

# Menstruation and Menstrual Hygiene



Dr. Hemlata Sharma

**Knowledge attitude and practices (KAP) of menstruation and menstrual hygiene among married women of Rural population of Sabarkantha District, Gujarat**

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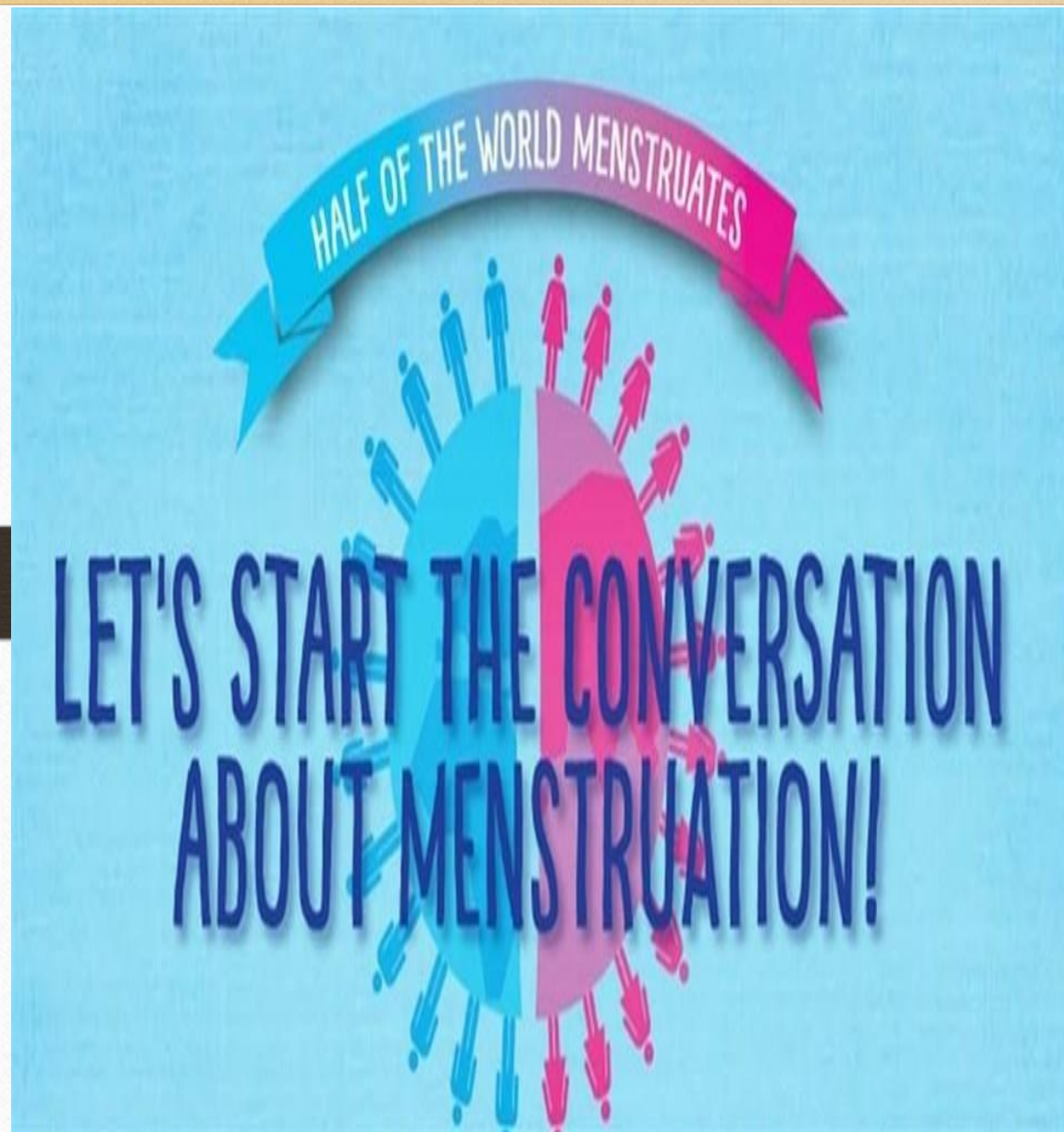
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# Content

- Introduction
- District Profile

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- Research Question
- Objective
- Methodology
- Results
- Limitation of the Study
- Recommendation
- Conclusion

# Introduction

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- Menstruation is a major part of life for millions of young girls and women worldwide. On average, a woman will menstruate for 3,000 days during her lifetime
- Menstruation and menstrual practices are still clouded by taboos and socio-cultural restrictions resulting in women in reproductive age group remaining ignorant of the scientific facts and hygienic health practices, which result into adverse health outcomes.

