

2024-25

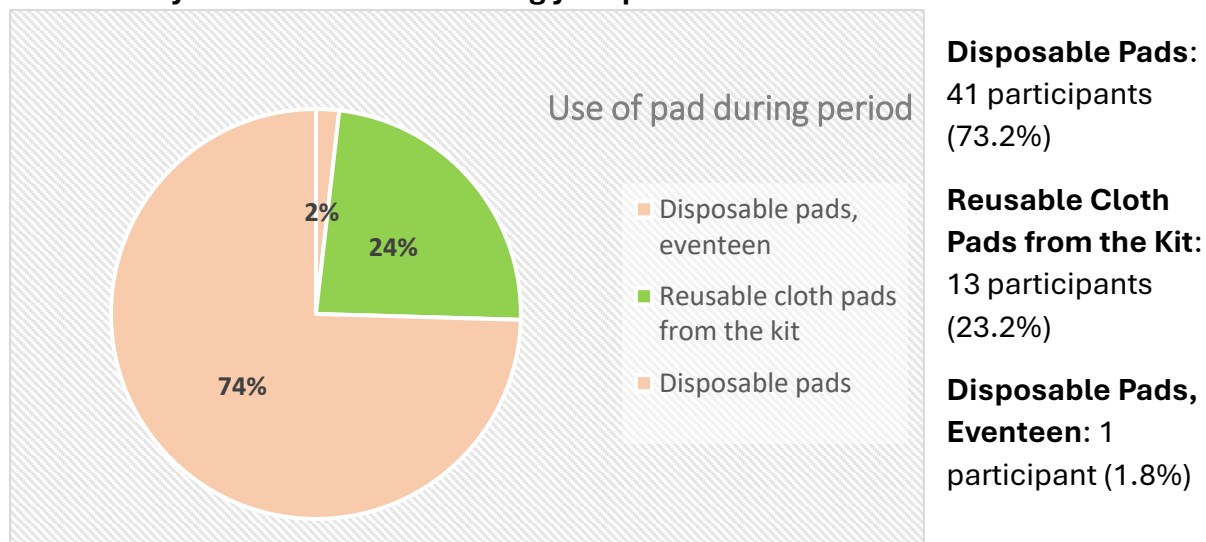
MHM Survey Analysis Report



Survey Analysis:

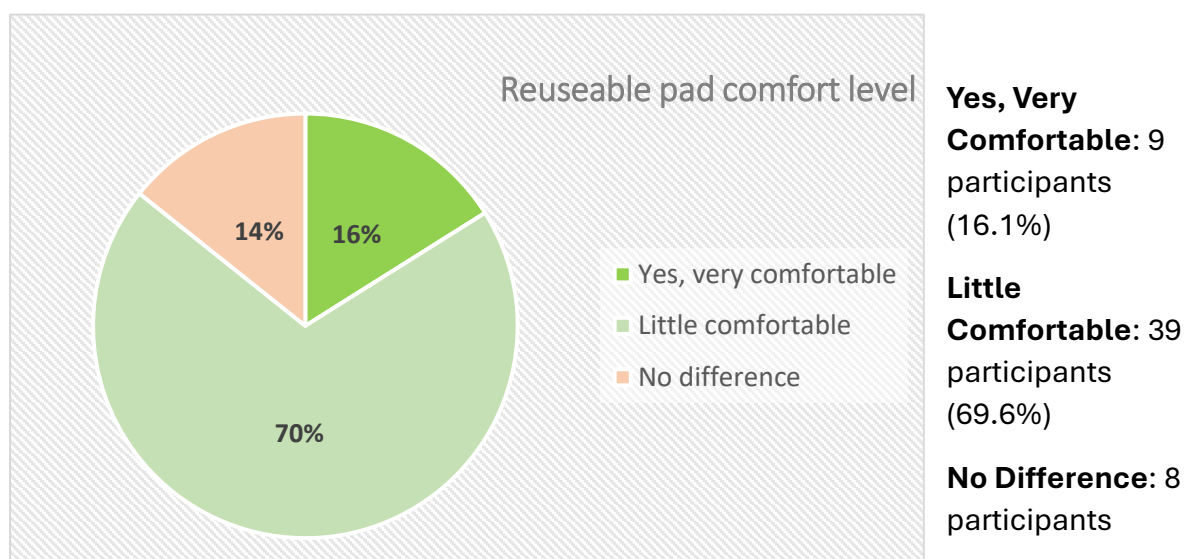
The survey provides insights into the menstrual care products and the experiences of participants regarding their comfort, ease of use, and overall satisfaction. Below is the analysis of the responses based on the data provided.

