

A Survey about Women's Personal Hygiene and Safety Measurements and its Impact on Nature

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Abstract:- On account of the article “PERIOD PEACE” from the Doc’s desk of Dr Gita Arjun on 24th July 2017, THE HINDU. This paper contented to reveal the dilemma about the quality and the safer disposal of the sanitary products for a woman. A survey across the women community has marked an attention and awareness on the most accurate state of women’s personal hygiene and all about, in the society. The enigma on women’s personal health issues and their personal invisible hygiene, which are under ignorance were measured. This study is conducted among the young women to bring out the importance of personal hygiene. A survey with the 213 samples been collected analyzed and interpreted with various statistical tools, and the findings show that there is basic ignorance about the proper disposal of sanitary products both highly educated and uneducated.

Keywords:- Women hygiene, Sanitary products, Safety, Awareness.

I. INTRODUCTION

Hygiene should always be associated with health measures. Here, the major resemblance factor of women’s hygiene is her menstrual cycles which enable us to decide her lifestyle easily. But, the suspicion is that whether she has undergone a hygiene and safe menstruation in current lifestyle or not. Because hygiene and safety are like flipping a coin in women sanitation. So, we could expect only either of the aspects. Here, hygienic menstruating shouldn’t be with any kind of symptoms or cramps (Team Metro, 2017). Similarly, safe menstruation is integrated with proper sanitation and its products. Since menstruation is a natural phenomenon of a women community. It has been persuade to be healthier so we declare nothing to formulate on it. But contrarily safe menstruation is completely mysterious behind the status of marketing sanitary products. We people are deprived of unnoticeable aspects of it in few places. Unconsciously we are paying a very high price for being neat freaks. So the main objective of this research is to reveal the hidden perspective of sanitary products and its impacts on young women and environment within. This paper projects the ancient vs modern menstruation hygiene and freak deals. Also the product empathy in the modern system and their reflection on women health were discussed in section 2 of this paper. Section three has enlightened the thrown away stained napkins and its impact on the environment. The knowledge about

product safety and the waste disposal were discussed by an enumeration of 213 samples among various groups of women community.

II. ANCIENT VS MODERN MENSTRUATION

Motherhood, from the age of menstruation till the age of menopause women has been blessed to create another human being. Till the time sanitary napkin enters women’s life. Ancient women were using unhygienic cloth with lots of discomfort they used to wear them and wash them repeatedly during their menstrual cycle but by some heal; they do not have any health impacts on their succeeding life.

The introduction of sanitary napkins was a lifestyle modification. It made women to feel liberated, clean, hygienic and also bold enough to ensure out in the busy world. For a women it was indeed greatest find of the century, but we are unaware that the sanitary napkin which is being a great innovation has an even greater health risk attached to it. Till today there are even many educated women who are ignorant about the sanitary products that are used for five days during their monthly menstrual cycle. Since we are exposed to it for nearly 20% of our life time, it has become a part of our attire.

A. Product Empathy

We buy pads and panty liner. We could find it in a fine white in color and clean but we are unaware that those are actually made from dirty old stuff. When the newspaper scrap was collected, we are ignorant about the fact that it would be recycled into the pads and panty liners which we use every month. To make it into pads and panty liners all such recycle wastes have undergone a very vigorous bleaching process using hazardous chemical dioxin.

B. What Is Dioxine

The Highly toxic chemical substances used in pads for greater observant quality causes carcinogen means cancer hazard to human and also many other problems are caused being exposed to it and using the products that contain dioxin like those recycled pads and panty liners. Dioxin is 130 times dangerous than cyanide which destroys human cells and also lead to heart, respiratory system and central nervous system failure (Teya Janelle, 2016). Dioxin is 900 times more toxic than arsenic whereas arsenic poisoning can lead to a variety of problems, it hits the skin cancer to Kerasotes of the feet. But

we are using it every month without the effect of it. On an average, woman uses approximately 15,000 pieces of sanitary towels (pads) over a span of 35 years in her life. Therefore, the risk of being exposed to dioxin is also 15,000 times. The enigma behind the fact is the unnoticed and untold health issue.

