



ASSESS THE ACCEPTANCE AND PRACTICE OF MENSTRUAL CUP VERSUS CONVENTIONAL METHOD FOR MENSTRUAL HYGIENE AMONG WOMEN IN REPRODUCTIVE AGE: A DESCRIPTIVE STUDY

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Abstract

INTRODUCTION: Good health can also be maintained by maintaining good hygiene as it is a series of practices performed to maintain health. Personal hygiene refers to maintaining bodily cleanliness. Hygiene activities can be grouped into the following groups: home and daily hygiene, personal hygiene, medical hygiene and sleep hygiene. Maintaining hygiene is very important in everyday life, as is menstrual hygiene, because proper menstrual hygiene can prevent infections, reduce odor, and help you stay comfortable during your period. You can choose many types of menstrual products to absorb or collect blood during menstruation, such as menstrual cups, menstrual pads, and menstrual underwear. A woman should wash her hands before and after using a menstrual product and should properly dispose of used disposable menstrual products by wrapping them in toilet paper, tissue or other material. Menstrual products should not be flushed down the toilet. If a woman uses sanitary napkins, she should change them often, whether the flow is heavy or not, and if it is heavy, change it more often. Tampons should be changed every 4 to 8 hours. One tampon should not be worn for more than 8 hours etc.

STATEMENT OF THE PROBLEM

A study to assess the acceptance and practice of menstrual cup versus conventional method for menstrual hygiene among women in reproductive age in selected village of Gurugram, Haryana.”

OBJECTIVES

- To assess the acceptance of menstrual cup versus conventional method for menstrual hygiene among women in reproductive age.
- To assess the practice of menstrual cup versus conventional method for menstrual hygiene among women in reproductive age.
- To find out the association between acceptance of menstrual cup versus conventional method with selected demographic variable.
- To find out the association between practice of menstrual cup versus conventional method with selected demographic variable.

METHOD

Study design: A descriptive study technique was used to gain more about people's attitudes and comprehension of menstrual cup acceptability and practise versus conventional method for menstrual hygiene among women of reproductive age.

Sample: A representative sample of reproductive-age women from various socioeconomic and same geographic backgrounds was collected.

Data collection: A structured questionnaire and checklist was developed to collect data based on current research and expert guidance. The survey included closed-ended questions.

Data analysis: Quantitative data was analysed using descriptive statistics such as frequency and percentage. Open ended qualitative data was analysed thematically to identify commonalities and trends.

RESULTS

The results of this study will provide illumination on how menstrual cups compare to more conventional methods of menstrual hygiene among women of reproductive age. The participant demographics, participant awareness about menstruation cups, conventional methods, menstrual hygiene, common information sources, and variables affecting menstrual practices will all be covered in detail along with the findings.

CONCLUSION: This study contributes to understanding women's preferences in menstrual hygiene and calls for comprehensive awareness and education initiatives.

KEY WORDS: Menstrual cup, conventional methods, menstrual hygiene, reproductive-age women.

INTRODUCTION

Many women suffer from yeast infections. This is the most common type of infection. Symptoms of yeast infection include vaginal itching, burning sensation, irritation, white discharge and also inflammation. Urinary tract infection can also be the cause of unhealthy menstrual practices and is very difficult especially for pregnant women. This infection occurs when there is a bacterial infection in the bladder. Changing the ph. of the vagina and maintaining poor menstrual hygiene can lead to a urinary tract infection. One of the very common conditions that can develop in the vagina due to poor menstrual hygiene practices is a bacterial infection or bacterial vaginosis. If a person is sexually active during menstruation or has an IUD, the chances of getting bacterial vaginosis are high. A yeast infection affects almost every woman at some point in her life. It is a fungal disease caused by candida albicans. The vagina has its own biome with good bacteria that keep the balance, so when a woman's immunity is low, the fungus strikes and outgrows the rest of the organisms, leading to infection. The condition can worsen if unhealthy menstrual hygiene practices are followed. One should follow proper menstrual hygiene practices to avoid the risk of developing these infections.

