

# A Study to Assess the Menstrual Hygiene Practices among the Women of Rural Community of Pune City

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## Abstract

**Background and objective:** Poor menstrual hygiene is most common etiology in women for gynecological problems especially in rural area where they cannot afford sanitary napkins or they don't use it because of beliefs in myths and taboo. **Methods:** A Quantitative Approach: Non-Experimental descriptive design was adopted to assess the knowledge on menstrual hygiene practices and demographic variables, which included 100 samples from selected areas. Non-probability convenience sampling technique was adopted in this study. The final draft of the tool consisted of 05 items on structured questionnaire to collect demographic data and 10 items on self-administered practice questionnaire. After obtaining the consent form, the data was collected from 100 women using structured questionnaire, which was prepared in Marathi language. **Result:** During assessment of knowledge on practice the findings were 58% of the study participants avoid religious things, 88% do not avoid going to school/college/office during menstruation, 44% women do not avoid any events or family functions, 85% women use disposal sanitary pads and 10% use old wash cloth, 39% women change their napkins or cloth twice a day, 44% change their panties during menstruation more than twice a day, 56% dispose used napkins in a paper wrap, 84% dispose used napkins or cloth in dustbin or PNC waste collection and 13% burn it, 36% wash their perineum 3 to 4 times and 34% washes 1 to 2 times in day, 38% use soap and water to wash genital area, 36% use antiseptic and 24% use only water, **Conclusion** : Majority of the women have not attended the awareness programme in spite of that still majority of the women maintain good menstrual hygiene practice, it can be possible that they get information through various sources. It is found that women in rural area still avoid the religious things during menstrual period.

**Key words:** Women, menstrual hygiene practices, rural community

## Introduction

It is been observed that majority of girls has less knowledge on menstruation till their first experience as topic of menstruation is that is not often discuss at homes<sup>[1]</sup>.

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The study findings says that there is poor knowledge and poor personal sanitary practices during menstruation followed by girls which is associated with genital tract infections, urinary tract infections, and bad odor<sup>[2]</sup>

Puberty and menarche, or the onset of menstruation, provide a window of opportunity to not only teach young adolescent girls and boys about the changes occurring in their body<sup>[3]</sup>

Consequence of greater attention to menstrual hygiene management (MHM) over the past few years in India<sup>[4]</sup>

**Materials and Methods:** The present study is a Non-Experimental descriptive research design, which was adopted to assess the menstrual hygiene practices

among women of rural community in Pune city. The target population comprises of women staying in selected rural areas. Sample consisted of women in selected at rural areas of Pune City and sample size was 100 women resides in Susgaon, Pune. Non-probability convenience sampling technique was adopted. A structured questionnaire schedule was developed to assess the menstrual hygiene practices among the women of rural community. Tool had two sections. Section 1: -included demographic variable and section II

was self-administered practice questionnaire. Tool was given to eight experts from the department of Nursing for validity. Reliability of tool was 0.8996.

After obtaining the written consent from samples tool were administered to participants.

## Findings

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

**Table no. 1 Demographic variables**

**n=100**

Demographic variable		Frequency	Percentage
Age ( Years)	11-17	10	10
	17.1-23	23	23
	23.1-29	39	39
	29.1 & above	28	28
Age of Menarche (In years)	8 – 10	5	5
	10.1 - 13	34	34
	13.1 – 16	49	49
	After 16	12	12
Employment status	Self Employed	18	18
	Unemployed	7	7
	House maker	61	61
	Any other	14	14
Family type	Joint Family	52	52
	Nuclear Family	32	32
	Extended Family	14	14
	Single Parent	2	2
Attended any awareness programmed?	Yes	25	25
	No	75	75

