

The Study About the Awareness of Menstrual Cup among Female Social Work Students in Christ College (Autonomous) Irinjalakuda, Kerala

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ABSTRACT

Background: Menstrual cups (MCs) are a more modern alternative to sanitary napkins. High quality medical grade (biodegradable) silicone products have the advantage of being reusable, with a potential lifespan of up to 10 years. The purpose of this study was to investigate the awareness of menstrual cups among female social work students at Christ University (autonomous region), Irinjalakuda, Kerala. Although many participants were aware of the use of MC, it is not yet widely accepted. Menstrual cup awareness among social work students could be improved, as there is room for improvement in people's knowledge about menstrual hygiene and overcoming social taboos and hesitations. This can be achieved by addressing fear factors and carrying out more awareness campaigns by voluntary organizations and government departments. **Research Methodology:** This study was conducted among female social work students of Christ University (self-governing college), Irinjalakuda, Kerala. The sampling technique used in this study is probability sampling. The sampling method used in this study was simple random sampling. The sample included 60 female social worker students. **Instruments of Data Collection:** The study will carry out data collection using an independently designed questionnaire and interview method. **Results:** In this study, (68%) of the respondents had high menstrual cup awareness among female social work students and (20%) of respondents had moderate menstrual cup awareness among female social work students. (12%) of respondents indicated that awareness of menstrual cups is low among social work students.

KEYWORDS: Awareness of menstrual cup, Female social work students

INTRODUCTION:

Menstrual cups (MCs) are a greater present day opportunity to sanitary napkins. High exceptional scientific grade (biodegradable) silicone merchandise have the gain of being reusable, with a capability lifespan of up to ten years. The motive of this examine changed into to research the notice of menstrual cups amongst girl social paintings college students at Christ University (self reliant region), Irinjalakuda, Kerala. Although many contributors have been aware about the usage of MC, it isn't but extensively accepted. Menstrual cup cognizance amongst social paintings college students will be improved, as there's room for development in

people's information approximately menstrual hygiene and overcoming social taboos and hesitations. This may be completed via way of means of addressing worry elements and wearing out greater cognizance campaigns via way of means of voluntary businesses and authorities departments. **Research Methodology:** This examine changed into carried out amongst girl social paintings college students of Christ University (self-governing college), Irinjalakuda, Kerala. The sampling method used on this examine is chance sampling. The sampling approach used on this examine changed into easy random sampling. The pattern blanketed 60 girl social

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employee college students. Instruments of Data Collection: The examiner will perform facts series the usage of an independently designed questionnaire and interview approach. Results: In this examine, (68%) of the respondents had excessive menstrual cup cognizance amongst girl social paintings college students and (20%) of respondents had mild menstrual cup cognizance amongst girl social paintings college students. (12%) respondents indicated that cognizance of menstrual cups is low amongst social paintings college students.

Definitions

Menstruation: According to Judy Grahn Menstrual blood is the only source of blood that is not traumatically induced. Yet in modern society, this is the most hidden blood, the one so rarely spoken of and almost never seen, except privately by women.

Menstrual cups: According to Katha Pollitt Sometimes, filling and flushing is much better than soaking for long. Soaking drains you; Flushing relieves you More to Menstrual Cups for A healthier Lifestyle.

REVIEW OF LITERATURE

The Hindu (2015) published an article called Life-Changing Cups, which discussed the pros and cons of menstrual cups and menstrual cups. Menstrual cups are feminine hygiene products that are usually made from medical-grade silicone. It is shaped like a bell and is flexible. During menstruation, it is placed inside the vagina for about half a day to overnight to collect menstrual fluid (blood). Many menstrual cups can be used for years. Instead of spending money on tampons and pads every month, you can save money by using a menstrual cup. Inserting a menstrual cup often requires some practice. It's also about cleaning. Many women don't feel comfortable washing their cups in public restrooms. In this article, we have summarized the cost, manufacturer, usage, capacity, cleaning method, benefits, etc. of menstrual cups. The article concludes that menstrual cups are easy to use and inexpensive, and that using the cup as intended and emptying and washing it frequently can help reduce the risk of infection.

Shwetha Ballal K (2020) published a research paper titled Menstrual Cups: Awareness among Reproductive Women. This study analyzed menstrual cup awareness among women of childbearing age. This study was a descriptive cross-sectional study conducted in A.J. He completed a one-month course at Institute of Medical Sciences Hospital, Mangalore. Data were collected from selected eligible participants using an interviewer-administered questionnaire. Studies have shown that most girls and

adults who attend school use sanitary napkins, as shown in this study. This may be due to the lack of popularity, awareness and knowledge about menstrual cups and sanitary napkins and wipe sheets in these age groups, or the free availability of napkins at primary health centres.

The Indian Express (2022) published an article on Menstrual Cups: A Sustainable and Eco-Friendly Period Partner. Research shows that menstrual cups are not only sustainable, but also environmentally friendly. Unlike sanitary napkins and tampons, they have less impact on the environment. However, it is not suitable for all age groups. Depending on the materials used to manufacture sanitary napkins, one sanitary napkin can take up to 800 years to decompose. The article also says that menstrual cup use could be a boon for people living in rural India, where water scarcity and safe disposal techniques remain challenges. These cups replace the traditional use of grass, cotton swabs, sponges, tissues, and other absorbent materials.