# Menstrual hygiene as a 'Big' taboo

- Although there are differences by country, culture, ethnic group, social class or family, the oppression of women has its effect on issues concerning reproductive health and other issues related to the reproductive system and its functions and processes
- Most striking is the restricted control, which many women and girls have over their own mobility and behaviour during menstruation due to their 'impurity' during menstruation, including the myths, misconceptions, superstitions and (cultural and/or religious) taboos concerning menstrual blood and menstrual hygiene.
- During the menstruation period, women and girls are not allowed to visit a temple, pray, or cook. They are not allowed to touch anybody and have to stay away from their family, because they are seen as impure.

## State Profile

Gujarat

**Total Population**

**60,439,692**

**Urban Population**

**42.60%**

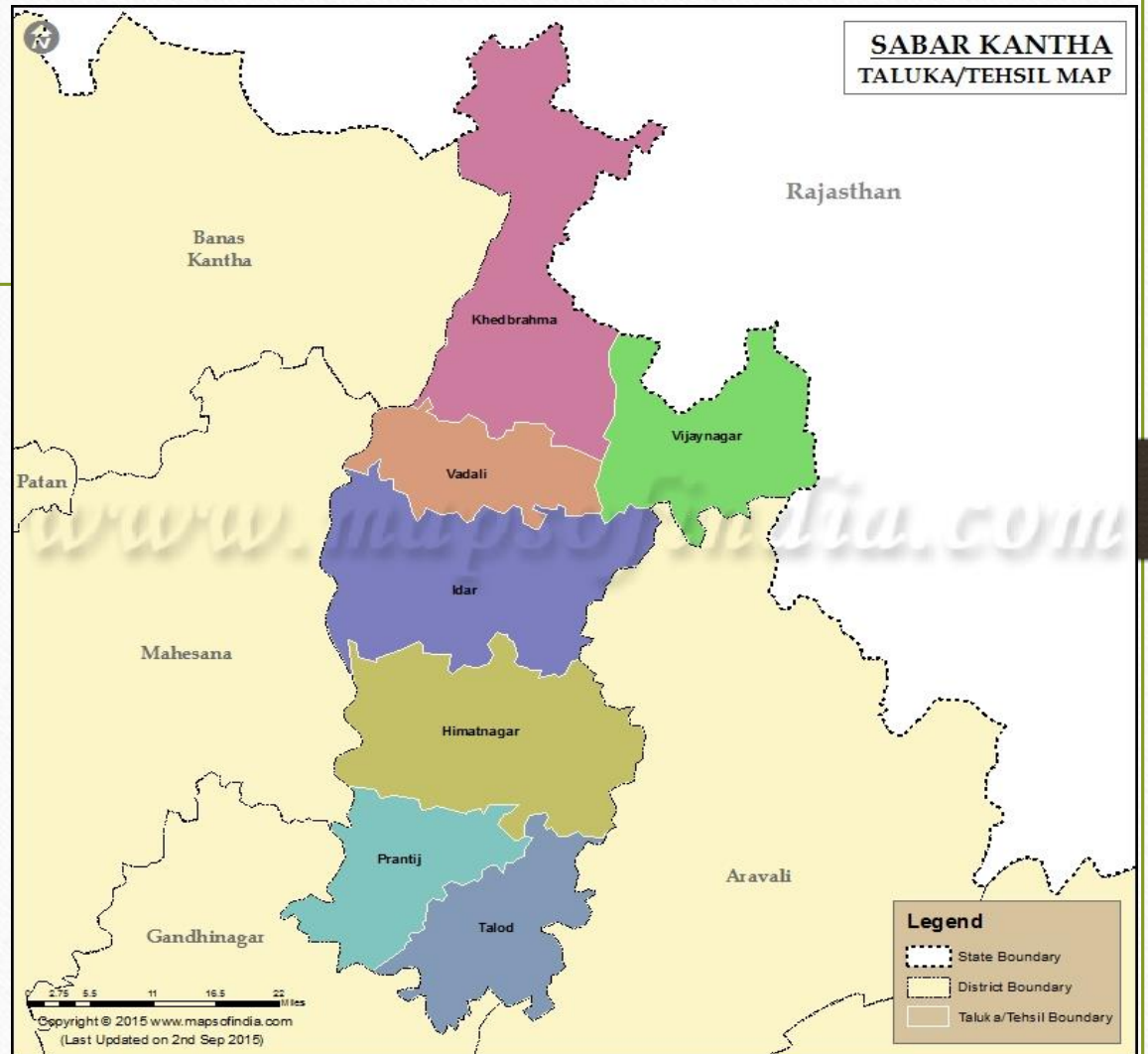
**Rural Population**

**57.40%**



# District profile Sabarkantha

- **Total Population**  
**1518739**
- **Urban Population**  
**227810**
- **Rural Population**  
**1290929**



# Research Question

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- What is the level of existing Knowledge attitude and practices of menstruation and menstrual hygiene among married women (15 to 49 years of age group ) of rural population of Sabarkantha District, Gujarat?