Hypotheses

H1: There will be significant association between acceptance and practice of menstrual cup and their selected demographic variables.

H2: There will be significant association between acceptance and practice of conventional methods and their selected demographic variables.

Method:

Research Approach: Quantitative research approach

Research Design: Descriptive research design

Variable:

Independent Variable: In the present study it refers to the menstrual and conventional method.

Dependent Variable: In the present study it refers to Acceptance and practice.

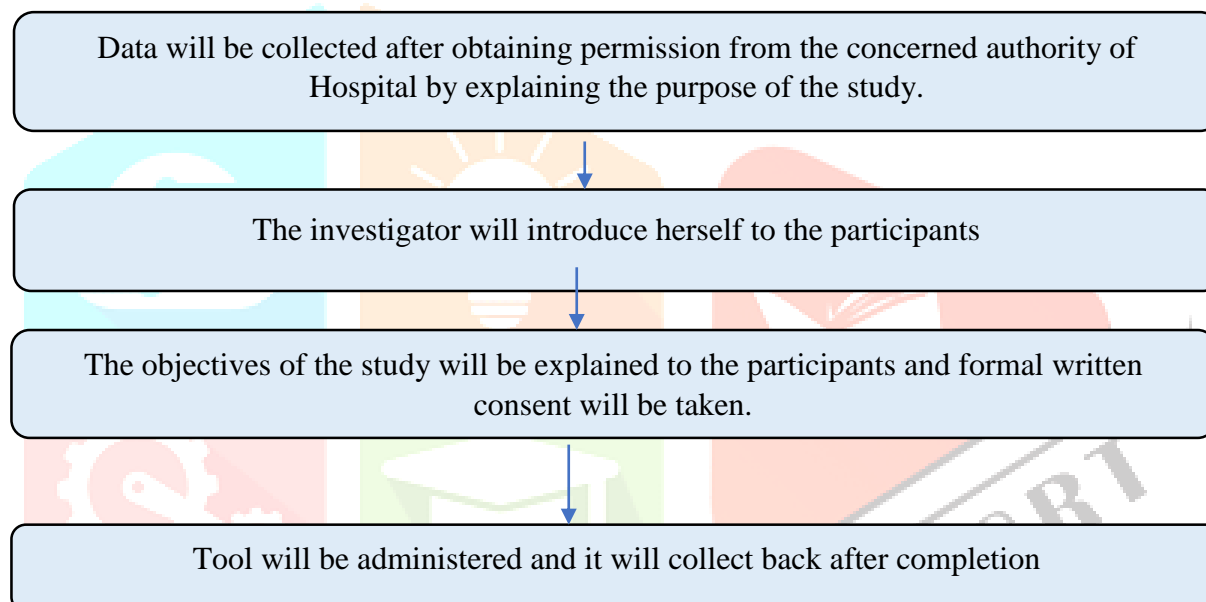
Demographic Variable: demographic variable selected for this study are age, marital status, area of living, education, occupation, monthly income, menstrual cycle started, menstrual cycle regulation, current method of maintaining menstrual flow.

Setting of the Study: This study was conducted at selected area of Chandu, Budhera Gurugram, Haryana.

Sample: It mentions to, “the subset of the population that is selected for a study”, who fulfil the enclosure criteria were considered as sample and sample size is 80 reproductive age women.

Sampling Technique: Convenience sampling Technique.

Data Collection Procedure



Schematic presentation of data collection.

RESULT

Section 1: Socio demographic characteristics of respondents.

