

ASSESS THE ATTITUDE TOWARDS MENSTRUAL CUP USE AMONG WORKING WOMEN

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Abstract

A study to assess the effectiveness of leaflet towards the attitude of menstrual cup use among working women in selected institutes at Pune city.

Objectives: To assess the attitude towards the use of menstrual cup before administration of leaflet. To assess the attitude towards the use of menstrual cup after administration of leaflet. To assess the effectiveness of leaflet on the attitude of menstrual cup use. To associate the findings with selected demographic variables.

Materials and Method: A Quasi-experimental design (one group pretest and posttest) used in this study. The study was conducted in selected areas of Pune city, India. Non-probability purposive sampling technique was used. Total 60 sample of working women were included in this study. Attitude scale was prepared to identify the attitude of women towards the use of menstrual cup. The collected data were analyzed by using descriptive, frequency and percentage statistics. Chi-square was used to find out the association in the attitude towards the menstrual cup use with selected demographic variables.

Result: Results revealed that in majority of samples i.e., 51.7% had positive attitude towards menstrual cup use before the administration of intervention i.e., leaflet, and after the administration of intervention i.e., leaflet, that majority of samples i.e., 73.3% had positive attitude towards menstrual cup use. The results showed that the mean post interventional attitude score is 42.67 which is greater than the pre interventional mean attitude score (38.60), indicated that there is change in pre interventional and post interventional attitude among working women towards menstrual cup use.

Conclusion: This study revealed that pre-intervention 41.7% of women were willing to use menstrual cup whereas in the post-intervention an increase is seen regarding willingness to use menstrual cup upto 66.7%.

Keywords: assess, effectiveness, leaflet, working women, attitude, menstrual cup.

INTRODUCTION

Menstruation is biological experience in all female universally. Average women roughly experiences menstruation once a month which is around 3000 days approximately 8 years. So, menstrual management becomes very important part of a female's life. (4) During the period of menstruation girls and women uses different absorbent material to absorb the menstrual blood. Most common methods are cloths and sanitary napkins which are used by placing it within garments to cover the vaginal opening in order to absorb menstrual discharges. (3) In order to manage menstruation women have developed different methods depending on their cultural, social and economic background. On this basis in rural area most of women uses reusable cloth pads and in urban area women prefer disposable sanitary pads.(9) Menstrual cup is a conventional option to alternate with pads, cloths

and tampons because there are so many benefits reported as in better management of menstrual hygiene, information regarding menstrual fluid discharge and a comfortable life style during menstruation.

It is a suitable alternative to sanitary product; the purpose of a menstrual cup is to collect the menstrual fluid and prevent the blood from leaking into clothes. The advantages of using a it is - no risks of getting toxic shock syndrome which one is likely to get for using the same tampon or pad for a long period of time. A reusable menstrual cup made out of 100 percent medical grade silicone. The cup adjusts as per the body shape and is perfect for use upto 12 hours in a day. So, it was found that menstrual cup is best way to manage menstruation. They also preserve healthy bacteria to protect women from vaginal infections. Menstrual cups do not contain any chemicals like tampons and pads. (6)

Need of the Study

Many of the women still don't know about the menstrual. One must have knowledge about menstrual cup. It is flexible silicon/ latex, bell shape device that has to be inserted into vagina which collects blood up to 10-12 hours then it is being emptied, rinsed and reinserted throughout the entire menstrual cycle. Wearing pads for too long can lead to an infection because of trapped moisture which provide breeding ground for bacteria and fungus, as well friction due to pad can lead to skin infection of groin region. Not only this but also menstrual pads and tampons are harmful because they are made up of single-use plastic (about 90% of plastic and tampons also have plastic to a certain extent) and conventional cotton, even huge carbon footprint is required to make these products and then they are disposed on ground and river. (8) There is no proper management or recycling of this non-biodegradable waste, and hence it ends up in landfills, where it stays for centuries and over the years will add to the microplastic pollution. (8) A single menstrual cup costs around 400-600 INR depending on brands which can be used up to 10 years, which is 1/100th of cost spent on other menstrual products. (5) For low-income women who experience so-called period poverty and are unable to afford sanitary products when needed, the cup can be a lifesaver. Just having access to this reusable product can eliminate some of the struggle's girls experience when they can't leave the house and have to miss school or work because they don't have sanitary products. (7)