C. Influence On Women's Health

The continuous exposure to sanitary pads with imbalance hormone secretion can lead to inability to maintain pregnancy, miscarriages, decreased fertility, fibroids, learning disabilities, immune system suppression, diabetes, skin disorder, lung problem, cancer and much more.

The very first impact of the toxic chemical is fibroid, which are actually tumors that grow in uterus. It would disturb their menstrual cycle and affects their bladder followed by the symptom of stomach pain. A Woman also suffers from endometriosis smothering means over bleeding at the back of their uterus and it causes a lot of problems. Some of the symptoms are period pains, irregular periods and sometimes there might be no symptoms at all. "It can be that one day something happens and you accidentally found that you haven't noticed and it had already so bad that you would actually have to take out your womb of the reproductive system. It also leads to cancer, severe reproductive and development problems that all we see happening and women suffering from cancer is growing rapidly every day. Examples of this are babies born with disabilities and with birth defectives make sure the issues.

III. ENVIRONMENTAL IMPACTS

These sanitary towels or pads and tampon not only affect the personal hygiene, it also have huge inevitable impacts on our environment. When people in higher status and literate society started representing this kind of sanitation as the only hygiene option available, every part of women community started following them blindly without uncertainty. The main objective of the definite impacts is disposal. The decomposition of each pad or tampon takes 500 to 800 years even though they are made of Biodegradable materials (Chintanindia in environment, 2017). It is accommodated with other wastes which leads to most dangerous landfills and makes environment harmful. Incinerating menstrual waste is an alternate method of disposal which is highly toxic with its emission and cause environmental pollution. There is also consideration that one pad is equal to four plastic bags; the irony is that some may again bag them in non-degradable

plastic bags. When pads are thrown away it contaminates our environment by spreading germs for 100's of years and number of them get thrown in the sewage where it's super observant quality makes them float and block the drains. At the end a soul of same species are forced to be an infectious victim and even the other species.

IV. ANALYSIS

A random sample of 213 data were collected among various groups of women community to analysis the product empathy and the environmental impact of the waste. The cross tabulation of educational status and the product awareness, environmental impact of these issues were delineated with SPSS (Statistical package for Social Sciences). Graphical tools were employed to reveal the unnoticed fact on the issues.

SANITERY MATERIAL VS TYPES OF CRAMPS VS EDUCATIONAL STATUS											
EDUCATIONAL STATUS			Types of cramps						Total		
			Stomach Pain	Excess bleeding	Vomiting	none	All the above	others			
<UG	Sanitary material	cloth	Count	5	0		0	2		7	
			% within sanitary material	71.4%	0.0%		0.0%	28.6%		100.0%	
	napkins	Count	14	1		6	7			28	
		% within sanitary material	50.0%	3.6%		21.4%	25.0%			100.0%	
	Total		Count	19	1		6	9			35
			% within sanitary material	54.3%	2.9%		17.1%	25.7%			100.0%
PG	Sanitary material	cloth	Count	1	0	0	0	0		1	
			% within sanitary material	100.0%	0.0%	0.0%	0.0%	0.0%		100.0%	
		napkins	Count	9	2	3	1	8			23
			% within sanitary material	39.1%	8.7%	13.0%	4.3%	34.8%			100.0%
		tampon	Count	1	0	0	0	0			1
			% within sanitary material	100.0%	0.0%	0.0%	0.0%	0.0%			100.0%
	menstrual cup	Count	2	0	0	0	0			2	
		% within sanitary material	100.0%	0.0%	0.0%	0.0%	0.0%			100.0%	
	Total		Count	13	2	3	1	8			27
			% within sanitary material	48.1%	7.4%	11.1%	3.7%	29.6%			100.0%
UG	Sanitary material	cloth	Count	2	0	0	0	0	1	3	
			% within sanitary material	66.7%	0.0%	0.0%	0.0%	0.0%	33.3%	100.0%	
		napkins	Count	86	24	4	3	22	6		145
			% within sanitary material	59.3%	16.6%	2.8%	2.1%	15.2%	4.1%		100.0%
		tampon	Count	1	0	2	0	0	0		3
			% within sanitary material	33.3%	0.0%	66.7%	0.0%	0.0%	0.0%		100.0%
Total		Count	89	24	6	3	22	7		151	
		% within sanitary material	58.9%	15.9%	4.0%	2.0%	14.6%	4.6%		100.0%	
Total	Sanitary material	cloth	Count	8	0	0	0	2	1		11
			% within sanitary material	72.7%	0.0%	0.0%	0.0%	18.2%	9.1%		100.0%
		napkins	Count	109	27	7	10	37	6		196
			% within sanitary material	55.6%	13.8%	3.6%	5.1%	18.9%	3.1%		100.0%
		tampon	Count	2	0	2	0	0	0		4
			% within sanitary material	50.0%	0.0%	50.0%	0.0%	0.0%	0.0%		100.0%
	menstrual cup	Count	2	0	0	0	0	0		2	
		% within sanitary material	100.0%	0.0%	0.0%	0.0%	0.0%	0.0%		100.0%	
	Total		Count	121	27	9	10	39	7		213
			% within sanitary material	56.8%	12.7%	4.2%	4.7%	18.3%	3.3%		100.0%

