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RESEARCH ARTICLE

AN ONLINE SURVEY STUDY ON MENSTRUAL HYGIENE PRODUCTS AND ITS UTILIZATION

P. Yasotha¹ and P. Kiruthika²

1. Assistant Professor, Department of Costume Design and Fashion, PSG College of Arts and Science, Coimbatore-641014, Tamil Nadu, India.
2. PG Student, Department of Costume Design and Fashion, PSG College of Arts and Science, Coimbatore-641014, Tamil Nadu, India.

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Abstract

Sanitary napkin is an important aspect of the menstrual management for women and adolescent girls between menarche and menopause. It is an important issue concerning women and girls in the menstruating age group, access to menstrual hygiene products. A questionnaire was prepared focusing on sanitary napkin usage method, problems faced and future product preference on the brands that are available in the market. The colleges going teen age girl's having the age between 17 to 25 were selected as the respondents. The prepared questionnaire was transformed into Google form to facilitate the online survey. These forms were shared from the Google drive and the responses were recorded as result.

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Introduction:-

In today's world, women's cleanliness and hygiene are extremely essential, and they must be taken care off. Women are always afraid or hesitant to buy napkins from places other than their homes, such as supermarkets, pharmacies and other markets^[1]. Menstruation may be a normal a part of life. However, it has been ignored in all markets, as well as at the individual level, for decades^[2]. The menstrual discharge can be absorbed by the sanitary napkins. Menstrual manuals for women and teenage girls during menarche and menopause must include a sanitary napkin^[3]. The functional requirement of a female hygiene product is to absorb and retain the menstrual fluid in order that back tracking of fluid does not happen and at the equivalent time it should be odour free^[4]. Feminine hygiene cause serious problems to the women if not managed properly. Women and girls around the world have built their own personal methods for dealing with menstruation. Individual interests, available capital, economic status, local customs and cultural values and expertise or education all influence these factors. Women often treat menstruation with strategies that could damage them as a result of these restrictions^[5].

Commercially available products in market are sanitary pads, menstrual cups, tampons, reusable cloth pads, and herbal finished napkins. Low-income women use a variety of products as adsorbents during menstruation, ranging from reusable towels to commercially available disposable sanitary pads^[6]. Menstruation begins at puberty and is a normal part of the female reproductive cycle. Bad menstrual hygiene has been linked to serious health problems; including infections in reproductive tract and urinary tract^[7]. Companies that make commercial sanitary products must make products with less chemical and plastic material. Pads made out of fibers such as bamboo, banana, water hyacinth and sea sponge all should be encouraged for developing new products with no side effects^[10].

Corresponding Author:- P. Yasotha

Address:- Assistant Professor, Department of Costume Design and Fashion, PSG College of Arts and Science, Coimbatore-641014, Tamil Nadu, India.

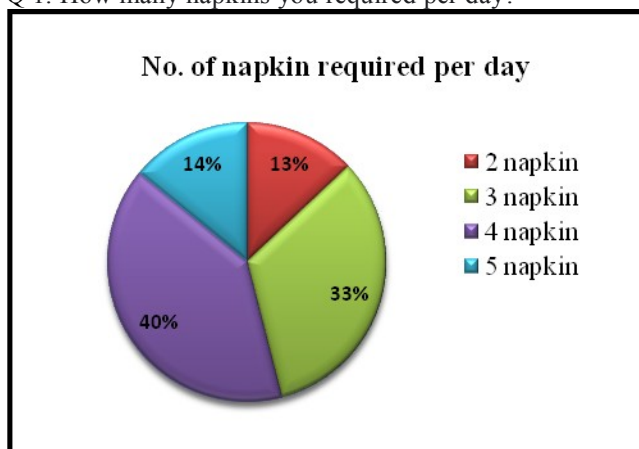
Methodology:-

Online survey was conduct among the college students to know their sanitary napkin usage, problems faced and preference toward new product; during and after menstrual cycle. The aim of this work is to identify the various pros and cons that occur due to the available sanitary napkins and other products. A Google form was generated with 25 questions focusing on various aspects such as usage-time taken for the changing the napkins^[9], number of napkins required per day, type of absorbency they use, brand they prefer^[8] and the disposal method they follow. The survey also question on preference and problems of women during menstrual cycle. The questions were also asked for preferences toward new product, level of absorbency and herbal finishes on the existing product. A few questions were raised to know the problems such as sensitive to the product, problem of itching during and after menstrual cycle. The survey conducted among 70 college going students who have the knowledge on the various brands available in the market. The response received were record in the results.

