
Knowledge on Utilization of Menstrual Cup Among Girls Aged Between 18-24 Years in Aselected College, Kothamangalam Taluk

Bincy P Augustine*

Lecturer, FON Department, Mar Baselios College of Nursing

****Corresponding Author***

Email: binceaji@gmail.com

ABSTRACT

Menstrual cups offer several benefits over traditional menstrual products like pads or tampons. Therefore, knowledge on utilisation of menstrual cup is crucial.

Aim: *A study to assess the knowledge on utilization of menstrual cup among girls aged between 18-24 years in a selected college, Kothamangalam and to find out the association between level of knowledge and misconceptions with selected demographic variables.*

Materials and Methods: *A non-experimental descriptive study was conducted on one hundred female nursing students. The data was analysed using descriptive and inferential statistics.*

The results were majority of the samples (74.28%) have poor knowledge, (25.71%) have average knowledge and none of them had good knowledge. Assessment of prevalence of premenstrual syndrome shows, 47.14% have moderate symptoms, 31.42% have mild symptoms and 21.42% have severe symptoms. There is no significant association between knowledge and selected sociodemographic variables. Hence H₀ is accepted.

INTRODUCTION

Menstrual cups have emerged as a game-changer in the realm of menstrual hygiene management, offering a sustainable and user-friendly alternative to traditional menstrual products like pads and tampons. Their importance lies in several key areas, ranging from environmental benefits to improved menstrual health and economic advantages.

REVIEW OF LITERATURE

Divakar H, Singh R, Narayanan P, (2020) a cross sectional study was conducted to assess the menstrual health and hygiene, study of knowledge, attitude and practices of Obygyns on usage of menstrual cup among 163 obstetricians and gynaecologists in the public and private practice in Bangalore, India. It is found that only 59% think that they are the way forward for better menstrual hygiene management. Only 57% of the health care providers actually advised young girls on the usage of menstrual cups.[1]

AkwasBoakye-YiadamDavidAlatuleAladayo, Jolien Bwelyir, HamzaBawa (2021) quantitative study was conducted to assess the knowledge, attitude and practice of menstrual hygiene and management among adolescent girls between the ages of 10 to 19 years at junior high school in the Yendi municipality of Ghana. The study result showed that awareness of 67.5% had adequate knowledge of menstrual hygiene management. About 13.6% of the adolescent female students had a positive attitude towards menstrual hygiene management and 31.1% practiced good menstrual hygiene.[2]

MATERIALS AND METHODS

A quantitative approach was used in this study. A research design selected for the research study was a non-experimental descriptive design. The study was conducted in Mar Baselios college of nursing Kothamangalam. Tools used are: socio demographic proforma, premenstrual syndrome scale and structured questionnaire to assess the prevalence and knowledge on utilization of menstrual cup among girls.

DATA COLLECTION PROCEDURE

The study was conducted in a selected schools at Kothamangalam, dated from, after gaining the permission from the authority. The investigators selected samples by purposive sampling. After explaining the purpose of the study and getting informed consent 100 samples were selected according to the eligibility criteria and data was collected using the tools. All the subjects who participated in the study were co-operative.

RESULT

Majority of the samples (74.28%) have poor knowledge, (25.71%) have average knowledge and none of them had good knowledge. Assessment of prevalence of premenstrual syndrome shows, 47.14% have moderate symptoms, 31.42% have mild symptoms and 21.42% have severe symptoms. There is no significant association between knowledge and selected socio demographic variables. Hence H₀ is accepted.

DISCUSSION

The findings of the study were discussed in the terms of objectives and comparisons was made with other study findings. The present study was undertaken to assess the knowledge on utilization of menstrual cup among girls aged between 18-24 years. The finding of the study was discussed with reference to related literature and have been organized under the following headings. The present study showed that there is a significant association between knowledge and selected socio-demographic variables.

FUTURE SCOPE

- 1) **Nursing Service:** Nurses can assess the knowledge of utilisation of menstrual cup to promote a healthy menstrual practice.
- 2) **Nursing Education:** The result of the study can be used by a nurse educator as informative illustration to the nursing students while teaching a topic menstrual hygiene.
- 3) **Nursing Research:** This study can be utilized by subsequent researchers for their reference and further study.

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