

Assessment of Selected Practices of Menstrual Hygiene among Rural Women at Pune City

Prachi Jadhav¹, Aman Janbandhu¹, Tushar Thorat¹, Arunya Rajan¹, Leeja Bonny Thomas², Sheela³
Upendra

¹4th Year B.Sc. Nursing Students, ²Tutor, ³Assoc. Professor, Symbiosis College of Nursing,
Symbiosis International (Deemed) University, SB Road, Pune, Maharashtra

Abstract

Menstruation: Despite the irrational taboos related to it, menstruation is a natural physiological method that each healthy girl undergoes. Though every girl experiences it on a regular basis, not everyone seems to be intelligent about the necessity to confirm hygiene. Menstruating girls ought to pay explicit attention to private hygiene. During this time, a woman's vulnerability towards major ailments will increase. Poor expelling hygiene will result in several problems, such as fungal or microorganism infections of the reproductive tract and the urinary tract.

The result shows during assessment of selected practices of menstrual hygiene among rural women 97% wash hands after changing pad, 98% women take bath during their menstruation, 38% women's family keeps them and their things separate during menstruation, 5% women have financial crisis/problem for buying sanitary napkins and also 57% women avoid travelling to menstrual hygiene

Key words: Women, menstrual hygiene practices, rural community

Introduction

The challenge, of addressing the socio-cultural taboos and beliefs in menstruation, is further compounded by the fact the girls' knowledge levels and understandings of puberty, menstruation, and reproductive health are very low. [1]

In India, still women of rural areas are suffering from reproductive tract infection due to poor management of menstrual hygiene. [2]

Causes of poor menstrual hygiene in rural area in India are due to believe myths and taboo like using of cotton cloths during menstruation and lack of money. This study finding says that a lot of attention is needed

for the practices of menstrual hygiene among rural women. [3]

Materials and Methods

Research design

- Research design used in this study was Non-Experimental descriptive design to find out the assessment of selected practices of menstrual hygiene.

Research approach:

-In this study Quantitative approach was used.

Setting of the study:

-This study was conducted in selected rural area of Pune city.

Sample and Sampling technique:

-Non-probability convenience sampling technique was adopted.

Corresponding Author

Mrs. Leeja Bonny Thomas

Tutor, Symbiosis College of Nursing,
Symbiosis International (Deemed) University,
SB Road, Pune, Maharashtra. leeja@scon.edu.in
8955442164

Tool preparation:

-To collect the data for present study a structured questionnaire schedule was developed for the Assessment of selected practices of menstrual hygiene among rural women at Pune city.

Development of tool:

A tool consists of two sections as follows:

Section I: Demographic variables (Marital status, Religion, Education, Income, Duration of menses).

Section II: Self-Structured questionnaire to assess selected practices of menstrual hygiene among rural women.

Sample size:

-Sample size consists of 100 women at selected rural area of Pune city.

FINDINGS:

SECTION I: Distribution of the samples based on the demographic variables in terms of frequency and percentage.

Table no. 1 Description of demographic variables

n=100

Demographic variable		Frequency	Percentage
Marital Status	Married	82	82
	Unmarried	18	18
	Separated	0	0
	Divorced	0	0
Religion	Hindu	98	98
	Muslim	1	1
	Christian	1	1
	Any Other	0	0
Education	Illiterate	18	18
	SSC	41	41
	HSC	32	32
	Graduate & Above	9	9
Income	Below 10,000	36	36
	10,001 - 20,000	37	37
	20,001 - 40,000	15	15
	Above 40,000	12	12
	Extended Family	14	14
	Single Parent	2	2
Duration of menses?	2 - 3 days	32	32
	4 - 5 days	52	52
	5 - 7 days	16	16
	More than 7 days	0	0

Section II: Analysis and Interpretation of data collected from the women residing in rural area (Susgaon) of Pune city.

Table no. 2: Analysis and Interpretation of data collected from the women on menstrual hygiene practice.

Self-administered practice variables		Frequency (f)	Percentage (%)
Do you wash your hands after changing pad?	No	3	3
	If yes, (specify)...	97	97
Do women take bath during your menstruation?	If Yes, how many times do you take bath? (.....)	98	98
	No	2	2
Does women family keeps them and their things separate during menstruation?	Yes	38	38
	No	62	62
Do women have financial crisis/problem for buying sanitary napkins?	Yes	5	5
	No	95	95
	No	4	4
While travelling how do you maintain your menstrual hygiene?	Avoid Travelling	57	57
	Using Public Washroom	43	43

Data collected from women on menstrual hygiene shows that the majority of women (97%) does not use natural material like sand, leaves, cotton, ash etc. during menstruation. It's also seen that majority of women (79%) do not use cloth during menstruation but if they use, they prefer washing cloth of period stain with soap and water (15%) and they use natural light to dry it (15%). Majority of women (96%) shave their pubic area and also, (74%) of rural area women uses Indian commode present at home.

