

A STUDY TO ASSESS THE KNOWLEDGE ABOUT MENSTRUAL  
CUP; IT'S ACCEPTIBILITY, SAFETY, LEAKEAGE AND  
AVAILABILITY AMONG THE TEENAGE GIRL AND THEIR  
MOTHER IN A PARTICULAR RURAL AREA IN BENGALURU.



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## CERTIFICATE

THIS IS TO CERTIFY THAT THE PROJECT WORK ENTITLED HAS BEEN SUCCESSFULLY  
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# ABSTRACT

“A STUDY TO ASSESS THE KNOWLEDGE ABOUT MENSTRUAL CUP; IT’S ACCEPTIBILITY, SAFETY, LEAKEAGE AND AVAILABILITY AMONG THE TEENAGE GIRL AND THEIR MOTHER IN A PARTICULAR RURAL AREA IN BENGALURU”

## Background of the study

Menstruation is also known as menses or period or monthly discharge of blood and mucosal tissue from the inner lining of uterus through vagina. The first menstrual period usually occurs between 12-15 years of age, called as Menarche. The typical length of time between the first day of one period and the first day of next period is 21-45 days in young women; 21-31 days in adults (an average of 28 days). Bleeding usually lasts around 2 to 7 days.

Feminine hygiene products are personal care products used during vaginal discharge, and other bodily functions related to the vulva and vagina. Products that are used during menstruation may also be called **menstrual hygiene products**, including menstrual pads, tampons, menstrual pads, period panties etc. Feminine hygiene products also include products meant to cleanse the vulva or vagina, such as douches, feminine wipes, and soap.

Feminine hygiene products are either disposable or reusable. Sanitary napkins, tampons, and pantyliners are disposable feminine hygiene products. Menstrual cups, cloth menstrual pads, period panties, and sponges are reusable feminine hygiene products.

Menstrual cup is a device made up of silicon for menstrual hygiene. Despite its being safe, eco-friendly, cheap, and durable its non-acceptability may be due to higher adoption barriers. We conducted this study to assess the acceptability and safety of menstrual cups.

## Objectives of the study

1. To assess the level of knowledge regarding the use of menstrual cup
2. To compare the knowledge of teenage girls in pre-test and post-test
3. To find out the association between the post-test and selected socio demographic variable.

## Method

Post-test design and evaluative approach was adopted. Purposive sampling technique was used to select the sample of 60 of teenage and mothers for a period of seven days for data collection. Multiple choice questions, close ended questionnaire and planned teaching programme were used as a tool to assess the knowledge on menstrual cups. The data obtained were analysed in terms of the objectives and it was calculated and tabulated.

## Result

The overall findings are that study shows the majority respondents 30 (76.9%) did not have knowledge regarding menstrual cup and 9 (23.1%) did have knowledge about menstrual cup.

## Interpretation and Conclusion

The study shows that the respondents had inadequate knowledge regarding menstrual cup. There is a significant increase in post-test scores after the planned teaching programme about menstrual cup and menstrual hygiene.

Key words: Menstrual cup, menstrual hygiene, planned teaching programme

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