

**KNOWLEDGE, ATTITUDE AND PRACTICES TOWARDS MENSTRUAL HYGIENE  
AMONG FEMALE UNDERGRADUATES IN UNIVERSITY OF BENIN.**

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**A RESEARCH PROJECT SUBMITTED TO THE DEPARTMENT OF HEALTH,  
SAFETY AND ENVIRONMENTAL EDUCATION, FACULTY OF EDUCATION,  
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## CERTIFICATION

We, the undersigned, acknowledge that this research work was carried out by Aimuamwosa Joan OSABUOHIEN in the Department of Health, Safety and Environmental Education, Faculty of Education, University of Benin.

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**Date**

## **DEDICATION**

I dedicate this project to God Almighty for his guidance, provision and wisdom upon my life, for making this project successful for He is the only one that deserves all the glory. Special thanks also go to my parents for their immense support to making this project come through successfully.

## ACKNOWLEDGEMENTS

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To my friends (Odosu, Glory, benedicta and Joy) for their kind words of encouragement during my research.

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## ABSTRACT

The study sets to examine the knowledge, attitudes and practices towards Menstrual Hygiene among female undergraduates in University of Benin. Three(4) research questions guided this study, the knowledge of undergraduate towards menstrual hygiene, attitudes of undergraduate towards menstrual hygiene, the menstrual hygiene practices of undergraduate and the religious belief of individuals influence their decision of practising menstrual hygiene.

The research design was used for the study. The population of female undergraduates in University of Benin 41374 undergraduates. The research used simple random sampling for sample selection and the sample used for this research is 100 undergraduates. This research instrument used is the questionnaire which contained three sections. Section A Knowledge of undergraduate students towards menstrual hygiene and section B Attitudes towards menstrual hygiene and section C Menstrual hygiene practices. The research instrument was validated by the project supervisor and two other lecturers in the department. The reliability of the research was 0.8.

Findings from the study revealed that female undergraduates in the University of Benin have knowledge on Menstrual Hygiene and good attitude and practices towards Menstrual Hygiene. It was as recommended that the ministry of education (Federal and State) should implement “Education on Menstrual Hygiene” into their curriculum for both primary, secondary and tertiary schools in Nigeria. University authorities should organize seminars, lectures on the importance of reproductive health and dangers of abortion.

# CHAPTER ONE

## INTRODUCTION

### **Background of the study**

According to Jones & Bartlett Publishers (2011), Menstruation or period is the regular discharge of blood and mucous tissue from the inner lining of the uterus through the vagina. Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases (World health organization, 2020). Menstrual hygiene management or menstrual health and hygiene refers to access to menstrual hygiene products to absorb or collect the flow of blood during menstruation, privacy to change the materials, and access to facilities to dispose of used menstrual management materials (United nations international children emergency funds , 2019).

Menstrual hygiene management can be particularly challenging for girls and women in developing countries, where clean water and toilet facilities are often inadequate. Menstrual waste is largely ignored in schools in developing countries, despite it being a significant problem. Menstruation can be a barrier to education for many girls, as a lack of effective sanitary products restricts girls' involvement in educational and social activities. 1.8 billion people worldwide go through menstruation each month. A healthy, respectful manner to control one's menstrual cycle is beyond the reach of millions of girls and women. Adolescents' lives enter a new phase and become more vulnerable when menstruation begins. However, during their menstruation, many

teenage females experience social exclusion, harassment, and stigma. Menstrual hygiene management' is the way in which women and adolescent girls deal with their menstruation. Good Menstrual hygiene management requires a minimum level of knowledge and awareness in women and adolescent girls to manage their menstruation effectively and hygienically by using a clean material to absorb or collect menstrual blood, by practising good hygiene and personal care during their period, and by having access to facilities to wash or dispose of used menstrual management materials with dignity and in an environmentally responsible manner. Menstrual hygiene management is not just about the management of the menstrual period but also the need to address societal beliefs and taboos surrounding the issue. Sufficient knowledge, guidance and support for girls and women in preparation for and during menstruation is also part of the definition. Through an examination of pertinent literature, current research, and societal issues that impact menstruation and cleanliness habits, the background study of knowledge, attitudes, and practices (KAP) towards menstrual hygiene offers a contextual understanding of the topic. This background study lays the groundwork for the investigation by emphasizing the significance of menstrual hygiene and pointing out any knowledge or comprehension gaps. Menstrual hygiene management (MHM) is examined in its global context in the background research, with a focus on the importance of MHM for women's health, education, and gender equality. It explores papers and research from global institutions such as UNESCO, WHO, and UNICEF, which acknowledge MHM as an essential component of women's rights and public health. The background study contextualizes the significance of knowing KAP

towards menstrual hygiene at the local level by examining international activities and frameworks linked to MHM.

The background study, which draws from academic research, surveys, and qualitative investigations, examines the body of literature on menstrual hygiene behaviors, attitudes, and knowledge. It looks at research from several cultural contexts, exposing regional differences and similar problems in managing menstrual hygiene. The background study synthesizes this literature to identify important themes and variables, including as educational attainment, sociocultural norms, and resource accessibility, that affect KAP's attitude toward menstruation hygiene. The background study uses case studies and empirical data to examine how menstrual hygiene affects health and educational outcomes. It looks at how poor management of menstrual hygiene might raise the risk of reproductive tract infections (RTIs) and other health problems in addition to being a factor in girls' absenteeism from school. For wider development objectives, the background study emphasizes the significance of addressing KAP towards menstrual hygiene by clarifying the connections between menstrual hygiene, education, and health.

The background research looks at taboos, gender norms, stigma, and other sociocultural aspects and attitudes related to menstruation. It looks at how these things affect woman's menstrual hygiene experiences and practices, influencing their attitudes and actions. The background study sheds light on the challenges of addressing KAP toward period hygiene and the requirement for culturally relevant interventions by placing menstrual hygiene within larger

sociocultural contexts. The background study examines current initiatives and programs designed to encourage knowledge of menstrual hygiene and behavior modification. It assesses how well advocacy campaigns, educational programs, and product availability have improved KAP with regard to menstruation hygiene. The background research provides guidance for future interventions that are customized to the unique requirements of the target population by highlighting best practices and lessons discovered from earlier efforts. In a nutshell, the background study on menstrual hygiene knowledge, attitudes, and practices offers a thorough overview of the subject by investigating its global significance, analyzing pertinent literature, assessing its influence on health and education, investigating sociocultural factors, and assessing current interventions. The background study provides direction for the creation of research topics, approaches, and interventions targeted at enhancing menstrual hygiene practices and results by synthesizing this data and identifying important areas for exploration.

### **Statement of the problem**

The statement of the problem in the study on knowledge, attitudes, and practices (KAP) towards menstrual hygiene among female undergraduates in the University of Benin (UNIBEN) outlines the specific issues or challenges that the research aims to address. The problem statement starts out by giving background information on the significance of managing menstrual hygiene and how it relates to the target population—in this case, female UNIBEN undergraduates—in this instance. It emphasizes how important it is to comprehend their knowledge, perspectives, and

menstrual hygiene routines. The problem statement highlights deficiencies or problems in the habits or knowledge that female UNIBEN undergraduate students currently have about menstruation hygiene. This could include a lack of complete reproductive health education, stigma or taboos surrounding menstruation, poor access to menstrual products and facilities, or other factors that lead to sub optimal management of menstrual hygiene. It illustrates the significance of resolving these deficiencies or problems. This could have an effect on female undergraduates' health, happiness, and academic achievement in addition to having wider ramifications for gender equity and empowerment. Usually, the problem statement ends with a description of the precise research questions or goals that the study seeks to address or accomplish. These goals or questions ought to be precise, unambiguous, and clearly tied to filling in the gaps or resolving the issues that have been found. Poor menstrual hygiene can present significant health hazards, such as urinary tract infections and reproductive infections, which can lead to infertility and difficult deliveries in the future. Hepatitis B and thrush can spread when people change their menstrual products and forget to wash their hands. The lack of means for hygienic management of menstruation can cause discomfort and psychological stress and adds to the shame and sometimes depression that women and girls experience because of menstruation related taboos and stigma (Sweetman and Medland, 2017).

Infections are prone to occur when menstruation hygiene is inadequate, especially in the vaginal area. Prolonged use of dirty or badly maintained menstruation products creates a warm and damp environment that is conducive to the spread of bacteria. Urinary tract infections can be

more common as a result of poor hygiene, such as not changing tampons or sanitary pads on a regular basis. Infections can be brought on by bacteria that move from the vaginal area to the urethra. The study problem statement, which outlines the particular questions or objectives that the research attempts to answer, provides context, identifies gaps or concerns, and justifies the necessity for the research on KAP towards menstruation hygiene among female undergraduates at UNIBEN. It establishes the framework for the investigation and directs the technique and analytical path of the inquiry.