# Objective

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- To Assess the Knowledge attitude and practices (KAP) of menstruation and menstrual hygiene among married women (15 to 49 years of age group ) of rural population of Sabarkantha District, Gujarat.

# Research methodology

- **Study design:** Cross sectional observational study design
- **Location of the study :** Sabarkantha district Gujarat
- **Study duration:** 4<sup>th</sup> feb to 4<sup>th</sup> may
- **Study subject:** Knowledge , Attitude and practice of menstruation and menstrual hygiene among married women ( reproductive age group 15-49 years)of rural community in Sabarkantha district
- **Sampling method:** Multistage Purposive sampling ( 30 sub center villages in 8 taluka , 6 respondent from each sub center village )
- **Sample size :** 200
- **Type of data:** primary data
- **Data collection tool:** Semi structured Questionnaire
- **Data Analysis Technique :** Microsoft Excel

# Sample size selection (N-200)

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Total Taluka – 8

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Himatnagar  
6-SC

Vadali  
1-SC

Idar  
6-SC

Prantij  
4-SC

# Sample size selection

Total Taluka – 8

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Vijaynagar  
2-SC

Poshina  
3-SC

Talod  
4-SC

Khedbrahma  
4-SC

➤ **Data collection instrument:** Semi structured Questionnaire to contain sections on

- ✓ Demographic Performa which included variables such as age, educational status and occupation.
- ✓ The knowledge regarding menstruation and menstrual hygiene
- ✓ Attitude regarding menstruation and menstrual hygiene
- ✓ Menstrual hygiene practices

➤ **Study Population**

- ✓ The study population were married women of age group 15 to 49 years of rural area of Sabarkantha District, Gujarat

### **Exclusion criteria:**

- Married women with menopause
- Married women with hysterectomy
- Pregnant married women in age group of 15-49 yrs
- Married women with chronic illness
- Married women with any Gynaec problem

### **Inclusion criteria :**

Married women under age group (15-49 years )

- Respondent Background

| Women age in Years | Number |
|--------------------|--------|
| 15-20              | 15%    |
| 21-30              | 37%    |
| 31-40              | 40%    |
| 41-49              | 8%     |
| <b>Cast</b>        |        |
| Sc                 | 16%    |
| St                 | 46%    |
| Obc                | 12%    |

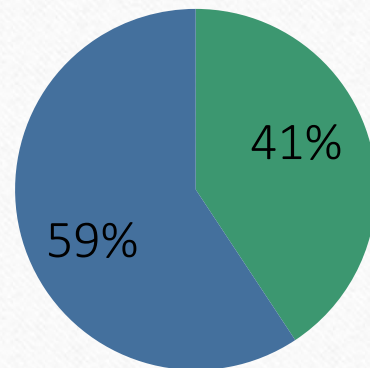
| Education Level   | Number |
|-------------------|--------|
| Primary education | 6%     |
| Intermediate      | 72%    |
| Graduate          | 21.5%  |
| <b>Occupation</b> |        |
| Study             | 7%     |
| Farming worker    | 21%    |
| Housewife         | 64%    |
| Job               | 8%     |