Table 1. Projecting the Awareness on sanitary material and the types of cramps with respect to their educational status

The above table 1 portrays the awareness of the sanitary material with respect to their educational status, every napkins column shows a big figure comparatively. The figures shows 196 sanitary pad users who have undergone many a menstruation cycle cramps with respect to different education status intensifies the issues about a women’s personal hygiene

and health. The overall comparison with education status and the personal hygiene with respect to the types of cramps experienced by a women during menstrual cycle have witness that the cramps are due to the sanitary pads which are available in the market.

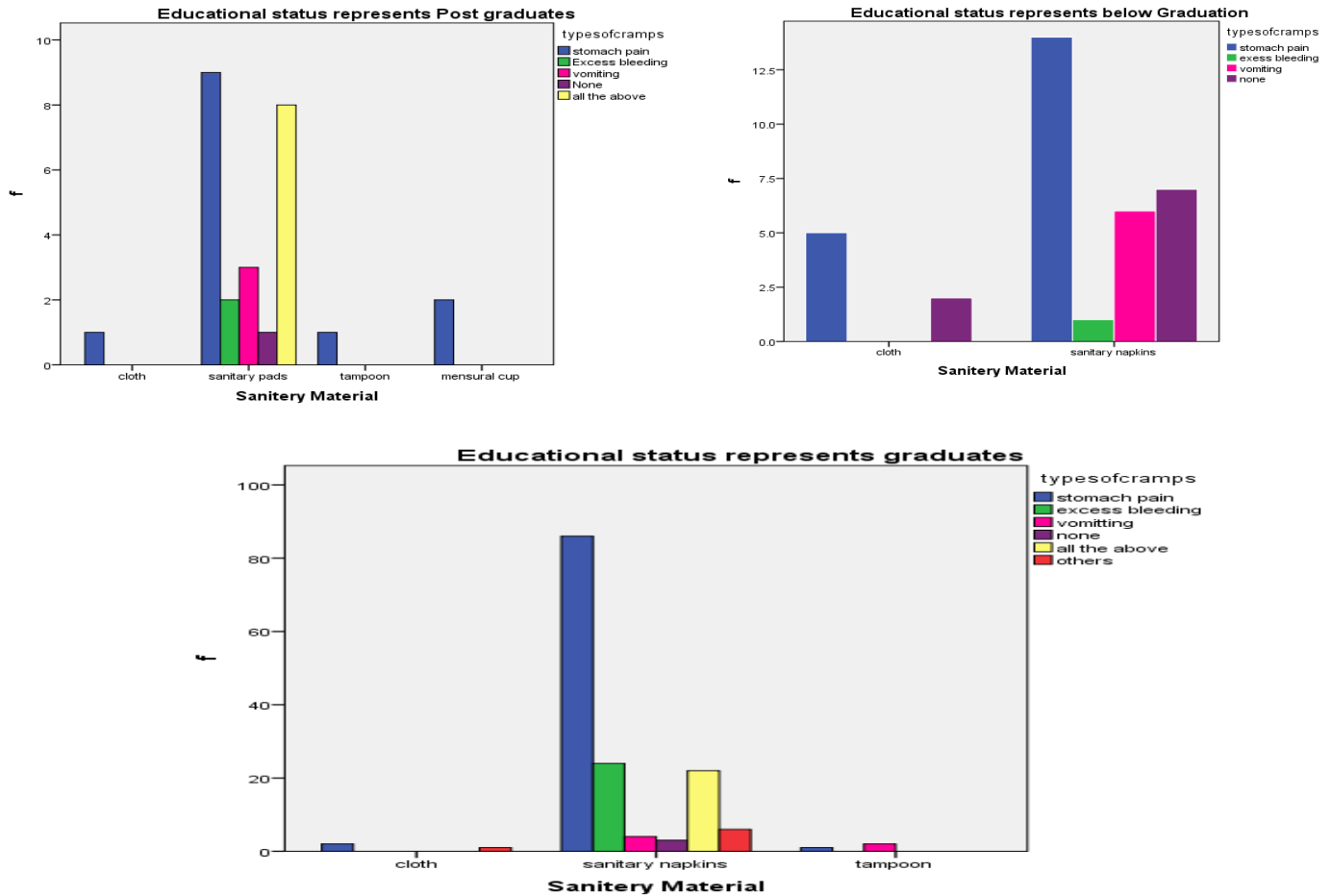


Fig 1:- Representation about the awareness about the sanitary material with respect types of cramps at different educational status

The above figure clearly represents the table 2, that many a types of menstruation cycle cramps were experienced by the sanitary pad users. It has become a hygiene factor to use the sanitary pads available in the market without considering their impact on women’s health.

KNOWLEDGE ABOUT THE WASTE vs EDUCATIONALSTATUS vs SUGGESIONONWASTE							
Suggestion on waste				EDUCATIONALSTATUS			Total
				Below Graduation	Post Graduate	Under graduate	
Agreed	Knowledge about the Waste	Degradable	Count	1	5	10	16
			% within waste knowledge	6.3%	31.3%	62.5%	100.0%
		Non Degradable	Count	3	3	13	19
			% within waste knowledge	15.8%	15.8%	68.4%	100.0%
		Medical	Count	0	0	2	2
			% within waste knowledge	0.0%	0.0%	100.0%	100.0%
