

“A Study to Assess the Knowledge Regarding the Use of Menstrual Cup among the Adult Girls in Girls’ Hostel, Visnagar.”

N.SivaSubramanian¹, Kuldeep Jain², Joshi sonal Ben.³, Patel Khushi Ben⁴

Patel Pranjal Ben⁵, Rawal Sujal⁶, Chaudhari Komal Ben⁷,

Principal, Nootan College Of Nursing, Sankalchand Patel University Visnagar, Gujrat-384315 Assistant Professor, Nootan College Of Nursing, Sankalchand Patel University Visnagar, Gujrat-384315 Final Year GNM Nursing Student, Nootan College Of Nursing, Sankalchand Patel University, Visnagar, Gujrat.-384315

CORRESPONDING AUTHOR:-N.SivaSubramanian

Principal, Nootan College Of Nursing,
Sankalchand Patel University Visnagar, Gujrat-384315

ABSTRACT:

The menstrual cycle is a series of natural changes in hormone production and the structure of the uterus and ovaries of the female reproductive system that make pregnancy possible. The ovarian cycle controls the production and release of eggs and the cyclic release of oestrogen and progesterone. A Menstrual cup is a menstrual hygiene device which is inserted into the vagina during menstruation. Its purpose is to collect menstrual fluid. Menstrual cups have been available for decades, but their use in India is limited because of lack of awareness and popularity of sanitary pads. Since they are reusable, they reduce solid waste and are environment friendly. The need of the hour is education, awareness, and availability of the eco-friendly practices when it comes to managing menstrual waste effectively.

Key Word: Menstruation, Menstrual Cups, Assess, Reproductive.

Date of Submission: 02-04-2024

Date of acceptance: 13-04-2024

I. INTRODUCTION :

Adult girls belong to vital age group not only because they are the entrant population to motherhood but also because they are threshold between childhood and motherhood. The girls should be educated about significance of menstruation and development of secondary sexual characteristics. A menstrual cup is a small Funnel shaped cup that a women can insert into their vagina to collect menstrual blood during a period.

The menstrual cup can be a good solution for menstrual hygiene management in economically challenged setting. It can be a good solution for dealing with menstruation in areas where alternatives such as sanitary pads are expensive. Menstrual cup is easiest to insert and good reliable. Both the intra vaginal product trial specialists and the nurse adviser at Moon cup emphasized that good hand hygiene when inserting and removing the menstrual cup is the most important requirement for safe use.

Menstrual cup was accepted among the student population & should be considered as a cost effective & environment sustainable option in menstrual health management. Although there is not any official guidance around this most manufactures recommend cups for all ages and sizes. A concern about leaking menstrual fluid in public is just one of the reasons menstrual cups have become more popular. Many women find them to be a leak – free alternative traditional tampons and sanitary pads. During the menstruation the girls are required many special need which is important for menstrual hygiene and menstrual hygiene include cleaning and different types of menstrual hygienic product which include clothes, sanitary pad, tampons, sponges, panty lines and menstrual cup. With the use of menstrual cup, there is awareness and sensitization on the risk of infections if proper hygiene was not followed.

Over the course of their lives, menstruating women use nearly 12,000 pads, clothes pieces or tampons. In landfills, these take hundreds of years to decompose.

The menstrual cycle is a series of natural changes in hormone production and the structure of the uterus and ovaries of the female reproductive system that make pregnancy possible. The ovarian cycle controls

the production and release of eggs and the cyclic release of oestrogen and progesterone.

A Menstrual cup is a menstrual hygiene device which is inserted into the vagina during menstruation. Its purpose is to collect menstrual fluid.

Menstrual cups have been available for decades, but their use in India is limited because of lack of awareness and popularity of sanitary pads. Since they are reusable, they reduce solid waste and are environment friendly. The need of the hour is education, awareness, and availability of the eco-friendly practices when it comes to managing menstrual waste effectively.

Theme of Menstrual Hygiene Day 2021: This year's theme is "Action and Investment in Menstrual Hygiene and Health" 28-May-2021. Red Dot Challenge, a social media campaign initiated by Post for Change, a non-profit organization in partnership with UNICEF India aims to spread the message of menstrual hygiene. For the last four years, Miss World 2017 Manushi Chhillar has been working towards raising awareness on menstrual hygiene in India through her non-profit advocacy platform Project Shakti. This year, on Menstrual Hygiene Day (May 28), Manushi has been roped in by UNICEF to raise awareness on the issue in India.