### **Research Questions**

This study will provide answers to the following questions;

- 1, what is the knowledge of undergraduate towards menstrual hygiene?
- 2, what are the attitudes of undergraduate towards menstrual hygiene?
- 3, what are the menstrual hygiene practices of undergraduate?
- 4, Does the religious belief of individuals influence their decision of practising menstrual hygiene?

## **Purpose of the Study**

The general objective of this study is to ascertain the knowledge, attitudes, and practices towards menstrual hygiene among undergraduate of university of Benin. The specific objectives are;

- 1, To determine the degree of awareness among female undergraduates at the University of Benin regarding menstrual hygiene practices.
- 2, To gain knowledge on the attitudes and practices surrounding menstrual hygiene held by female undergraduates at the University of Benin.
- 3, To examine the factors influencing the knowledge of menstrual hygiene practices of female students in the University of Benin undergraduate.

## **Significant of the Study**

In order to address menstruation-related public health concerns, it is imperative that we gain an understanding of the knowledge, attitudes, and practices around menstrual hygiene among female undergraduates in UNIBEN. Women reproductive health is greatly impacted by their menstrual hygiene habits, and bad habits can result in infections and other health issues. The study can help promote better management of menstrual hygiene and enhance the general health and well-being of female students by identifying knowledge and practice gaps. Menstrual hygiene affects academic performance and attendance in a big way. Female students may miss

school during their period due to inadequate access to menstruation products and facilities, which could ultimately have an impact on their academic performance. The study can offer insights into the factors impacting educational attendance and performance by evaluating the attitudes and behaviours of female undergraduates regarding menstrual hygiene. This information can then be used to develop interventions aimed at supporting female students in their academic endeavors. Gender empowerment and equity are closely related to menstrual hygiene. Menstruation-related social taboos and stigmas can impede women empowerment and sustain gender inequality. Through the investigation of menstrual hygiene attitudes among female undergraduates in UNIBEN, this study aims to provide insight into cultural norms and beliefs that could impact the experiences and rights of women. In order to advance gender parity and provide women the tools they need to effectively manage their menstrual health, these challenges must be addressed. The study conclusions can help UNIBEN in its efforts to enhance menstrual hygiene support services and campus infrastructure. Sustaining the menstrual health needs of female students requires adequate access to private, hygienic restrooms as well as reasonably priced menstruation items. Through the identification of areas that require improvement, such as the accessibility of menstruation products and the availability of sanitary facilities on campus, the study can promote the required modifications to improve the general well-being of female undergraduates.

The research may help UNIBEN create specialized reproductive health education curricula for its female undergraduate population. Teachers can create educational interventions to fill in students' knowledge gaps and dispel myths about menstruation in order to teach students

accurate information and encourage healthy menstrual practices. To enable young women to make decisions about their reproductive health and well-being, comprehensive reproductive health education is crucial. For female undergraduates, menstrual hygiene routines may potentially have psychological repercussions. Women mental health and self-esteem can be negatively impacted by menstruation-related stigma and negative views. The study can help raise awareness about the significance of DE-stigmatizing menstruation and creating supportive environments where women feel comfortable discussing menstrual health issues and seeking support when needed by examining attitudes toward menstruation among female undergraduates in UNIBEN.

In order to support the general health and well-being of female students, it is imperative to comprehend the information, attitudes, and practices pertaining to menstruation hygiene. The results of this study will add to the body of knowledge already available on menstrual hygiene behaviour and attitudes among female undergraduates at the University of Benin. To support female students' general health and well-being, it is essential to comprehend their knowledge, attitudes, and behaviour regarding menstrual hygiene. Examining the menstrual hygiene facilities and infrastructure currently available on campus might help identify areas in need of improvement and Finding facilities shortages can also help the administration of the university understand how important it is to give female students enough resources and amenities. Additionally, the research will also provide guidance for future studies and intervention efforts in

comparable educational environments, and it will instruct parents on how to instruct female adolescents on menstrual hygiene.

### **Scope and Delimitation of the Study**

The borders and parameters of the research will be established by the study scope and delimitations, which focus on menstrual hygiene knowledge, attitudes, and behaviours among female undergraduates at the University of Benin (UNIBEN). They aid in elucidating the study precise focus and delineating any restrictions or limits that might affect its conclusions. The research focuses on the knowledge, attitudes and practices of menstrual hygiene using female undergraduate as case study. The main participants will be female undergraduate students from a variety of academic programs, age groups, and cultural backgrounds at the University of Benin. The study will take into consideration differences in menstrual hygiene behaviours during different seasons or academic years by conducting it over a certain length of time. The study will primarily focus on female undergraduate students. While acknowledging that males may play a role in societal perceptions and support, their perspectives and practices related to menstrual hygiene will not be the main focus of this research. The research is specifically limited to the University of Benin, and findings may not be directly generalizable to other universities or educational institutions. Each university may have unique cultural, infrastructural, and demographic factors that influence menstrual hygiene practices. The research scope is limited to

undergraduate students and the findings may not be generalized to other populations. For further explanation,

### **Scopes;**

**Target Population:** Female undergraduate students at the University of Benin are the study primary target. This population will be the focus of the study, which aims to comprehend their menstrual hygiene habits, attitudes, and experiences in a university setting.

**Geographical Location:** Benin City, Edo State, Nigeria's University of Benin is the site of the study. In order to shed light on the menstrual hygiene habits of female undergraduates at this specific university, the research's scope has been restricted to this region.

**Research factors:** Knowledge, attitudes, and practices regarding menstrual hygiene are the three primary factors that will be examined in this study. Data on female students' knowledge of menstrual hygiene, attitudes regarding menstruation, and actual hygiene behaviours during menstruation will be gathered by means of surveys, interviews, or other research approaches.

**Approach:** Either qualitative or quantitative research methodologies, or a combination of both, may be used within the parameters of the study. While quantitative approaches, like surveys, can assist quantify attitudes and practices regarding menstruation hygiene among a wider sample size, qualitative methods, like focus groups or interviews, can offer in-depth insights into participants' experiences and viewpoints.

## **Delimitations ;**

**Time Restrictions:** There could be time restrictions on the study, which could have an impact on how long it takes to gather, analyze, and report data. To finish the study within the limitations of academic schedules, financing, and other time-related considerations, researchers will need to budget enough time.

**Sample Size:** The study may be restricted to a particular sample size of UNIBEN female undergraduate students due to logistical issues. A suitable sample size must be chosen by the researchers taking into account their time constraints, available resources, and desired level of statistical significance.

**Language and Cultural Context:** Because the study will be done in English, female undergraduates who are not fluent in the language may not be able to participate. Furthermore, participants' responses and opinions of menstrual hygiene may be influenced by cultural influences, thus researchers should take these into account when interpreting the results.

**Access to Facilities and Resources:** The availability of facilities and resources required for data gathering and analysis may restrict the study's scope. This can entail having access to interview spaces, survey instruments, and money for associated research costs.

**Generalizability of Results:** Although the study intends to shed light on UNIBEN female undergraduate students' menstrual hygiene practices, it's possible that the results won't apply to

other groups or environments. When evaluating and using the results, researchers will need to be aware of the restrictions imposed by the study's scope and boundaries.

### **Definition of terms**

Mucosa tissue; a gelatinous connective tissue that contains stellate cells with long processes in a soft matrix and that occurs in the umbilical cord and in the embryo and in myxomas.

Infertility; incapable of or unsuccessful in achieving pregnancy.

Stigma; A mark of infamy.

Tampons; a wad of absorbent material (as of cotton) introduced into a body cavity or canal usually to absorb secretions (as from menstruation) or to arrest hemorrhaging

## CHAPTER TWO

### REVIEW OF RELATED LITERATURE

This chapter will be discussed under the following subheadings;

Concept of menstrual hygiene

Knowledge of menstrual hygiene

Attitude towards menstrual hygiene

Relationship between attitude and practices of menstrual hygiene

Menstrual hygiene practices

Stages of menstruation

Summary of review of related literature

#### **Concept of Menstrual Hygiene**

Menstrual hygiene encompasses the actions and customs people use to control their menstrual flow in a comfortable and hygienic way. It includes a variety of behaviours, including as using menstruation products, keeping oneself clean, and using the proper facilities when one is menstruating. The knowledge that menstruation is a normal biological function that has to be

treated with care and attention in order to protect the dignity and well-being of those who experience it is the foundation of the notion of menstrual hygiene. The choice and application of appropriate menstruation products constitute menstrual hygiene. Tampons, menstruation cups, sanitary pads, and reusable cloth pads are a few examples of these products. The menstruation product that is chosen is determined by a number of criteria, including affordability, accessibility, comfort, and personal preference. In order to control menstrual flow and avoid leaks, discomfort, and possible health hazards related to unsanitary habits, it is imperative to use menstruation products that are both clean and effective. Keeping oneself clean is essential to managing menstrual hygiene. This include bathing or taking a shower when necessary, replacing menstruation products on a regular basis, and washing your hands both before and after handling menstrual materials.