METHODOLOGY OF THE STUDY

Objectives of the study

- To find out the socio demographic profile of the respondents.
- To assess the level of awareness of menstrual cup among female social work students.
- To find out the association between socio demographic profile and awareness of menstrual cup among female social work students.
- To assess the difference and relationship between socio demographic profile and awareness of menstrual cup among female social work students.
- To find out the valuable suggestion for awareness of menstrual cup among female social work students.

Research Design

The research design adopted by the researcher is descriptive in nature.

Universe of the study

The study was conducted in study female social work students in Christ College (Autonomous) Irinjalakuda, Kerala.

Sampling

The sampling technique used in the present investigation is probability sampling. The sampling method adopted for the present study is simple random sampling. The size of the sample was 60 female social work students.

Tools of data collection

The research prepare self made questionnaire and data collection is interview methods. The statistical

tools applied by the researcher are Percentage Analysis, Chi-square, T-test and ANOVA.

FINDS OF THE STUDY

SOCIO DEMOGRAPHIC PROFILE	FREQUENCY	RESPONDENTS	PERCENTAGE %
Age	20-24 years	42	70%
Sex	Female	60	100%
Father occupation	Worker	41	68%
Area of Residency	Semi- Urban	37	62%
Mother Occupation	Housewife	34	57%
Hobbies	Playing Games	49	82%
Religion	Hindu	45	75%

SIMPLE PERCENTAGE ANALYSIS

- Majority (70%) of the respondents are in the age group between 20- 24 yrs.
- Nearly (100%) of the respondents are female.
- More than half (68%) of the respondents are father occupation is worker.
- Less than half (62%) of the respondents are semi urban area.
- More than half (57%) of the respondents are mother occupation is house wife.
- Majority (82%) of the respondents hobbies are playing games.
- Majority (75%) of the respondents belongs to Hindu religion.

DISTRIBUTION OF THE RESPONDENTS BY LEVEL OF AWARENESS OF MENSTRUAL CUP AMONG FEMALE SOCIAL WORK STUDENTS

S. No	Level of awareness of menstrual cup among female social work students	No. of Respondents	Percentage (%)
1	High	41	68
2	Moderate	12	20
3	Low	7	12
TOTAL		60	100

INTERPRETATION

The above table depicts that (68%) of the respondents are high level of awareness of menstrual cup among female social work students, (20%) of the respondents are moderate level of awareness of menstrual cup among female social work students and (12%) of the respondents are low level of awareness of menstrual cup among female social work students.

Influence of Socio Economic Factors and awareness of menstrual cup among female social work students

Variables	Statistical tool	Value	Result
Age and awareness of menstrual cup among female social work students.	ANOVA	F= .499 P= .502>0.05	Not-Significant
Sex and awareness of menstrual cup among female social work students.	t-test	t= .458 P= .002<0.05	Significant
Father occupation and awareness of menstrual cup among female social work students.	t-test	t= .538 P= .592>0.05	Not-Significant
Area of residency and awareness of menstrual cup among female social work students.	ANOVA	F= .376 P= .009<0.05	Significant
Mothers occupation and awareness of menstrual cup among female social work students.	t-test	t= 2.132 P= .007<0.05	Significant
Hobbies and awareness of menstrual cup among female social work students.	ANOVA	F= 1.813 P= .002<0.05	Significant
Religion and awareness of menstrual cup among female social work students.	ANOVA	F= 3.508 P= 0.237<0.05	Not- Significant

- There is no significant difference in the age and awareness of menstrual cup among female social work students.
- There is significant difference in the sex and awareness of menstrual cup among female social work students.
- There is no significant difference in the father occupation and awareness of menstrual cup among female social work students.
- There is significant difference in the area of residency and awareness of menstrual cup among female social work students.
- There is significant difference in the mother occupation and awareness of menstrual cup among female social work students.
- There is significant difference in the Hobbies and awareness of menstrual cup among female social work students.
- There is no significant difference in the religion and awareness of menstrual cup among female social work students.

SUGGESTIONS

- Researchers suggest that there is a need to provide proper awareness to students about the use of menstrual cups and their benefits.
- It is important to remember that all of our bodies are different. Some people have an easy transition from day one, while others take longer to overcome problems with using a menstrual cup. Therefore, you should seek professional medical advice.
- By giving classes, we can give students and their families the correct understanding and dispel their doubts through good classes. Finally, it is important for students to seek advice from those they need.
- Effective communication can help increase confidence when using a menstrual cup.
- Social work students need to know more about female social work students' awareness of menstrual cups.
- The researcher suggests that the concerned authorities of the Kerala State Commission for Women should take the initiative to conduct awareness classes for students.

CONCLUSION

In this study, we carefully investigated female social work students' awareness of their MC towards menstrual cups. This study concluded that although many of the participants were aware of the use of

MC, it is not yet widely accepted or used. There is a huge gap between women's understanding and willingness to use menstrual cups. These cups are eco-friendly and reusable, making them particularly viable in semi-urban areas of India. The study also found that the majority of participants would be willing to use her MC if offered. There was a lack of awareness about the benefits of MC over sanitary napkins. Due to poor waste management in developing countries like India, there is a need to increase the use of MC. In this study, (68%) of the respondents had a high level of menstrual cup awareness among female social work students and (20%) of respondents had a moderate level of menstrual cup awareness among female social work students. (12%) A percentage of respondents indicated that awareness of menstrual cups is low among social work students.

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