

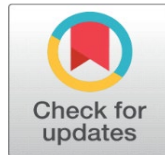
SENSITIZATION PROGRAMME ON USAGE OF ORGANIC PADS DURING MENSTRUATION AMONG EARLY ADOLESCENT GIRLS AT VIJAYAPUR DISTRICT

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ABSTRACT

The organic pads are made from 100% organic cotton and bamboo pulp. They are grown using natural processes without the use of any chemicals to ensure that it is safe to use. They are free from fragrances, and dyes which keep you free from rashes and are suitable for sensitive skin. Pre Experimental one group pre-test and post-test design was used. Based on the convenience sampling 100 adolescent girls were selected for this study. The girls who were attained menarche and aged between 17-20 years. In pre test 45% of adolescent girls were unaware of which chemical used in the pads, 80% adolescent girls don't know about the garbage. In post test the 97% of adolescent girls know that organic pads are natural, 88 % girls are aware that, are made up of chemicals and 72% girls know that most of garbage produced by the disposable pads. the attitude of girls towards organic pads usage in pre test 70 % of girls not ready to prefer organic pads, 47 % girls thought that organic pads are costly, 64% of girls told that organic pads inhibits the normal activities and 83% girls thought that organic pads are harmful to environment. In post test 81% girls preferred organic pads, 72% girls thought that organic pads are less cost, 94% girls are know that organic pads are not harmful to environment. Association between demographic variables with Attitude and knowledge were statistically not significant. Such as age, education, religion, menstrual history likes age at menarche, regularity and menstrual flow. The study concludes that, sensitization programme was effective in changing the knowledge and attitude of adolescent girls towards the usage of organic pads.

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Keywords: Sensitization Programme, Organic Pads, Menstruation, Adolescent



1. INTRODUCTION

1.1. BACKGROUND OF THE STUDY

Good menstrual health and hygiene practices can prevent infections, reduce odours, and help you stay comfortable during your period disposable me Sanitary pads Tampon Menstrual cups Period underwear. The organic pads are made from 100% organic cotton and bamboo pulp. They are grown using natural processes without the use of any chemicals to ensure that it is safe to use. They are free from fragrances, and dyes which keep you free from rashes and are suitable

for sensitive skin. Organic cotton pads are environment friendly as they are biodegradable. The cultivation of organic cotton minimizes the use of harmful chemicals and promotes healthier soil and water quality.

Toxic chemicals used in sanitary pads like dioxin, adhesive chemicals and also scented chemicals which cause allergic skin rashes. Some of these plastic materials have the potential to emit toxins like phthalates and volatile organic compounds (VOCs), which are absorbed via the delicate vaginal skin and mucosa. According to the Menstrual Hygiene Alliance of India, India generates nearly 12 billion disposable sanitary napkins every year, the majority of which are non-biodegradable in nature, typically made from polypropylene and superabsorbent polymer powder (sodium polyacrylate).

The study conducted by the NGO that's part of the International Pollutants Elimination Network tested ten brands of pads available across India and found traces of phthalates and volatile organic compounds (VOCs) in all the samples. Both contaminants have the ability to form cancerous cells.

Hypothesis

H1- There will be statistical difference between pretest and post test of knowledge score.

H2- There will be statistical difference between pretest and post test of attitude score.

H3- there will be statistical significant association between knowledge and attitude with their selected sociodemographic data.

2. RESEARCH METHODOLOGY

PreExperimental one group pre-test and post-test design was used. Based on the convenience sampling 100 adolescent girls were selected for this study. The girls who were attained menarche and aged between 17-20 years only those girls included in this study. The study was conducted selected High school and PU colleges at vijayapur district. Before conducting pre test school principal permission and consent was taken from the girls. The socio demographic data and structured questionnaires were given to the adolescent girls. After that 40 minutes sensitization programme was conducted on menstruation, type of pads, difference between organic and sanitary pads, advantages and disadvantages of using organic pads, chemicals used in sanitary pads and also environmental hazards of using chemicalised pads. The session covered all the content after 7 days again post test conducted by same structured questionnaires by adolescent girls.

Results: In this study descriptive and inferential statistics was used and also Mc Nemer Chi-square test was used find out the significance.

Knowledge	Pre test		Post test	Mc Nemer's Chi square test	
	N	%	N	%	
1 Organic pads made up of					P=0.727
0	5	5.0	3	3.0	
1	95	95.0	97	97.0	
2 Which chemical is used in sanitary pads?					P=0.001*
0	55	55.0	12	12.0	
1	45	45.0	88	88.0	
3. How much waste garbage annually disposed by sanitary pads.					P=0.001*
0	80	80.0	28	28.0	
1	20	20.0	72	72.0	
What is the disadvantage of using organic pads?					P=0.001*
0	22	22.0	22	22.0	
1	78	78.0	78	78.0	

Total	100	100.0	100	100.0	

The above table shows that the level of knowledge of adolescent girls regarding the organic pads In pre test 45% of adolescent girls were unaware of which chemical used in the pads, 80% adolescent girls don't know about the garbage. In post test the 97% of adolescent girls know that organic pads are natural, 88 % girls are aware that, are made up of chemicals and 72% girls know that most of garbage produced by the disposable pads.

Attitude	Pre test		Post test	Mc Nemer's Chi square test	
	N	%	N	%	
Do you prefer organic pads?					
N	70	70.0	19	19.0	P=0.001*
Y	30	30.0	81	81.0	
2 Organic pads are more convenient					
N	48	48.0	13	13.0	P=0.001*
Y	52	52.0	87	87.0	
3. Organic pads are cost effective					
N	53	53.0	72	72.0	P=0.001*
Y	47	47.0	28	28.0	
4. Any side effects of organic pads					
N	82	82.0	22	22.0	P=0.001*
Y	18	18.0	78	78.0	
5 It inhibits the activities					
N	64	64.0	89	89.0	P=0.001*
Y	36	36.0	11	11.0	
6.Organic pads contain dioxin					
N	90	90.0	90	90.0	P=0.001*
Y	10	10.0	10	10.0	
7 Organic pads are harmful to environment					
N	83	83.0	94	94.0	P=0.001*
Y	17	17.0	6	6.0	
Total	100	100.0	100	100.0	
*:Statistically significant					

Statistically significant

The above table reveals that the attitude of girls towards organic pads usage in pre test 70 % of girls not ready to prefer organic pads, 47 % girls thought that organic pads are costly, 64% of girls told that organic pads inhibits the normal activities and 83% girls thought that organic pads are harmful to environment. In post test 81% girls preferred organic pads, 72% girls thought that organic pads are less cost, 94% girls are know that organic pads are not harmful to environment.

Association between demographic variables with Attitude and knowledge were statistically not significant. Such as age, education, religion, menstrual history likes age at menarche, regularity and menstrual flow.

3. SUMMARY

The sensitization programme is effective in modifying the knowledge and attitude of adolescent girls towards using organic pads during menstruation. To prevent the complications like health hazards and environmental hazards due to the usage of chemicalised sanitary pads these sensitization and awareness programmes plays vital role in the society.

4. CONCLUSION

The study concludes that the enhancement of health condition of women who were using chemicalised sanitary pads is greatly required to use organic cotton pads, menstrual cups menstrual panties etc..., So this was done by giving 40 min session . The study was concluded with further recommendations. In order to equip the nurses in the taking care of the women for enhancement of their health, The knowledge of nurses can be improved by incorporating in- service education using vivid teaching strategies. The nurses will create awareness among women using sanitary, plastic and costly pads using during menstruation and also eco friendly periods.

CONFLICT OF INTERESTS

None.

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