



KNOWLEDGE AND ATTITUDE REGARDING MENSTRUAL CUP AMONG ADOLESCENT GIRLS OF A SELECTED SCHOOL IN DELHI

Education

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ABSTRACT

Introduction: The menstrual cup is a sustainable and hygienic alternative to conventional menstrual products. It offers numerous health, environmental, and economic benefits. However, despite its advantages, the adoption of menstrual cups remains limited, primarily due to a lack of awareness, misconceptions, and cultural beliefs. The objectives of the study were to assess the knowledge and attitude towards menstrual cup among adolescent girls and to find correlation between knowledge and attitude. **Methodology:** The study was conducted on 165 adolescent girls aged 12 to 18 years during the month of February 2025 using simple random sampling technique. A self-structured questionnaire was used to collect the data. **Result:** The results showed that a majority of the participants 105 (63.6%) had good knowledge and 60 (36.4%) had excellent knowledge about menstrual cup. Most participants 110(66.7%) exhibited a favourable attitude, while 55(33.3%) had neutral attitude towards menstrual cup. A weak positive correlation ($r=0.020$, $p=0.802$) was found between knowledge and attitude, which was statistically non-significant. The Chi-square test revealed that demographic variables like age, area of residence and type of family were not significantly associated with knowledge and attitude at $p<0.05$ regarding menstrual cup among adolescent girls. **Discussion:** This study underscores the need for comprehensive menstrual health education in schools that includes discussions on sustainable menstrual products. Empowering adolescent girls with both theoretical knowledge and practical guidance can play a vital role in normalizing menstrual cup usage and promoting environmentally friendly menstrual hygiene practices. Future research should explore intervention-based studies that incorporate awareness programs, demonstrations, and follow-ups to assess changes in both knowledge and behaviour over time. Including qualitative methods could also provide deeper insight into the personal and cultural barriers that affect acceptance.

KEYWORDS

Assess, Menstrual Cup, Knowledge, Attitude

INTRODUCTION

Menstruation is the vaginal bleeding that occurs when lining of uterus sheds. The menstruation marks the beginning of the transition from childhood to adulthood. Women consider the topic of menstrual hygiene as taboo and hesitate to discuss their feelings or experiences.

Various taboos and myths have been associated with the usage the menstrual hygiene products. Some women find comfort in using clothes while some prefer using sanitary napkins. With the advent of technology and busy lifestyle, newer menstrual hygiene products are available in the market. Menstrual cup is the most emerging and reliable menstrual hygiene product. Menstrual cup is an external device made up of flexible medical high-grade silicon, rubber, latex or thermoplastic elastomer which is inserted into the vagina to collect the menstrual fluid during menstruation. It is a reusable and eco-friendly menstrual product which aids in easy disposal of menstrual waste and reducing solid waste.¹

The menstrual cup is a sustainable and hygienic alternative to conventional menstrual products. It offers numerous health, environmental, and economic benefits. However, despite its advantages, the adoption of menstrual cups remains limited, primarily due to a lack of awareness, misconceptions, and cultural beliefs. Educating adolescent girls about the menstrual cup can empower them to make informed choices and promote better menstrual hygiene practices.

MATERIALS AND METHODS

A study was conducted to assess the knowledge and attitude regarding menstrual cups among adolescent girls of a selected school in Delhi. The objectives of the study were to assess the knowledge regarding menstrual cup among adolescent girls, to assess the attitude towards menstrual cup among adolescent girls, to assess the correlation between knowledge and attitude, to assess the association between knowledge and socio-demographic data, to assess the association between attitude and socio-demographic data. The study was conducted on 165 adolescent girls aged 12 to 18 years during the month of February 2025 using simple random sampling technique. A self-structured questionnaire was used to collect the data.

Approach: Quantitative Research approach

Study Design: Descriptive research design

Research Setting: PM Shri Kendriya Vidyalaya No. 2, Delhi Cantt

Sampling Population: Adolescent girls

Sampling Technique: Simple Random sampling

Sample Size: 165

Tool: Self constructed semi structured questionnaire

RESULTS

Fig.1 depicts the distribution of level of knowledge regarding menstrual cup among adolescent girls revealed that majority 105(63.6%) had good knowledge and 60(36.4%) had excellent knowledge with median score of 7 and mean knowledge score was 6.75 with standard deviation 1.88.

