

# KNOWLEDGE AND ATTITUDE TOWARDS MENSTRUATION AMONG MALES IN A TERTIARY CARE TEACHING INSTITUTION IN NORTH KERALA



VINDHYA M, DEPARTMENT OF COMMUNITY MEDICINE

## INTRODUCTION

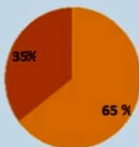
- Menstrual hygiene is a critical aspect of women's health and well-being, yet it often remains shrouded in societal taboos and misconceptions.
- It is important for males to be aware of menstruation and its impact on females.
- This study aims to explore the level of awareness and attitudes among men regarding menstrual hygiene, with a focus on dismantling stereotypes and fostering an environment of inclusivity.

## METHODS

- **Study Design** : Cross Sectional Study
- **Study Setting** : Male students studying in the Tertiary Care teaching institution
- **Study Duration** : 2 Weeks
- **Sampling Method** : Convenient Sampling
- **Data Collection Tool**: Semi structured questionnaire consisting of 17 questions
- **Data Collection Method**: Google form was and circulated among the study population through WhatsApp.
- **Data Analysis**: The obtained data was entered in Excel and analysed using IBM-SPSS Version 21.

## RESULTS

- Around 616 male students were surveyed on various aspects regarding menstruation



- Distribution of study results showing awareness of menstrual symptoms



- Are you comfortable with buying sanitary pads for your friends or relatives?



- Do you think there is a need for more awareness among boys regarding menstruation?
- 82% of males had adequate knowledge about menstruation and 61% showed proper attitude.
- The findings from this research indicate that the knowledge and attitude of respondents is higher as compared to the results from previously conducted researches, yet the 89% of the respondents agree that there is a high need for imparting adequate education on menstruation.

## DISCUSSION

This research is crucial for advancing the dialogue surrounding menstrual health, as the active involvement and informed understanding of men are essential in breaking down societal stigmas and ensuring the overall well-being of women. Ultimately, the study aspires to promote a more inclusive society where conversations about menstrual hygiene are normalized and contribute to the empowerment of all individuals, regardless of gender.

## REFERENCES

1. De Créé C. Is Menstruation Obsolete? *BMJ*. 2001 Feb 10;322(7282):370. PMID: PMC1119600.
2. Omidvar S, Amiri FN, Bakhtiari A, Begum K. A study on menstruation of Indian adolescent girls in an urban area of South India. *J Family Med Prim Care*. PMID: PMC6132001.
3. Men and Menstruation, Roberts et al. 2002, Forbes et al. 2003, Allen et al. 2011
4. Yu-Ting Chang, Yueh-Chih Chen, Menstrual Health Care Behavior and Associated Factors Among Female Elementary Students in the Hualien Region, *Journal of Nursing Research*, 10.1097/01.JNR.0000387285.23065.2d, 16, 1, (8-16), (2008).