



A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING USE OF MENSTRUAL CUP AMONG ADOLESCENT GIRLS AT A SELECTED HIGHER SECONDARY SCHOOL IN PATHANAMTHITTA DISTRICT

Nursing

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ABSTRACT

Background: Adolescence period has been recognized as a turbulent period that signifies the transition from girlhood to women hood and is considered a landmark of female puberty. Many girls and women face challenges with managing their periods safely, in addition to dealing with persisting taboos. A menstrual cup is a reusable non- toxic and non- allergic silicon device that can be used to capture menstrual fluids. **Aim& Objectives:** The study aimed to assess the knowledge and attitude regarding use of menstrual cup among adolescent girls, to prepare and validate a structured teaching program for adolescent girls, to find out the association between pre-test knowledge score and attitude score with selected demographic variables. **Methodology:** The research approach used for the study was quantitative approach and research design was descriptive research design with 70 samples selected through non-probability convenience sampling. Setting of the study was selected higher secondary school at Pathanamthitta district. **Results:** Descriptive and inferential statistics were used for the study. The result showed that, 81% of adolescent girls had average knowledge and 19% had good knowledge. Additionally, 96% had a favorable attitude toward menstrual cups, while only 4% had an unfavorable attitude. A significant association was found between pre-test knowledge and attitude scores with selected demographic variables. **Conclusion:** The study concluded that, most of the adolescent girls had moderate knowledge and positive attitude towards the use of menstrual cup.

KEYWORDS

Adolescent, Girls, Knowledge, Attitude, Menstrual Cup

1. INTRODUCTION

Adolescence period has been recognized as a turbulent period which signifies the transition from girlhood to women hood and considered as a landmark of female puberty. Although teenage is an eventful period of life, many teenagers are often less informed, less experienced and less comfortable accessing reproductive health information and services than adult. This transitional period is marked with the onset of 'MENARCHE' which is generally accepted by young girls as a signs of maturity¹.

Menstruation is a normal biological process and key sign of reproductive health. Many girls and women face challenges with managing their periods safely in addition to persisting taboos. Women and girls capacity to manage their periods is affected by number of other factors including limited access to affordable and hygienic sanitary materials and disposal options leaving many to manage their periods ineffective, uncomfortable and unhygienic way².

Menstrual hygiene materials are those used to catch menstrual flow, such as clothes, reusable and disposable pads, menstrual cups and tampons. Menstrual cup are better alternatives than other materials. A menstrual cup is a menstrual hygienic device which is inserted into the vagina during menstruation. Its purpose is to collect menstrual fluid.

Menstrual cups are usually made of flexible medical grade silicone, latex, or a thermoplastic isomer. They are shaped like a bell with a stem or a ring. This is unlike tampons and sanitary pads, which absorb the fluid instead. One cup may be reusable for up to 10 years, making their long-term cost lower than that of disposable tampons or pads. As menstrual cup is reusable, they generate less solid waste than tampons and pads. Most menstrual cup brands sell a smaller, medium and larger size cup.

2. Literature survey

Approximately 74% of the global female population is of reproductive age. The majority of the females menstruate for 2-7 days each month. Menstruation is a normal physiological phenomenon. However, it has been linked to many religious traditions and taboos in developing countries like India. Cultural, religious and traditional beliefs can lead to different restrictions that women face during their menstrual period. In the developing world, menstrual management is not only difficult; it also may have serious adverse impact on the lives of women. Efforts to produce inexpensive materials are solely lacking. Women use cloths, absorbent pads or tampons to manage menstrual flow. Washing the clothes or disposing the Pads hygienically is a challenge for most of the females³.

A descriptive study to assess the attitude towards menstrual cup use among working women in Trissur district. The objective of the study was to assess the attitude towards the use of menstrual cup before and after the administration of leaflet. Sixty samples were included. The

study result showed that, 51.7% had positive attitude towards menstrual cup before the administration of leaflet and after the administration of leaflet, 73.3% had positive attitude towards menstrual cup use. The study concluded that, pre intervention, 41.7% of women were willing to use of menstrual cup whereas in the post intervention, 66.7% of women willing to use menstrual cup. So, the researchers focus on the importance of using menstrual cup in women⁴. Menstrual cup is small flexible, receptacles that are inserted into the vaginal canal to collect menstrual blood. The advantage of cup is an economic, healthy and environmentally friendly option for menstrual management.

3. Statement of the problem

A study to assess the knowledge and attitude regarding use of menstrual cup among adolescent girls at a selected higher secondary school in Pathanamthitta District with following objectives:

- To assess the level of knowledge among adolescent girls regarding use of menstrual cup.
- To assess the attitude among adolescent girls regarding the use of menstrual cup.
- To prepare and validate a structured teaching program for adolescent girls regarding the use of menstrual cup.
- To find out the association between pre-test knowledge score with selected demographic variables.
- To find out the association between attitude score with selected demographic variables.

