

A Study to assess the Effectiveness of STP on Knowledge and Attitude Towards Menstrual Cup among Adult Women

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Abstract

Menstrual hygiene deals with the special health care needs and requirements of women during monthly menstruation or menstrual cycle. These areas of special concern include choice of the best "period protection" or feminine hygiene products. Menstrual hygiene management can be challenging in low income settings and among adolescent girls due to traditional beliefs, lack of knowledge and information on best hygienic practices and limited access to appropriate menstrual hygiene products. Descriptive research design was adopted for the study. A quantitative method was used to assess the knowledge and attitude towards menstrual cup among adult women. The present study involves (N=60) adult women belonging to age of 15-25 years. The present study is conducted among 60 subjects to assess the knowledge and attitude towards menstrual cup and the result reveals that 28.33 percentages had excellent knowledge and 46.66% had average knowledge, 25% had poor knowledge. The attitude of the adult women in this study reveals that 68.33% had negative attitude towards the menstrual cup and 31.66% had positive attitude towards menstrual cup. There is a significant difference between pre-test and post-test knowledge regarding the use of menstrual cup. The mean pre-test knowledge score was 12.383, variance 12.782, standard deviation 3.575 and the mean post-test knowledge score was 18.483, variance 1.34, standard deviation 1.157. The t test value was 12.675. There is a significant difference between pre-test and post-test attitude regarding the use of menstrual cup. The mean pre-test attitude score was 4.3, variance 6.145, standard deviation 2.479 and the mean post-test attitude score was 8.183 variance 1.0336, and standard deviation 1.017. The t stat value was 11.87.

Keywords: Knowledge; Skills; OSCE; Nursing students.

INTRODUCTION

Menstrual hygiene deals with the special health care needs and requirements of women during

monthly menstruation or menstrual cycle. These areas of special concern include choice of the best "period protection" or feminine hygiene products. Menstrual hygiene management can be challenging in low income settings and among adolescent girls due to traditional beliefs, lack of knowledge and information on best hygienic practices and limited access to appropriate and affordable menstrual hygiene products.

A survey conducted in 1033 women in menstrual age shows that 12% of women use sanitary napkins and 85% of women use home base stocking alternatives. A alternative tampons method for menstrual hygiene instead of sanitary pads or is

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vaginal menstrual cup. As evidence on the use of menstrual cup is relatively limited, this study aimed to explore the acceptability of using vaginal menstrual cups among adolescent girls to improve the menstrual hygiene.

METHODOLOGY

Research Approach

Research approach is a basic procedure for the conduct of research enquiry and also deals with what is to be collected and how to analyze it.

Polit and Hanger have described evaluative research as an applied form of a research that involves finding out how well a program, practice, or policy is working. It is a goal to assess or evaluate success of a program.

Research Design

Descriptive research design was adopted for the study. A quantitative method was used to assess the knowledge and attitude towards menstrual cup among adult women at selected college at Aluva.

Setting of the Study

The physical location and condition in which data collection take place in the study. The study was conducted among adult women of Carmel College of Nursing, Aluva.

Population

The population of the study included adult women of Carmel College of Nursing, Aluva during the period of data collection.

Sample size

Sample is a subset or portion selected to represent the population of interest. The sample size in the study was 60.

Sampling Technique

Sampling techniques are the strategies used to obtain a sample. Non probability, convenient sampling technique was used for selection of samples for data collection.

Criteria for the selection of Samples

Inclusive criteria

- Adult women at Carmel College of Nursing, Aluva.
- Women who know Malayalam and English.

- Exclusive Criteria
- Adult women who are not interested to participate.
- Adult males.
- Girls under 15 years.

Description of Tool

A structured questionnaire was developed to assess the knowledge and attitude regarding menstrual cup among adult women. The questionnaire contains 3 sections.

Section A - Questionnaire For Demographic variables

Demographic variables in the tool includes the 9 items such as age, gender, educational qualification, family, income, method of menstrual practice, socio economic status, previous information on menstrual practice, source of information.

Section B - Knowledge Questionnaire

It includes 20 multiple choice questions to assess the knowledge regarding practice of menstrual cup. Each correct response carries 1 mark and wrong answer carries 0 mark. The possible maximum score is 20 and minimum score is 0.

Table 1: Level of Knowledge

Knowledge Level	Score
Poor	<10
Average	10-15
Excellent	15-20

Section C - Attitude Questionnaire

It includes 10 multiple choice questions to assess the attitude of menstrual cup. Each correct response carries 1 mark and each wrong answer carries 0 mark. The possible maximum score is 10 and minimum score is 0.

Table 2: Level of Attitude

Attitude Level	Score
Negative attitude	0-5
Positive attitude	6-10

Testing of the Tool

Content Validity

The entire tool for the study was validated by nursing and subject experts. All the comments and suggestions given by them were duly considered and corrections were made.

Reliability

Reliability of the research instrument is defined as the extent to which the instrument guide the same results is on respected measures. It is considered with accuracy, precision, equivalence and homogeneity.

Data collection procedure

Formed permission for conducting the study was obtained from Carmel College of Nursing. The study was conducted on 7th February 2023. The samples who met the inclusion criteria were selected by using convenience sampling technique. Proper explanation regarding the study was given to samples and confidentiality was maintained.

