

**A STUDY ON MENSTRUAL HYGIENE IN HEALTH
CARE TO PROTECT HEALTH OF WOMEN AND
ENVIRONMENT**

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ABSTRACT

In many parts of the country, especially rural areas, girls face many problems and difficulties at home, school and work due to their irregular periods and their ignorance. According to our literature review, inadequate or inaccurate knowledge about periods significantly impairs menstrual control and personal hygiene. Girls and women have little or no knowledge about vaginal tract diseases, due to which they do not practice personal hygiene during their menstrual period. Women in rural areas often do not have access to feminine products, have limited knowledge of their types and methods of use, or cannot afford them due to their high cost. Therefore, it mainly depends on the reuse and cleaning of cloth covers. Despite great progress in the areas of water and sanitation, the needs and requirements of teenage girls are still not taken into account. When a woman is at home, she empties menstrual products into bathrooms without worrying about the risk of them being absorbed, and when she is out, she disposes of them in open latrines and household garbage. As a result, it is important to educate and educate them about the health and environmental risks they pose. Waste can be reduced by using modern technologies like incineration. The use of eco-friendly or reusable sanitary products made from materials such as banana, bamboo, sea sponges, water lilies and other plants should also be encouraged. According to the World Health Organization, adolescents are those between the ages of 10 and 19. A child's growth and development define adolescence, which is the period between childhood and adulthood. During this period the child develops physically, mentally and physically.

KEY WORDS

Menstrual health, eco-friendly, napkins, infections, sanitary pads, hygiene

I. INTRODUCTION

One of the major issues in the world over the years is women's health and sanitation. In remote areas, there is almost no awareness of menstrual hygiene or the use of feminine napkins. Poor reproductive hygiene and sexuality education are not part of any Indian education system, leading to bacterial and fungal infections, frequent infections, cervical cancer and poor menstrual hygiene. A teenage girl learns about menstruation from her mother and grandmother, who have engaged in impure behavior for years, and there is nothing wrong with wearing clothes that are out of date during her period. We try to prevent such diseases in remote areas by raising adequate awareness about menstrual health and the need to use sanitary pads. No one should have to endure the shame of using used clothing, newspapers, socks, old mattress scraps or cow dung to collect your menstrual flow. These unwholesome and unrefined materials are irritating and dirty as well as ineffective in collecting menstrual flow. Maintenance of period hygiene is hampered by the persistence of many social, cultural and religious taboos on menstruation and the ritual of menstruation. In many parts of the country, especially rural areas, girls face many problems and difficulties at home, school and work due to their irregular periods and their ignorance. According to our literature review, inadequate or inaccurate knowledge about periods significantly impairs menstrual control and personal hygiene. Girls and women have little or no knowledge about vaginal tract diseases, due to which they do not practice personal hygiene during their menstrual period. Women in rural areas often do not have access to feminine products, have limited knowledge of their types and methods of use, or cannot afford them due to their high cost.

II. OBJECTIVES

- To provide low-cost sanitary napkins with high quality and improve economic conditions of women and provide them
- To raise knowledge of menstruation health control problems among girls and women in rural and metropolitan areas.
- To make biodegradable menstrual napkins more accessible to females and new moms.
- To gauge students' understanding of menstruation cleanliness and the illnesses that can be acquired if norms of sanitation are not upheld.

III. REVIEW OF LITERATURE

✓ Name of the candidate: Ms Debarati Sarkar

Exploratory research on females in adolescence who are attending school looked at knowledge of menstrual practices and environmental issues

✓ Elizabeth Peberdy, Aled Jones * and Dannielle Green

An investigation into consumer awareness of the effects of menstrual products on the environment and product selection This article examines how much people are aware of how menstrual products affect the ecosystem

✓ Hema Priya S.*, Partha Nandi, Seetharaman N., Ramya M. R, Nishanthini n, Lokeshmaran A.

An investigation into teenage females' personal cleanliness routines, including menstruation sanitation, in remote Puducherry

✓ P. Yasotha1 and P. Kiruthika2

AN ONLINE SURVEY STUDY ON MENSTRUAL HYGIENE PRODUCTS AND ITS UTILIZATION

IV. STATEMENT OF PROBLEM

It has been found that more than 80% of Indian women do not use feminine pads. In remote parts of the country, sanitary pads are often in short supply, and if they are, they are too expensive for farm families to purchase. So, during periods, women turn to traditional alternatives like layers of canvas, charcoal and sand. These alternatives cause a lot of discomfort, but they also cause many illnesses and infections, some of which have long-term effects. Unhealthy menstrual habits affect the health of girls and women, making them more susceptible to pelvic inflammatory disease, STDs and other problems. Menstrual hygiene is an under-recognized or under-recognized problem. During your period, it is essential to practice good hygiene habits such as cleaning your genitals thoroughly and using feminine wipes.