During the menstrual cycle, maintaining general cleanliness and comfort as well as preventing infections can be achieved by practising proper personal hygiene. It also helps with confidence and a feeling of well-being during this time. Using the right facilities to manage menstruation is part of practising menstrual hygiene. Hygienic management of menstruation requires access to private, clean restrooms with facilities for washing and discarding menstrual products. Menstruating people may find it difficult to maintain menstrual hygiene and may experience discomfort, shame, and health hazards as a result of inadequate or unhygienic restroom facilities. Menstrual hygiene encompasses not only physical routines but also socio-cultural aspects and perspectives on menstruation. It's critical to address menstrual stigma and

taboos in order to encourage candid conversations about menstruation and make sure that people are supported and at ease during their cycles. Promoting menstrual health and well-being requires challenging cultural norms that uphold shame or secrecy surrounding the menstrual cycle. Access to information and resources affects menstrual hygiene. People must have access to correct information regarding menstrual health and hygiene habits, as well as reasonably priced, high-quality menstruation supplies. The inability to access these services might make it more difficult for people to manage their periods in an effective manner, which can lead to unfavourable experiences and health consequences. Access to information and resources affects menstrual hygiene. People must have access to correct information regarding menstrual health and hygiene habits, as well as reasonably priced, high-quality menstruation supplies. The inability to access these services might make it more difficult for people to manage their periods in an effective manner, which can lead to unfavourable experiences and health consequences.

For teenage girls and women who are not yet menopausal, menstruation is a physiological occurrence that happens spontaneously. Women and adolescent girls who use a clean menstrual management material to absorb or collect blood that can be changed in private as often as necessary during the menstrual period, who wash their bodies with soap and water when needed, and who have access to facilities for disposing of used menstrual management materials are all considered to be practising menstrual hygiene management. Menstruation requires the availability of material resources, preferably with sufficient privacy, to absorb or collect menstrual blood, facilitate personal hygiene, and dispose of waste. Low-income women and girls

are less aware of good hygiene habits and do not have access to culturally relevant resources for managing menstrual hygiene. In India and Nepal, menstruation and its related activities are covered up in secret, embarrassment, and social taboos. These attitudes are further expressed in societal customs that limit independence, movement, and access to daily activities. For example, many cultures have limits on things like drinking milk, cooking, socializing, and participating in religious activities. Many societies have limits on performing religious ceremonies. Low-income nations, such as Nepal, employ a variety of materials as adsorbent during menstruation, from commercially produced disposable sanitary pads to reusable towels made from cotton fabric and women's clothes. It is advised that women in low-income nations use practical, sustainable, and culturally acceptable techniques to meet their menstrual hygiene needs. Adsorbent types, hygiene habits, and cultural prohibitions around menstruation are linked to adverse clinical and psychological consequences such as UTIs and reproductive tract infections, anaemia, missed school, and social distancing.

The oldest known records of menstrual hygiene products date to ancient Egypt, where people utilized softened papyrus as a means of absorbing menstrual blood. In resource-constrained Indigenous communities, organic materials were likely employed for this purpose. There is speculation that Vikings used bog moss. In the late 19th century, some suggest that menstruation was considered a form of illness. Doctor Edward Clark believed that attending school during menstruation could potentially delay the development of reproductive organs. In 1897, Johnson and Johnson added sanitary napkins to its price list following a suggestion from

Joseph Brown Cook. Despite limited acceptance of this product, it was the first commercially available sanitary protection product for women in the United States. These sanitary napkins were advertised minimally and in small print to maintain a sense of ‘modesty’. Sflag-Na-Kins, developed by the Sphagnum Moss Products Company, transformed sphagnum moss into sanitary napkins with the ability to absorb over 20 times their dry weight in fluids. In 1920, Johnson & Johnson introduced the discreetly named and plainly packaged Nupak brand, allowing women to make purchases inconspicuously. The success of Kotex napkins in 1921 can be attributed to extensive advertising in women's magazines and the use of cell cotton enclosed within a gauze sheath. In 1928, Johnson & Johnson introduced silent purchase coupons in magazine ads for MODESS sanitary napkins, providing women with a discreet means of acquiring products without engaging with salespeople. E.C. Haas filed a patent in 1931 for the Tampax tampons, featuring a paper-tube applicator. Tampons had initially been used in medical practice to control bleeding in deep wounds.

In 1957, Mary Davidson Kenner presented a patent for an adjustable sanitary belt designed to secure the pad, prevent menstrual blood leakage, and avoid stains. However, Kenner, a black woman, faced systemic barriers. The popularity of belted sanitary napkins waned in the early 1980s with the advent of adhesive strips positioned on the bottom of sanitary pads, facilitating attachment to underwear linings. Since then, menstrual products have undergone substantial transformations, evolving to be more ergonomic, thinner, and incorporating diverse materials to enhance absorption.

## **Knowledge of Menstrual Hygiene**

Menstrual hygiene knowledge among women varies depending on cultural background, educational attainment, and information availability. Many women are aware of the basic biological processes involved with menstruation, such as the loss of uterine lining and the vaginal discharge of blood. They might also be aware of the normal length of monthly cycles, which normally last between 21 and 35 days, and the typical duration of menstrual bleeding, which is between 3 and 7 days. Understanding the significance of menstrual hygiene routines is based on this fundamental information. Additionally, a lot of ladies know how important it is to keep oneself clean when they are menstruating. They are aware of the need to wash their hands both before and after handling menstrual materials in order to prevent infections, as well as the requirement of changing menstruation products on a regular basis in order to prevent leaks and discomfort. This information emphasizes how crucial it is to incorporate appropriate hygiene habits into everyday routines during menstruation in order to maintain comfort and cleanliness. In addition, a lot of ladies know how important it is to keep oneself clean when they are menstruating. This includes routinely changing menstrual products to avoid leaks and odours, washing your hands both before and after handling menstrual materials, and taking regular showers or baths to maintain genital hygiene. Comprehending these hygiene practices aids women in comfortably managing their menstrual cycle and lowers the likelihood of infections or discomfort resulting from inadequate hygiene. Along with their practical knowledge, women may also be aware of the social and cultural aspects of menstruation, such as taboos, menstrual

stigma, and societal expectations surrounding menstruation. Women may be familiar with cultural practices or beliefs related to menstruation in their communities and understand how these attitudes can impact their experiences and perceptions of menstruation. This understanding may influence menstrual hygiene decisions and behaviours, as well as women's willingness to seek resources or support.

Unfortunately, there are a lot of misconceptions and incorrect information out there about menstruation hygiene, which can lead to women practising insufficient menstrual health habits. The idea that menstruation is intrinsically filthy or unclean is one common misunderstanding. This idea is frequently derived from cultural or religious precepts that link menstruation to impurity. Because of the misconception that menstruation is unsanitary, some women may skip practising basic hygiene, such as showering or changing menstrual products on a regular basis, because they feel ashamed or embarrassed about having their periods. Another widespread fallacy is the notion that blood from the menstrual cycle is unclean or unhealthy for the body. This misconception may cause some women to avoid handling their menstrual blood in an acceptable manner due to fear and discomfort related to period hygiene. Menstrual blood is actually a normal physiological fluid that is shed during the menstrual cycle and does not present any health dangers. Period blood can be handled safely and hygienically with the right hygiene measures, such as using clean menstruation products and keeping oneself clean. Some women also hold the misconception that using certain menstruation products, like tampons, might harm your hymen or cause you to lose your virginity. The cultural myths surrounding female virginity

and purity are the source of this misconception. Because of this, some women might decide not to use tampons at all out of concern that it will affect how chaste they are viewed. However, when used appropriately, tampons are a safe and effective solution for menstrual hygiene and do not damage hymen or impact virginity.

Furthermore, there is a notion that discussing menstruation in public should be kept private. This misconception may discourage women from getting menstrual hygiene advice or support, adding to their feelings of humiliation or shame. In actuality, dispelling the stigma associated with periods and advancing factual knowledge about menstruation depend on candid conversations about the topic. By promoting candid conversations about menstruation, women can get the knowledge and assistance they require to properly manage their menstrual hygiene. Moreover, a few women might think that discomfort or anomalies in the menstrual cycle are abnormal and need medical attention. This misconception may result in unwarranted medical operations or therapies intended to reduce or modify menstrual periods. It's crucial to understand, though, that rather than requiring medical attention, menstrual irregularities are frequently controlled with lifestyle modifications or over-the-counter medications. Women are better able to make decisions regarding their menstrual health and well-being when these myths about menstruation hygiene are dispelled and factual information about them is spread. Knowledge on menstruation and menstrual hygiene is essential in life of every adolescence girl. It is known fact that poor menstrual hygiene can lead to reproductive and urinary tract infection. So it's today's need to assess knowledge, attitude, practice and perception on menstruation and menstrual hygiene in

adolescent girls, which will help to implicate necessary awareness among them. Knowledge influences practice and the perception of people to concepts even as sensitive as menstrual health and hygiene. To boost the knowledge of this population especially within the male population, programs need to be set by schools in academic curricula and social media for the education and dissemination of information on proper menstrual health and hygiene. This will lead to increased support for females, especially during this special period. The role of pre-menarche training and teaching of both males and females about menstruation by parents will help boost knowledge in future generations.