		Infectious Medical	Count	0	0	4	4
			% within waste knowledge	0.0%	0.0%	100.0%	100.0%
	Total		Count	4	8	29	41
			% within waste knowledge	9.8%	19.5%	70.7%	100.0%
Disagreed	Knowledge about the Waste	Degradable	Count	1	5	9	15
			% within waste knowledge	6.7%	33.3%	60.0%	100.0%
		Non Degradable	Count	20	7	52	79
			% within waste knowledge	25.3%	8.9%	65.8%	100.0%
		Medical	Count	2	3	25	30
			% within waste knowledge	6.7%	10.0%	83.3%	100.0%
		Infectious Medical	Count	8	4	36	48
			% within waste knowledge	16.7%	8.3%	75.0%	100.0%
	Total		Count	31	19	122	172
			% within waste knowledge	18.0%	11.0%	70.9%	100.0%
Total	Knowledge about the Waste	Degradable	Count	2	10	19	31
			% within waste knowledge	6.5%	32.3%	61.3%	100.0%
		Non Degradable	Count	23	10	65	98
			% within waste knowledge	23.5%	10.2%	66.3%	100.0%
		Medical	Count	2	3	27	32
			% within waste knowledge	6.3%	9.4%	84.4%	100.0%
		Infectious Medical	Count	8	4	40	52
			% within waste knowledge	15.4%	7.7%	76.9%	100.0%
	Total		Count	35	27	151	213
			% within waste knowledge	16.4%	12.7%	70.9%	100.0%

Table 2. Representing the knowledge about the waste with respect to their educational status and an agreement with proper disposal of sanitary waste

From the above table it is clear that many a women have an idea that the used sanitary pads are non-degradable waste, the figure 98 vouch the same. From the above table, 172 women have an opinion that their disposal method is not

appropriate hence supported at the non-degradable columns. 41 who support their method of disposal as appropriate were suggests their opinion as degradable and also non degradable in nearly equal numbers.