- **Age Distribution:** The majority of participants (58%) were aged between 18-24 years, while 24% fell within the 25-34 age range.
- **Marital Status:** 36% of respondents were married, while 64% were unmarried.
- **Residential Area:** All surveyed individuals (100%) lived in rural areas, with no representation from urban areas.
- **Educational Background:** The most common educational level was secondary school education (35%), reflecting a diverse range of educational backgrounds.
- **Occupational Diversity:** Students were the predominant occupational group (48%), followed by self-employed individuals (40%), showcasing a varied distribution of occupations.
- **Monthly Family Income:** The majority (51%) of families earned a monthly income between 10,000-35,000, with 38% having an income below 10,000.

- **Age of First Menstrual Cycle:** First menstrual cycles were commonly experienced between ages 9-10 (36%) and 13-14 (38%), highlighting the range of onset.
- **Menstrual Cycle Regularity:** A significant portion (95%) reported having regular menstrual cycles, whereas 5% experienced irregular cycles.
- **Menstrual Hygiene Methods:** Sanitary pads were the preferred choice for maintaining menstrual hygiene (89%), followed by menstrual cups (6%) and cloths (5%).

Section B: Main analysis and interpretation of data

TABLE:1 The acceptance of menstrual cup and conventional method of menstrual hygiene.

Q.No.	Statement	Scoring	Frequency	Percentage
Q.1	I am satisfied with my present menstrual hygiene method.	Strongly agree	11	14%
		Agree	65	80%
		Uncertain	4	5%
		Disagree	0	0
Q.2	Using this for a long time without changing may lead to infection.	Strongly agree	23	29%
		Agree	19	24%
		Uncertain	37	46%
		Disagree	1	1%
Q.3	It is easily affordable	Strongly agree	35	44%
		Agree	38	48%
		Uncertain	7	9%
Q.4	It is more economic than other methods of menstrual hygiene.	Strongly agree	17	21%
		Agree	23	29%
		Uncertain	40	50%
Q.5	My parents/guardians or partner allow me to use this.	Strongly agree	37	46%
		Agree	23	29%
		Uncertain	20	25%
		Disagree	0	0%
Q.6	I would recommend to use the same product to my friend and family members.	Strongly agree	9	11%
		Agree	25	31%
		Uncertain	43	54%
		Disagree	3	4%
Q.7	I did not use any other method for managing blood flow while using this.	Strongly agree	21	26%
		Agree	33	41%
		Uncertain	24	30%
		Disagree	2	3%
Q.8	It is hygienic to use.	Strongly agree	9	11%

		Agree	40	50%
		Uncertain	30	38%
		Disagree	1	1%
Q.9	It is environmentally friendly method.	Strongly agree	13	16%
		Agree	36	45%
		Uncertain	29	36%
		Disagree	2	3%
Q.10	Overall, this is an acceptable method for managing menstrual hygiene.	Strongly agree	12	15%
		Agree	45	56%
		Uncertain	20	25%
		Disagree	3	4%

TABLE 1: REPRESENTATION OF ACCEPTANCE OF MENSTRUAL CUP VERSES CONVENTIONAL METHOD OF MENSTRUAL HYGIENE

- The scoring data reveals the distribution of responses across the different questions. In Q1, 14% respondents (out of the total) strongly agreed, while 80% respondents agreed, 5% were uncertain.
- Similarly, in Q2, the majority of respondents agreed (29% strongly agreed, 24% agreed), with 46% being uncertain, and only 1% respondent disagreed.
- Moving to Q3, 44% respondents strongly agreed, while 48% agreed, 9% were uncertain, and none disagreed. The trend continues in Q4, where 21% respondents strongly agreed, 29% agreed, 50% were uncertain, and none disagreed. The pattern repeats in Q5, with 46% respondents strongly agreeing, 29% agreeing, 25% being uncertain, and none disagreeing.
- In Q6, 11% respondents strongly agreed, 31% agreed, 54% were uncertain, 4% disagreed. For Q7, 26% respondents strongly agreed, 41% agreed, 30% were uncertain, 3% disagreed. In Q8, 11% respondents strongly agreed, 50% agreed, 38% were uncertain, 1% disagreed.
- Moving to Q9, 16% respondents strongly agreed, 45% agreed, 36% were uncertain, 3% disagreed. Finally, in Q10, 15% respondents strongly agreed, 56% agreed, 25% were uncertain, 4% disagreed.
- The data provides insight into the distribution of responses across the questionnaire items, indicating the varying degrees of agreement or disagreement among the respondents. It offers a quantitative overview of the participants' perspectives on the given statements or questions.