Menstruation is a normal physiological process of females at their reproductive age. However, it is surrounded with social taboos and supernatural beliefs. The poor knowledge and understanding of menstruation may lead to unsafe hygienic practice that intern increases the risk of reproductive and genital-urinary tract infections, cervical cancer, school drop-out, poor academic performance and overall poor quality of life. Despite such clinical and academic effects, the knowledge and hygienic practice of adolescent girls towards menstruation may not be well addressed, particularly among school adolescent girls. Women and adolescent girls are using a clean menstrual management material to absorb or collect menstrual blood, that can be changed in privacy as often as necessary, using soap and water for washing the body as required, and having access to safe and convenient facilities to dispose of used menstrual management materials. They understand the basic facts linked to the menstrual cycle and how to manage it with dignity and without discomfort or fear.

The challenges that menstruating girls, women, and other menstruators face encompass more than a basic lack of supplies or infrastructure. While menstruation is a normal and healthy part of life for most women and girls, in many societies, the experience of menstruators continues to be constrained by cultural taboos and discriminatory social norms. The resulting lack of information about menstruation leads to unhygienic and unhealthy menstrual practices and creates misconceptions and negative attitudes, which motivate, among others, shaming, bullying, and even gender-based violence. For generations of girls and women, poor menstrual health and hygiene is exacerbating social and economic inequalities, negatively impacting their education, health, safety, and human development. Generally mother and other women hesitate from discussing the menstrual issues with adolescent girls, because of which young girls grow up with limited knowledge on menstruation despite the fact that they know about menstruation before attaining menarche.

### **Attitudes Towards Menstrual Hygiene**

A variety of factors are known to influence menstrual behaviours and attitude, prominent ones residential status (urban and rural), culture and religion belief. The manner in which girls learn about menstruation and its associated changes may have an impact on her response to the event of menarche. In this study participant reaction to first menses was discomfort or scared. This was similar finding of study carried out in Pakistan by Ali et al and Nigeria (in tribal area). Girls are not given adequate information and not properly, mentally prepared for the first menstruation,

that is why it's a normal tendency when girl first see blood they get scared. There are lots of myths, belief related to menstruation, also behaviour of family member changes because of which they feel discomfort. Study shows 29% of respondent remain absent during menstruation. Reason for absenteeism was girls having fear of unexpected bleeding and lack of toilet facilities in schools. More than half respondent (66.1%) think buying pad from the store is embarrassing. This is social stigma attached to menstruation because of which women generally hide their menstruation from other people, which causes many girl and women to carry out dangerous hygiene practice.

The onset of menstruation is challenging for school-aged girls in low-income settings. Impacts can include school absenteeism, missed class time, reduced participation, teasing, fear and shame, and risky adaptive behaviours. Further challenges that menstruating school girls face are a lack of knowledge, communication, and practical guidance prior to menarche and during menstruation; inadequate water, sanitation, and hygiene (WASH) facilities; and ineffective or unavailable menstrual management materials. In many parts of sub-Saharan Africa, girls can miss up to 5 days of school a month or drop out entirely due to insufficient access to water, sanitation and hygiene (WASH) facilities and menstrual hygiene products. Improving access to WASH facilities can actually increase girls' attendance at school. A program for school sanitation in Bangladesh increased girls' enrolment at school by 11%. Menstrual waste is largely ignored in schools in developing countries, despite it being a significant problem. Girls' access to water and sanitation at school is only available at 47% and 46% of all schools globally. Often,

school toilets for girls (if they even exist) are missing bins for menstrual waste collection with the result that pads may be spread all around the school compound area. This pollutes the environment and also causes embarrassment for the school girls.

Menstrual hygiene is a crucial aspect of women's health, and attitudes towards it can vary widely across different cultures, societies, and individuals. Here's an extensive explanation on attitudes towards menstrual hygiene. In many cultures, menstruation is surrounded by taboos and stigmas, leading to a lack of open discussion. Some communities consider menstruating women as impure, leading to restrictions on their activities and social interactions. Conversely, some cultures celebrate menstruation as a symbol of fertility and womanhood. Menstrual rituals can vary from community to community, ranging from isolation to communal celebrations. Access to education plays a crucial role in shaping attitudes towards menstrual hygiene. Societies with better education often exhibit more progressive views and practices regarding menstruation. Economic status can impact the ability to afford menstrual hygiene products. Lack of affordability may lead to unhygienic practice. Government policies on subsidizing or providing menstrual products can influence societal attitudes. Traditional gender roles can influence how menstruation is perceived. Menstruation might be viewed as a women's issue, excluding men from discussions. Changing gender dynamics and increased awareness are challenging these stereotype. Attitudes towards menstrual hygiene are often linked to health awareness. Understanding the importance of proper hygiene practices can lead to positive attitudes. Misinformation or lack of health education may contribute to unhealthy practices. Urban areas usually have better access to menstrual hygiene

products and facilities, leading to more positive attitudes. Rural areas may face challenges such as limited access, affordability issues, and lack of proper disposal facilities. The introduction of friendly and sustainable menstrual products has changed attitudes towards environmental impact and long-term health. Countries with proactive menstrual health policies and initiatives tend to have more positive attitudes. Educational programs and distribution of free or subsidized menstrual products contribute to changing perceptions. Legal frameworks addressing menstrual hygiene, including workplace policies and education curricula, can shape societal attitudes. Progressive laws contribute to stigmatization menstruation. Media portrayal of menstruation can impact societal attitudes. Positive representations can help break taboos and promote open discussion. Advertisements and media campaigns can contribute to normalizing menstruation. Inclusive representation in media, including transgender and non-binary individuals, helps broaden the understanding of menstrual hygiene beyond traditional gender norms.

Attitudes towards menstrual hygiene are complex and multifaceted, influenced by cultural, societal, economic, and individual factors. As education, awareness, and progressive policies continue to evolve, there is hope for breaking down taboos and fostering a more inclusive and positive approach towards menstrual health globally. Open conversations, comprehensive education, and accessible resources play vital roles in transforming attitudes and promoting better menstrual hygiene practices.

For female undergraduates, sustaining your health, happiness, and self-esteem depends on cultivating a favourable attitude about menstruation hygiene. Understanding that menstruation is a normal and natural biological process is essential. Accept your period as a normal part of your reproductive health rather than holding it against yourself or feeling guilty about it. Positivity around menstruation might help you feel more at ease and competent when it comes to properly maintaining your period hygiene. Make your menstrual health a priority by practising hygiene during your cycle. To avoid leaks and discomfort, this entails using hygienic and suitable period products, such as sanitary pads, tampons, or menstrual cups, and replacing them on a regular basis. Additionally, practice good personal hygiene by taking regular baths or showers and cleaning your hands before and after handling period products. Maintaining proper menstrual hygiene can lower your risk of infection and improve your general health. Look for reliable information and acquaint yourself with menstrual hygiene and health. Make use of the resources at your disposal, including healthcare providers, internet resources, and educational programs on reproductive health. You may take control of your menstrual health by making educated decisions by learning about the mechanics of menstruation and how to maintain good hygiene during it. If you have any questions or concerns regarding menstruation, don't be afraid to ask them or get help from reliable sources. combat the stigma associated with menstruation and promote candid conversations about it.

Engage friends, family, and peers in discourse about menstruation to break the taboo. You may encourage good attitudes and normalize menstruation within your social circles by sharing your

knowledge and experiences on menstrual hygiene. Don't be hesitant to speak out against stigma and discrimination, and encourage others to show support and respect for people who menstruate. Throughout your menstrual cycle, prioritize self-compassion and self-care; listen to your body's needs; remember that menstruation is a natural part of life, and you deserve to manage it with dignity, comfort, and confidence; and take holistic care of yourself. Self-care techniques include staying hydrated, eating nutritious foods, getting enough rest, and managing stress. In conclusion, developing a positive mindset on menstrual hygiene entails accepting that menstruation is a normal process, placing a high value on menstrual health, looking for support and knowledge, combating stigma, and engaging in self-care. You may manage your period with dignity, comfort, and confidence if you use these techniques, which will improve your general well-being as a female student.

