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MENSURAL PANTIES AND ENVIRONMENTAL SUSTAINABILITY: AN ECONOMIC AND ECOLOGICAL ANALYSIS.

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MENSURAL PANTIES AND ENVIRONMENTAL SUSTAINABILITY: AN ECONOMIC AND ECOLOGICAL ANALYSIS.

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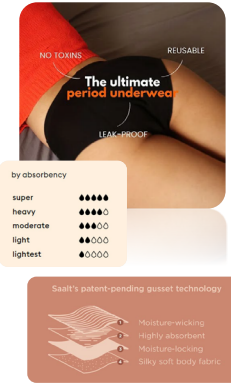
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ABSTRACT

Menstrual hygiene management has been a major concern worldwide due to the environmental impact and health hazards associated with disposable menstrual products. Mensural panties, also known as period panties, have emerged as a promising alternative to traditional menstrual products. Mensural panties are designed to provide a sustainable and eco-friendly alternative to traditional menstrual products. The paper discusses the background and challenges of menstrual hygiene management, the design and functionality of mensural panties, and user experiences. The use of disposable menstrual products has been linked to various environmental and health hazards, and mensural panties offer a promising solution by providing leak protection, comfort, and convenience.

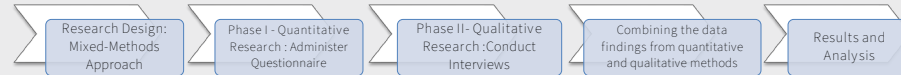
The design and functionality of mensural panties are explored, including the absorbent materials used, moisture-wicking properties, and additional features. User experiences of mensural panties have been largely positive, with individuals reporting greater comfort and convenience compared to traditional menstrual products. The paper concludes by highlighting the potential of mensural panties to revolutionize menstrual hygiene management, while also acknowledging the need for further research on their durability and potential risks associated with prolonged wear.



OBJECTIVES

1. To identify the socio-cultural factors influencing the adoption of menstrual panties and their implications for sustainable menstrual health management.
2. To offer insights and recommendations to encourage the widespread adoption of menstrual panties as a sustainable substitute for conventional disposable menstrual products.

METHODOLOGY



The research was conducted in two phases: an initial quantitative survey to gather broad data on user experiences, costs, and environmental impacts, followed by in-depth qualitative interviews and focus group discussions to explore these themes in greater detail.

The study targeted female participants aged between 18 to 45 years. A total of 250 participants were surveyed, and from this group, 40 were selected for follow-up in-depth interviews and focus group discussions based on their varied experiences and willingness to share detailed personal narratives. The majority (60%) were between the ages of 18 and 30, with 40% aged 31 to 45. Approximately 70% had completed secondary education or higher.

RESULTS

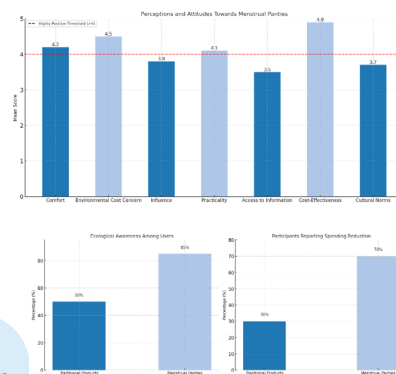
The study reveals a trend towards sustainable menstrual hygiene, with 40% of participants using menstrual panties, highlighting both economic and environmental benefits. While 60% still rely on traditional products, 85% express environmental concerns, yet only half were initially aware of the ecological advantages of menstrual panties. A positive correlation ($r = 0.45$, $p < 0.001$) indicates growing ecological awareness boosts the adoption of menstrual panties.

Despite this shift, especially among younger women, cultural and access barriers remain, particularly in smaller cities. The findings suggest a need for increased education and community initiatives to enhance awareness and support for sustainable menstrual options. Overall, menstrual panties are viewed favorably for their comfort and sustainability, signaling a significant, yet challenged, move away from traditional products towards more environmentally friendly practices.

CONCLUSION

This study delves into the sustainability and practicality of menstrual panties as an alternative to traditional menstrual products, focusing on urban women's adoption, perceptions, and the broader implications for menstrual hygiene management (MHM). Findings highlight a positive reception towards menstrual panties, driven by comfort, economic savings, and environmental benefits. However, cultural stigmas, accessibility, and lack of awareness pose challenges to widespread adoption.

The economic and ecological advantages underscore the potential of menstrual panties to revolutionize MHM, aligning with global sustainability goals and gender equity. Future efforts should concentrate on dismantling barriers, enhancing product accessibility, and elevating ecological awareness to foster the adoption of menstrual panties. This shift not only promises to mitigate the environmental impact of menstrual products but also to advance women's health and empowerment, marking a significant step towards sustainable and inclusive MHM practices.



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