# Result

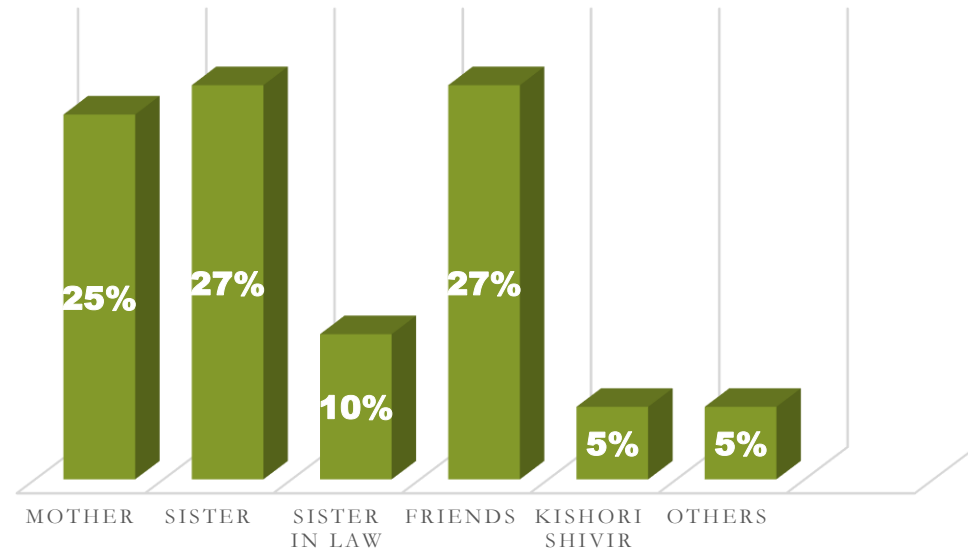
## Knowledge

### Knowledge about Menstruation at puberty time

■ Yes ■ no



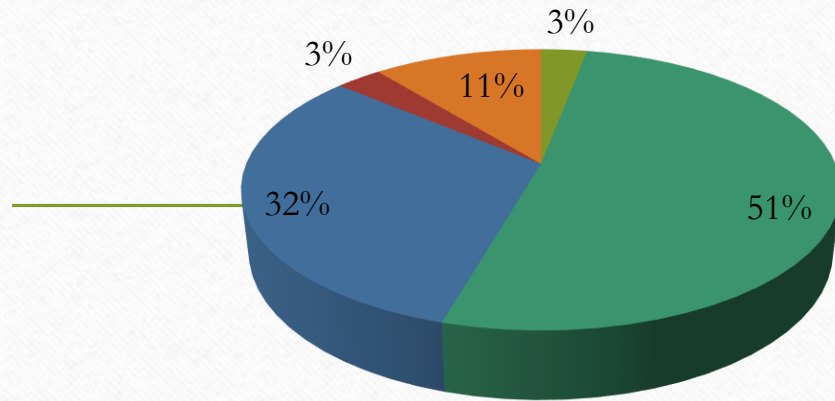
### KNOWLEDGE GIVEN BY



This graphs shows that only 41% women had knowledge about menstruation before it started and 59% did not know about menstruation at their puberty age and mostly this knowledge given by mother (22), sister (22) and and friends (22).

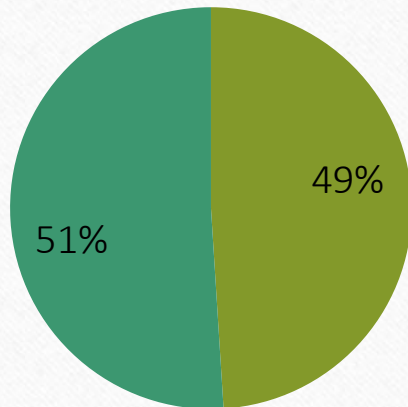
### Menstruation blood come

■ through lower abdomen ■ through urine tube ■ through uterus ■ nichethi ■ don't know



### Menstrual hygiene knowledge

■ yes ■ no



➤ This graph shows that 52% had knowledge that menstruation blood come through Urine tube ,only 32% said it comes through uterus and 11% did not know about it.

➤ When asked about Menstrual hygiene knowledge 49% knew about it and 51% did not know about menstrual; hygiene

## Practices



### How many times change pad/cloth in a day

|               |     |
|---------------|-----|
| Once          | 65% |
| Twice         | 30% |
| Three or more | 5%  |

- This graph shows that 48% women use readymade red cloth , only 33 % use sanitary pad , 7% use both readymade cloth and sanitary pad and 12% women use old home cloth during menstruation .
- 65% women use only 1 pad /cloth for a whole day , 30% use 2 pad /cloth and only 3 % use 3 or more pad /cloth during menstruation .

## Conclusion

- The study has shown that there are some gaps in terms of knowledge & Practice about menstruation and menstrual hygiene knowledge like only 32% women has knowledge about the organ from menstruation blood come and 52% think that it comes by urine tube.
- 65% women use only 1 pad/cloth for a day and only 30% use 2 pad /cloth during a day
- they had wrong practices in cleaning cloth only 41% women wash cloth with soap and water, 59% wash only with water

# References

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- National Family Health Survey - 4; 2015 -16; Gujarat Fact Sheet
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Thank you