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## Importance of use of sanitary napkin during menstruation cycle

Garima Wadhvani

[gunjan.wadhvani23@gmail.com](mailto:gunjan.wadhvani23@gmail.com)

Cognus Technology, Jaipur, Rajasthan

### ABSTRACT

*In respect to carrying the present research paper, the main aims are to provide the importance of using sanitary napkins in the menstruation cycle. Awareness and essential information need to provide to all female in rural areas so that effectiveness will be developed in a systematic manner. Furthermore, thematic analysis has been implemented that assists to find effective information towards the aim. Descriptive research design also ascertains that make proper outcomes in business will in-depth information in the society*

**Keywords**— Napkin, Mensuration, Female, Care, Awareness

### 1. RESEARCH PROPOSAL

#### 1.1 Background

The menstrual cycle is the natural process in women in which they feel several important changes. In all over the world, on 28th May menstruation, hygienic cycle day is celebrated. In this consideration different program has been promoted to provide knowledge to girls and women with different products and significance to health in menstruation (Bhattacharyya, Sen and Sahoo, 2015).

#### 1.2 Rationale

In different areas of the world, there are distinct methods has been used by women in menstruation. For example, strips of cloths, cotton, bandages, etc. In respect to consider the present report, the main aim is to find issues and problems that are generally faced by women and provide awareness regarding sanitary napkins (Salim and Begum, 2016). Kotex was the first company to produce and easy use and dispose of of adding several advantages for girls and women.

#### 1.3 Research aims and objectives

**Aim:** “To identify the importance of the use of Sanitary Napkin during menstruation cycle”

#### Objectives:

- To provide importance of using sanitary napkins during menstruation cycle.
- To identify issues and problems in the village which face by women to use sanitary napkins.
- To recommends ways through awareness program will be developed for girls and women to increase their knowledge.

### 2. LITERATURE REVIEW

In respect to implementing the ideas and views of different people, present research helps to consider proper functioning to accomplish aims and objectives. In respect to this, Singh and Singh, (2016) stated that there are several women nowadays who not believe to use the sanitary napkins in the menstruation cycle. They are using a cloth that is not hygiene and creates some other issues and problems such as allergy, irritation, etc. Hence, it is essential to provide importance of using sanitary napkins which can be easily used and dispose of. On the other hand, Sen, Pudke and Dhanawade, (2016) argued that girls are throwing some lake of pads in lifetime which is equal to one menstrual cup. It cannot be adequate in rural areas of the world. Therefore, it is essential to produce some low-cost pads which can be reached to each girl in all over the world.

### 3. RESEARCH METHODOLOGY

Research methodology includes the following tools to analyse the results:

#### 3.1 Research approach

There are mainly two kinds of research approaches exist such as inductive and deductive in which present research report implement inductive research approach.

### 3.2 Research design

In this aspect, there are several aspects of research design exist in front of me such as experimental, descriptive, exploratory, etc. From the above, a descriptive research design has been used to find useful and in-depth information (Mackey and Gass, 2015).

Research philosophy: Further tool in the research methodology consider that is philosophy. In this aspect, interpritivism and positivism two kinds of philosophies can be used to find relevant information towards the aims and objectives. From the above, interpritivism philosophy has been implemented that helps to find some relevant and creative information (McCusker and Gunaydin, 2015).

### 3.3 Methods for data collection

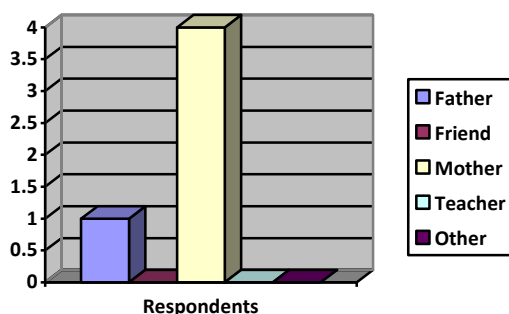
In order to collect the relevant data, questionnaire has been prepared which could ask from different respondents. On the basis of primary data collection, fresh and relevant information will be collected at the workplace.

### 3.4 Data collection

With the help of filling the questionnaire, proper outcomes and results will be considered at the workplace. It assists to find useful results towards the aims and objectives.

