



AWARENESS ON MENSTRUAL HYGIENE

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**ABSTRACT**

**Background:** Menstrual hygiene is an essential aspect of women's health, yet many individuals, especially in developing regions, face challenges due to lack of awareness and access to necessary hygiene products. Poor menstrual hygiene can lead to health issues, social stigma and gender inequality. Promoting awareness about menstrual hygiene management (MHM) is crucial to improving health outcomes and empowering women and girls. **Methodology:** A cross-sectional study was conducted among 139 women of age group > 10 years. The study data was collected through Google forms by using a pre-designed, semi-structured questionnaire. SPSS software version 2020 was used for statistical analysis. **Results:** In this study, majority of women are aware about the menstrual hygiene i.e 98(70.5%). As compared with that of the women residency in urban areas has more awareness than that of women in rural areas. 88.5% of women believe that menstruation should be openly discussed in schools and families. Area where they reside and their education level showed statistical significance regarding awareness. **Conclusion:** The study highlights the need for improved menstrual hygiene education especially in rural and underserved areas. Empowering women and girls through education, addressing cultural taboos and ensuring access to affordable hygiene products are key steps towards improving menstrual health outcomes. Awareness campaigns should target not only girls but also parents, teachers and healthcare providers to foster a more open and supportive environment.

**KEYWORDS :** menstrual hygiene, health issues, social stigma, gender inequality menstrual hygiene education.

**INTRODUCTION**

Menstrual hygiene management (MHM) is a critical aspect of women's health and wellbeing. Globally, millions of women and girls face challenges in managing their menstruation due to limited access to sanitary products, inadequate knowledge and socio-cultural taboos. Awareness of menstrual hygiene is essential in overcoming these barriers, promoting proper health practices and improving the quality of life for menstruating individuals. This study aims to assess the level of awareness regarding menstrual hygiene (Target population) and explore the various factors that influence menstrual practices.

**Methodology**

**Study Design:** Cross-sectional study

**Study Population:** women of age group above 10 years residing in rural and urban areas.

**Study Period:** November 2024 - march 2025

**Sample Techniques:** Convenient sampling

**Inclusion Criteria :** women of age group above 10 years residing in rural and urban areas irrespective of their education level.

**Exclusion Criteria:** Girls who are below 10 years of age and who doesn't gave consent.

**Ethical Consideration:** Informed consent was taken

**Data Collection :** Data collection was done using pre tested and pre structured questionnaire. Google forms were sent to all women and asked to be filled.

**Data Analysis And Interpretation:** Data was entered using Microsoft Excel 2016 spreadsheet. Summarization and analysis of data were carried out by using IBM SPSS Software version 20(licensed). Descriptive Statistics: Frequency, percentage. Inferential Statistics: Chi-square test.

**RESULTS**

The questionnaire was administered to women > 10 years of age residing in rural and urban areas irrespective of their education level. Questionnaire consists of 11 questions covering all possible fields to obtain the maximum benefit from the study.

**Table 1: A total of 139 subjects were taken as sample size out of which 10-20 years constituted 40 (28.8%), 20-30 years constituted 69 (49.6%), 30-40 years constituted 20 (14.4%), > 40 years constituted 10 (7.2%) of total people.**

Age	Frequency	Percent
10-20	40	28.8
20-30	69	49.6
30-40	20	14.4
>40	10	7.2
Total	139	100.0

**Table 2: Out of total sample taken 74(53.2%) people residency in urban areas whereas 65(46.8%) of people residency in rural areas.**

Area	Frequency	Percent
1 (urban)	74	53.2
2 (rural)	65	46.8
Total	139	100.0

**Table 3: Out of total sample taken education drop downs are 29(20.9%), school going are 14(10.1%), under graduates are 61(43.9%), post graduates are 35(25.2%).**

Education	Frequency	Percent
1 (drop down)	29	20.9
2 (school)	14	10.1
3 (under graduate)	61	43.9
4 (post graduate)	35	25.2
Total	139	100.0

**Table 4:** Out of total sample taken 98(70.5%) women has awareness about menstruation before menarche where as 41(29.5%) women don't have awareness.

