



# A Descriptive Study To Assess The Knowledge Regarding Disposal Of Sanitary Pads Among Undergraduate Students Of Eternal University, Baru Sahib In A View To Develop An Informational Booklet.

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## ABSTRACT:

This descriptive study was conducted among 234 students of different colleges of Eternal University, Baru Sahib. Purposive sampling technique was used to allocate the samples and data were collected by using socio-demographic data and self-structured questionnaire. The findings of the study revealed that only 1(0.5%) student had excellent knowledge, 137(58.5%) had average knowledge, 69(29.5%) had good knowledge and 27(11.5%) had poor knowledge.

Keywords: Disposal of Sanitary pads, Undergraduate students, Informational booklet.

## INTRODUCTION

Sanitary waste disposal has become an increasing problem in India as the plastic used in disposable sanitary napkins is not biodegradable and leads to health and environmental hazards. The impact is more harmful because of the unorganized ways of municipal solid waste management and poor community collection, disposal, and transportation networks in the cities and villages. 45% of menstrual waste in India is disposed of as routine waste; out of this 45%, rural areas constitute 25% (the highest), followed by 16% from urban areas and 3% from slums. While there have been talks about menstrual hygiene lately, data provided by Menstrual Health Alliance India states that 45% of the menstrual waste collected across the country, primarily consisting of sanitary napkins, is disposed of as routine waste along with other

household garbage. Countries across the world have started making funding for menstrual hygiene management mandatory, and UNICEF has also pitched in to assist the process. The Bill and Melinda Gates Foundation has provided a grant to find a sustainable menstrual hygiene management solution in India. In urban areas, sanitary waste is usually disposed of in dustbins, which eventually make their way into one of the many landfills. Sanitary napkins that are discarded in public washrooms are often flushed down the toilet or left in bathroom corners. In rural areas, a majority of women bury their napkins. Incineration, as a method of waste disposal, is rare.<sup>1</sup>

### OBJECTIVES:

- To assess the knowledge regarding disposal of sanitary pads among undergraduate students of Eternal University, Baru Sahib.
- To find out the association between knowledge regarding disposal of sanitary pads with their selected socio demographic variables.
- To develop and provide informational booklet regarding disposal of sanitary pads among undergraduate students of Eternal University, Baru Sahib.

### METHODOLOGY:

The study was conducted on Undergraduate Students of Eternal University. Quantitative research approach and descriptive research design is used to assess the knowledge regarding disposal of sanitary pads and purposive sampling technique was used to select 234 participants of Eternal University. Self-structured tool was used to assess the knowledge regarding disposal of sanitary pads. Along with this, Informational booklet was provided to all the participants. Ethical permission granted from Principal college of Nursing, Pro- Vice Chancellor. The data has been collected in the month of June 2023.

### FINDINGS OF THE STUDY:

**The Table 1.** depicts that most of the participants 131 (56.0%) were in the age group of 20-22 year whereas 92 (39.3%) in age group 17-19 years, 11(4.7%) were in age group 23-25 years and 0(0%) were in age group more than 25 years respectively. In respect to religion majority of participants 198(84.5%) were belonging to Hinduism followed by 27(11.5%) were belonging to Sikhism and 9(4%) were belonging to Islam religion.

Marital status of the 234 participants (100%) were Single

Table also depicts that the most of the participants 106(45.3%) were from Dr. Khem Singh Gill Akal College of Agriculture followed by 42(18%) belongs to Akal College of Education, 38(16.2%) from Akal College of Engineering and Technology, 28(12%) from Akal College of Economics, Commerce and Management, and 20(8.5%) from Akal College of Arts and Social Science.

Regarding the academic year majority of the participants 88(37.5%) were from 1<sup>st</sup> year, followed by 65(27.8%) from 2<sup>nd</sup> year, 46(19.7%) from 3<sup>rd</sup> year and 35(15%) from 4<sup>th</sup> year.