### **Relationship Between Attitudes and Practices of Menstrual Hygiene**

Menstrual hygiene habits and attitudes have a complicated and multidimensional interaction that is influenced by a range of environmental, social, cultural, and individual factors. While practices include the acts and behaviours people do to manage menstruation hygienically, attitudes relate to people's thoughts, feelings, and opinions around menstruation and menstrual hygiene. Understanding the relationship between attitudes and actions is critical for establishing excellent menstrual hygiene behaviours and enhancing overall menstrual health outcomes. First of all, menstrual hygiene behaviours are greatly influenced by attitudes on menstruation. More

positive views of menstruation—such as considering it a normal and healthy biological process—are frequently linked to better cleanliness habits. Positive views on menstruation increase the likelihood that an individual will adopt hygienic habits, such as using clean menstrual products, keeping oneself clean, and looking for facilities that are suitable for managing menstruation. On the other hand, unfavourable views, stigma, or shame related to menstruation may cause people to neglect good menstrual hygiene habits, which raises their risk of infection and discomfort. Menstrual hygiene behaviours and attitudes are significantly shaped by societal and cultural standards. Menstrual hygiene attitudes and habits might be influenced by cultural taboos and beliefs surrounding menstruation. Menstruation is sometimes stigmatized or viewed as impure in many cultures, which can make people feel guilty or embarrassed about it and encourage them to engage in unsanitary or clandestine behaviours. On the other hand, people may feel more at ease and confident in their ability to practice good menstrual hygiene in communities where the topic of menstruation is openly discussed and accepted.

Menstrual hygiene behaviours and attitudes are influenced by education and resource accessibility as well. People are more likely to embrace good attitudes regarding menstruation and sanitary activities if they have access to correct information on menstrual health and hygiene. Making informed decisions about menstrual hygiene can be facilitated by providing people with access to menstruation products, hygienic sanitation facilities, and reproductive health information. On the other hand, irrespective of an individual's views toward menstruation, inadequate access to resources and education may impede their capacity to maintain appropriate

menstrual hygiene. Furthermore, attitudes and behaviours about menstrual hygiene might be influenced by interpersonal interactions and social support networks. Positive attitudes and hygiene practices can be fostered in supportive circumstances where menstruation is openly acknowledged and embraced. However, unfavourable social pressures or peer pressure can exacerbate the stigma or shame associated with menstruation, which can make people avoid using the right menstrual hygiene products.

Menstrual hygiene involves the practices and attitudes surrounding the management of menstruation in a way that is both healthy and socially acceptable. The relationship between practices and attitudes in menstrual hygiene is interconnected and influences various aspects of a person's life. Cultural and societal norms shape attitudes towards menstruation. In some cultures, menstruation may be surrounded by stigma or taboos, affecting how individuals perceive and manage their menstrual hygiene. Attitudes within a society can impact the accessibility of menstrual hygiene products, education about menstruation, and the overall comfort level of discussing menstrual health openly.

The level of education and awareness about menstrual hygiene directly affects practices. Access to comprehensive information on menstruation empowers individuals to adopt healthy practices and challenges myths or misconceptions. Educational programs can play a crucial role in breaking down stigmas and promoting positive attitudes towards menstruation. Practices are heavily influenced by the availability and affordability of menstrual hygiene products. Limited

access can lead to unhygienic practices, affecting health and well-being. Societal attitudes towards menstrual products, such as considering them luxury items or necessities, impact how accessible they are for different groups. Proper menstrual hygiene practices are essential for maintaining health and preventing infections. Attitudes towards menstrual hygiene can influence whether individuals prioritize their well-being during menstruation. Societal attitudes that normalize open discussions about menstrual health can contribute to better overall health outcomes. Attitudes towards friendly menstrual hygiene products and sustainable practices can shape environmental consciousness. This, in turn, influences the choices individuals make in managing their menstrual hygiene. The adoption of environmentally friendly practices may be influenced by cultural attitudes towards environmental responsibility. Economic factors play a role in determining the affordability of menstrual hygiene products and affect the practices individuals adopt. Limited financial resources may lead to improvised methods, impacting hygiene. Societal attitudes towards supporting economically disadvantaged individuals in managing menstruation can influence policies and initiatives. Attitudes towards menstruation impact the psychological well-being of individuals. Positive attitudes contribute to a healthy self-image, while negative attitudes may lead to shame or discomfort. Practices like regular hygiene routines and emotional support during menstruation contribute to a positive psychological outlook.

Positive attitudes towards menstruation empower individuals to take control of their menstrual health. This includes making informed choices about menstrual products, seeking

medical advice when needed, and participating in open discussions. Practices associated with empowerment may involve advocating for menstrual health education and challenging societal norms that perpetuate stigma. Cultural attitudes often give rise to taboos and myths surrounding menstruation. Practices related to these beliefs can vary widely, from restrictions on certain activities to the use of specific rituals during menstruation.

Challenging and dispelling these taboos through education can reshape practices, promoting healthier and more informed approaches to menstrual hygiene. Attitudes towards menstruation impact the level of support individuals receive from their communities, families, and peers. Positive attitudes foster a supportive environment, where individuals feel comfortable discussing their needs. Supportive practices may include the availability of private spaces for changing and disposal, access to menstrual products, and emotional support during menstruation. Societal attitudes towards menstruation influence the development of policies related to menstrual hygiene. Positive attitudes may lead to the implementation of supportive policies, such as providing free or subsidized menstrual products in public spaces.

Advocacy efforts often aim to challenge societal norms and promote practices that prioritize menstrual health as a fundamental aspect of overall well-being. Attitudes towards technological innovations in menstrual hygiene products impact their adoption. Practices related to using menstrual cups, reusable pads, or period-tracking apps can be influenced by cultural perceptions of modern solutions. Technological advancements can contribute to more sustainable and

personalized practices, aligning with evolving attitudes towards menstrual health. Understanding the intricate interplay between attitudes and practices is essential for fostering positive changes in menstrual hygiene. By addressing cultural taboos, promoting education, ensuring accessibility to products, and cultivating supportive environments, societies can contribute to healthier and more empowered experiences for individuals managing menstruation.

In conclusion, there is a dynamic relationship between menstrual hygiene behaviours and attitudes that is influenced by a range of factors, such as social norms, individual attitudes, resource accessibility, and social support networks. Improving menstrual hygiene behaviours and improving menstrual health outcomes require promoting good attitudes around menstruation, giving people access to tools and knowledge, and fostering supportive surroundings. It is possible to empower people to manage menstruation hygienically and with dignity by addressing the underlying causes that influence attitudes and actions.

### **Menstrual Hygiene Practices**

A review in 2018 found that disposal of menstrual waste is often neglected in sanitation systems. This leads to improper disposal and negative impacts on users, the sanitation systems and the environment.

Solid waste disposal systems in developing countries are often lacking, which means women have no proper place to dispose of used products, such as pads. Inappropriate disposal of used

materials also creates pressures on sanitation systems as menstrual hygiene products can create blockages of toilets, pipes and sewers. It is estimated that tampons, pads, and applicators, generates 200,000 tonnes of plastic waste in the UK each year. In developing countries, women experience a lack of access to affordable menstrual hygiene products in addition to a lack of access to other services such as sanitation and waste disposal systems needed to manage their menstrual cycles. Lack of access to waste disposal leads women to throw used products in toilet systems, pit latrines, or discarded into open areas such as bodies of water. These practices pose dangers to workers who handle these wastes as it increases possible exposure to blood-borne infections in soaked menstrual products and exposure to chemicals found in menstrual hygiene products. Inappropriate disposal also creates pressures on sanitation systems as menstrual hygiene products create sewage blockages. The effects of these inadequate facilities have been shown to have social effects on girls in developing countries leading to school absenteeism. Menstrual hygiene practices among teenagers are crucial for their well-being, confidence, and overall health.

Many teenagers start with sanitary pads as they are easy to use and dispose of. It's essential to change them regularly to prevent leakage and maintain hygiene. Some teenagers prefer tampons for more discreet and active lifestyles. Proper insertion and timely changes are crucial to avoid discomfort and reduce the risk of toxic shock syndrome (TSS). Sustainable and cost-effective, menstrual cups are gaining popularity. Teens need guidance on proper insertion, removal, and cleaning. Regardless of the menstrual product used, regular changes are essential to prevent

odour, discomfort, and the risk of infections. Educate teenagers on the proper disposal of menstrual products. Used sanitary items should be wrapped securely before disposal to maintain privacy and hygiene. For environmentally conscious options, discuss proper disposal methods for products like menstrual cups and reusable pads. Emphasize the importance of maintaining personal hygiene during menstruation. Regular showers, washing hands before and after changing products, and keeping the genital area clean are essential practices. Teach teenagers strategies for preventing and managing stains on clothing and bedding. Carrying spare underwear and stain removers can be helpful. Discuss the benefits of dark-colored or patterned underwear during menstruation. Provide information on managing menstrual cramps through over-the-counter pain relievers, hot water bottles, or heating pads. Encourage communication with healthcare providers if menstrual pain is severe or persistent. A balanced diet and proper hydration can positively impact menstrual health. Encourage teenagers to maintain a nutritious diet and stay hydrated during their menstrual cycle. Educate teenagers about the menstrual cycle, helping them understand its regularity and the variations that can occur. Discuss signs of irregularities or potential health concerns, encouraging open communication with healthcare providers. Foster an open and supportive environment for discussing menstruation. Encourage teenagers to talk about their experiences, concerns, and questions. Address any myths or misconceptions related to menstruation that might contribute to anxiety or discomfort. Encourage teenagers to seek support from friends, family, or school counsellors if they

experience challenges related to menstruation. Schools can play a role by providing resources, informational sessions, and a supportive environment for students.