SECTION C: REPRESENTATION OF THE PRACTICE OF CONVENTIONAL METHOD OF MENSTRUAL HYGIENE AMONG WOMEN OF REPRODUCTIVE AGE

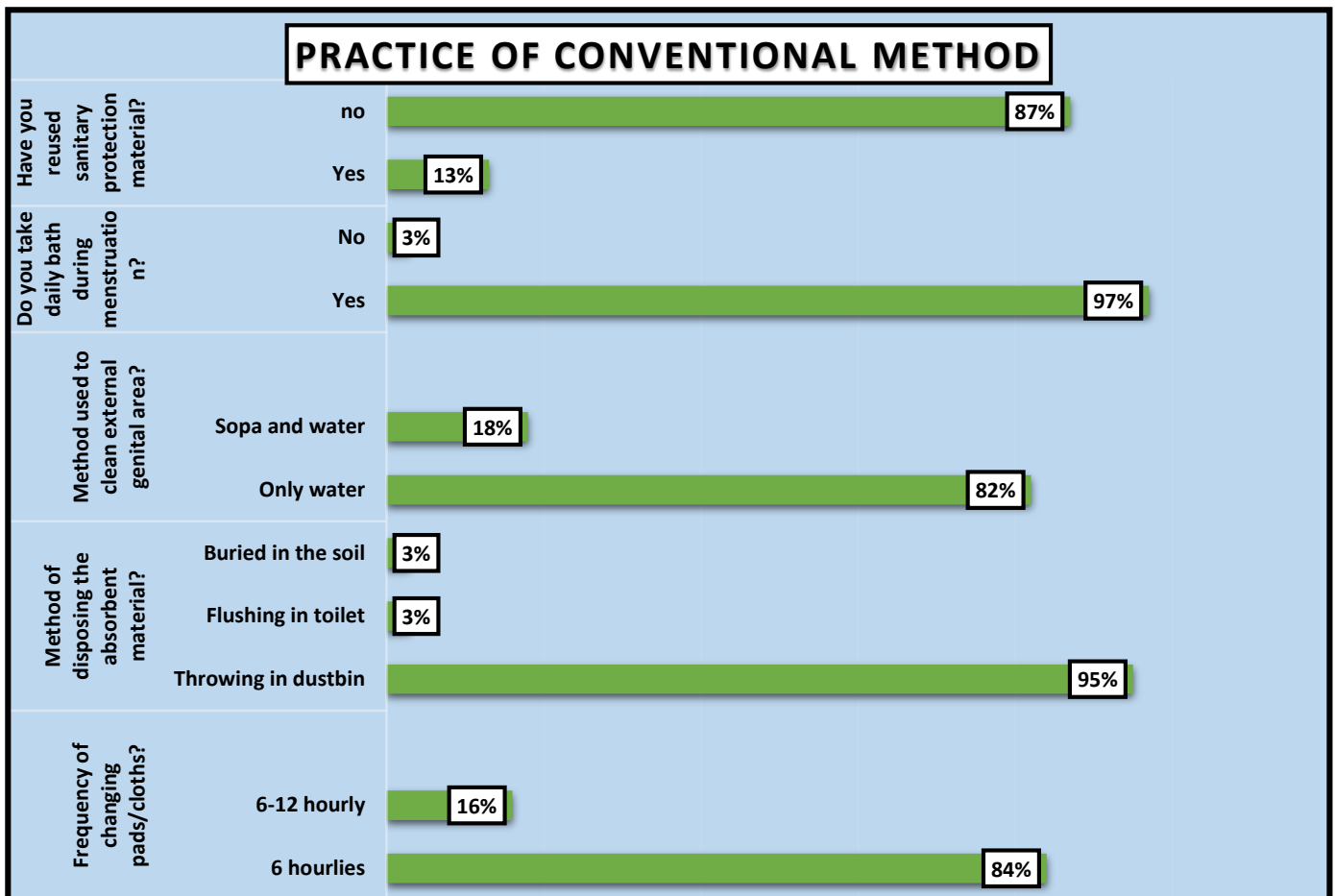


Figure No 1 Out of 80 participants only 75 were using conventional method of menstrual hygiene. And when asked about the frequency of changing pads or cloths, the majority of respondents, 63 individuals (84%), reported changing them every 6 hours. A smaller proportion, 12 respondents (16%), indicated changing them every 6-12 hours. no respondents reported changing their absorbent material after more than 12 hours.

In terms of the method used for disposing of the absorbent material, the most common practice reported by the respondents was throwing it in a dustbin, with 71 individuals (95%) following this method. Two respondents (3%) mentioned flushing the material in the toilet, while another two respondents (3%) reported burying it in the soil.

Regarding the method used to clean the external genital area, the majority of respondents, 58 individuals (82%), indicated that they clean it using only water. A smaller group of respondents, 13 individuals (18%), reported using soap and water for cleaning. None of the respondents mentioned using water with antiseptic. When asked about their bathing routine during menstruation, the majority of respondents, 73 individuals (97%), stated that they take a daily bath. Only 2 respondents (3%) reported not taking a daily bath during menstruation.

Inquiring about the reuse of sanitary protection material, 10 respondents (13%) indicated that they have reused such materials. In contrast, the majority of respondents, 65 individuals (87%), reported not reusing sanitary protection materials.

SECTION D: PRACTICE OF MENSTRUAL CUP AMONG WOMEN OF REPRODUCTIVE AGE