In terms of previous knowledge about the topic majority of the participants 195(83.3%) were having the prior knowledge about the topic followed by 39(16.7%) were not having any previous knowledge about the topic.

**Table 1: Frequency and Percentagedistribution of undergraduate students based on their socio demographic variables.** N=234

Sr. No.	Socio Demographic Variables	Frequency(f)	Percentage (%)
1.	<b>Age in years</b>		
	17-19	92	39.3
	20-22	<b>131</b>	<b>56.0</b>
	23-25	11	4.7
	>25	0	0
2.	<b>Religion</b>		
	Hinduism	198	84.5
	Sikhism	27	11.5
	Islam	9	4
3.	<b>Marital Status</b>		
	Single	234	100.0
4.	<b>Name of The College</b>		
	Dr. Khem Singh Gill Akal College of Agriculture	106	45.3
	Akal College of Basic Science	0	0
	Akal College of Economics, Commerce and Management	28	12.0
	Akal College of Arts and Social Science	20	8.5
	Akal College of Education	42	18
	Akal College of Engineering and Technology	38	16.2
5.	<b>Academic Year</b>		
	1 <sup>st</sup> Year	88	37.5
	2 <sup>nd</sup> Year	65	27.8
	3 <sup>rd</sup> Year	46	19.7
	4 <sup>th</sup> Year	35	15.0
6.	<b>Previous Knowledge</b>		
	Yes	195	83.3
	No	39	16.7

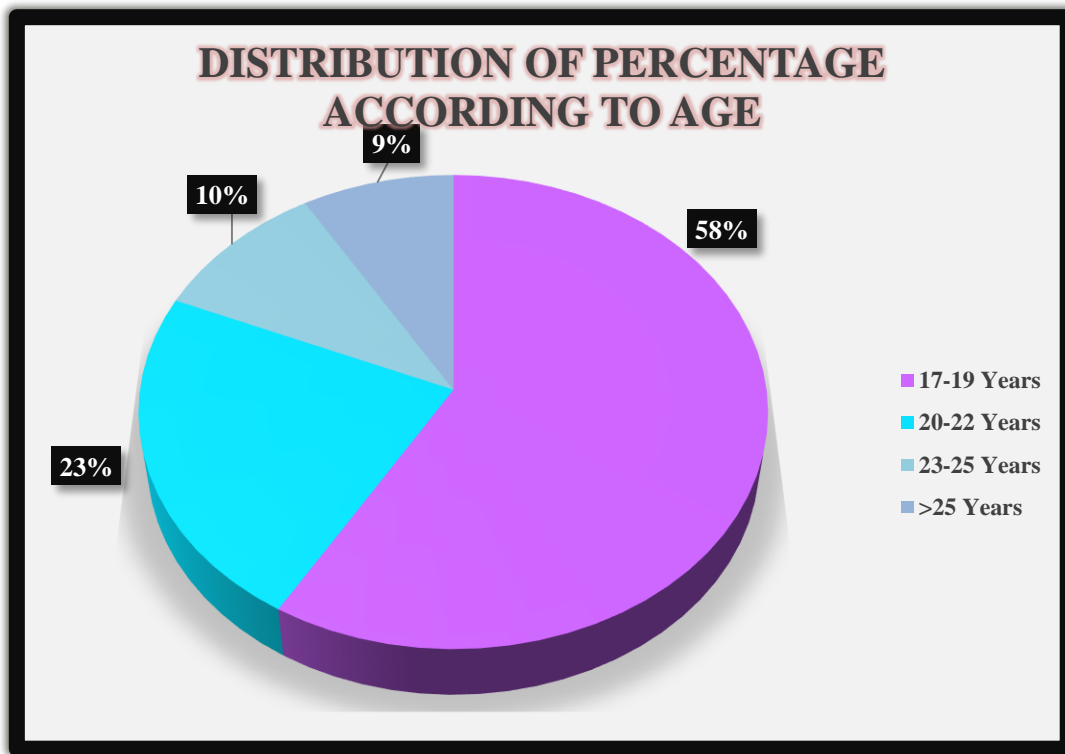


FIG.1 Pie diagram showing Distribution of Percentage according to Age.

