



Menstrual Sanitation: A Google form questionnaire-based study

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Abstract

This learning defines and compares girls' knowledges of menstruation in VHNSN College, Virudhunagar, Tamilnadu at the decision of a measured trial of puberty tutoring and sanitary pad facility to clarify pathways of effect in the interventions. Google form were distributed with girls who participated in the Menses surveys. The managing of menses has come to the fore as a barrier to girls' education achievement in low-income backgrounds. Therefore, this study is concerned with evaluating the menstrual sanitation.

Keywords: *Menses, Sanitary pad, Google form*

Introduction

Adolescence is measured to be the period between 10 to 19 years of age. The teen-age experiences not only physical development but also emotional, psychological, social and intellectual changes. On one occasion the female gamete (ovum) matures it will release from the ovary and travel through the fallopian tube into the womb. If the ovum is not fertilized by the male gamete (spermatozoa), it will disintegrate and blood loss resulting in an ejection through the vagina. Bleeding also known as "Menses". The first period usually begins between 12 to 15 years of age, a point in time known as menarche (Pratiksha Puranik and Jayashree Dhote, 2020).

Puberty is the period of human development during which secondary sexual features appear, sexual maturation occurs and reproductive capacity is attained. Ovulation begin in girls during this period (Rosenfield *et al.*, 2014). Reproductive health is an important issue for female students as adults who must be healthy reproductively. As teenagers, they have experienced various changes, marked by secondary sex growth, such as breast enlargement, hair growth around the genitals, and eventually menstrual blood outflow. Menstruation is the decay of the endometrium of the uterus that contains many blood vessels, where it occurs every month (National Population & Family Planning Board, 1998).

Menarche is one of the indicators of puberty and considered as a significant event in the life of girls. The length of the menstrual cycle is about 28 days, but can vary between 21-35 days. Duration of menstrual flow normally ranges from 3 to 5 days. For the first few years after menarche, irregular and longer cycles are common. The duration of menstrual release varies based on age, diet, activity pattern, which can accelerate, delay or even prevent menstruation (Kaplowitz, 2006; Diaz *et al.*, 2006).

Physical, psychological and emotional symptoms are also observed before and during menstruation in almost all adolescents. Mainly pain and also other symptoms occurring during menstruation affect daily life activities, can decrease work performance and also increase the rate of school and college absenteeism (Parker *et al.*, 2010; Suvitie *et al.*, 2016).

The key objectives of the research are:

- 🔗 To increase awareness among adolescent girls on menstrual sanitation
- 🔗 To rise access to and use of quality sanitary pad to adolescent girls
- 🔗 To guarantee safe disposal of sanitary napkins in an eco-friendly manner

The purpose of this research is to provide care to young girls and their parents on physical growth and menstrual health.

Materials and Methods

Aim

This is an expressive learning to study among females, strategies of menstrual cycle.

Place of study

This investigation was conducted in VHNSN College and social media such as facebook, twitter, etc. A study was conducted from December 2020 to March 2021 among 400 females in the different age groups. By using google form survey method. The questionnaire link was circulated through girls' whatsapp group as department vice at VHNSN College.

Data collection

The google form questionnaire which are particularly designed using modest and clear language to elicit precise data required to answer the research questions and achieve the study objectives. Data of 400 females was collected and analysed. The questionnaire on menstrual history enquired about the menstrual regularity, cycle length, history of passage of clots, missed periods, painful periods, heavy periods and use of painkillers.

Data analysis

Primary data had used tables and graphs for representation of data obtained.

Enquiries

- ☞ Type of Family
- ☞ Which Menstrual Sanitation Invention do you wish using?
- ☞ Which make of hygienic napkin do you prefer using?
- ☞ Do you face any of the following difficulties while using sanitary napkin?
- ☞ Would you consider using an herbal sanitary product?
- ☞ Does price disturb what sanitary product you use?
- ☞ How many sanitary pads you are using for a day?
- ☞ How much amount you spend for a month sanitary pad purchase
- ☞ Do you have any experience with the opposite sex at period time teasing?
- ☞ Girls' period teasing
- ☞ Do you have regular periods?
- ☞ How many days your menstrual bleeding extended
- ☞ Do you take pain killers at the time of menses?
- ☞ Do you receive the Sanitary Pad disposal issue?
- ☞ I talk to a family member about my menses periods
- ☞ Do you like to carry sanitary pad for menses in your pouch?
- ☞ Do you accept the sanitary napkin vending automated machine in your college / office?
- ☞ Do you receive Co-worker / friend support during the menses?
- ☞ The most common menstruation-related symptoms
- ☞ Do you have any disease of uterus?

