

THE IMPACT OF HEALTH EDUCATION INTERVENTION ON PERCEPTIONS OF MENSTRUAL CUP AMONGST COLLEGE GOING FEMALE STUDENTS IN PERI-URBAN BANGALORE



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BACKGROUND

- Menstrual cups are easy to use, affordable, sustainable menstrual hygiene products that can be used for longer durations of time.
- Due to their inadequate promotion and owing to the existing popularity of sanitary napkins, even educated menstruators often remain unaware about the advantages of switching to Menstrual Cups.

OBJECTIVE

- To assess the impact of health educational intervention on perceptions of Menstrual cup among female students enrolled in a degree college in urban Bangalore.

MATERIALS AND METHODS

- Study Design** : Interventional study
- Study Population** : Female students above 18 years of age attending St. Francis de Sales College
- Study Size**: Calculated using MedCalc Software V20
- IEC clearance obtained and an Informed Consent taken from all participants.
- Pre designed face validated questionnaire was administered, and data was collected using google forms.
- Health intervention** was conducted.



- Post intervention, questionnaire was re-administered after 1 month.
- Data was analyzed using **SPSS software V20**
- Data was checked for normality using **Shapiro-Wilk test**.
- Wilcoxon signed rank test** used for related samples.

RESULTS

Age (Years)	n(%)
18-20	71(85.5)
21-24	12 (14.5)

Mean Age +/- SD
19.5 +/- 0.9 Years

57% Karnataka (47)
43% Others (36)

Native State

Type of Family

66% Nuclear (55)
34% Joint (28)

Modified BG Prasad Classification

34% Upper Class (28)
65% Middle Class (54)
1% Lower Class (1)