4. METHODOLOGY

The research design was descriptive design and quantitative research approach used for the study with 70 samples selected through non-probability convenience sampling. Setting of the study was selected higher secondary school at Pathanamthitta district who were present on the day of data collection, adolescent girls of age group between 15-17 years, who are willing to participate in the study and who attained menarche.

A validated structured self-administered questionnaire was developed to gather the demographic data and to assess the knowledge of the women regarding parts and size of menstrual up, folding and insertion techniques, sterilization methods, advantages, disadvantages and contra- indications of menstrual cup.

A validated structured Likert's Scale was used to assess the attitude of the women regarding the use of menstrual cup and it consisted of several statements expressing viewpoints and the degree to which they agree and disagree with each statement. The content validity index was computed and yielded a score of 0.86 and the tool was accepted.

The reliability co-efficient for the structured knowledge questionnaire was calculated by using the cronbach alpha. The reliability co-efficient was found to be 0.83, thus the tool was found to be reliable.

Ethical approval was taken from Hospital Ethical Committee to conduct the study. Written informed consent was taken for the study sample regarding their willingness to participate in the research study and research study was explained to the participants. Confidentiality of the information of the sample was maintained.

Data was analyzed by using descriptive statistics i.e., frequency and percentage distribution and inferential statistics i.e., 'chi-square' test was used to determine the association between the knowledge and attitude score with selected demographic variables.

5. RESULT

Section 1: Frequency and percentage distribution of women according to their demographic data revealed that, 5.7% of the study participants were 15 years, 68.6% were 16 years and 25.7% were 17 years of age. 47.1% of the participants were living in urban area and 52.9% were living in rural area. 55.7% were Christians, and the rest 44.3% were Hindus. 2.9% of the participant's fathers were primary education, 17.1% were secondary education, and 37.1% had higher secondary education, 38.6% had graduation and 4.3% had post-graduation. 12.9% of the participants were government employee, 31.4% were private employee, 20% were daily wages and 35.7% had other jobs. 2.9% were primary education, 11.4% were secondary education, 32.9% were higher secondary education, 47.1% were graduation and 5.7% were postgraduation. 61.4% of the participant's mother were housewife, 7.1% were government employee, 14.3% were private employee, 10% were self-employee, 7.1% had other jobs. 31.4% were below 10,000, 57.1% were between 10000-50000 and 11.4% were above 50,000. 10% of the participants living in joint family, 80% were living in nuclear family, 10% were living in single parenting family. 1.4% were using menstrual cup and rest 98.6% were not using menstrual cup. 85.7% were previous information about menstrual cup and 14.3% were no previous information regarding menstrual cup. 15.7% were got information from friends and relatives, 2.9% were got information from newspaper or magazine, 18.6% were got information from Health professionals and 48.6% were got information from multimedia.

Section 11

Table 1: Frequency and percentage of knowledge regarding the use of menstrual cup among adolescent girls. **N=70**

Level of knowledge score	Range of knowledge score	Frequency (%)
Good	14-20	19
Average	7-13	81
Poor	0-6	0

Maximum score: 20, Minimum score: 0

The above table shows that, majority of the samples, 81% were average knowledge regarding the use of menstrual cup. 19% were good knowledge and no one had poor knowledge regarding the use of menstrual cup.

Section 111

Frequency and percentage distribution of the subject according to attitude scale towards the use of menstrual cup revealed that, 96% were favorable attitude and 4% were unfavorable attitude.

Section 1V

Association between pre -test knowledge score with selected demographic data revealed that, there is significant association between pre-test knowledge score with selected demographic variable such as source of information ($df = 4$, $p=0.04$) Therefore, H1 hypothesis that is, there will be a significant association between knowledge score on using menstrual cup with selected demographic variables was accepted. (Significant at 0.05 level)

Section V

Association between attitude score and selected demographic data shows that there is significant association found between attitude score and selected demographic variable such as father's occupation. ($df=3$, $p=0.02$) Therefore, H2 hypothesis that is there will be a significant association between attitude score on using menstrual cup with selected demographic variables was accepted. (Significant at 0.05 level)

6. CONCLUSION

Menstruation is a normal biological process by which experiencing millions of women's and girls around the world each month. Girls and women need effective safe and affordable menstrual products to maintain menstrual hygiene. This study provided such a detailed in-depth picture regarding the use of menstrual cup.

In present study, 19% of adolescent girls had good knowledge score, 81% had average knowledge during the evaluation. According to assessment findings, 96% of adolescent girls had favorable attitude and only 4% had unfavorable attitude. An awareness programme will helps to improve knowledge and a positive attitude towards the use of menstrual cup.

7. Future scope

On the basis of the study findings, the following recommendations are offered for future research:

- In-depth health education messages through mass media, newspapers should be tailored to fulfill knowledge gap among all population.
- The present study is only a small step to collect information from adolescent girls about the knowledge and attitude regarding usage of menstrual cup. The similar study can be conducted in large sample size, we can collect more study findings.
- A comparative study can be conducted between the Rural and Urban population.

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