Teenagers navigating menstruation need comprehensive education and support to adopt healthy menstrual hygiene practices. Open communication, access to reliable information, and destigmatizing discussions around menstruation contribute to the overall well-being and confidence of teenagers during this crucial stage of their development. Good menstrual health and hygiene practices can prevent infections, reduce odours, and help you stay comfortable during your period. You can choose many types of menstrual products to absorb or collect blood during your period, including sanitary pads, tampons, menstrual cups, menstrual discs, and period underwear. Follow these tips when you are using menstrual products, in addition to instructions that come with the product:

- 1) Wash your hands before and after using the restroom and before using a menstrual product.
- 2) Discard used disposable menstrual products properly: wrap them with toilet paper, a tissue, or other material and then toss in a trash bin. 3) Do not flush menstrual products down the toilet.
- 4) Sanitary pads: Change sanitary pads every few hours, no matter how light the flow. Change them more frequently if your period is heavy.

5) Tampons: Change tampons every 4 to 8 hours. Do not wear a single tampon for more than 8 hours at a time. Use the lowest-absorbency tampon needed. If you can wear one tampon for up to 8 hours without changing, the absorbency may be too high.

6) Menstrual cups: Clean cups every day after use. Sanitize menstrual cups after your period is over by rinsing them thoroughly and then placing them in boiling water for one to two minutes.

7) Period underwear: Most reusable period underwear is machine washable. Follow product directions on the best way to clean.

These hygiene practices can help you stay healthy and comfortable during your period:

1) Wear lightweight, breathable clothing (such as cotton underwear). Tight fabrics can trap moisture and heat, allowing germs to thrive.

2) Change your menstrual products regularly. Trapped moisture provides a breeding ground for bacteria and fungi. Wearing a pad or period underwear for too long can lead to a rash or an infection.

3) Keep your genital area clean. Wash the outside of your vagina (vulva) and bottom every day. When you go to the bathroom, wipe from the front of your body toward the back, not the other way. Use only water to rinse your vulva. The vagina is a self-cleaning organ. Changing the

natural pH balance of your vagina by washing or using chemicals to cleanse out the vagina can be harmful and may result in a yeast infection or bacterial vaginosis.

4) Use unscented toilet paper, tampons, or pads. Scented hygiene products can irritate the skin and impact your natural pH balance.

5) Drink enough liquids. This can help wash out your urinary tract and help prevent infections, like vaginal candidiasis.

6) Track and monitor your period. Your menstrual cycle is a valuable marker for your overall health. Irregular periods can be a sign of conditions like diabetes, thyroid dysfunction, and celiac disease. You can track your period on a calendar or with an app on your phone designed for this purpose.

7) Visit a healthcare provider for your annual check-up. An annual well-woman exam is a full check-up that includes a pap smear, a pelvic exam, and a breast exam. These exams are essential for good reproductive health as they can catch early signs of cancer or other health issues.

8) Talk to a doctor if you experience a change in odour, have extreme or unusual pain, or have more severe period symptoms than usual (such as a heavier flow or longer period).

## **Summary of Review of Related Literature**

Investigating numerous academic research, reports, and pertinent literature is necessary to comprehend the knowledge, attitudes, and practices (KAP) on menstrual hygiene among female students at the University of Benin. The review begins with a summary of the global context of menstrual hygiene management (MHM), emphasizing the importance of Menstrual hygiene management for women's health, education, and general well-being. Menstrual hygiene management has been acknowledged by numerous international organizations, including UNICEF, WHO, and UNESCO, as a critical component of public health and gender equality. The impact of cultural taboos and beliefs on menstruation behaviours is discussed in literature. Research from various cultural contexts show how menstruation taboos affect women's and girls' views toward it, frequently resulting in shame, secrecy, and poor hygiene habits. Numerous research works have emphasized the association between the management of menstrual hygiene and academic achievements. Girls' school absences are partly caused by poor menstrual hygiene habits, such as not having access to sanitary goods and facilities. Inadequate menstrual hygiene also raises the risk of various health problems, such as reproductive tract infections (RTIs). The significance of having inexpensive, hygienic menstruation products and facilities accessible is emphasized by research. Girls' participation in everyday activities, including education, is impacted by their inability to discreetly and safely manage their menstruation. Research looks at female students' awareness and knowledge around menstruation. The results show that different people have different levels of knowledge about menstrual physiology, hygiene, and managing

menstrual health. Inadequate education regarding sexual and reproductive health frequently results in knowledge gaps. Research looks at female students' awareness and knowledge around menstruation. The results show that different people have different levels of knowledge about menstrual physiology, hygiene, and managing menstrual health. Inadequate education regarding sexual and reproductive health frequently results in knowledge gaps.

The review investigates societal perceptions about menstruation and how they affect girls' experiences. Menstruation-related stigma and negative attitudes impede open communication and access to resources by fostering sentiments of humiliation and shame. Educational interventions have been implemented in many settings with the goal of improving awareness of menstrual health and hygiene management. Assessments of these interventions shed light on how well they work to improve female students' knowledge, attitudes, and menstrual hygiene behaviours. The literature lists a number of difficulties and impediments to managing menstrual hygiene in educational settings, including as poor infrastructure, sociocultural norms, budgetary limitations, and policy gaps. A multi-sectoral approach engaging stakeholders at the community, institutional, and policy levels is necessary to address these difficulties. The evaluation makes recommendations for enhancing the management of menstrual hygiene among female students at the University of Benin based on the results of previous studies. These suggestions can include putting in place thorough sexuality education programs, granting access to facilities and menstruation supplies, creating a welcoming and inclusive atmosphere, and pushing for legislative changes. The assessment ends with a list of research needs and recommendations for

future directions. These could include qualitative investigations of socio-cultural influences on menstruation behaviours, longitudinal studies to evaluate the long-term effects of menstrual hygiene programs, and assessments of policy interventions meant to promote menstrual health in educational settings.

## CHAPTER THREE

### METHOD OF THE STUDY

Design of the study

Population of the study

Sample size and sampling techniques

Research instruments

Validity of instruments

Reliability of instruments

Method of data administration

Method of data analysis

#### **Design of the Study**

The research design used for this study is the descriptive survey research design. This design was adopted for this study. The research design is the most appropriate design as it allows the collection of data at a single point in time, providing a snapshot of menstrual hygiene awareness, the attitudes and practices among female students at the university of Benin. The quantitative

approach is appropriate for exploring the knowledge of menstrual hygiene practices and identifying their attitudes towards these practices.

### **Population of the Study**

The population of this study consist of all female students enrolled at the university of Benin. As the study aims to explore the knowledge, attitudes and practices among female students in the hostel. The sample was drawn from different hostels within the university of Benin and academic levels to ensure presentation.

**Table 1; Names of hostels and their population**

HOSTEL	POPULATION
Hall 1(Queen Idia)	1200
Hall 2 (Madam Tinubu)	1920
Hall 3 (Mallam Aminu Kano)	1920
Hall 6 (Female)	1000
TOTAL	6040

### **Sample Size and Sampling Techniques**

The sample size of the study was 100 respondent which was from multi-stage sampling technique.

Stage 1: The researcher used simple random sampling techniques to select two (2) blocks from seven (7) blocks in hall 1, two (2) from six (6) blocks in hall 2, and two (2) blocks from six (6) blocks in hall 3.

Stage 2: The researcher also used systematic sample technique to pick the first and every fourth floor from a total of three floors in hall 1, four floors in hall 2 and 3. Block A and D were picked and different floors were picked randomly.

Stage 3: The researcher then used census sampling technique, where she used all the rooms on the selected floors.

Stage 4: The researcher then distributes the instrument of research (questionnaire) to the selected halls of resident in the school.

**Table 2; Sample size**

HALLS	BLOCKS	FLOOR	NUMBER OF ROOMS	NUMBER OF STUDENTS
Hall 1	A	1st	10	10
	D	2nd	10	10
Hall 2	A	4th	10	20
	C	1st	10	20
Hall 3	A	4th	10	20
	D	3rd	10	20
TOTAL			60	100

## **Research Instrument**

The research instrument that will be used for the study is a questionnaire by the researcher. The questionnaire is titled “knowledge, attitudes and practice towards menstrual hygiene among female undergraduate within the university of Benin hostels”. The questionnaire will be divided into two sections. Section A deals with bio-data of respondents while section B are to elicit response from respondent to suit the research questions.