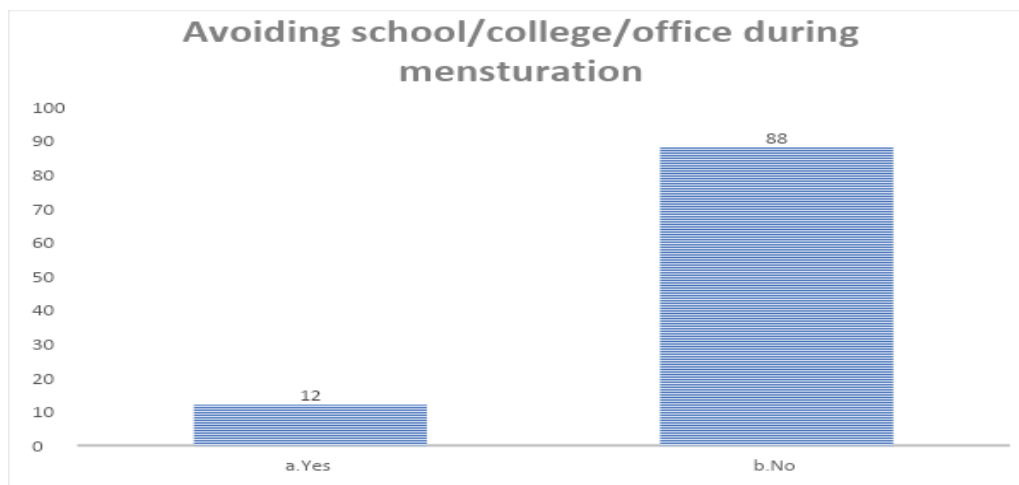
**Section II : Analysis and Interpretation of menstrual Hygiene practice data**

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

Self-administered practice variables		Frequency (f)	Percentage (%)
Restriction's/ during menstruation?	Avoid certain food	0	0
	Avoid religious things	58	58
	Avoid housework	7	7
	Any other (specify)...	1	1
	None	34	34
Avoid going to school/ college/ office?	Yes	12	12
	No	88	88
Avoiding of any events/family function during menstruation period?	Yes	44	44
	No	66	66
Absorbent used during your menstruation?	Disposal sanitary pads	85	85
	New clothes	4	4
	Old washed clothes	10	10
	Any other (specify) ...	1	1
Frequently change in napkins/cloth in a day?	Once	26	26
	Twice	39	39
	After every time you go to toilet	20	20
	As and when require	15	15
How many times in a day women wash the perineum during menstruation?	1 – 2 times	34	34
	3 – 4 times	36	36
	5 – 6 times	21	21
	More than 6 times	9	9

For Changing of panties during menstruation in a day? Majority of respondenst (44%) preferred for twice and more than two times . For How women disposed of the used napkins? Majority of respondents (56%) answered chose for use of paper for wrapping selected. For where women dispose the used napkins/cloth? Majority of respondents

preferred use of dustbin/PMC waste collection (84%) For how many times in a day women wash the perineum during menstruation? Majority of respondents (36%) selected 3-4 times in a day. For what women prefer to wash their genital area with during menstruation? Majority of respondents( 38%) selected Soap and water



**Fig. 1** Bar diagram shows the avoiding of going to school/ office/ college during menstruation.

### Discussion

The present study reveals that out of 100 study participants 14% (14 out of 100) use cloth as absorbent during menses, out of that 15% use soap for washing cloth having period stain.

5% use antiseptic, 1% use water. Study of Deshpande selected cross-sectional study, which was conducted in urban slum area. Seventy six percentage had no knowledge of menses before menarche. Sixty percentage girls used sanitary pad and the rest used cloth pieces. About twenty two percentage used water and no soap for hand washing [5].

### Conclusion

The analysis of data reveals that menstrual hygiene practices are very important in order to prevent women from disease. As a result, we found that majority of the women have not attended the awareness programme in spite of that still majority of the women maintain good menstrual hygiene practice, it can be possible that they get information through various sources. It is found that women in rural area still avoid the religious things. 88% of the respondents do not avoid going to school/ college/office which indicate their perception towards good hygiene practice. Our study reveals that majority of participant uses sanitary napkins but there are few

participants who use cloth.

### Recommendations:

- A similar study can be conducted in the schools for adolescent girls who have attended menarche.
- A similar study can be conducted for the women who have attended menarche in urban community.
- A similar stud can be conducted in the hospitals for the female patients during their menstruation.

**Ethical Consideration:** The researcher gained the Institute research Committee approval and Study was approved at Institute Ethical subcommittee. Informed consent was obtained from each sample. Privacy and confidentiality maintained

**Conflict of Interests:** Nil

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