

## A study on Attitude of Nursing Students towards menstrual cup.

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### ABSTRACT

The present study was aimed to assess the attitude of nursing students towards menstrual cup. The objectives of the study were to assess the attitude of nursing students towards menstrual cup & to find the association between attitude towards menstrual cup and socio demographic variables. The study was conducted among nursing students from selected nursing colleges, Bengaluru with sample size of 116, selected using convenience sampling method. A quantitative non – experimental approach was chosen for the study. The attitude of nursing students regarding menstrual cup was assessed using structured questionnaire. The result with regard to attitude revealed that 53% of nursing students had unfavourable attitude and 47% had favourable attitude towards menstrual cup.

**Key words: attitude, nursing students, menstrual cup.**

### I. Introduction

Menstruation is a cyclical discharging of blood, secretions, and tissue debris from the uterus that recurs in nonpregnant breeding-age primate females at approximately monthly intervals and that is considered to represent a readjustment of the uterus to the nonpregnant state following proliferative changes accompanying the preceding ovulation.

Women use cloths, absorbent pads or tampons to manage menstrual flow. Washing the clothes or disposing the pads hygienically is a challenge for most of the females. The menstrual cup has been explored as a means of menstrual hygiene management in developing countries like India. It is manufactured using health-grade non-toxic non-allergic silicone. The menstrual cup is a non-absorbent bell-shaped device that is inserted into the vagina

to collect menstrual flow. It creates a seal and is held in place by the walls of the vagina. It is typically made of medical-grade silicone. It collects three times more blood than pads or tampons and needs to be emptied every 6-12 hours, after which it is rinsed and re-inserted. After each menstrual cycle the cup must be boiled for 5- 10 minutes. Most manufactures offer at least two sizes, and different shapes are becoming more common. Cups are reusable for 5-10 years. But many are still reluctant to use the menstrual cup due to fear, ignorance, negative attitude, etc.

### II. Materials & Methods

Quantitative non-experimental approach was used to assess the attitude of nursing students towards menstrual cup. The study was conducted on nursing students from selected nursing colleges in

Bangalore. Convenient sampling technique was found to be appropriate to select the nursing students. The sample size for this study was 116 nursing students who fulfilled the inclusion criteria.

The tool used for this study was socio demographic data of the nursing students, containing information related to age, education, year of study, previous knowledge about menstrual cup and if used menstrual cup earlier. Structured questionnaire was prepared to assess the attitude of nursing students towards menstrual cup.

The tool to assess the attitude consisted of 15 questions on menstrual cup. The tool, was validated and recommendations and suggestions of the experts were considered to modify the tool. Internal consistency of structured attitude questionnaire was calculated by using split half method. After obtaining permission from the concerned authority a pilot study was done to determine the feasibility, validity, reliability of the designed methodology and tool. The pilot study was conducted on 10 nursing students at RV College of Nursing, Bengaluru. The tool was found to be feasible and practicable. After getting the approval of the institutional ethical committee, the data was collected. The informed consent was taken from the nursing students and the data was collected on socio demographic factors and attitude using the tool. Data analysis was done on the basis of descriptive and inferential statistics.

### III. Results

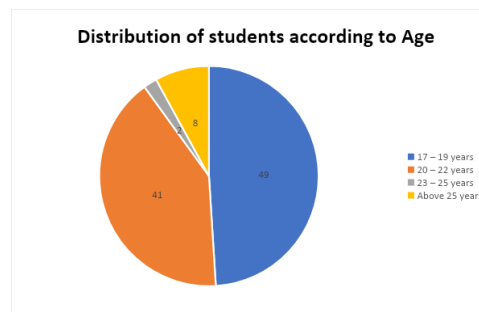
The results of the study are presented under following headings.

Section1: Demographic data of nursing students.

Section 2: Attitude of nursing students on menstrual cup.

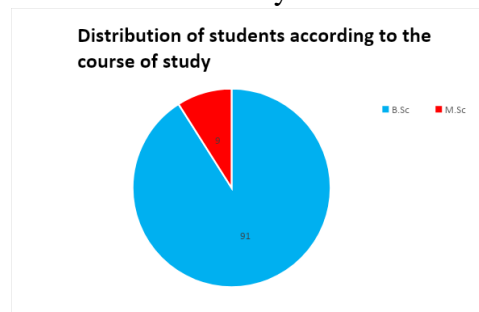
### Section 1: Demographic data of nursing students.

Graph 1 shows that 49% were in the age group of 17 - 19 years, 41% were in the age group of 20 - 22 years, 02% were in the age group of 23 - 25 years and 08% were above 25 years.