Result and Discussion:-

The results of the survey were presented in the figure 1 -14. The questions raised and the responses were presented as results in the form of figures.

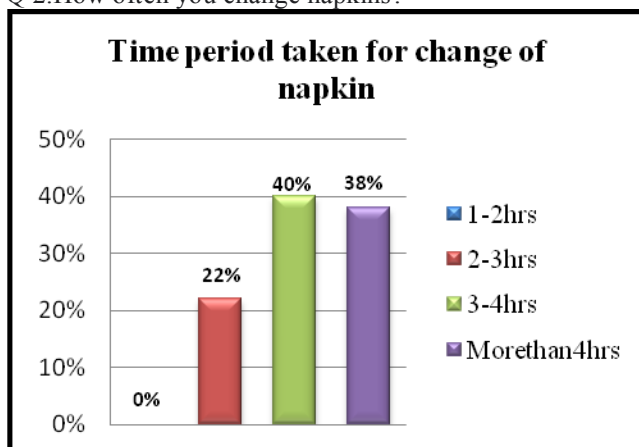
Q 1. How many napkins you required per day?



40% of the people use four napkins per day, where as 33% of the people required three napkin per day.

Figure 1:- No. of napkin required per day.

Q 2. How often you change napkins?



40% change their napkin between three to four hours, 38% change between more than four hours, 22% change between two to three hours, none of change their napkin between one to two hours

Figure 2:- Time period taken for change of napkin .

Q 3. Which menstrual hygiene product do you prefer?

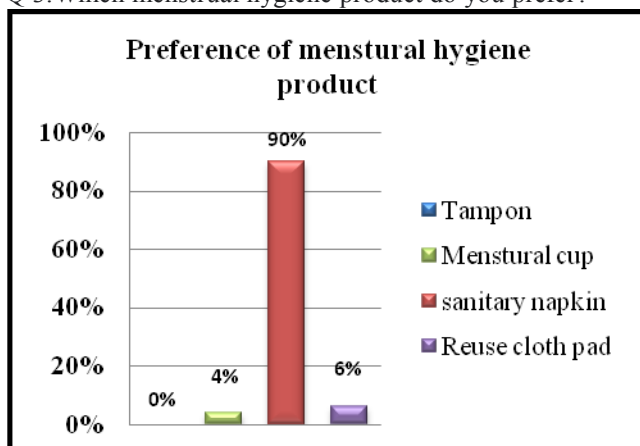


Figure 3:- Preference of menstrual hygiene product .

From the survey 90% of them prefer sanitary napkin available in the market, few prefer menstrual cup and reuse cloth pad has and, none of them prefer tampon.

Q 4. Which brand of sanitary napkin do you prefer?

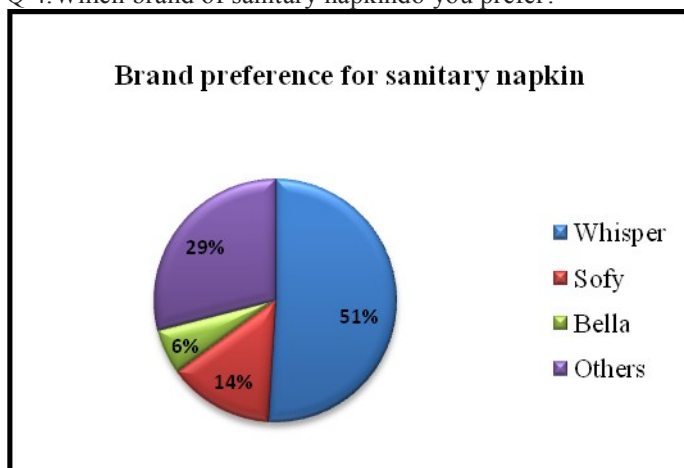


Figure 4:- Brand preferences for sanitary napkin.

