

Knowledge, Attitude and Practices of Menstrual Hygiene among Graduate and Post Graduate Students in North India: A Cross Sectional Study

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Abstract

There are several taboos and socio cultural restrictions associated with menstruation and menstrual practices. Use of sanitary pads and maintaining personal hygiene by washing of genital area are essential during menstruation. It is important to assess the knowledge, attitude and practice of educated girls in this regard so that they can further demonstrate these skills to their future generations and their less educated counterparts, thus transforming community practices.

Aims and objectives: To assess the knowledge, attitude and practice of menstrual hygiene among graduate and post graduate students in Amity University Campus, Noida.

Materials and Method: *A cross sectional study was conducted among 50 girls at bachelors and master's level at Amity University, Noida, UP. A pre formed pre-tested questionnaire was used. Data were analyzed statistically by using Microsoft Excel.*

Result: *Most of the girls (82%) were in the age group of 18-24 years. Only about 25% girls were ignorant about menstruation before menarche. We found that in 76% of students, menstrual habits were inculcated by their mothers. 98% were using sanitary napkins as absorbent material during their menstrual cycle and 56% were doing vaginal wash daily. 76% of girls were reported to experience premenstrual symptoms. 56% of girls were having knowledge of different types of myths about menstruation but only 24% of girls were forced to practice restrictions during menses.*

Conclusion: *Most girls demonstrated healthy knowledge, attitude and practice towards maintaining menstrual hygiene highlighting an important role of their mothers in transforming community practices.*