Graph 1: Distribution of nursing students according to their age

2: Distribution of nursing students according to their course of study



Graph 2 shows that 91% were B.Sc Nursing students and 09 % were MSc nursing students

Table 3: Distribution of nursing students according to their year of study in B.Sc Nursing

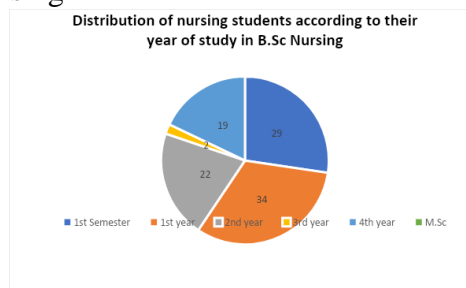


Table 3 shows that among the B.Sc nursing students 25 % were from 1<sup>st</sup> Semester, 29% from Ist year B.Sc, 19% from 2<sup>nd</sup> year, 11% from 3<sup>rd</sup> year and 16% from 4<sup>th</sup> year B.Sc nursing

Table 4: Distribution of nursing students according to their year of study in M.Sc Nursing

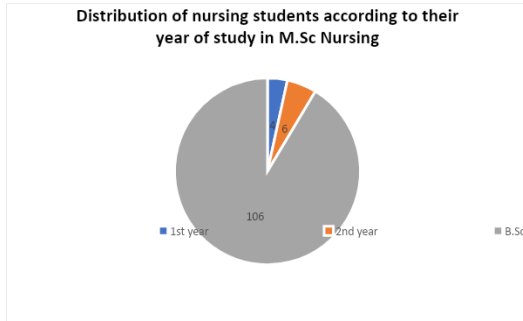


Table 4 shows that among the M.Sc nursing students 3.4 % were from Ist year M.Sc and 5.2% were from 2<sup>nd</sup> year M.Sc nursing

Table 5: Distribution of nursing students who had heard about menstrual cup.



Table 5 shows that 97.4% of nursing students had heard about menstrual cup before and 2.6% had not heard about it

Table 6: Distribution of nursing students who had used menstrual cup

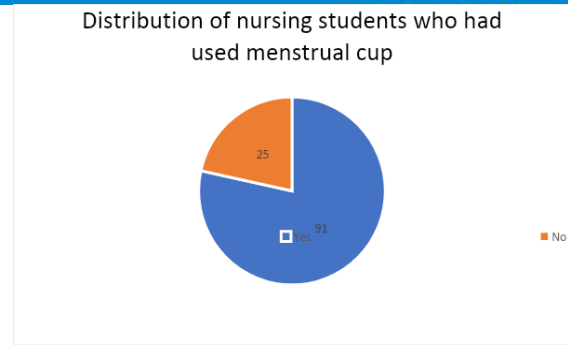
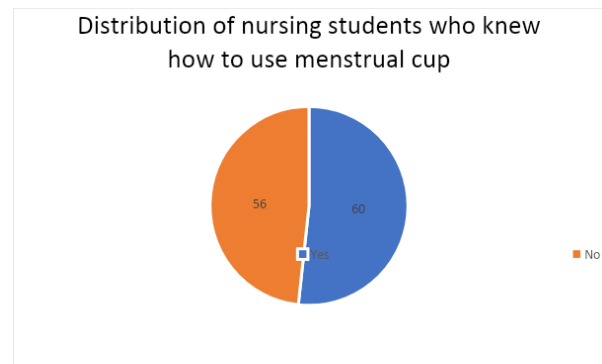


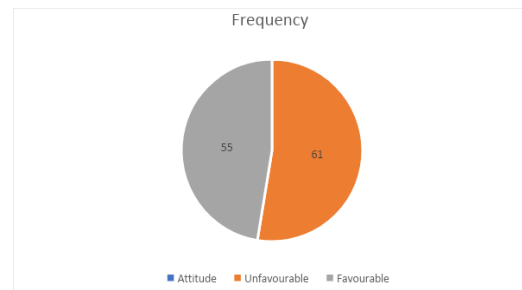
Table 6 shows that 78.4% of nursing students had used menstrual cup before and 21.6% had not used it.

Table 7: Distribution of nursing students who knew how to use menstrual cup



## Section 2: Attitude of nursing students on Menstrual Cup.

Graph 8: Distribution of nursing students according to



Graph 8 shows that 53% of nursing students had unfavorable attitude and 47% had favorable attitude towards artificial intelligence.

#### IV. Discussion

The present study showed that 49% were in the age group of 17 - 19 years, 41% were in the age group of 20 - 22 years, 02% were in the age group of 23 - 25 years and 08% were above 25 years, 91% were B.Sc Nursing students and 09 % were MSc nursing students, among the B.Sc nursing students 25 % were from 1<sup>st</sup> Semester, 29% from 1<sup>st</sup> year B.Sc, 19% from 2<sup>nd</sup> year, 11% from 3<sup>rd</sup> year and 16% from 4<sup>th</sup> year B.Sc nursing, among the M.Sc nursing students 3.4 % were from 1<sup>st</sup> year M.Sc and 5.2% were from 2<sup>nd</sup> year M.Sc nursing, 97.4% of nursing students had heard about menstrual cup before and 2.6% had not heard about it, 78.4% of nursing students had used menstrual cup before and 21.6% had not used it. 51.7% of nursing students knew how to use menstrual cup and 48.3% did not know how to use it.

53% of nursing students had unfavourable attitude and 47% had favourable attitude towards menstrual cup.

#### V. Conclusion

Menstrual cups are eco-friendly compared to other devices. Sanitary pads have a disposal problem. Adequate sanitation facilities and menstrual hygiene products are just one part of the solution to impeding women's progress in many developing countries. Many are not aware of the benefits of menstrual cup over sanitary pads. Creating awareness about menstrual cup would aid in solving the problem of non-biodegradable sanitary pads disposal which is an hazard to the environment.

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