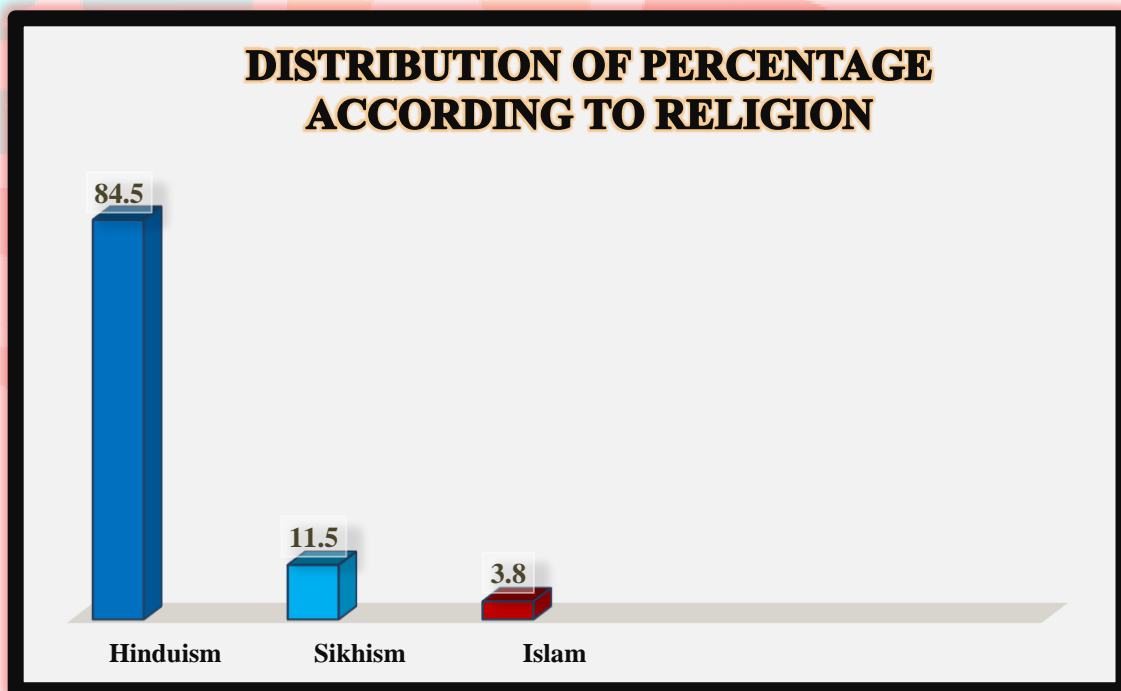


FIG2. Bar diagram showing Distribution of Percentage according to Religion.