V. RESEARCH METHOD

❖ **SAMPLE SIZE:**The number of respondents considered for the study was 101 members.

❖ **SAMPLE AREA:** The respondents are of 2 sectors Rural and urban.

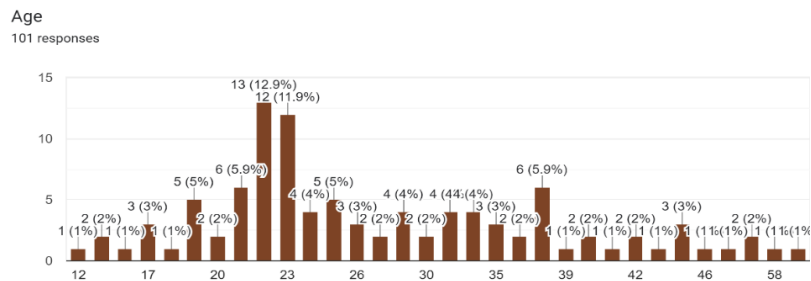
VI. DATA ANALYSIS

- Demographic data help provide a basis for understanding where societies are now, where they are, and where they are going. It is a powerful tool to track change over time and reveal needs or strengths in a community to guide planning, policy development or decision making.

- Table: 1**

Age	Responses
10	0
20	15
30	51
40	24
50	11

- Chart: 1**



- Interpretation:**

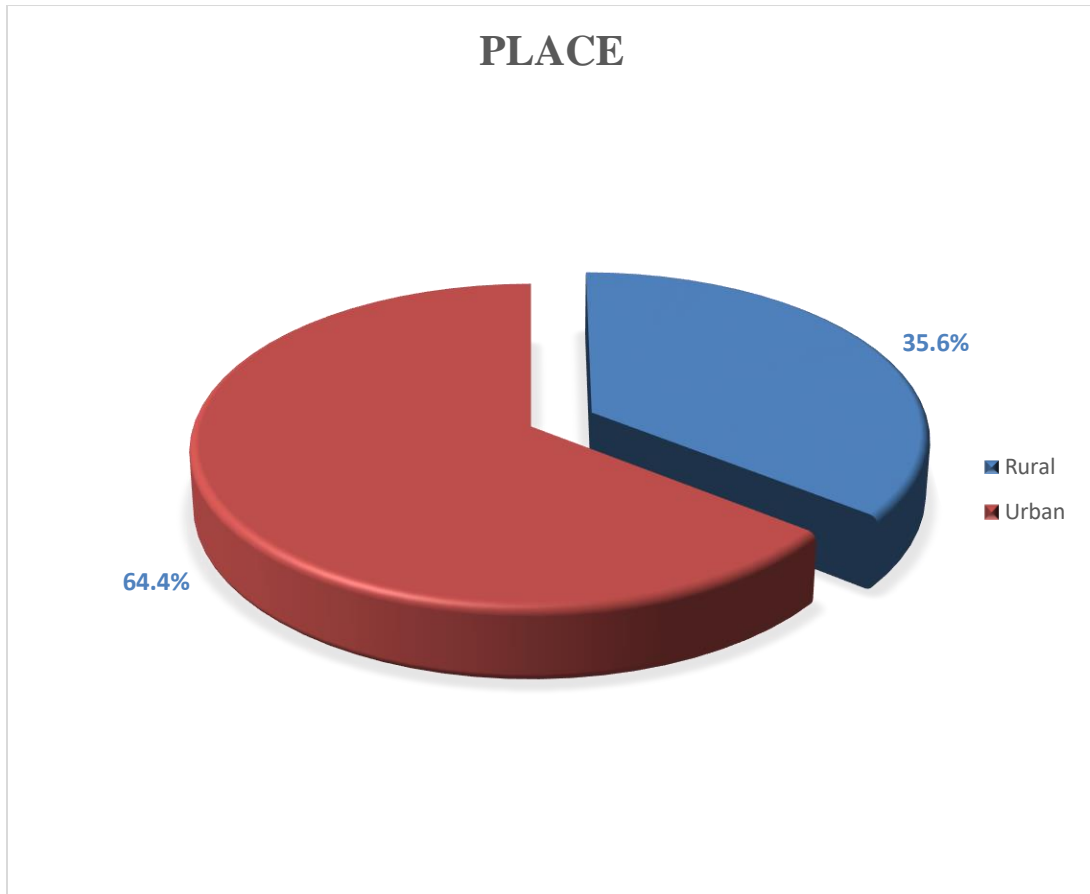
- In this survey from age group 12 to 58 took part.