Awareness about menstruation before menarche	Frequency	Percent
1 (yes)	98	70.5
2 (no)	41	29.5
Total	139	100.0

**Table 5:** Out of total sample taken 91(65.5%) of women know how to use sanitary pads before menarche whereas 48(34.5%) of women don't know.

know how to use sanitary pads before menarche	Frequency	Percent
1 (yes)	91	65.5
2 (no)	48	34.5
Total	139	100.0

**Table 6:** Out of total sample taken 112(80.6%) women are aware of cause and source of bleeding during menstruation whereas 27(19.4%) women don't.

aware of cause and source of bleeding during menstruation	Frequency	Percent
1 (yes)	112	80.6
2 (no)	27	19.4
Total	139	100.0

**Table 7:** Out of total sample taken 93(66.9%) of women believe that myths followed during menstruation should be avoided whereas 46(33.1%) women don't.

myths followed during menstruation should be avoided	Frequency	Percent
1 (yes)	93	66.9
2 (no)	46	33.1
Total	139	100.0

**Table 8:** Out of total sample size taken 120(86.3%) women know that their physical and mental health plays role in their menstruation whereas 19(13.7%) women don't know.

physical and mental health plays role in menstruation	Frequency	Percent
1 (yes)	120	86.3
2 (no)	19	13.7
Total	139	100.0

**Table 9:** Out of total sample taken 105(75.5%) of women are of PCOS(Poly cystic ovarian syndrome) whereas 34(24.5%) of women don't know.

aware of PCOS(poly cystic ovarian syndrome)	Frequency	Percent
1 (yes)	105	75.5
2 (no)	34	24.5
Total	139	100.0

**Table 10:** Out of total sample size taken 123(88.5%) women believe that menstruation should be openly discussed in schools and colleges whereas 16(11.5%) women don't want to.

menstruation should be openly discussed in schools and families	Frequency	Percent
1 (yes)	123	88.5
2 (no)	16	11.5
Total	139	100.0

**Showing association of area where they reside with education**

	Area where u reside		Pearson Chi-Square Tests		Area where u reside	
	1: rural 2: urban					1: rural 2: urban
	Count	Count	Chi-square	df		
Age	10-20	23	17		6.920	
	20-30	30	39			
	30-40	15	5		3	
	>40	6	4			
				Sig.	.074	

The chi square value is significant at 0.05 level

**DISCUSSION**

In present study,table 4 showing majority of the women above 10 years of age are aware of menstruation before menarche i.e 98(70.5%).Out of total 139 women,91(65.5%) of women know how to use sanitary pads before menarche.

Study conducted by A Das gupta et al out of 160 responders ,108(67.5%) were aware about menstruation prior to attainment of menarche.In my current study also showed similar results i.e out of 139 responders 98(70.5%) were aware of menstruation prior to attainment of menarche.whereas in contrast study conducted by SB Tharke et showed only 36.95% of girls were aware of menstruation before menarche.

Study conducted by Subhash B Tharke et al showed more than three fourth of the girls in the study were not aware of the cause and source of bleeding whereas in contrast my study showed out of 139 responders 112(80.6%) of the women were aware of the cause and source of bleeding.

Study conducted by R Patle et al showed awareness regarding menstruation was more in urban adolescent girls(63.38%) as compared to rural (47.57%). In my study also showed the similar results i.e out of 139 responders 74(53.2%) of urban areas residing people are aware of menstrual hygiene compared to that of rural areas residing people i.e 65(46.8%).

Study conducted by R Juyal et al showed 64.5% girls(71.1% rural and 57% urban) were aware about menstruation prior to attainment of menarche, awareness among rural girls is significantly more compared to urban girls. Where as in contrast my study showed awareness about menstruation prior to menarche is more among urban girls when compared to rural i.e urban 74(53.2%) and rural 65(46.8%).

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