Aim of the study

A study to assess the effectiveness of leaflet towards the attitude of menstrual cup use among working women in selected institutes at Pune city. To assess the attitude towards the use of menstrual cup before and administration of leaflet.

MATERIAL AND METHOD

A quantitative approach with quasi-experimental design (one group pretest and posttest) was used in this study. This study was conducted in selected institutes of Pune city, India. Non- probability purposive sampling technique was used. Total 60 sample of working women were included in this study. Demographic variables included age, educational status, occupation, family monthly income, type of family, religion, area of residence, previous knowledge about menstrual cup. The present study has been conducted in selected institutions [educational (senior secondary schools and medical & nursing colleges)/corporate office (banks), health institutes (gyms, yoga centers, hospitals) etc.] Salaried working women who were using menstrual cup & those who were not present during the time of data collection were excluded from this study. Attitude scale was prepared to identify the attitude of women towards the use of menstrual cup. Likert scale was prepared on attitude towards menstrual cup use. It consisted of 18 items on selected aspects on menstrual cup. The selected aspects were: safe to use, cheaper to use than pads/cloth/tampon, can only be used for mild to average flow, can be inserted only for 2- 4 hours cause frequent change of cup, only be inserted by healthcare professionals, causes frequent checks to know if it's in place, can cause more leakage, Menstrual cup is reusable product, safer than sanitary pads/tampons, safer than cloth. Each statement had positive and negative scoring. The total possible score of the Likert scale ranges from

0 to 54. The same Likert scale was used for the assessment of attitude level in pre and post-intervention. The collected data were analyzed by using descriptive, frequency and percentage statistics analysis. The chi-square was used to find out the association in the attitude toward the menstrual cup use with selected demographic variable.

RESULTS

Pre-Intervention Attitude score of samples towards the use of menstrual cup before administration of leaflet- in majority of samples i.e., 51.7% have positive attitude towards menstrual cup use, followed by 48.3% have neutral score & there were none who had negative attitude towards menstrual cup use.

n = 60

Table1 Frequency distribution of Pre-Intervention Attitude score

		F	(%)
Attitude score	Neutral	29	48.3
	Positive	31	51.7
	Negative	0	0

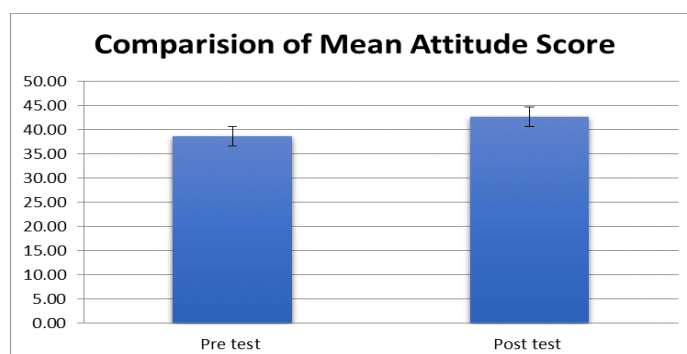
Post-Intervention Attitude score of samples towards the use of menstrual cup after administration of leaflet- majority of samples i.e., 73.3% had positive attitude towards menstrual cup use, followed by 26.7% have neutral score & there were none who had negative attitude towards menstrual cup use.