II. MATERIAL AND METHODS

Methodology is the major phase of research in which the investigator makes a number of decisions about the materials to be used to study the research problem basically through the collection of data. The methodology includes description of research approach, research design, site and setting, sampling technique, department of the instrument, validation of the instrument and its reliability, methods of data collection, pilot study and plan for statistical analysis.

- RESEARCH DESIGN (DESCRIPTIVE DESIGN)
- TARGET POPULATION (GIRLS LIVING IN GIRLS HOSTEL VISNAGAR)
- ACCESSIBLE POPULATION (GIRLS HOSTEL VISNAGAR)
- SAMPLE SIZE 100
- TOOL STRUCTURED KNOWLEDGE QUESTIONNAIRE
- SAMPLING TECHNIQUES (SIMPLE RANDOM SAMPLING)
- RESEARCH SETTING (GIRLS HOSTEL VISNAGAR)
- DATA ANALYSIS DESCRIPTIVE AND INFERENTIAL STATISTICS

RESEARCH APPROACH

The most important aspect of any research is the research approach. The goal of the research study that has been conducted determines the best type of research to conduct. Research for this topic was conducted using an educational and evaluative method. Educational and evaluative quantitative method.

RESEARCH DESIGN

The researcher's overall strategy for discovering the answers to the research questions and putting the study hypothesis to the test is referred to as the research design. The study design outlines the methods the researcher will use to produce information that is accurate, impartial, and understandable. The research design selected for this study is a Descriptive Survey design.

POPULATION

"Population refers to the entire aggregation of cases that meets designed criteria," claim Polit and Hungler. To determine the group on which the study can be conducted, it is necessary to define a population for a research project. The Girls who are leave in girls Hostel Visnagar make up the study's population.

TARGET POPULATION:

The whole population of individuals or objects that satisfy the predetermined set of criteria is referred to as the target population. For instance, in this study, my accessible population consists of 100 girls in the girls Hostel at Visnagar Mehsana area.

ACCESSIBLE POPULATION:

It is the collection of cases that meet the specified Criteria and can be used as research subjects. For instance, in this study, the accessible population consists of 100 Hostel girls in the Visnagar, Mehsana district.

SAMPLING

In order to draw conclusions about the population, sampling is the act of choosing a subset of the population to represent the complete population. Therefore, the participant in the current study was chosen using the Simple Random Sampling technique.

SAMPLE SIZE

"Use a sample as a representative portion of the population that the researchers will focus on during their study." The sample consists of 100 girls In Visnagar Girls Hostel who have Knowledge about Mentural Cup.

SAMPLING CRITERIA

Inclusion criteria:

Adult girls living in girls’ hostel, Visnagar who will be willing to participate in the research study, Adult girls living in girls’ hostel those whowill be available during data collection.

Exclusion criteria:

Adult girls living in girls’ hostel, Visnagar who will not be willing to participate in the research study, adult girls living in girls’ hostel those whowill not be available for data collection.

VARIABLE UNDER STUDY

A variable is an attribute of person or object that varies i.e., it takes different values. For the present study the variables identified were:

INDEPENDENT VARIABLES:

Age, Education and Menarche about Menstrual cup in girls.

DEPENDENT VARIABLE:

Knowledge and Experience regarding menstrual cup among the adult girls in girls’ hostel of Visnagar.

SECTION: 1

Analysis and interpretation done according to following section.

Analysis and interpretation of data Collected on different socio demographic variables.

Table 4.1.1 Frequency and percentage wise distribution of the Samples by their characteristics: Age ,menarche, education, source of information and use.