51 % of them prefer whisper, 29% prefer other brands, 14% prefer sofya and 6% prefer Bella brand in sanitary napkin.

Q 5. Do you face any of the following problems while using sanitary napkin?

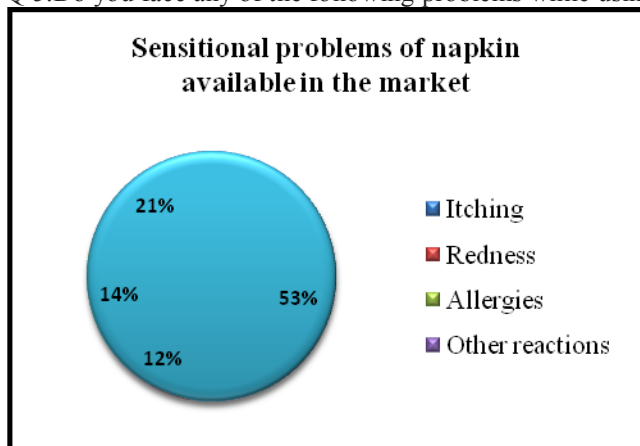


Figure 5:- Sensational problems of napkin available in the market .

53% of them face itching problems, 12% of them redness in the pantie line, 14% of them allergies, 21% of them other problems using sanitary napkin.

Q 6. Would you consider using a reusable sanitary product?

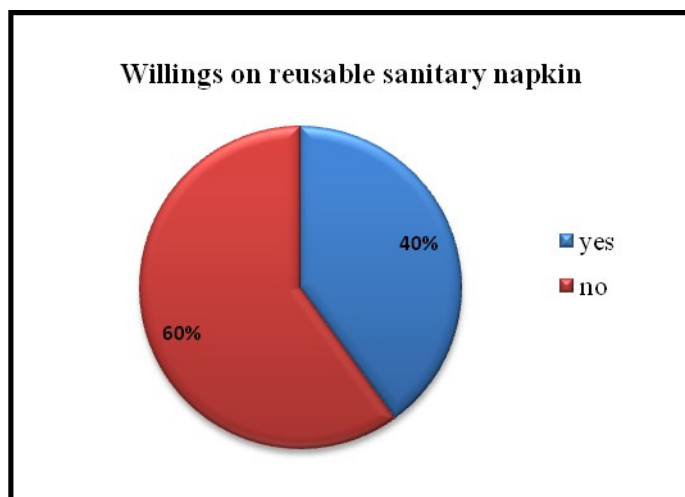


Figure 6:- Willings on reusable sanitary napkin.
Q 7.What level of absorbency do you use?

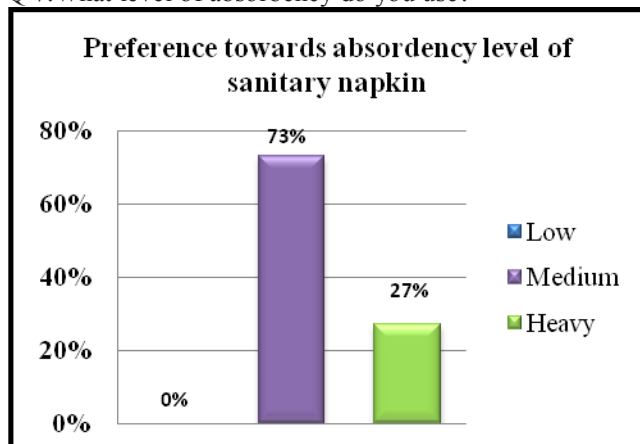


Figure 7:- Preference towards absorbency level of sanitary napkin.
Q 8.what is method do you follow for the disposal of used sanitary napkin?

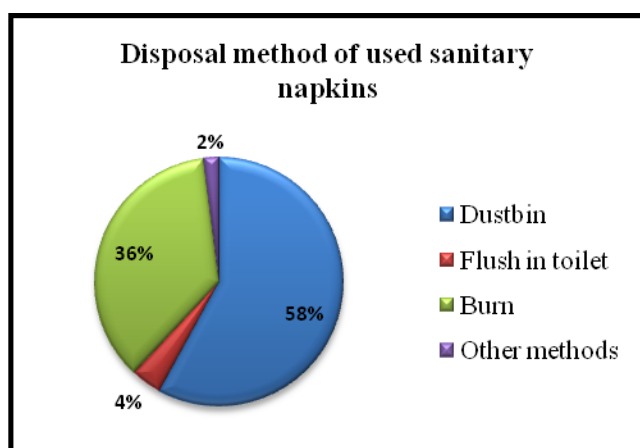


Figure 8:- Disposal method of used sanitary napkins.
Q 9.Is your sanitary napkin is rash free?