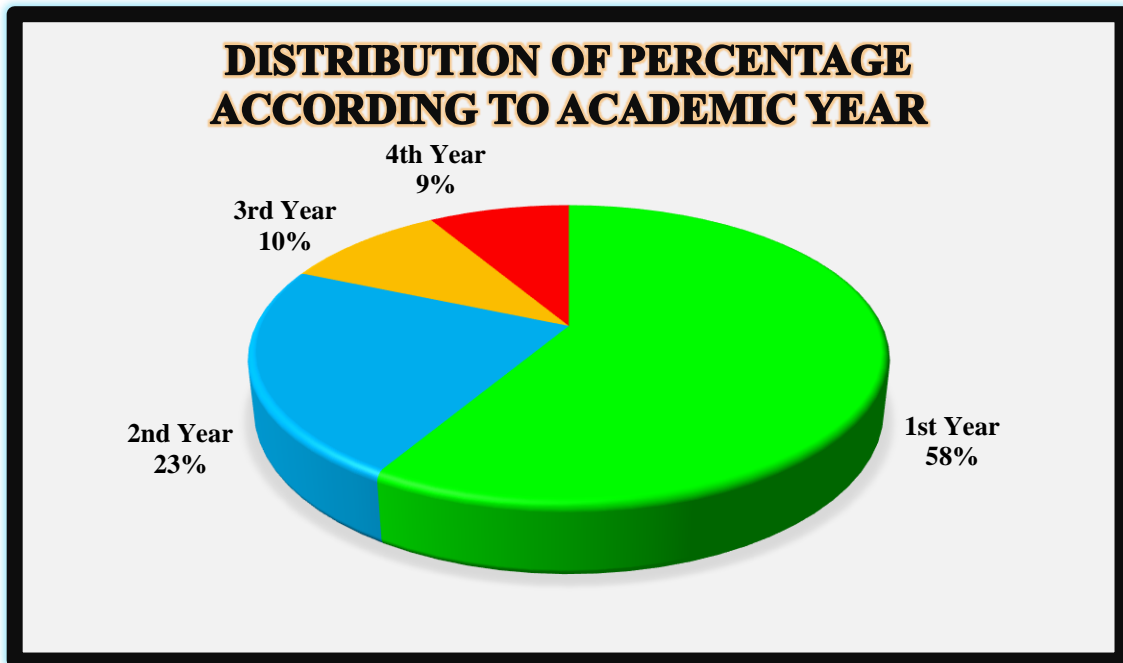


FIG3. Pie diagram showing Distribution of Percentage according to Academic Year.

