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RESEARCH ARTICLE

A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON THE KNOWLEDGE AND ATTITUDE REGARDING THE USES OF MENSTRUAL CUP AMONG THE ADOLESCENT GIRLS IN SELECTED AREAS, AHMEDABAD

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Abstract

A menstrual cup is a small bell shaped cup that a woman can insert into their vagina to collect menstrual blood during a period. The menstrual cup can be a good solution for menstrual hygiene management in economically challenged setting. The present study conducted reveals about the effectiveness of planned teaching program on the knowledge and attitude regarding the uses of menstrual cup among the adolescent girls to enhance the knowledge and improve women health in selected areas of Ahmedabad. The pre experimental study was conducted on adolescent girls with inclusion criteria of age group 13 to 19 years, girls having regular menstrual cycle, willingness to participate in study. The investigator adopted purposive sampling technique to select the sample. Data was collected using 6 demographic variables & 20 questionnaires regarding menstrual cup were included. These questionnaires were divided into various areas such as introduction, parts, types, technique for folding, steps of insertion, side effects and cleaning of menstrual cup. A pre-test was conducted on 30 samples after which the planned teaching program was implemented followed by the post test.

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Introduction:-

A menstrual cup is a menstrual hygiene device which is inserted into the vagina during menstruation. Its purpose is to collect menstrual fluid.

Menstrual cups have been available for decades, but their use in India is limited because of lack of awareness and popularity of sanitary pads. Since they are reusable, they reduce solid waste and are environment friendly. The need of the hour is education, awareness, and availability of the eco- friendly practices when it comes to managing menstrual waste effectively.

Adolescent's girls belong to vital age group not only because they are the entrant population to motherhood but also because they are threshold between childhood and motherhood the girls should be educated about significance of menstruation and development of secondary sexual characteristics. A menstrual cup is a small Funnel shaped cup that a women can insert into their vagina to collect menstrual blood during a period.

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Theme of Menstrual Hygiene Day 2021: This year's theme is "Action and Investment is Menstrual Hygiene and Health" 28-May-2021. Red Dot Challenge, a social media campaign initiated by post for change, a non-profit organization in partnership with UNICEF India aims to spread the message of menstrual hygiene. For the last four years, Miss World 2017 Manushi Chhillar has been working towards raising awareness on menstrual hygiene in India through her non-profit advocacy platform Project Shakti. This year, on Menstrual Hygiene Day (May 28), Manushi has been roped in by UNICEF to raise awareness on the issue in India.

Menstrual cup was accepted among the student population & should be considered as a cost effective & environment sustainable option in menstrual health management. Although there are not any official guidance around this most manufactures recommend cups for all ages and sizes. A concern about leaking menstrual fluid in public is just one of the reasons menstrual cups have become more popular. Many women find them to be a leak free alternative traditional tampons and sanitary pads.

The menstrual cup can be a good solution for menstrual hygiene management in economically challenged setting. It can be a good solution for dealing with menstruation in areas where alternatives such as sanitary pads are expensive. Menstrual cup is easiest to insert and good reliable.

The present study is conducted to improve the knowledge and attitude regarding uses of menstrual cup among adolescent girls in selected areas of Ahmedabad.

An experimental study conducted to assess the adaptability and efficacy of menstrual cup in managing menstrual health and hygiene in 2017. The sampling sizes their 158 participants between ages of 20-50 year. The result founded by the structured questionnaire technique that insertion was easy for 80% and 90% participants found removal easy a leakage was encountered in 3-6% of participants.

A cluster randomized pilot study to assess uptake and maintenance of cup use among young school girls in Kenya (2018), 192 participants, with a median time of 5 months girls were able to keep their cups in good condition, with only 12 cups (6.3%) lost. Cup use increased from 84% in first 3 months to 96% after 9 months. Color change of the cup, as uptake indicator of use was detected in 70.8%.

A study to evaluate effectiveness of planned teaching programme on knowledge regarding menstrual hygiene among 64 pre-adolescent girls at Karnataka was selected by pre-test post-test design. The result revealed that the pre-test knowledge scores of experimental and control group did not differ in their level of knowledge. Following the teaching programme, the mean post-test knowledge scores (23.84) of experimental group was higher than the mean post-test knowledge scores of the control group.

A cluster randomized controlled trial was conducted to assess the safety of menstrual cups against sanitary pads and usual practice in Kenyan school girls (2017). Among 604 eligible girls, no adverse event or toxic shock syndrome was detected over a median 10.9 months follow-up. 7% of cups required replacement for loss, damage, dropping in a latrine or a poor fit. 30 used cups processed for E.coli growth, 13 had E.coli growth was retested in newer compared with established users. No evidence emerged to indicate menstrual cup are hazardous or cause health harms.