From the survey it is clear that 40% of them have idea of using reuse able sanitary napkin, 60% of them have no idea of using it.

71% of the people use medium level absorbency napkin available in the market and 29% prefer heavy flow napkin for the daily bases.

58% of the people dispose the napkin in the dustbin, 36% of them burn it, 4% of them flush in toilet, 2% of them dispose in others methods.

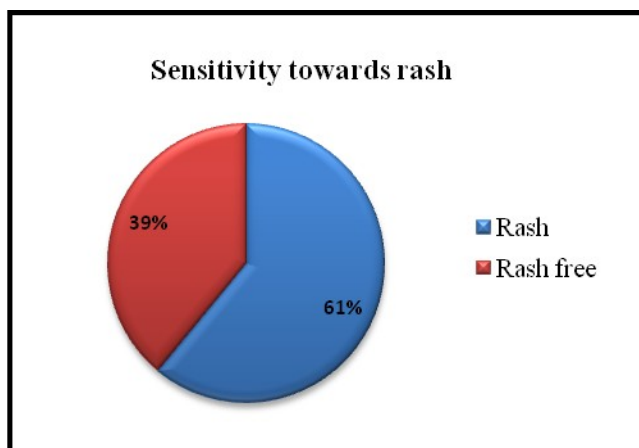


Figure 9:- Sensitivity towards rash.

Q 10. Do you prefer herbal treated and fragmented in sanitary napkins?

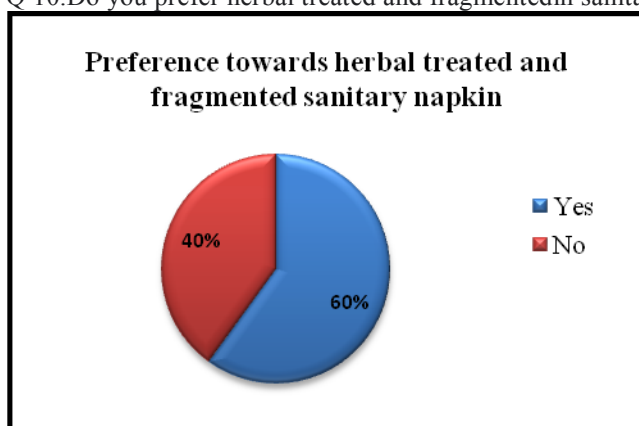


Figure 10:- Preference towards herbal treated and fragmented sanitary napkin.

Q 11. Do you get any infection during or after your periods due to sanitary napkin?

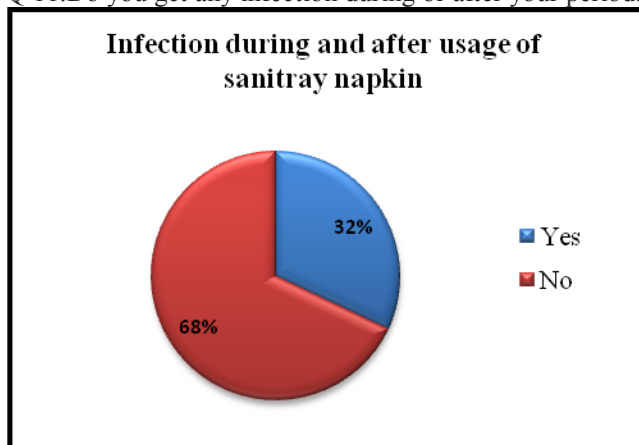
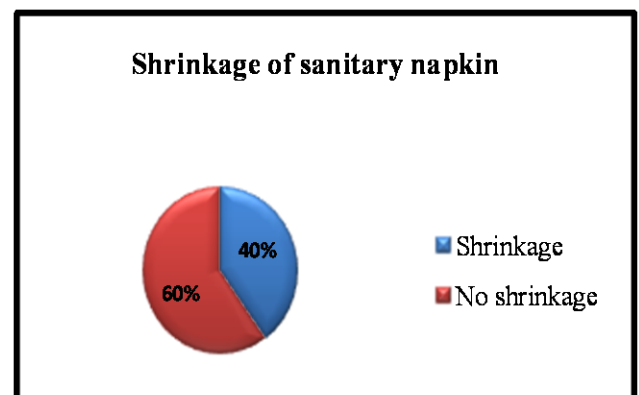


