



Menstrual Sanitation: A Google form questionnaire-based study

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Abstract

This learning defines and compares girls' knowledges of menstruation in VHNSN College, Virudhunagar, Tamilnadu at the decision of a measured trial of puberty tutoring and sanitary pad facility to clarify pathways of effect in the interventions. Google form were distributed with girls who participated in the Menses surveys. The managing of menses has come to the fore as a barrier to girls' education achievement in low-income backgrounds. Therefore, this study is concerned with evaluating the menstrual sanitation.

Keywords: *Menses, Sanitary pad, Google form*

Introduction

Adolescence is measured to be the period between 10 to 19 years of age. The teen-age experiences not only physical development but also emotional, psychological, social and intellectual changes. On one occasion the female gamete (ovum) matures it will release from the ovary and travel through the fallopian tube into the womb. If the ovum is not fertilized by the male gamete (spermatozoa), it will disintegrate and blood loss resulting in an ejection through the vagina. Bleeding also known as "Menses". The first period usually begins between 12 to 15 years of age, a point in time known as menarche (Pratiksha Puranik and Jayashree Dhote, 2020).

Puberty is the period of human development during which secondary sexual features appear, sexual maturation occurs and reproductive capacity is attained. Ovulation begin in girls during this period (Rosenfield *et al.*, 2014). Reproductive health is an important issue for female students as adults who must be healthy reproductively. As teenagers, they have experienced various changes, marked by secondary sex growth, such as breast enlargement, hair growth around the genitals, and eventually menstrual blood outflow. Menstruation is the decay of the endometrium of the uterus that contains many blood vessels, where it occurs every month (National Population & Family Planning Board, 1998).