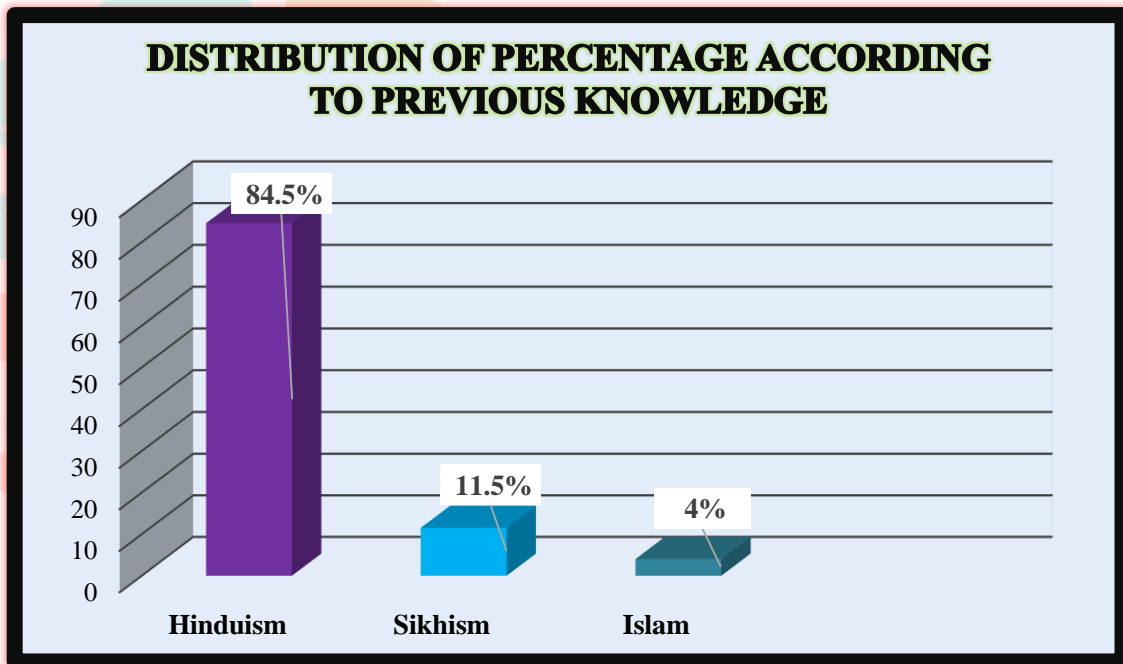


FIG4. Bar diagram showing Distribution of Percentage of Previous Knowledge

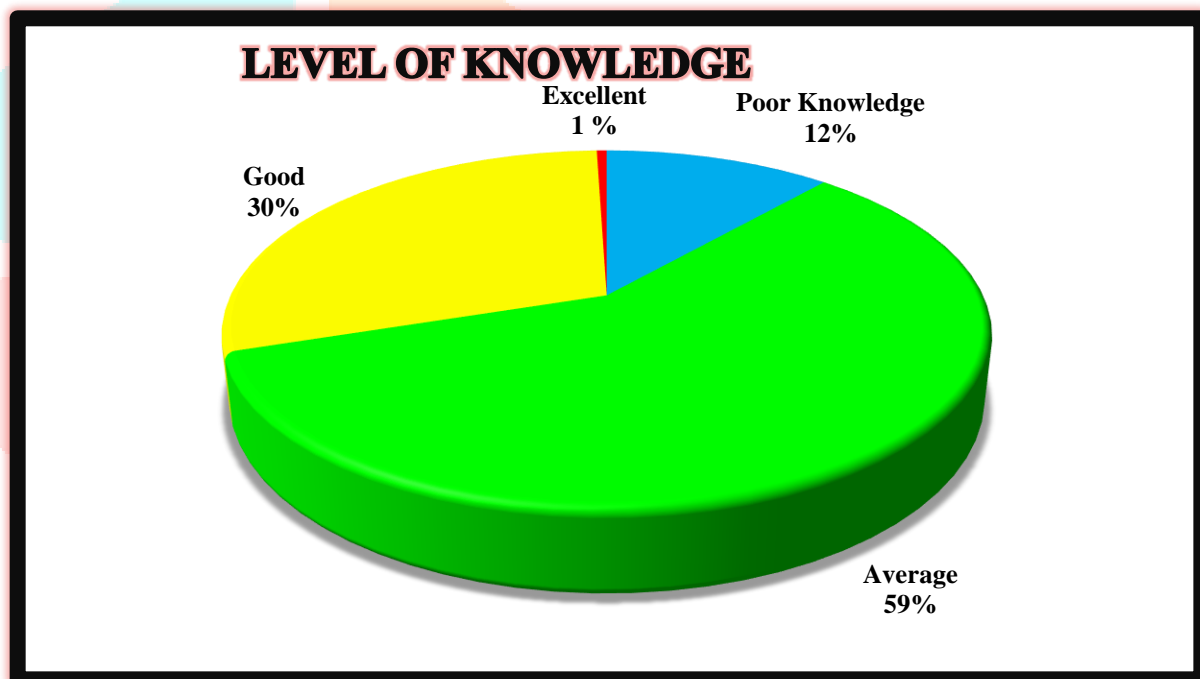
**Table 2: Frequency and Percentage distribution of knowledge score regarding Disposal of sanitary pads.** **N=234**

Level of Knowledge	Knowledge score	Frequency (f)	Percentage (%)
Excellent	16-20	1	0.5
Good	11-15	69	29.5
Average	6-10	137	58.5
Poor Knowledge	0-5	27	11.5

**Maximum score = 20**

**Minimum Score=0**

**Table 2.** Shows Frequency and Percentage Distribution of Undergraduate students in terms of Knowledge Score. The data revealed that 1(0.5%) had excellent knowledge, 69(29.5%) had good knowledge, majority of students 137(58.5%) had average knowledge and 27(11.5%) had poor knowledge and 1(0.5%) had excellent knowledge.