Methodology:-

This is pre experimental study. The study population consisted 30 adolescent girls of age 13 – 19 years in selected areas of Ahmedabad in 2021. The adolescent girls were selected with the eligibility criteria of age between 13 – 19 years, who are having regular menstrual cycle & those who are willing to participate in the study. The purpose of the study was explained to the study samples & questionnaire was distributed to them as pre-test assess the knowledge they had regarding the menstrual cup. The questionnaire consist of 26 questions among which 6 questions were about the demographic data including age, starting of menarche, education qualification, idea regarding menstrual cup and ever used for menstrual cup & 20 questions regarding menstrual cup which was divided into various domain such as introduction, parts, types, technique for folding, steps of insertion, side effects and cleaning of menstrual cup. Among the 20 questions each question was given a total score of 1. The total scores of all samples were made to assess the level of knowledge. A planned teaching program was implemented using power point presentation method & necessary A.V. aids depending on the score of pre-test to the samples. After 7 days of the planned teaching program the post test was conducted to the same number of samples. The questionnaire consisting 20 structured multiple choice questions were given to the samples & the score was assessed. The participation of samples were

voluntary in the study conducted. After completing the post test the data was analyzed through mean, standard deviation & paired t test.

Result:-

Table 1 illustrate 30 samples were included in the study among which age group of 12 to 14 years, 15 to 17 years, 18 to 19 years aged samples were 7%, 13%, and 80% respectively. An educational status shows 27% samples are primary educated, 13% are secondary educated and 60% samples are higher secondary educated. Starting of menarche shows 13% samples at age of 10-12 years, 17% samples at age of 12- 14 years and 70% samples at age of above 14 years. 87% samples had idea regarding menstrual cup and 13% samples had no idea regarding menstrual cup. 47% samples got information from social media, 10% from family, 27% from friends and 17% got information from teachers regarding menstrual cup. 10 % samples had used menstrual cup and 90% samples had not used menstrual cup ever.

Table 2 illustrate the result reveal that the mean, standard deviation, mean % of pre-test was 10.147, 1.75, and 58.41% respectively after which the planned teaching program was implemented followed by conducting post-test revealing Values of mean, standard deviation, mean% 13.4, 2.3, 71.916% respectively. The calculated paired t test value for the present study is 7.2.

Table 1:- Shows description of demographic variables of samples according to age.

Sr. No.	Demographic Variable	Frequency	Percentage
1	Age		
	12-14 years	02	7%
	15-17 years	04	13%
	18-19 years	24	80%
2	Starting of menarche		
	10-12 years	04	13%
	12-14 years	05	17%
	Above 14 years	21	70%
3	Education		
	Primary	08	27%
	Secondary	04	13%
	Higher secondary	18	60%
4	Idea regarding menstrual cup		
	Yes	26	87%
	No	4	13%
5	Information		
	Social media	14	47%
	Family	03	10%
	Friends	08	27%
	Teachers	05	17%
6	Used menstrual cup		
	Yes	03	10%
	No	27	90%

Table 2:- Analysis and interpretation of the data collected on structured knowledge questionnaire

	Mean	Mean in %	t- testvalue
Pre-test	10.147	58.41	7.2
Post-test	13.4	71.916	

Discussion:-

Girls and women need effective, safe and affordable menstrual products. Single use products are regularly selected by agencies for resource – poor setting; the menstrual cup is a less known alternative Menstrual cup is a safe option for menstrual management and being used internationally.

There are 336 million menstruating women in India. 36% women use sanitary pads in India. 62% Indian women use cloth, 4% women use cotton/ homemade disposable, 6% women use underwear only in India. Sanitary pad prevents skin from breathing so they can irritate the skin if used constantly.

Tampons should not be kept in the body longer than 8 hour because, they can cause TSS (Toxic shock syndrome.). If sanitary pads and clothes are not changing by proper time they can cause the cervical cancer also. In India 77.5% girls used hygienic menstrual absorbent in urban areas, 48.2% girls used hygienic menstrual absorbent in rural areas.

Menstrual cup is used for 6 to 12 hours, depending on whether or not you have a heavy flow. This means you can use a cup for Overnight protection. Available brands include Moon cup, lunette cup, and keepercup in different sizes also available.

Menstrual cup can hold 10-38 ml of blood it should be emptied every 4-12 hours, depending on menstrual flow and type of cup. Menstrual cup offer similar or better leakage compared with sanitary pads or tampons, cost less over time, have few adverse events.⁽⁹⁾ The menstrual cup is a feasible & gaining acceptance among women.

Conclusion:-

The study intended to assess the knowledge and attitude on uses of menstrual cup among the adolescent girls of age 13-19 years before and after a planned teaching program. This will help the respondents to gain knowledge in the area concerned. The findings reveal that post-test knowledge score was higher than pre-test knowledge score regarding uses of menstrual cup. Planned teaching program may be given to them. Planned teaching program will serve as a reference material in the college library. The sample hailing from the concerned areas, who have better education revealed significance association with the increase on knowledge on uses of menstrual cup. Therefore adolescent girls gain knowledge regarding menstrual cup.

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