- PLACE**

- Table: 2**

Place	Responses	Percentage
Rural	36	35.6%
Urban	65	64.4%
Total	101	100%

- **Chart: 2**



- **Interpretation:**

- The survey shows that 64.4% of them are from Urban and 35.6% of them are from Rural.

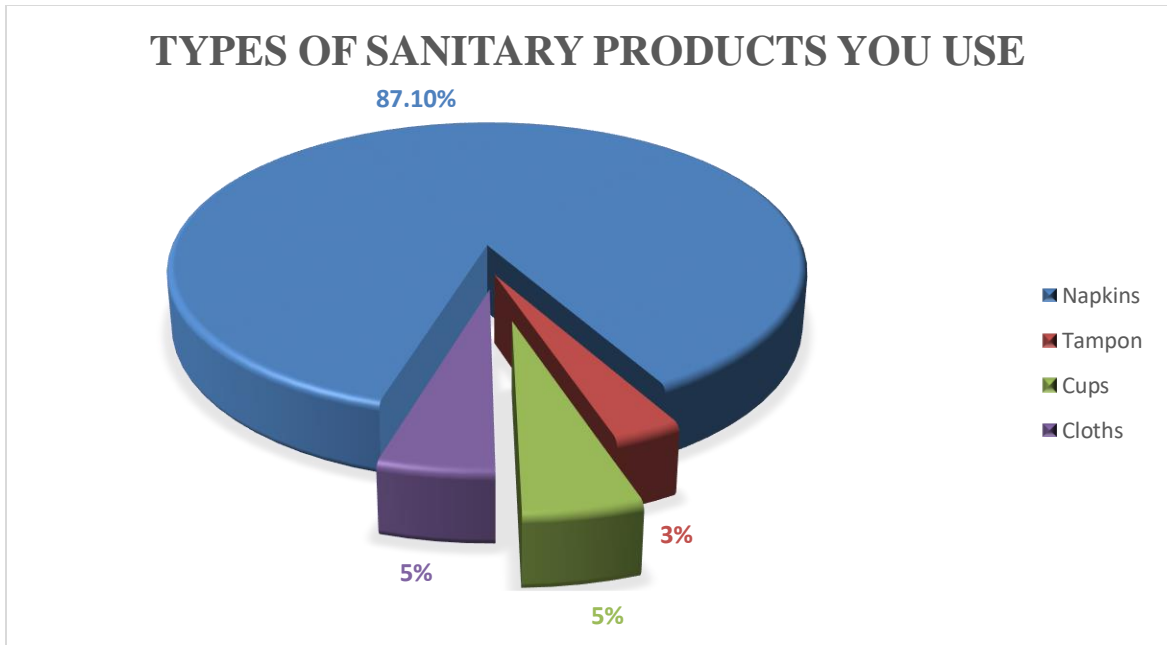
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- **Type of sanitary product you use**

- **Table:3**

Types	Responses	Percentage
Napkins	88	87.1%
Tampon	3	3%
Cups	5	5%
Cloths	5	5%
Total	101	100%

- **Chart:3**



- **Interpretation:**
- The survey shows that people use 87.10% of them use napkins, 3% of them use Tampon, 5% of them use cups and 5% of them use cloths.
- **No. of Napkins you required per day?**
- **Table:4**