**FIG 5. Pie diagram showing Distribution of Percentage according to Level of Knowledge**

**Table3. Association between knowledge score regarding Disposal of sanitary pads with socio demographic variables**  
N=234

Sr. No.	Socio Demographic Variables	Poor knowledge	Average	Good	Excellent	Fisher exact	Df	p-value
1.	<b>Age in years</b> 17-19 20-22 23-25 >25	10 14 3	50 85 2	31 32 6	1 0 0	13.868	6	0.269 NS
2.	<b>Religion</b> Hinduism Sikhism Islam Christianity Others	24 1 2 0 0	117 18 2 0 0	56 8 5 0 0	1 0 0 0 0	9.365	6	0.224 NS
5.	<b>Academic Year</b> 1 <sup>st</sup> Year 2 <sup>nd</sup> Year 3 <sup>rd</sup> Year 4 <sup>th</sup> Year	13 8 4 2	43 40 29 25	31 17 13 8	1 0 0 0	8.488	9	0.433 NS
6.	<b>Previous Knowledge</b> Yes No	20 7	113 24	61 8	1 0	3.558	3	0.362 NS

**Maximum Score= 20    Minimum Score= 0    S\*= Significant (p=<0.05)    NS= Non-Significant**

**Table3.** shows no significant association of knowledge score of undergraduate students regarding disposal of sanitary pads with the selected socio demographic variables as the calculated p value is more than 0.05. Hence, they have nosignificant impact on knowledge of undergraduate students regarding disposal of sanitary pads.

## DISCUSSION:

The findings of the study have been discussed in the accordance with objective of the study and previously reviewed literature.

### Finding related to frequency and percentage distribution of socio demographic variables

In the present study the majority of the participants 131 (56%) were in the age group of 20-22 years. In similar study conducted in Delhi NCR, India 2017, more than half of them were in the age group of 18-24 years. The findings revealed that the use of cloth during menstruation has been reduced to 2% and 90% of the women have switched to sanitary napkins majority of the participants dispose of their sanitary napkins through dumping in landfills and is collected with domestic waste.

In relation to previous knowledge, in present study 195(83.3%) of the undergraduates have the previous knowledge regarding sanitary waste disposal and 16.7% have no previous knowledge regarding disposal of sanitary pads. In a similar study conducted in Government girls' school, Shimla, Himachal Pradesh in January 2017, to assess the existing knowledge and practice regarding menstrual waste disposal and menstrual hygiene shows that 29% of the sample size have previous knowledge and 71% do not have previous knowledge regarding sanitary waste disposal.<sup>3</sup>

### **Finding related to knowledge score of undergraduate students regarding of disposal of sanitary pads**

In the present study only 1 (0.5%) student had excellent knowledge, 69 (29.5%) had good knowledge, 137(58.5%) had average knowledge, 27(11.5%) had poor knowledge. In similar study conducted in Nursing college Kanchipuram District, Tamilnadu in 2017, revealed that 3% samples have adequate knowledge, 27% have moderate knowledge and 70% have inadequate knowledge, also 505 of the samples have adequate practice of menstrual waste disposal and 40% have moderately adequate practice and 10% have inadequate practice of menstrual hygiene.<sup>4</sup>

### **Finding related to association of knowledge score regarding disposal of sanitary pad and socio demographic variables**

The result of the study shows that socio-demographic variables have no significant association with knowledge score. In a similar study conducted in one rural and one urban school in Jhalawar district of Rajasthan, shows that there is no association found between socio-demographic variables and knowledge score.<sup>5</sup>

### **LIMITATIONS:**

- Study was conducted on undergraduate students only.
- Study was limited only to the age group of 17-25 years.

### **CONCLUSION:**

The data revealed that only 1(0.5%) student had excellent knowledge and 137(58.5%) had average knowledge, 69(29.5%) had good knowledge, 27(11.5%) had poor knowledge. The data revealed that only marital status has significant association with knowledge score of undergraduate students regarding disposal of sanitary pads.

This study concludes that the knowledge regarding disposal of sanitary pads is average and the informational booklet would be significant intervention in order to upgrade up their knowledge regarding disposal of sanitary pads. So, assessing their knowledge and provide them informational booklet will definitely help to reduce the incidence of incorrect disposal of sanitary pads.



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