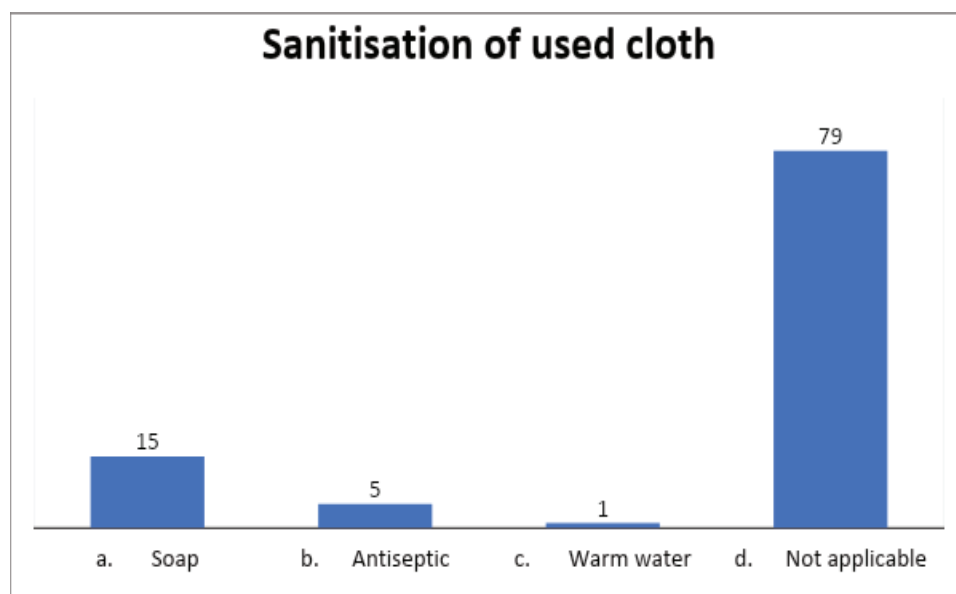


Fig. 1. Bar diagram shows sanitization of used cloth by women during menstruation.

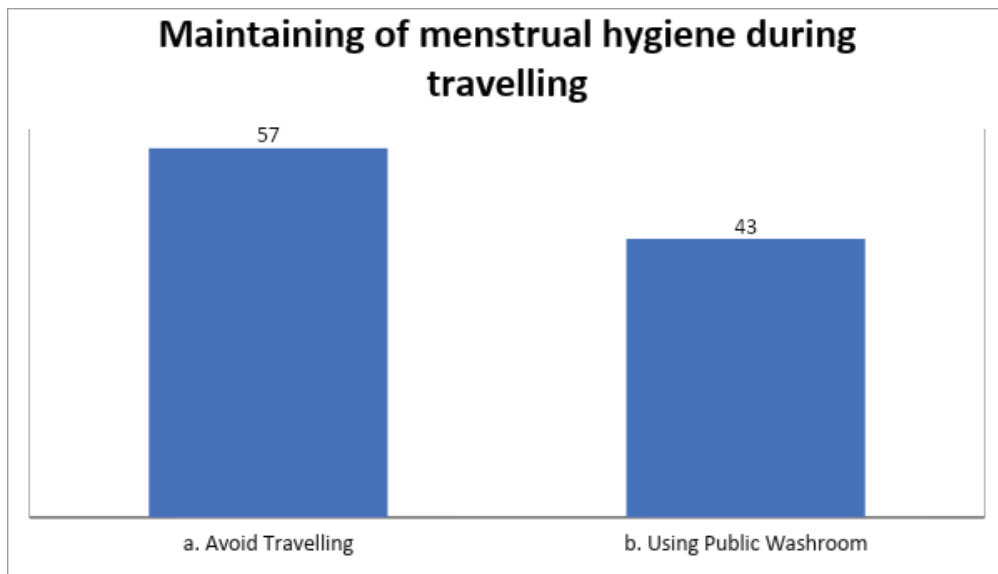


Fig. 2. Bar diagram shows how women maintain menstrual hygiene during traveling.

Discussion

This current study investigated the assessment of selected practices of menstrual hygiene among rural women at Pune city.

As indicated, the data was collected from 100 women from the rural area by a structured objective type questionnaire and solely truthful results were achieved.

However, it's important to educate about the importance of the use of sanitary pads and the harms of using cloths.

The findings of the study are mentioned in relation to the objectives.

Conclusion

Menstruation is a normal biological function in females and in the society, the practices followed are highly variable across different regions.

The analysis of data reveals that menstrual hygiene practices plays a very important role to prevent women from various deadly diseases and infections.

57% of the respondents avoid traveling which indicate their perception towards good hygiene practice.

As a result, we found that majority of the women menstrual hygiene practices were found to be satisfactory among the rural women but few restrictions were

practiced during menstruation.

Ethical Consideration: The Study was approved by Institute research Committee & Institute Ethical subcommittee.

For the present study, the investigator took in to consideration the ethical issues. There were no ethical issues confronted while conducting the study.

Conflict of Interests: Nil

Source of Funding: Self

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