Questionnaires were distributed to girls through google form link. The answers were transferred to an electronic database. Google survey form was prepared in English and Tamil. The questionnaire was tried and assessed in 10 female Assistant Professors prior to the circulation. Based on the criticism, some complex statements were revised and other questions were excluded and included. The final questionnaire comprised 20 questions. Participants were asked to select from the options yes / no or MCQ for their answers. The questionnaire took about 20 minute or less to complete.

Result

Table 1: Sociodemographic features of the selected youngsters

Sociodemographic features	Percentage (%)
Age (Years)	
➤ Below 15	2.1
➤ 15 – 20	87.6
➤ 21 – 30	7.2
➤ 31 – 35	2.1
➤ Above 36	1
Place of Living	
➤ House	67
➤ Apartments	2.1
➤ Mansion	0
➤ Paying Hostel	3.1
➤ College Hostel	27.8
➤ Others	0
Profession	
➤ Student	93.8
➤ Employee	5.2
➤ House wife	1
➤ Others	0

The information in Table 1 shows the socio-demographic profile of the respondents. In this learning, majority, 87.6% were between ages 15 to 20 years and live-in house 67%.

Table 2: Menstrual Sanitation Invention Usage

Napkin Usage	Percentage (%)
☞ Whisper	59.8
☞ Stayfree	33
☞ Sofy	2.1
☞ Comfy	2.1
☞ Carmesi	1
☞ Niine & Raho safe	1
☞ Others	1

Table 3: Would you consider using an herbal sanitary product

Herbal Sanitary Pad	Percentage (%)
Yes	57.1
No	23.5
May be	18.4
Already do	1

Table 4: How many sanitary pads you are using for a day?

Number of Sanitary Pads	Percentage (%)
More than two	68.4
Two	21.4
One	10.2

Table 5: Menstrual cycle pattern

Menstrual Cycle	Percentage (%)
Regular	78.6
Irregular	21.4

Table 5 displays the percentage of students' regular and irregular menses pattern which is 78.6% and 21.4%, respectively. Although the percentage of contributors who experienced irregular menstrual cycle pattern is lower. Numerous features that may disrupt the pattern of the menstrual cycle are food behavior, unbalanced eating patterns and also strain levels experienced by the participants. This result is supported by Kevin *et al.*, 2017.

Table 6: How many days your menses extended?

Menses	Percentage (%)
3 days	14.3
4 to 5 days	78.6
6 to 10 days	7.1

Table 7: Usage of Pain killers

Pain killers at menses	Percentage (%)
Yes	85.6
No	14.4

As per Table 7 up to 85.6% of participants say yes to taking pain killers in the time of menses. In our Tamilnadu previous generations normally use the homemade medicines but now our state girls normally used pain killers for menstrual pain.

Discussion

The research was governed in December 2020 to March 2021. The study was conducted among school girls, college girls, married, unmarried, workers, housewife, well-educated, illiterate females of different age groups by using the google form survey method. Information was collected by questionnaire. Why it is required to survey on menstrual cycle in females? Because females play significant part not only in maintaining the family but also in building society. The main problem among adolescents is menses problem and its play's vital role in

health. Most of the menstrual health related problems are due to lack of awareness and unhealthy hygiene. The research mainly concentrated toward the young inspiring women in India. This study is to encourage awareness among the women and their families about the importance of women health and menstrual sanitation.

Conclusion

This primary data collection study to assess the value of sanitary pads. Our statistics deliver vital evidence on the necessity for an individualized approach to support reproductive health. Sexual education plays an important role in the modern era. Additionally, arrangements for enough wellbeing care providers and medical goods, including emotional counselling, are vital.

Recommendations of future research

Researchers could conduct an investigation on a large population, aiming towards menstruation among the females.

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