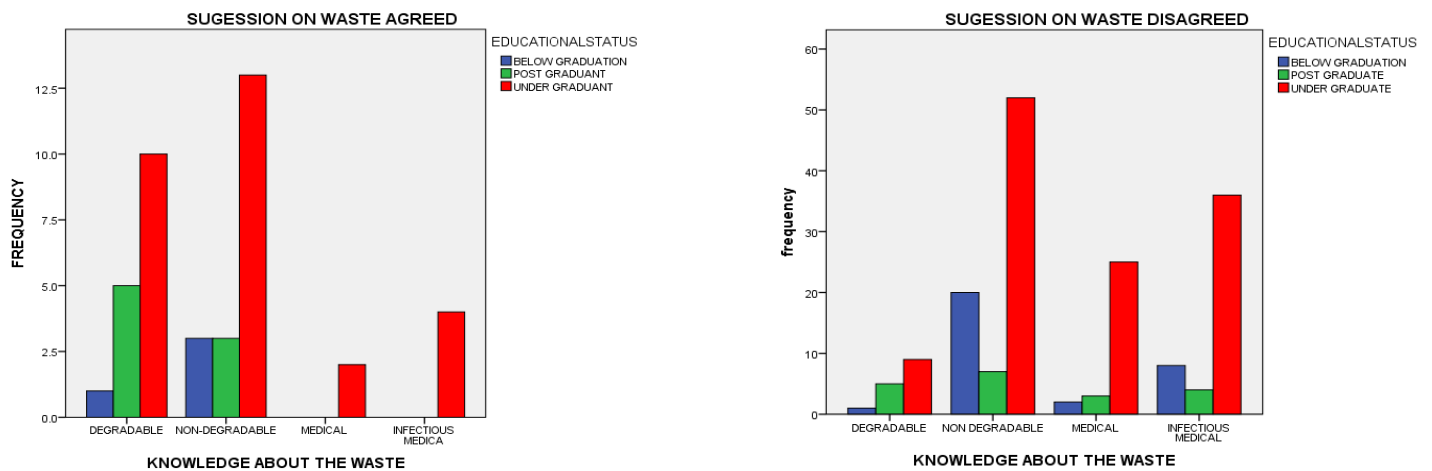


Fig 2:- showing the knowledge about the sanitary waste with respect to their agreement with disposal habit

The content of the table 2 were eventually represented in figure 1. The high red bar shows that the graduate in many number suggest that the used napkins as non-degradable waste with respect to their knowledge on disposal. The woman who believes that, the disposal of the used napkins is appropriate were unaware that it is an infectious medical waste. Even the educational status of a women does not prompt the adequate awareness on their health and other social impacts.

V. CONCLUSIONS

Sanitary napkins have become indispensable product for a women, which is hoped to be hygienic and safe has numerous critical factors behind it (RevatiUpadhaya, 2016). The handmade cotton sanitary pads are good to use. Even an idea which could be set up to help the women community to manufacture the sanitary pads with bio degradable material without any chemical substances. The method of disposing napkins into the environment creates a harmful contamination, which affect the health and the domain gradually. In disposal intricacy, the solution can be obtained by insisting the Sanitary Napkin Incinerator Machine available in all the localities like street lamp. This practice can be included in the Swatch Bharat scheme which would be a step to bring fair revolution for the future environment. Even the schools, college and other public toilets should have the Sanitary Napkin Incinerator Machine for the disposal of used pads. Therefore, it has become necessary to emphasis on this affair and establish a moral justice to make a womanhood more democratic and secured. So, as a woman it is our duty to emerge with difficulty and look for the better solutions.

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