Figure 11 Infection during and after usage of sanitray napkin

Q 12. Does your sanitary napkin shrink?



The survey shows that 61% of them use rash napkin, 39% of them are not using rash free napkin.

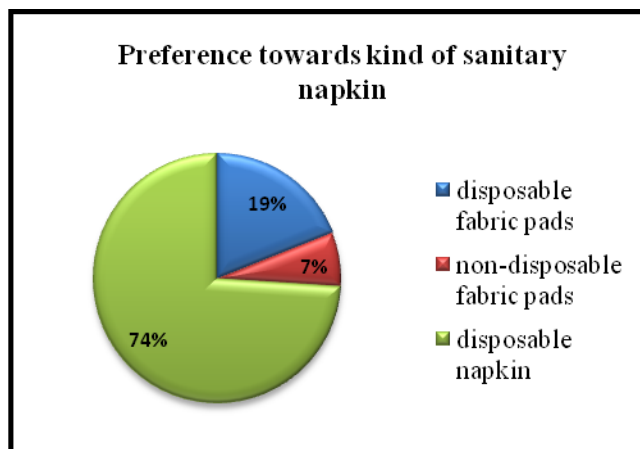
60 % of them prefer herbal treated and fragrance finish and 40% of them did not prefer herbal treated and fragrance finish in the sanitary napkin

The survey shows that 68% of the people are not infected during or after periods, but 32% of the people are infected during or after periods.

60% of the napkin shrinks and 40% of the napkin does not shrink

Figure 12:- Shrinkage of sanitary napkin.

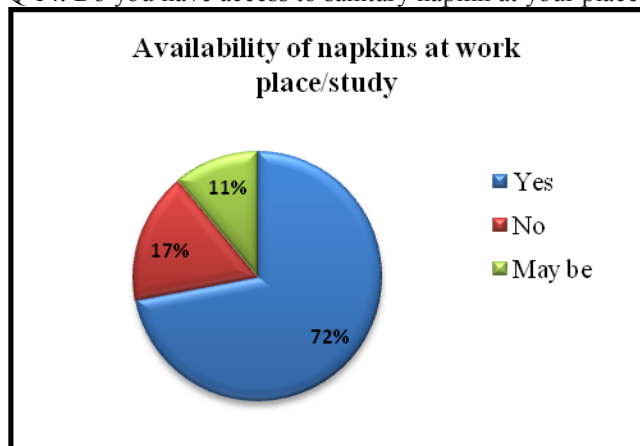
Q 13. What kind of sanitary napkin you prefer during menstrual cycle?



74% of the people prefer disposable napkins, 19% of them prefer disposable fabric pads.

Figure 13:- Preference towards kind of sanitary napkin.

Q 14. Do you have access to sanitary napkin at your place work place/study?



Sanitary pad dispensing machines are available for women at work place and study, the survey reports that 72% women says available and 20% says that still it is not available for them.

Figure 14:- Availability of napkins at work place/study.**Conclusion:-**

From the findings of online survey, it was reported that majority of the respondents are aware of napkins. This type of survey showcases the physical and mental imbalances that women undergo during their menstrual phase. Since most of women are doing their higher education and employed, the study was conducted between the age group of 17 to 25 and it was identified from the survey, 72% of women says that sanitary pad dispensing machines are available in work environment. Among the various products and brands available to satisfy the needs of menstrual cycle of a woman most of them prefer disposable sanitary pad especially they prefer the brand whisper. There are few respondents preferring some alternative products with herbal coating, fragmented and thinner napkins. Hence, from the survey it is concluded that if there is an alternative product without any side effects people will be ready to buy new menstrual hygiene products.

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