pads

About 30% of the women change 5 pads a dry, where 15% of the women change 4 pads in a day. About 11% of the women change 3 pads a day where 5% of the women change 2 pads a day. The rest of the 29% out of the 90% who are using sanitary napkins, may or may not change a single pad in the whole day.

Out of the 500 women who are menstruating, over 60% of the women have irregular periods.

D. Missing Classes due to Period

From the survey we cumulated there will be part of students are missing or avoiding classes during the menstruation cycle. By the research, the team came to know that majority of students affected and getting fear due to leaking and itching, irritation issues. They can't be sit regularly in class room by so many problems.

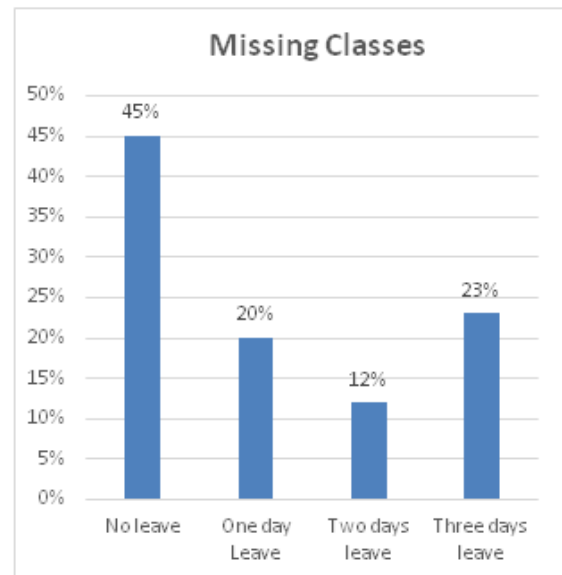


Fig.2. Hygiene Product Usage

About 23% of the women miss 3 days' classes per month, over 20% of women 1 day of class per month and the rest of the 45% of the total women attend classes with lots of discomfort ability and illness.

E. Reasons for leave during and menstruation

Out of the 55% women who take leave during periods (275 women), Nearly 34% of the women miss clothes due to the panic of staining clothes whereas the rest of the 21% of the women confessed that they feel uncomfortable and tired.



Fig.3. Reasons for Leave during Menstruation

F. Uncomfortable Situation

Over 80% of the women quoted that they are uncomfortable while walking due to the placement of sanitary napkins and over 60% of the women said they were unable to do their regular activities. About 23% of the women who are enthusiastic at sports do have hydrates during menstruation.

G. Period pain

Over 65% of the women taken into consideration confessed that they experience pain up to 7 on a scale of 10. About 15% of the women experience intolerable pain up to 10 that they also faint due to low pressure. Over 13% of the women experienced pain up to 5 on a scale of 10. The rest of the 7% have pain up to 3 on a scale of 10 and they experience very minimal abdominal cramp.

H. Itching and Allergies

Over 35% of the women were affected by itching and irritation due to sanitary napkin, because most of the sanitary napkin is manufacturing by synthetic poly fibres or manufactured fibres, also the latest advertisement of gel-lock mechanism is derived by the chemical (super absorbent polymer) which is using for absorbing, swelling and holding of blood contaminants within the sanitary napkin during the period. Mainly these all petrochemical based polymers, so by its MDS (Medical Data sheet) itself it concluded the super absorbent polymers are highly creating itchiness and irritation to the skin and eye burning, also forming of allergies with the soft tissues.

I. Medicine Intake

Over 40% of the women consume tablets for subsiding period pain. They consume Advil, Motrin IB, Aleve to control the abdominal cramp 15% of the women consume Diane-35 for PCOS treatment.

IV. CONCLUSION

From the survey of considering 500 women from sona college of technology, we got a clear study of the menstrual hygiene practice that were followed and the causes for un comfortableness during menstruation [8]. The survey concluded that over 90% of the women survey using Disposable sanitary napkins. It is also plotted that over 80% of the women are using synthetic pads like whisper, Stayfree, sofy and Lady anion [9].

Over 55% of the women miss classes during menstruation and the major problem was the fear of staining cloth, 35% of itching and allergies. Over 80% of the women were un comfortable during periods and suffered from abdominal pain between 7-10 on a scale of 10. Over 40% of the menstruating women consume tallest either to subside the abdominal pain on they consume pills for PCOS treatments [10]

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