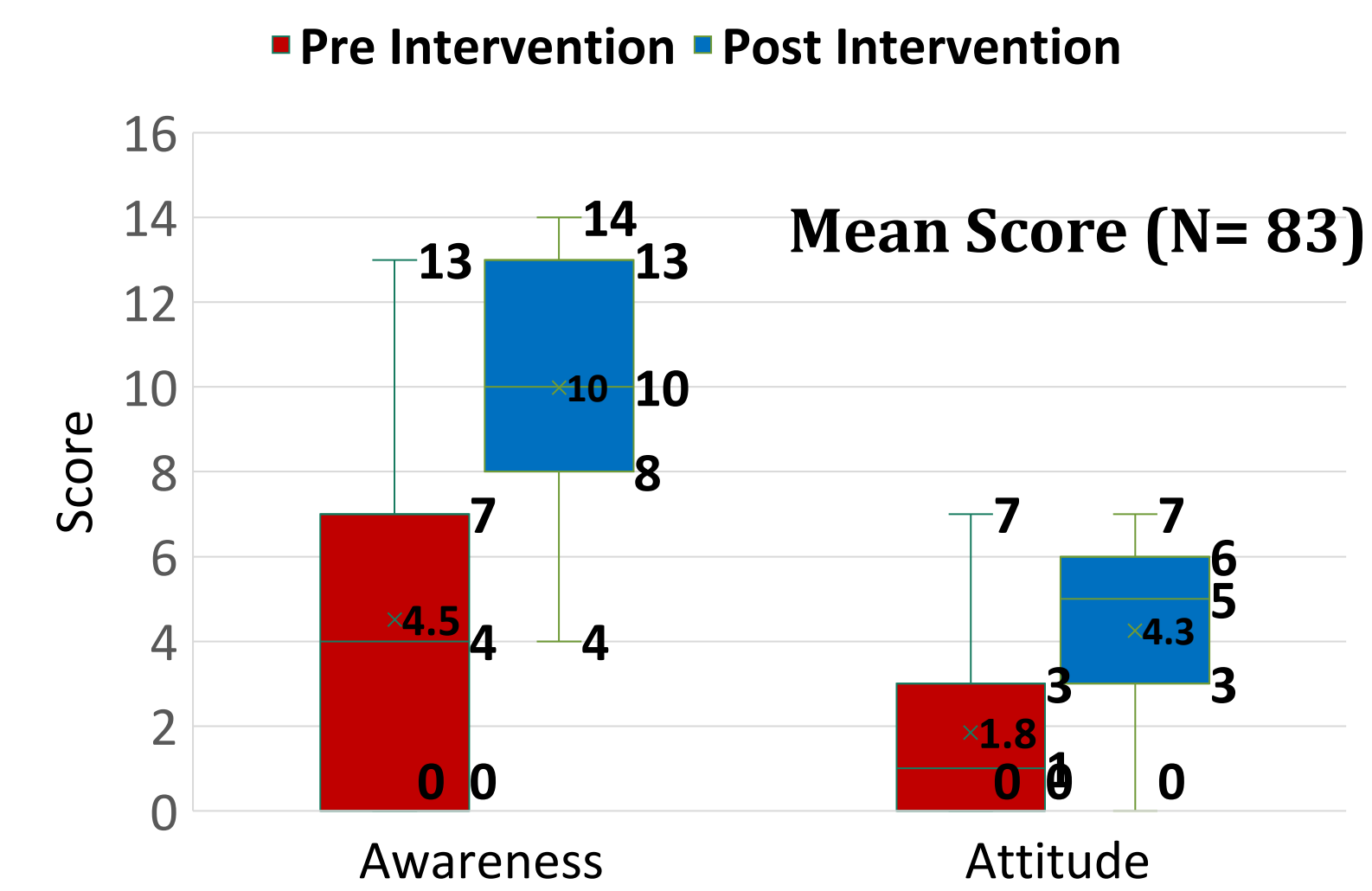
Religion

86% Hindus (71)
14% Others (12)

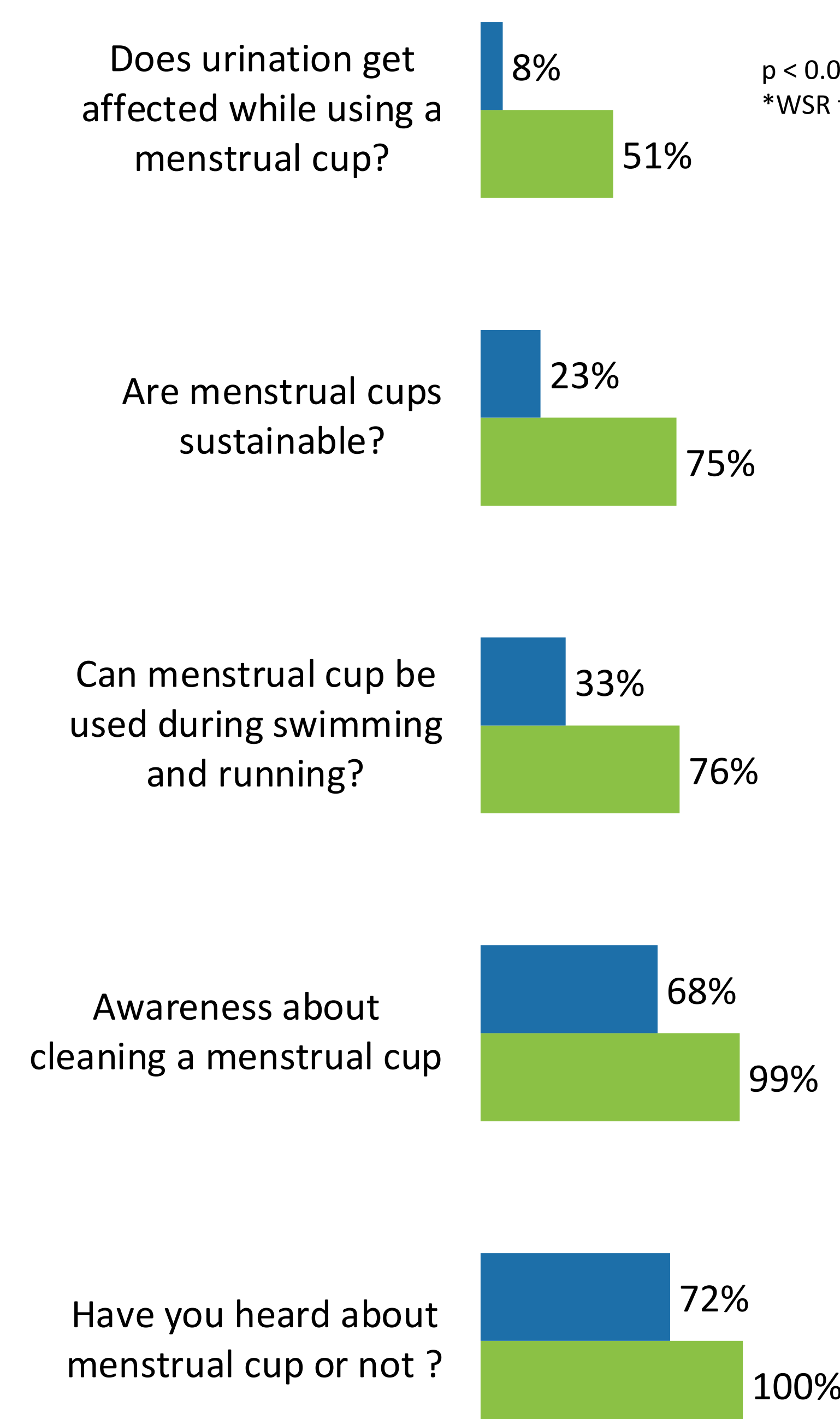
Age of Menarche

Mean Age +/- SD
13.5 +/- 1.2 Years
11- 13 Years : 45% (37)
14-16 Years : 55% (46)