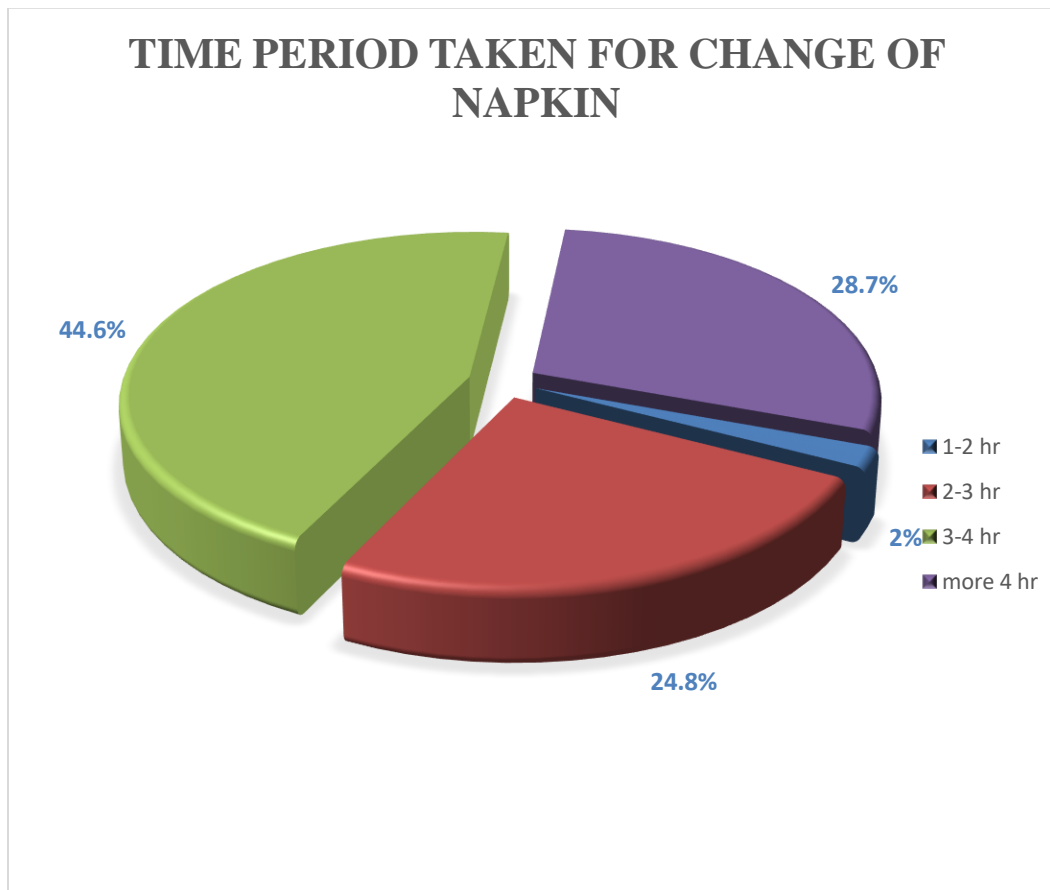
No. of napkins per day	Responses	Percentage
2	28	27.7%
3	46	45.5%
4	22	21.8%
5	5	5%
Total	101	100%

- **Chart:4**

- **Interpretation:** -
- 45.5% of the people use three napkins per day, 27.7% of the people use two napkins per day and 5% of the people required five napkins per day.
- **4.2.5 Time period taken for change of napkin**
- **Table: 5**

Often	Responses	Percentage
1-2hr	2	2%
2-3hr	25	24.8%
3-4hr	45	44.6%
More than 4hr	29	28.7%
Total	101	100%

- **Chart: 5**



- **Interpretation:**

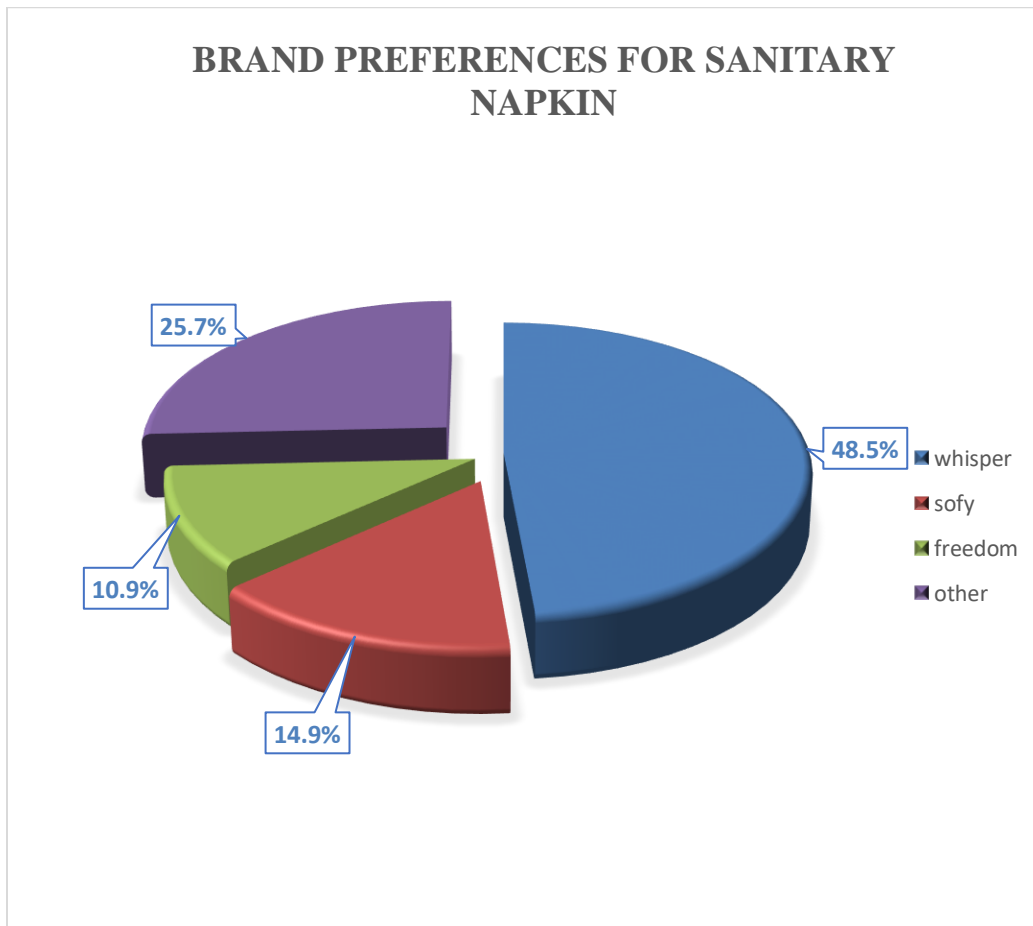
- 44.6% change their napkins between three to four hours, 28.7% change between more than 4 hours, only 2% of the change their napkins between one to two hours.