Table 2 Frequency distribution of Post-Intervention Attitude score

		F	(%)
Attitude score	Neutral	16	26.7
	Positive	44	73.3
	Negative	0	0

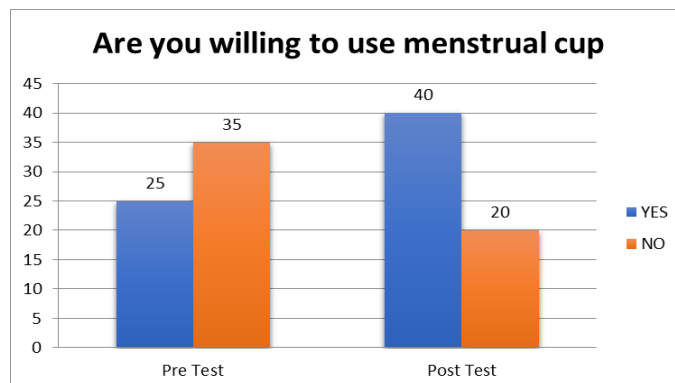
Effectiveness of leaflet on samples towards the attitude of menstrual cup use- the results showed that the mean post interventional attitude score is 42.67 which is greater than the is pre interventional mean attitude score (38.60). This indicated that there was significant difference (increase) in attitude among working women towards menstrual cup use.

Figure 1 comparison of mean attitude scores the attitude of menstrual cup use



Willingness to use menstrual cup- pre-intervention 41.7% were willing to use menstrual cup whereas in the post-intervention an increase is seen regarding willingness to use menstrual cup to 66.7%.

Figure 2 willingness to use menstrual cup



The finding of this study was discussed as per the objectives of this study. The study was to assess the effectiveness of leaflet towards the attitude of menstrual cup use. The discussion of this study was based on the result obtained after the statistical analysis of collected data.

DISCUSSION

Majority of the samples i.e., 30% belonged to the age group of 29-34 years, 83.3% were Hindus, 81.7% were married, 40% samples were post graduates, 35.5% monthly income was below 15000Rs, 100% were using sanitary pads as method of sanitary protection & 95.0% were disposing in dustbin, 38.3% samples equally were changing twice and thrice a day, 95% spent between 500-1000Rs as expenses towards the use of sanitary protection, 61.7% were having previous knowledge about menstrual cup. Effectiveness of leaflet on samples towards the attitude of menstrual cup use. The results showed that the mean post interventional attitude score is 42.67 which is greater than the pre interventional mean attitude score (38.60). The data further reveals that the calculated 't' value of 4.240 which is higher than the table value 2.201 at 0.05 level of significance where p value is more than 0.001. This indicated that there was significant difference in pre interventional and post interventional attitude among working women towards menstrual cup use. Association between demographic characteristics & Pre-Intervention Attitude score of the samples-The obtained chi-square value of age in years, marital status, education level, monthly income, method adopted for disposing sanitary product, frequency to change sanitary protection, money spent on buying sanitary protection is more than the 0.05 which indicated that there is no significant association between the pre intervention attitude score with selected demographic variable. Frequency distribution regarding willingness to use menstrual cup use-frequency percentage revealed that pre-intervention 41.7% were willing to use menstrual cup which increased to 66.7% in the post-intervention.

CONCLUSION

H_0 is rejected as there is a difference in the attitude towards the use of menstrual cup use after administration of leaflet as 't' calculated value is more than table value i.e., $4.240 > 2.201$

H_{01} is rejected as the demographic variable of religion and previous knowledge showed association with the attitude score. Menstrual cup is a product to manage menstruation. It was found that this method of managing menstruation is more hygienic and convenient. And the women included in this study found to be very curious and willing about the menstrual cup use. Even after the intervention there were changes in the attitude of women toward menstrual cup use. Hence educational programs like lecture, skilled demonstration, computer assisted

instruction and simulation and video assisted teaching will provide additional knowledge and learning opportunities. The findings of the present study suggest that menstrual cup need to be introduced in syllabus and demonstration regarding its uses. Nurses administrator needs to encourage and plan for staff development program related to menstrual hygiene management. The implication of menstrual cup among the nurses enhances the quality assurance.

CONFLICT OF INTEREST

The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

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