## **Validity of Instrument**

The research instrument will be given to the research supervisor and two other lecturers from the department for validation. Their response and suggestions will be taken and implemented in the data collection process.

## **Reliability of Instrument**

This has to do with the ability to solicit or have similar data from all respondents of the same category. In order to ensure reliability of this study instrument, a pilot test will be carried out prior to the collection of actual data. The semi structured questionnaire will be distributed to 10/15 respondents using Cornbach Alpha and the reliability coefficient of 0.82. Hence, this could either be consistent or not. Lapse noticed will be taken care of and necessary changes and alterations will be effected in the final questionnaire.

### **Method of Data Collection**

The questionnaire which happens to be the instrument for the data collection will be administered to female undergraduates residing in the hostel by the researcher and three trained personnel. Thereafter, immediate collection of completed instrument will be done to avoid mutilation.

### **Method of Data Analysis**

The retrieved copies of the questionnaire will be analysed using simple statistical analysis such as frequency and percentage in describing the responses of the students to the various items in the questionnaire. This will be displayed using tables and figures.

## CHAPTER FOUR

### PRESENTATION OF RESULTS AND DISCUSSION OF FINDINGS

This chapter examines the analysis, its interpretation and discussion of results based on the questionnaire distributed to the respondents. The analysis of data collected were tabulated and shown in the table below.

**Research Question 1:** What is the knowledge of undergraduate towards menstrual hygiene?

**Table 1:** Knowledge of undergraduate students towards menstrual hygiene.

This table tries to find out if the knowledge of menstrual hygiene among undergraduate is high or low. In this segment few questions were drawn out of which female undergraduate in the University of Benin responded to. In getting the knowledge of Menstrual Hygiene among female undergraduate, we have to talk about knowing various methods of Menstrual Hygiene and also defining concept and understanding Menstrual Hygiene.

S/N	ITEMS	YES (F)	%	NO(F)	%
1.	Do you know mensuration is a natural biological process?	99	99%	1	1%
2.	Do you know menstruation is a regular monthly flow of blood through the virginal?	100	100%	0	0%
3.	Is the use of one undies during menstruation a good menstrual hygiene?	22	22%	78	78%
4.	Is water required in the practice of menstrual hygiene?	98	98%	2	2%
5.	Are you aware that only sanitary pad is a good absorbent of menses flows?	86	86%	14	14%
6.	Do you know that poor washing of hands after cleaning menstrual flow can lead to infections, such as hepatitis B and thrush?	62	62%	38	38%
7.	Do you know that poor personal hygiene can lead to itching or rashes of the genital area?	94	94%	6	6%
8.	Do you know that the washing of the genital area is essential form of menstrual hygiene?	96	96%	4	4%
9.	Are you aware that a little negligence in menstrual hygiene management can be harmful to the body?	93	93%	7	7%
10.	Is menstrual hygiene associated with salt use?	11	11%	89	89%

11. Is the taking in of drinks a way of practicing menstrual hygiene?	12	12%	88	88%
12. Is soap required in the practice of menstrual hygiene?	53	53%	47	47%

Item 1 indicates that 99% of the respondents know that menstruation is a natural biological process, while 1% do not know that menstruation is a natural biological process. Item 2 indicate that 100% of the respondents are aware that menstruation is a regular monthly flow of blood through the vaginal. Item 3 indicates that 22% of the respondents agrees that the use of one undies during menstruation is a good menstrual hygiene while 78% of the respondents disagrees that the use of one undies during menstruation is a good menstrual hygiene. Item 4 shows that 98% of the respondents agrees that water is required in the practice of menstrual hygiene, while 2% of the respondents are not aware. Item 5 shows that 88% of the respondents are aware that sanitary pad is a good absorbent of menstrual flow, while 14% are not aware. Item 6 shows that 62% of the respondents are aware that poor washing of hands after cleaning menstrual flow can lead to infections such as hepatitis B and thrush, while 38% are not aware. Item 7 shows that 94% of the respondents agrees that poor personal hygiene can lead to itching or rashes of the genital, while 6% do not agree. Item 8 indicates or shows that 96% of the respondents agrees that the washing of the genital area is an essential form of menstrual hygiene, while 4% do not agree. Item 9 indicates that 93% of the respondents are aware that a little negligence in menstrual hygiene management can be harmful to the body, while 7% do not know. Item 10 indicates that

11% of the respondents agrees that menstrual hygiene is associated with salt use, while 89% do not agree. Item 11 shows that 10% of the respondents agrees that the intake of drinks is a way of practicing menstrual hygiene, while 88% do not agree. Item 12 shows that 53% of the respondents agrees that soap is required in the practice of menstrual hygiene, while 47% disagrees.

**Research Question 2:** What are the attitudes of undergraduate towards menstrual hygiene?

**Table 2:** Attitudes towards menstrual hygiene.

S/N	ITEMS	N	MEAN	DECISSION
13.	Ladies found not practicing menstrual hygiene should be punished	100	2.41	Disagreed
14.	Menstrual hygiene should be a priority for all women	100	3.82	Agreed
15.	Proper washing of the hands and genital areas can help prevent genital infections.	100	3.66	Agreed
16.	Ladies who dispose used menstrual products improperly should pay a fine	100	2.97	Agreed
17.	Menstrual hygiene products should be available and affordable for all women	100	3.80	Agreed
18.	Menstrual hygiene should be discussed openly without shame.	100	3.71	Agreed
19.	Menstrual hygiene should be taught to both genders	100	3.13	Agreed
	<b>Cluster</b>		<b>3.35</b>	<b>Agreed</b>

Items 14, 15, 16, 17, 18 and 19 has a mean score that is greater than the mean cut point that is greater than 2.5 indicating that the respondents agreed to the stated notion. Item 13 has a mean lower than the mean cut point of 2.5 indicating that the respondents disagreed to the stated notion. Likewise the cluster mean was shown to be 3.35, since this score is grater than 2.5 it can be deduced that the stated notion are the attitudes of undergraduates students towards menstrual hygiene.

**RESEARCH QUESTION 3:** What are the menstrual hygiene practices of undergraduate?

**TABLE 3:** Menstrual hygiene practices.

This table finds out the practices towards Menstrual Hygiene among female undergraduate in the University of Benin. It also looks out the steps and ways in which Menstrual Hygiene is being practiced in University of Benin.

S/N	ITEMS	YES (F)	%	NO (F)	%
20.	Do you dispose menstrual products (e.g sanitary pads, tampons, menstrual cups etc) in a hygienic manner after use.	91	91%	9	9%
21.	Do you change your menstrual products (e.g sanitary pads, tampons, menstrual cups etc) as often as needed to maintain good hygiene.	90	90%	10	10%
22.	Do you maintain good personal hygiene during menstruation period.	94	94%	6	6%
23.	Do you use the menstrual hygiene products (e.g sanitary pads, tampons, menstrual cups etc) for the recommended amount of time?	79	79%	21	21%
24.	Do you wash your hands and genital area with soap and water after menstruation.	83	83%	17	17%
25.	Do wash your panties immediately after menstruation?	94	94%	6	6%

Item 20 indicates that 91% of the respondents agrees that they dispose menstrual products in an hygienic manner after use while 9% do not. Item 21 shows that 90% of the respondents change menstrual products as often as needed to maintain good hygiene while 10% do not. Item 22 reveals that 94% of the respondents maintain good personal hygiene during menstruation while 6% do not. Item 23 indicates that 79% of the respondents use menstrual hygiene products for the recommended amount of time while 21% do not. Item 24 shows that 83% of the respondents wash their hands and genitals with soap during menstruation while 17% do not. Item 25 indicates that 94% of the respondents wash their panties immediately after menstruation while 6% do not.

### **Discussion of Findings**

Based on the results obtained from analysis of data collected, the following findings were made;

The analyzed research question one, revealed that female undergraduates students of the university of Benin have adequate knowledge about menstruation and menstrual hygiene practices such as the use of soap and water, washing of the genitals, regular hand washing etc. This findings is in line with the study carried out by Nnennaya, Atinge & Dogara (2021) among adolescent school girls in Taraba State on menstrual hygiene management which revealed that majority of the respondents used sanitary pads, bath twice daily, clean genitals with soap and water, collected pads and toilet rolls and disposed them, the study also found out that sanitary pads were the most used absorbent. The study concluded that there was good knowledge and practice of menstruation and menstrual hygiene among the adolescent girls.

Based on the analyzed research question two, it was shown that female undergraduate students have positive attitude towards menstrual hygiene such as the availability and affordability of menstrual hygiene products, menstrual hygiene be made a priority for all women and discussed openly without shame. This findings is in line with the study carried out by Shah, Punjani, Rizvi & Sheikh (2023) among girls in Ghizer, Gilgit, Pakistan, it was revealed that majority of the girls asking or talking about menstruation from their mothers and sisters and that they should be made aware before their first cycle.