A structured questionnaire was used to assess the effectiveness of structured teaching program on adaptability and efficiency of menstrual cup in managing menstrual health and hygiene among adult women.

ANALYSIS AND INTREPRETATION OF DATA

Section I

Table 3: Frequency and percentage distribution of the subjects according to demographic variables

Demographic Variables	Frequency (f)	Percentage (%)
Age		
15-19 years	0	0
20-24 years	60	100
Above 25 years	0	0
Religion		
Christian	46	8.33
Hindu	12	178.33
Muslim	2	3.33
Education		
Bsc. Nursing 1st year	0	0
Bsc. Nursing 2nd year	33	55
Bsc. Nursing 3rd year	27	45
Socio economic		
Upper class	2	3.33
Middle class	57	95
Lower class	1	1.66
Family Structure		
Nuclear Family	53	88.33
Joint Family	7	11.66

Others	0	0
Age of Menarche		
Less than 12 years	6	10
12-15 years	53	88.33
Above 15 years	1	1.6
Sanitary Material		
Cloth	1	1.66
Pad	58	96.66
Others	1	1.66
Knowledge		
Have heard	49	81.66
Haven't heard	3	5
Have good knowledge	8	13.33
Source of information		
Friends	9	15
Medias	47	78.33
Others	4	6.66

Section II

Table 4: description of post test knowledge regarding menstrual cup among adult women studying at carmel college of nursing, aluva.

Knowledge	Frequency	Percentage
Excellent	60	100%
Average	0	0
Poor	0	0
Total	60	100%

Section III

Table 5: Description of post test attitude regarding menstrual cup in adult women studying at carmel college of nursing, aluva.

Attitude	Frequency	Percentage
Positive attitude	60	100%
Negative attitude	0	0%
Total	60	100%

Section IV

This section reflects about the relationship between pre-test knowledge and post-test knowledge regarding the use of menstrual cup.

Table 6: Comparison between pretest knowledge and post test knowledge

	Mean	SD	Paired-t test	df	Table value at 0.05	Inference
Pre-test	12.38	3.575	12.675	59	1.6711	Significant
Post-test	18.48	1.157				

Section V

Table 7: Comparison between pretest attitude and post test attitude

	Mean	SD	Paired-t test	df	Table value at 0.05	Inference
Pre-test	4.30	2.479	11.787	59	1.6711	Significant
Post-test	8.18	1.017				

DISCUSSION

Major findings of the study

Section 1: Description of demographic variables

The present study involves (N=60) adult women belonging to age of 15-25 years. Regarding the religion 78.33 percentages of subject belonged to Christian, 18.33 percentages belonged to Hindu and 3.33 percentages belonged to Muslim group. Regarding the education 55 percentages subjects was belongs to 2nd year and 45 percentages belongs to 3rd year. 3.33 percentages of subjects belong to upper class, 95 percentages belongs to middle class and 1.66 percentages belongs to lower class. Regarding family structure 88.33 percentages belongs to nuclear family and 11.66 percentages belongs to joint family. 88.33 percentages attained menarche at the age group between 12 to 15 years, 10 percentages attained menarche at the age less than 12 years and 1.66 percentages belongs to age above 15 years. About the sanitary material used 96.66 percentages of women were using sanitary pad, 1.66 percentages are using others. Regarding the knowledge about the menstrual cup 81.66 percentages of student states that they have heard ,13.33 percentages had good knowledge and 5 percentages haven't heard.

Section 2: Assess the Knowledge of adult women regarding menstrual cup'

The present study is conducted among 60 subjects to assess the knowledge and attitude towards menstrual cup and the result reveals that 28.33 percentages had excellent knowledge and 46.66 percentages had average knowledge, 25 percentages had poor knowledge.

Section 3: Assess the attitude of adult women towards menstrual cup.

The main intention of the objectives in this study was to assess the attitude of adult women towards

menstrual cup. The attitude of the adult women in this study reveals that 68.33 percentages had negative attitude towards the menstrual cup and 31.66 percentages had positive attitude towards menstrual cup.

Section 4: Comparison between pre-test knowledge and post-test knowledge

There is a significant difference between pre-test and post test knowledge regarding the use of menstrual cup. The mean pre-test knowledge score was 12.383, variance 12.782, standard deviation 3.575 and the mean post-test knowledge score was 18.483, variance 1.34, standard deviation 1.157. The t stat value was 12.675.

Section 5: Comparison between pre-test attitude and post-test attitude

There is a significant difference between pre-test and post test attitude regarding the use of menstrual cup. The mean pre-test attitude score was 4.3, variance 6.145, standard deviation 2.479 and the mean post-test attitude score was 8.183 variance 1.0336, and standard deviation 1.017. The t stat value was 11.87.

CONCLUSION

The following conclusion was drawn on the basis of finding of the study:

The result showed that the pre-test knowledge of the subject is 28.33 percentages had excellent knowledge, 46.66 percentages have average knowledge and 25 percentages had poor knowledge about menstrual cup and 31.66 percentages had positive attitude and 68.33 percentages had negative attitude towards menstrual cup. After the structured teaching programme the knowledge of the subject showed that 100 percentages of the students have excellent knowledge and 100 percentages students have positive attitude towards the menstrual cup.

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