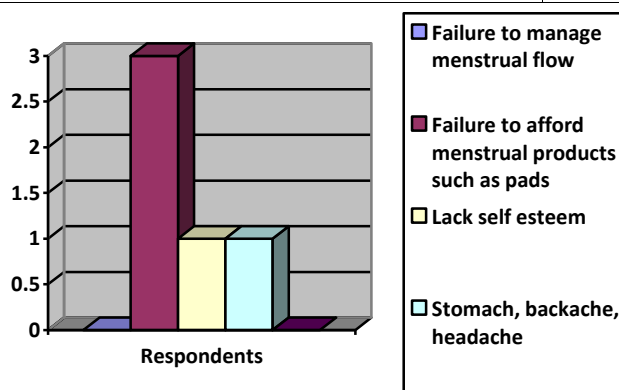
#### Theme 1: Maximum girls share their issues and gain information from mother

To whom you share and gather information towards menstruation cycle?	Respondents
Father	1
Friend	0
Mother	4
Teacher	0
Other	0



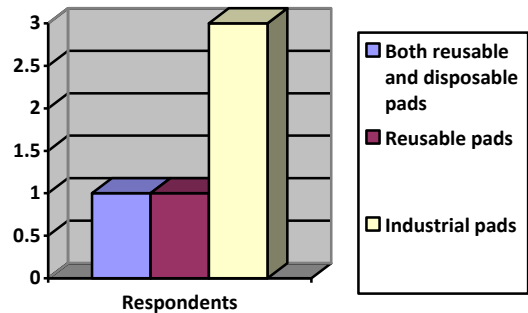
#### Theme 2: Generally girl's failure to afford menstrual products such as pads

From the following, which are the main challenges that are face by rural girls and women?	Respondents
Failure to manage menstrual flow	0
Failure to afford menstrual products such as pads	3
Lack self esteem	1
Stomach, backache, headache	1
Any other	0



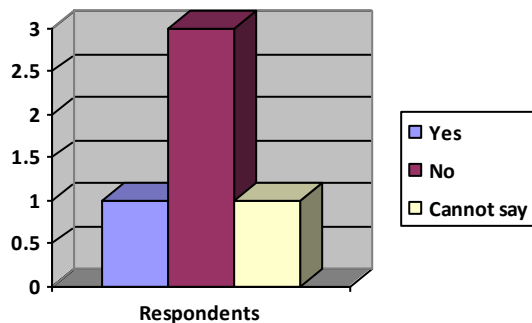
**Theme 3: Maximum number of girls are using reusable pads during menstruation cycle**

Which products generally you use in menstruation cycle?	Respondents
Both reusable and disposable pads	1
Reusable pads	1
Industrial pads	3



**Theme 4: Maximum number of women not believing any cultural aspects regarding menstruation cycle**

Did you believe any cultural aspects regarding women menstruation towards god?	Respondents
Yes	1
No	3
Cannot say	1



**4. DATA ANALYSIS TECHNIQUES**

In order to find useful information, thematic analysis technique has been used and qualitative method implemented. With the help of proper outcomes and results, aims and objectives will be accomplished in the desired manner (Smith, 2015).

**5. INTERPRETATION**

**• Theme 1: Maximum girls share their issues and gain information from mother**

**Interpretation:** From the above graph, it can be interpreted that there are 4 respondents stated that they share their issues and problems with mother. Besides this, 1 person share and gain information from her father. Hence, it can be said that girls need to share their issues with father as well so that support can be increased.

**• Theme 2: generally girls failure to afford menstrual products such as pads**

**Interpretation:** In rural areas, major challenge faced by the girls is afforded menstrual products such as pads. Further, some also face the issue of self-esteem. Remaining people face issues of pain in stomach, etc.

**• Theme 3: Maximum number of girls is using reusable pads during menstruation cycle**

**Interpretation:** In the rural areas, the maximum number of girls is using reusable products that are not hygiene. Therefore, it is essential to provide information and knowledge to use sanitary napkins.

**• Theme 4: Maximum number of women not believing any cultural aspects regarding menstruation cycle**

**Interpretation:** Due to traditional culture, the maximum number of women faces an issue regarding cultural aspects. However, essential to remove this problem and provide the same opportunities to women as men.

## 6. RECOMMENDATION AND FURTHER CONSIDERATION

In respect to carrying the present research paper, it can be stated that during the menstruation cycle, there are different issues and problems face by the girls and women. In order to solve those issues and problems, different programs need to be implemented to resolve their issues. Furthermore, it can be concluded that in rural areas different assumption has been carried that impact negatively. Therefore, women are treated as untouchable in menstruation time. In order to consider further research program, these issues could be resolved. Hence, following further research areas will be implemented at the workplace;

- Ways through remove untouchably in menstruation cycle.
- Implementation of the elements to maintain hygiene during menstruation cycle.

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## APPENDIX

Questionnaire  
(Section A)

Name:

Age:

(Section B)

1. To whom you share and gather information towards menstruation cycle?
  - (a) Father
  - (b) Friend
  - (c) Mother
  - (d) Teacher
  - (e) Other
2. From the following, which are the main challenges that are face by rural girls and women?
  - (a) Failure to manage menstrual flow
  - (b) Failure to afford menstrual products such as pads
  - (c) Lack self esteem
  - (d) Stomach, backache, headache
  - (e) Any other
3. Which products generally you use in menstruation cycle?
  - (a) Both reusable and disposable pads
  - (b) Reusable pads
  - (c) Industrial pads
4. Did you believe any cultural aspects regarding women menstruation towards god?
  - (a) Yes
  - (b) No
  - (c) Cannot say