1. What do you use most often during your periods now?



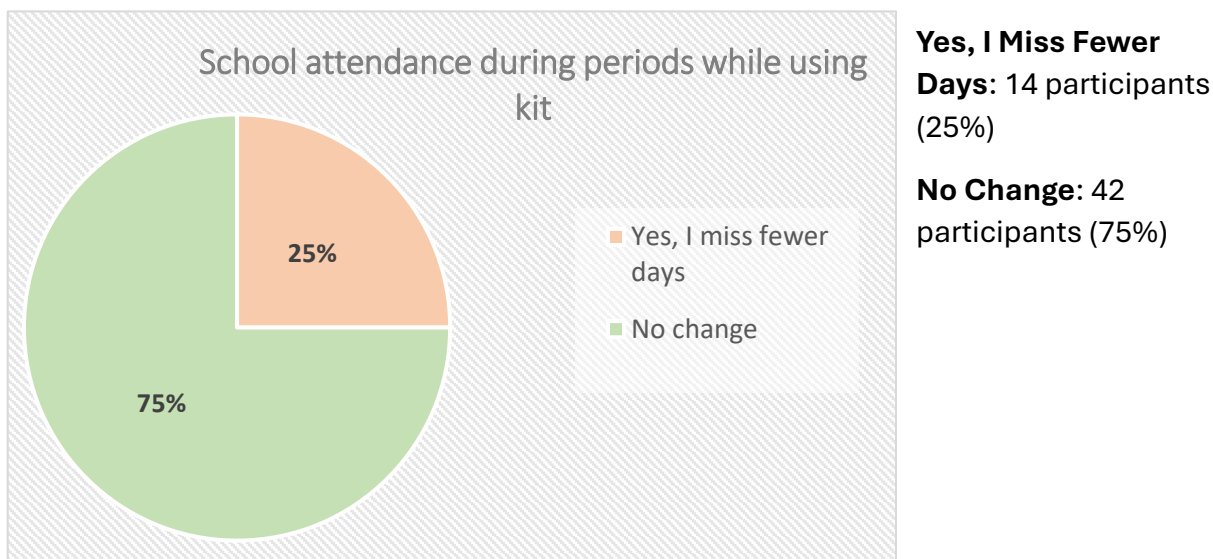
A significant majority (73.2%) of the participants use disposable pads during their periods. Only 23.2% of the respondents use reusable cloth pads from the kit, with a small percentage using disposable pads. *Likely, the question has been misunderstood over the most commonly used pads during the period. However, the question would be articulated in an understandable way in upcoming projects.*

2. Do you feel more comfortable and cleaner during your periods after using the reusable cloth pads?



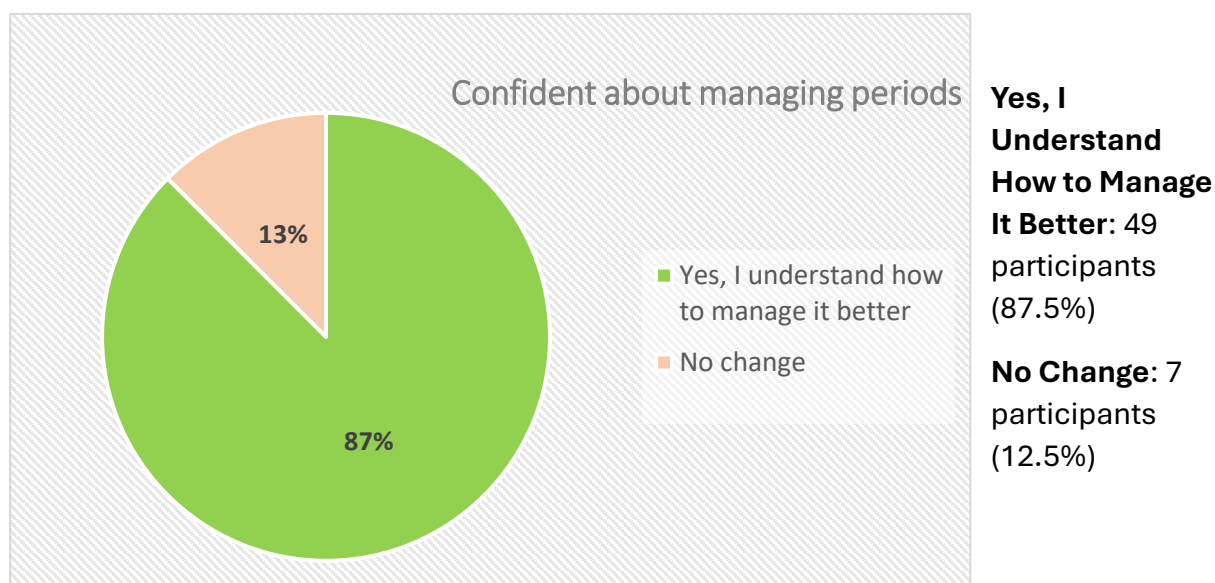
Most of the participants (69.6%) who used reusable cloth pads report feeling "little comfortable," while a smaller group (16.1%) reports feeling "very comfortable." A few (14.3%) feel no difference in comfort or cleanliness when using reusable cloth pads.