(n=100)

SR.NO.	VARIABLE	FREQUENCY	%
1.	AGE		
	18 – 20 years	47	47%
	21 - 22 years	53	53%
	23 – 25 years	00	00%
2.	MENARCHE		
	10-12 years	02	02%
	12-14 years	66	66%
	Above 14	32	32%
3.	EDUCATION		
	Diploma	00	00%
	Bachelor	100	100%
	Master	00	00%
4.	SOURCE OF INFORMATION		
	Social media	45	45%
	Friends	26	26%
	Family	18	18%
	Teachers	11	11%
5.	USE OF MENSTRUALCUP		
	Yes	04	04%
	No		

		96	96%
--	--	----	-----

ANALYSIS OF KNOWLEDGE OF RESPONDANT COLLECTED BY STRUCTURED QUESTIONNAIRE

TABLE 4.2.1 Area wise Mean Score and percentage of Knowledge regarding Menstrual cup. (n=100)

SR.NO.	AREA	MAX. SCORE	MEAN SCORE	%
1.	Introduction	3	2.54	84.66
2.	Properties	4	1.29	32.25
3.	Anatomy	2	1.45	72.5
4.	Procedure	4	2.34	58.5
5.	Cleaning and storage	3	1.20	40
6.	Advantages	1	0.83	83
7.	Disadvantages	3	1.44	48
8.	TOTAL	20	11.09	

FREQUENCY AND PERCENTAGE WISE DISTRIBUTION OF CATEGORIZATION OF KNOWLEDGE OF MENSTRUAL CUP ON THE BASIS OF STRUCTURED KNOWLEDGE QUESTIONNAIRES

TABLE 4.3.1 Frequency and percentage wise distribution of categorization of knowledge. (n=100)

Category of Knowledge of Menstrual cup	Marks Range	Frequency	%
Poor	1-6	3	3
Average	7-13	82	82
Good	14-20	15	15

The table shows frequency and percentage wise Distribution of categorized knowledge. 3% have Poor knowledge, 82% have Average knowledge and 15% have Good knowledge about Menstrual cup. Overall, the girls in girls' hostel have Average knowledge about Menstrual cup.

III. RESULT

The conclusion can be drawn from the present findings. In present study, according to the marks range, 3 samples have poor (1-6) knowledge, 83 samples have average (7-13) knowledge and 15 samples have good (14-20) knowledge. According to percentage range, 3% have poor knowledge, 83% have good knowledge and 15% have good knowledge.

IV. DISCUSSION:

This study found that the girls living in the girls' hostel had an Average knowledge of Menstrual Cup, they scored an Average score of 59.84% on the basis of the structured knowledge questionnaire. The knowledge was divided into 7 Divisions and knowledge was answered accordingly. The girls knowledge was evaluated and they have 84.66% knowledge regarding Introduction, 32.55% regarding Properties, 72.5% regarding Anatomy, 58.5% regarding Procedure, 40% about Cleaning and Storage, 83% about Advantages and 48% knowledge is about Disadvantages of Menstrual Cup. They have Highest knowledge about the basics of Menstrual Cup with the mean score 84.66% and lowest about the properties with the mean score 40%.

REFERENCES

- [1]. Annamma Jacob, "A COMPREHENSIVE TEXT BOOK OF MIDWIFERY", Jaypee Brothers Medical Publisher Pvt. Ltd, New Delhi, 2005; P.P: - 958 to 961
- [2]. Anne Waugh and Allison Grant, "ROSS AND WILSON ANATOMY AND PHYSIOLOGY IN HEALTH AND ILLNESS", 12th edition, Elsevier publication

- [3]. Basavanthappa. B.T,"TEXTBOOK OF NURSING RESEARCH", Jaypee Brothers,New Delhi,1998
- [4]. Brunner and Siddharth, "TEXTBOOK OF MEDICAL AND SURGICAL NURSING" 11th edition, 2009.Wolters Kluwer, New Delhi; P.P: -2233 TO2236
- [5]. Dr. Shally Magon and Sanju Sira, "TEXTBOOK OF MIDWIFERY AND OBSTETRICS",4th edition, Lotus publication
- [6]. Hiralal Konar," DC Dutta's TEXTBOOK OF OBSTETRICS",9th edition, Jaypee Brothers
- [7]. Indrani T.K. "RESEARCH METHODOLOGY FOR NURSES" 1st edition Jaypee brother medical publisher(P) Ltd.
- [8]. P.R. Ashalatha, "TEXTBOOK OF ANATOMY AND PHYSIOLOGY",4th edition,Jaypee Brothers
- [9]. Suresh K Sharma. "NURSING RESEARCH AND STATISTIC", 3rd edition, published by, RELX India Private Limited (formally reed Elsevier publisher);Page no: 294