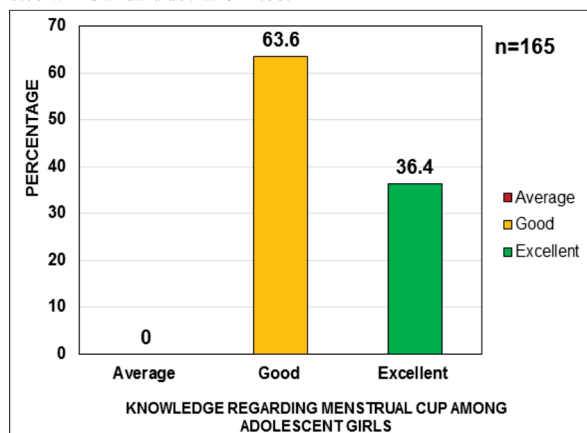


Fig.1: Distribution of Knowledge Regarding Menstrual Cup Among Adolescent Girls

Fig.2 depicts the distribution of level of attitude regarding menstrual cup among adolescent girls revealed that majority 110(66.7%) had

favourable attitude and 55(33.3%) had neutral attitude with median score of 35 and mean attitude score was 34.74 with standard deviation 5.03.

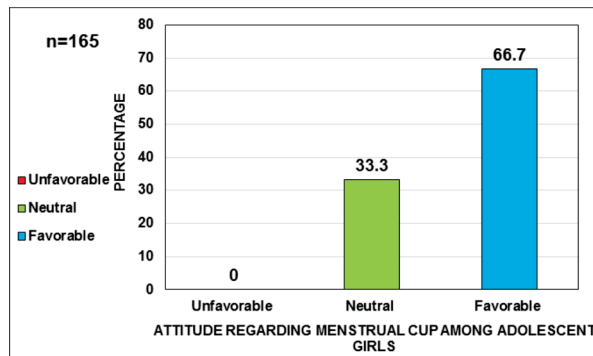


Fig.2: Distribution of Level of Attitude Regarding Menstrual Cup Among Adolescent Girls.

DISCUSSION

The present study aimed to assess the knowledge and attitude regarding menstrual cup among adolescent girls of a selected school in Delhi. The findings revealed that while the majority of participants demonstrated good knowledge and a favourable attitude towards menstrual cup, a smaller proportion exhibited excellent knowledge and a neutral attitude. These results indicate a growing awareness and openness towards alternative menstrual hygiene products, although gaps still exist in comprehensive understanding and acceptance.

The weak positive but statistically non-significant correlation between knowledge and attitude ($r=0.020$, $p=0.802$) suggests that the level of knowledge exists, doesn't have influence on attitude. This could be due to the presence of deeply rooted cultural beliefs, taboos, and misconceptions related to menstrual practices, which knowledge alone may not overcome.

Furthermore, the lack of significant associations between socio-demographic variables and knowledge or attitude implies that awareness and acceptance of menstrual cups are relatively consistent across different age groups, family types, and residential areas. The findings are consistent with previous research indicating that limited exposure, lack of practical demonstrations, and social discomfort may hinder the adoption of menstrual cups, even when general awareness is present. It highlights the importance of not just information dissemination but also hands-on education, community engagement, and peer support to shift perceptions and enhance comfort levels with menstrual cup usage.

This study underscores the need for comprehensive menstrual health education in schools that includes discussions on sustainable menstrual products. Empowering adolescent girls with both theoretical knowledge and practical guidance can play a vital role in normalizing menstrual cup usage and promoting environmentally friendly menstrual hygiene practices.

Future research should explore intervention-based studies that incorporate awareness programs, demonstrations, and follow-ups to assess changes in both knowledge and behaviour over time. Including qualitative methods could also provide deeper insight into the personal and cultural barriers that affect acceptance.

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