

# Knowledge, Attitudes and Practices (KAP) Regarding Menstruation among College Girls in Bankura: A Population Based Cross-Sectional Study

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## Abstract

**Introduction:** In many developing countries, menstruation is often a taboo subject, which results in a lack of accurate and adequate information for young girls. This gap in knowledge can lead to unhealthy practices during menstruation.

**Aims and Objectives:** This study aims to assess the knowledge, beliefs, perceptions, sources of information, and practices related to menstrual hygiene among young women at Bankura district, Bankura.

**Methods:** A cross-sectional study was conducted at Bankura district with a sample of 552 young girls. Data was gathered using a pre-designed and structured questionnaire and analyzed using SPSS version 25. The Chi-Square test was employed to explore associations between various factors.

**Result:** The study revealed that 62% of the students had insufficient knowledge about menstruation prior to their first period, with mothers being the primary source of information. Religious restrictions during menstruation were reported by 74% of Hindu girls and 37% of Muslim girls. The majority of students (80.43%) used sanitary napkins, while 19.56% used cloths. Furthermore, 68% of students disposed of sanitary napkins in open areas, while 32% wrapped them in paper and placed them in dustbins.

**Conclusions:** Menstrual hygiene is a critical component of health education for girls. A higher proportion of urban students used commercially available sanitary pads compared to their rural counterparts. To improve menstrual hygiene practices, sanitary napkins should be made widely accessible and affordable for all girls.

**Keywords:** Menstrual hygiene, Sanitary napkins, Reproductive health, Myths.