The analyzed research question three reveals that the common menstrual hygiene practices of female undergraduate's students were the disposing of menstrual products such as sanitary pads, tampons, menstrual cups etc. in a hygienic manner after use, changing of menstrual products as often as needed to maintain good hygiene, washing of panties immediately after menstruation, washing of the hands and genital during and after menstruation. This findings is in line with the study carried out by Shah et al (2023) it was shown that the common practices of young girls during menstrual hygiene include changing the absorbent twice a day, cleaning of the genital and areas around the genitals, using soap and water, bathing during menstruation.

## CHAPTER FIVE

### SUMMARY, CONCLUSION AND RECOMMENDATIONS

#### Summary

This chapter has to do with the summary of the study, which was carried out to ascertain the knowledge, attitude and practices of female undergraduate towards menstrual hygiene in the University of Benin. This study adopted the survey method, examining the effects of knowledge, attitude and practice of menstrual hygiene, The University of Benin's female undergraduate generally knows different things about menstruation hygiene. Some people are well-versed in all aspects of menstruation, including its biological causes, hygiene precautions, and the significance of managing menstrual hygiene. Others know very little because of false information, little education, or cultural taboos. There were some misconceptions about menstrual diseases, using menstrual hygiene products, and good menstrual hygiene habits. Examining their familiarity with various menstrual hygiene products on the market, such as pads, tampons, and menstrual cups, and their benefits and drawbacks; determining their understanding of common menstrual disorders like dysmenorrhea (painful menstruation) and menorrhagia (heavy menstrual bleeding), as well as how to manage them; and determining their awareness of potential health risks associated with poor menstrual hygiene, such as reproductive tract infections (RTIs) and urinary tract infections (UTIs). Female undergraduates' attitudes toward menstruation may be shaped by their own experiences, cultural beliefs, and social norms.

Menstruation may be publicly discussed by those who see it as a normal biological procedure. Some people have unfavorable opinions because of the stigma, guilt, or discomfort related to menstruation. Menstrual hygiene goods, such as pads, tampons, and cups, are subject to varying attitudes depending on accessibility, availability, and personal preferences. Better self-care routines and general well-being can be enhanced by having positive attitudes toward menstrual hygiene.

The ways that female students handle their periods differ greatly depending on a number of variables, including cultural beliefs, socioeconomic level, and resource availability. Some students follow advice to use hygienic and absorbent menstruation products, change them frequently, and practice good genital hygiene. Some struggle to find reasonably priced, hygienic menstruation supplies, which forces them to use makeshift solutions or subpar hygiene techniques. Students' practices regarding menstrual hygiene management, such as discarding old menstrual products and seeking out reproductive health information or services, are influenced by cultural taboos or social stigma. Access to materials on menstrual hygiene and educational interventions can have a favorable effect on female students' practices towards improved management of menstrual hygiene. The University of Benin's assessment of female undergraduates' knowledge, attitudes, and practices regarding menstrual hygiene emphasizes the value of thorough education, affordable menstrual hygiene products, and addressing cultural stigmas and taboos in order to improve menstrual health outcomes.

## Conclusion

Based on the analysis and interpretation of the data, several key conclusions can be drawn: some students show a thorough awareness of menstruation and menstrual hygiene, others show knowledge gaps brought on by cultural taboos, insufficient education, or inaccurate information. By focused educational interventions and awareness campaigns, efforts to increase knowledge should concentrate on disseminating accurate information on menstruation, cleanliness habits, menstrual disorders, and the menstrual hygiene products that are now accessible. Cultural views, societal conventions, and individual experiences all have an impact on attitudes around menstruation and menstrual cleanliness. In order to promote good attitudes and create an atmosphere where female undergraduates feel comfortable addressing menstrual difficulties openly, it is imperative that the stigma, shame, and discomfort associated with menstruation be addressed. Creating networks of support and encouraging inclusivity and acceptance might help to shift perceptions of menstruation health. The practices of female undergraduates about menstrual hygiene differ greatly depending on cultural beliefs, price, and accessibility. Some students follow the guidelines for good hygiene, but others may have to make do with homemade remedies or struggle to find reasonably priced menstrual hygiene products. Better menstrual health outcomes depend on increasing availability to reasonably priced, sanitary menstruation products, encouraging good hygiene maintenance, and encouraging health-seeking behavior.

## **Recommendations**

1. **Comprehensive Menstrual Health Education:** Put in place educational initiatives that offer thorough and accurate information about menstruation, hygienic behaviors, and disorders related to it. These courses ought to be routinely offered and incorporated into university curricula in order to guarantee that every student has access to the fundamental information on menstrual health.

2. **De-stigmatization Initiatives:** Start initiatives to de-stigmatize menstruation and encourage a positive outlook on menstrual health. Workshops, seminars, and awareness efforts that promote candid communication, dispel cultural taboos, and clear up myths around menstruation are some examples of these campaigns.

3. **Availability of Reasonably Priced Menstrual Hygiene Products:** Expand the availability of reasonably priced, hygienic menstrual hygiene products on campus. This can be accomplished by setting up free or heavily subsidized distribution schemes, installing vending machines on campus, and forming alliances with nearby companies or non-governmental organizations to provide students inexpensive goods.

4. **Enhance Campus Sanitation Infrastructure:** Provide more hygienic, private restrooms with running water, soap, and trash cans to improve the campus sanitation infrastructure. By doing this, it is made sure that female students on campus have access to the resources they need to practice good menstrual hygiene.

5. Peer Education and Support Networks: Create networks of students who may share knowledge about menstrual hygiene, offer peer-to-peer support, and exchange experiences. These networks can provide as secure forums for talking about problems related to menstruation health, getting guidance, and getting assistance.

6. Menstrual health services should be incorporated into the university's current health programs: These services should include regular check-ups, counseling, and consultations on reproductive health. This guarantees that female students can manage menstruation problems, discomfort, and other menstrual health issues with medical care and supervision.

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## APPENDIX

### UNIVERSITY OF BENIN

#### FACULTY OF EDUCATION

#### DEPARTMENT OF HEALTH, SAFETY AND ENVIRONMENTAL EDUCATION

Questionnaire on knowledge, attitude and practice towards menstrual hygiene among female undergraduate residing within the hostels of University of Benin.

Dear Respondent,

I am a final year student in the department of health, safety and environmental Education, faculty of Education, University of Benin. I am conducting research on the above topic. Hence, any objective responses given to this will serve as a basic for objective analysis of the phenomenon under study.

Thank you for your co-operation.

**Research question 1: what is the knowledge of undergraduate on menstrual hygiene?**

**The knowledge of undergraduate students on menstrual hygiene.**

S/N	ITEMS	YES	No
7.	Do you know mensuration is a natural biological process?		
8.	Do you know menstruation is a regular monthly flow of blood through the virginal?		
9.	Is the use of one undies during menstruation a good menstrual hygiene?		
10.	Is water required in the practice of menstrual hygiene?		
11.	Are you aware that sanitary pad is a good absorbent of menses flows?		

12.	Do you know that poor washing of hands after cleaning menstrual flow can lead to infections, such as hepatitis B and thrush?		
13.	Do you know that poor personal hygiene can lead to itching or rashes of the genital organs?		
14.	Do you know that the washing of the genital area is essential form of menstrual hygiene ?		
15.	Are you aware that a little negligence in menstrual hygiene management can be harmful to the body?		
16.	Is menstrual hygiene associated with salt use?		
17.	Is the taking in of drinks a way of practicing menstrual hygiene?		
18.	Is soap required in the practice of menstrual hygiene?		

**Reserar Question 2: what are the attitudes of undergraduate towards menstrual hygiene?**

**Attitudes towards menstrual hygiene**

S/ N	ITEMS	SA	A	SD	D
19.	Ladies found not practicing menstrual hygiene should be punished.				
20.	Menstrual hygiene should be a priority for all women				
21.	Proper Washing of the hands and genital				
22.	Ladies who dispose used menstrual products improperly should pay a fine				
23.	Menstrual hygiene products should be available and affordable for all women				
24.	Menstrual hygiene should be discussed openly without shame				

25.	Menstrual hygiene should be taught to both genders				
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**Research question 3: what are the menstrual hygiene practices of undergraduate?**

**Practices of menstrual hygiene**

S/N	ITEMS	Yes	No
26.	Do you dispose menstrual products (e.g sanitary pads, tampon, menstrual cups etc) in a hygienic manner after use?		
27.	Do you change your menstrual products (e.g sanitary pads, tampon, menstrual cups etc) as often as needed to maintain good hygiene?		
28.	Do you maintain personal good hygiene during menstruation periods ?		
29.	Do you use the menstrual hygiene products (e.g sanitary pads, tampon, menstrual cups etc) for the recommended amount of time?		
30.	Do you wash your hands and genital area with soap and water after mensuration?		
31.	Do wash your panties immediately after mensuration?		