Total N=83

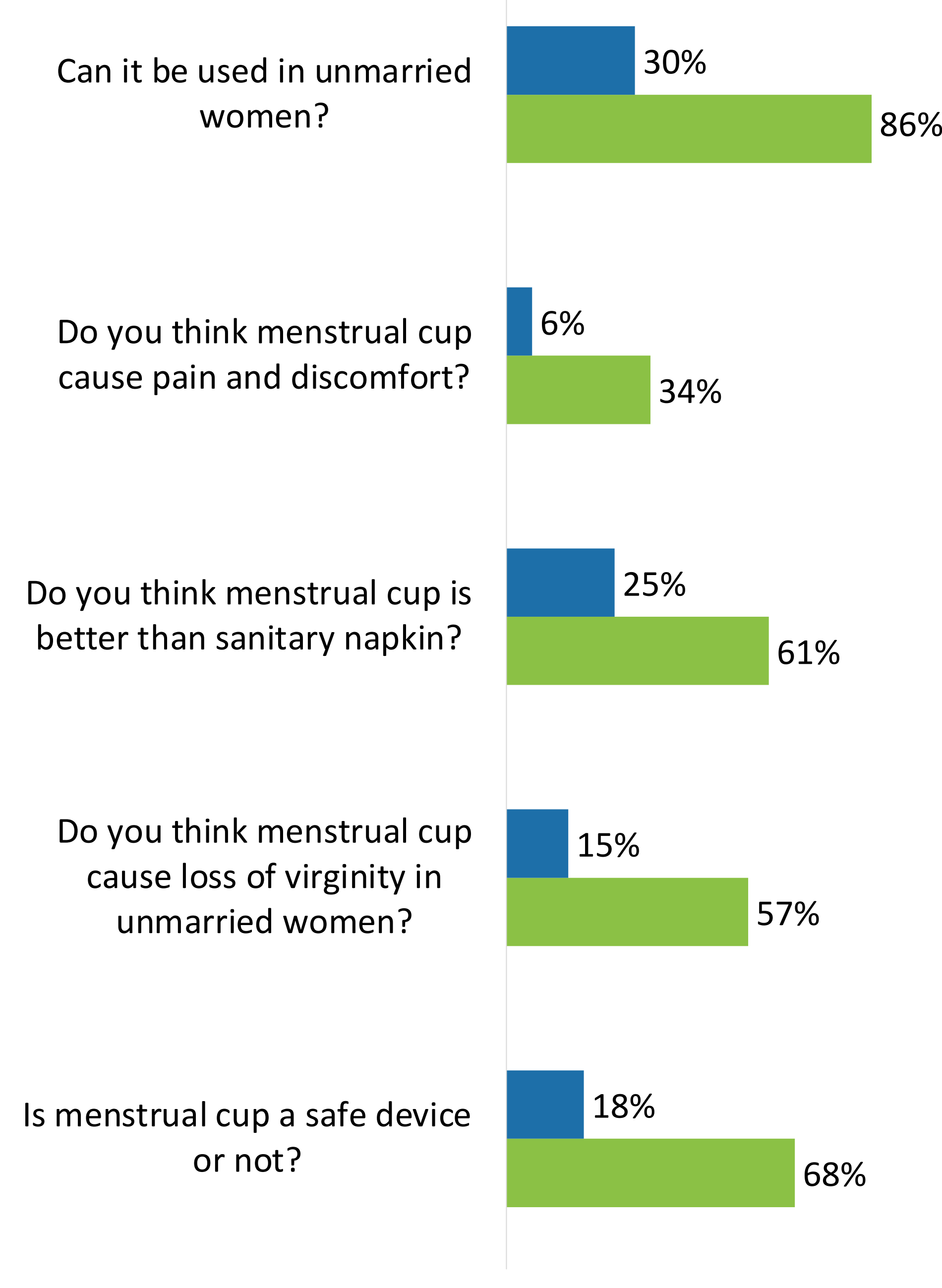


AWARENESS ABOUT MENSTRUAL CUPS



■ Pre intervention ■ Post intervention

ATTITUDE TOWARDS MENSTRUAL CUPS



■ Pre intervention ■ Post intervention

p < 0.001*
*WSR test

DISCUSSION

OUR STUDY

- 42% increase in awareness
- 35% increase in attitude
- 36% increase in proportion of subjects who considered menstrual cups to be better than sanitary napkins.

RELATED STUDY (by Deepa et al)

- Only 40% were aware about menstrual cups
- 97% preferred sanitary napkins over menstrual cups

PUBLIC HEALTH IMPORTANCE

- Increasing awareness and attitude towards menstrual cups
- Increasing overall usage of menstrual cups
- Environmental impact – curb plastic pollution contributed by disposable sanitary products

CONCLUSION

- A significant improvement in terms of the overall awareness about the advantages, misconceptions, and the attitude towards the usage of Menstrual cups following the health intervention was noted amongst the study population.

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