- **BRAND PREFERENCES FOR SANITARY NAPKIN**

- **Table: 6**

Brand	Responses	Percentage
Whisper	49	48.5%
Sofy	15	14.9%
Freedom	11	10.9%
Other	26	25.7%
Total	101	100%

- **Chart: 6**



- **Interpretation:**

- 48.5% of the prefer whisper, 14.9 % Prefer sofy brand, 10.9% prefer freedom and 25.7% prefer another brand in sanitary napkin.

VII. FINDINGS

After the detailed study the collected information and data was analysed. A lot of valuable findings were found common responses from the survey.

- Based on the survey report we interpret that majority of the responses in Rural is 64% and Urban is 35 % with 101 responses.
- Among the total respondents most of the respondents are under the age group of 12 to 58
- Based on the survey report, 87% of the women use sanitary Napkins(pads) where 5% of them are still using Cloth.
- Based on the survey report, 45% of the women required 3 napkins per day, 27% of the women required 2 napkins per day and only 5% of them required more than 5 sanitary per day.
- Based on the survey report, 44% of women often change napkin in 3-4 hour, 28% of them change more than 4 hours, 24% of them change in 2-3 hours and only 2% of women change in 1-2 hours in a day.
- Based on the survey report, 49% of the women use whisper, 15% of the women use sofy, 11% of the women use freedom and 26% women use other type of sanitary napkins.

VIII CONCLUSIONS

Study Findings Progress Currently, menstrual health management is an important area of research, especially in rural and urban settings. This study demonstrates that there is widespread knowledge among the general public in response to our research inquiry. Menstrual commodities have ecosystem impacts that are not usually recognized or considered, especially when it comes to how they are produced. There are also some environmental considerations for those who are more aware of this effect. No one knows about it. This study indicates that there is a lack of knowledge among the general public regarding the amount of plastic used, especially in inorganic items. Research suggests that there is a relationship between the environmental impact of menstrual products and people's degrees of knowledge regarding the products they choose to use or purchase. People with more knowledge are more likely to choose goods that have less

negative impact on the ecosystem. As a result, we follow our theory that consumers' knowledge of environmental impact influences their choice of menstrual products. Funds and assistance are needed to train mothers and teachers, ensure home and school infrastructure, provide low-cost and easily accessible materials, and promote early medical care among adolescent girls. The positive news is that progress is being made.

IX. SUGGESTIONS

Based on the analysis of this study, the following suggestions are to be taken:

- ❖ Don't throw the plastic pads directly into nature, we can protect our nature by not using plastic pads, we can use decomposable pads
- ❖ Women should open up about this topic and create awareness among people whether they are men or kids. Women in rural areas should be hygienic about this
- ❖ Cloth Napkins is better, to use reusable cloth napkin and Cloth napkin use is best for environment.
- ❖ Highly preferred to use cotton pads, cloth n cups.
- ❖ I feel it's high time that everyone should know how and what to use in periods and don't unnecessary throw in Soil because of that many animals are eating plastic cover ets so dispose in the way nothing is harmed ad v can save our environment.
- ❖ To protect the environment, it's definitely the reusable cloths but also the level of comfortability is different for individuals. And also heard tampons are widely being used would like try them once as they are also environment friendly.

X. REFERENCES

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