TABLE 2: REPRESENTATION OF THE PRACTICE OF MENSTRUAL CUP AMONG WOMEN OF REPRODUCTIVE AGE

QUESTIONS	OPTIONS	Frequency	PERCENTAGE
How frequently you have changed the cup	Every 6 hourly	3	60%
	6-12 hourly	1	20%
	More than 12 hours	1	20%
How do you store menstrual cup?	Cloth bag	2	40%
	Plastic bag	2	40%
	Airtight container	1	20%
Have you face leaking problems?	Yes	0	0%
	Sometimes	5	100%
Do you wash menstrual cup after every use?	Yes	5	100%
	Sometimes	0	0%
How frequently do you have to empty menstrual cup?	Once/day	4	80%
	2-4 times/day	1	20%
	>4 times/day	0	0%

TABLE 4: REPRESENTATION OF THE PRACTICE OF MENSTRUAL CUP AMONG WOMEN OF REPRODUCTIVE AGE

Out
of

80 participants only 5 were using menstrual cup. When asked about the frequency of cup changes, 3 respondents (60%) reported changing their menstrual cup every 6 hours. One respondent (20%) indicated changing it every 6-12 hours, and another respondent (20%) mentioned changing it after more than 12 hours. Regarding the storage of menstrual cups, 2 respondents (40%) stated that they store their cups in cloth bags, while another 2 respondents (40%) use plastic bags. One respondent (20%) reported using an airtight container for storage.

In terms of facing leaking problems, none of the respondents experienced leaks, as indicated by the 0% frequency. However, 5 respondents (100%) reported facing occasional leaking issues.

When asked about washing the menstrual cup after every use, all 5 respondents (100%) indicated that they wash the cup after each use, demonstrating consistent hygiene practices.

Regarding the frequency of cup emptying, 4 respondents (80%) reported emptying the cup once per day. One respondent (20%) stated emptying it 2-4 times per day, while none of the respondents indicated emptying it more than 4 times in a day.

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