3. Have you been able to attend school regularly during your periods since using the kit?



Most of the participants (75%) indicate that there has been no change in their school attendance due to using the menstrual kit. A smaller group (25%) reports missing fewer days due to the menstrual kit, suggesting that the kit has a positive impact on attendance for some students.

4. Do you feel more confident in managing your periods now?



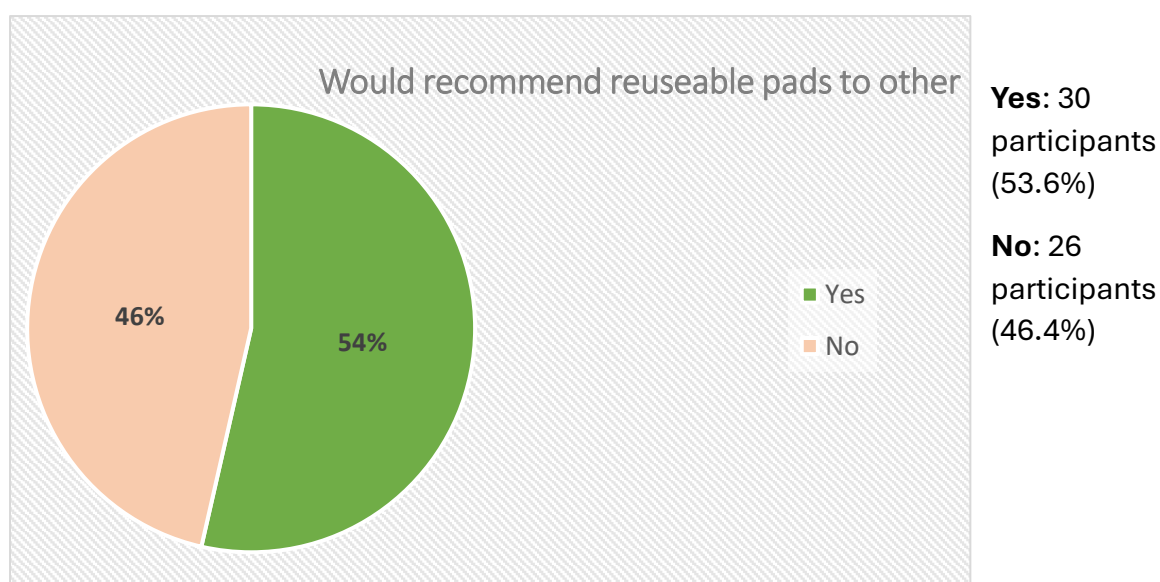
A large majority (87.5%) of the participants report feeling more confident and knowledgeable about managing their periods. Only a small group (12.5%) feel that there has been no change in their confidence levels regarding period management.

5. Was it easy for you to wash and reuse the cloth pads?



The majority (67.8%) of participants found washing and reusing cloth pads difficult, with a smaller portion (16.1%) reporting that it was somewhat easy, and another 16.1% finding it very easy. This suggests that while some found it manageable, a significant number faced challenges with washing and reusing the cloth pads.

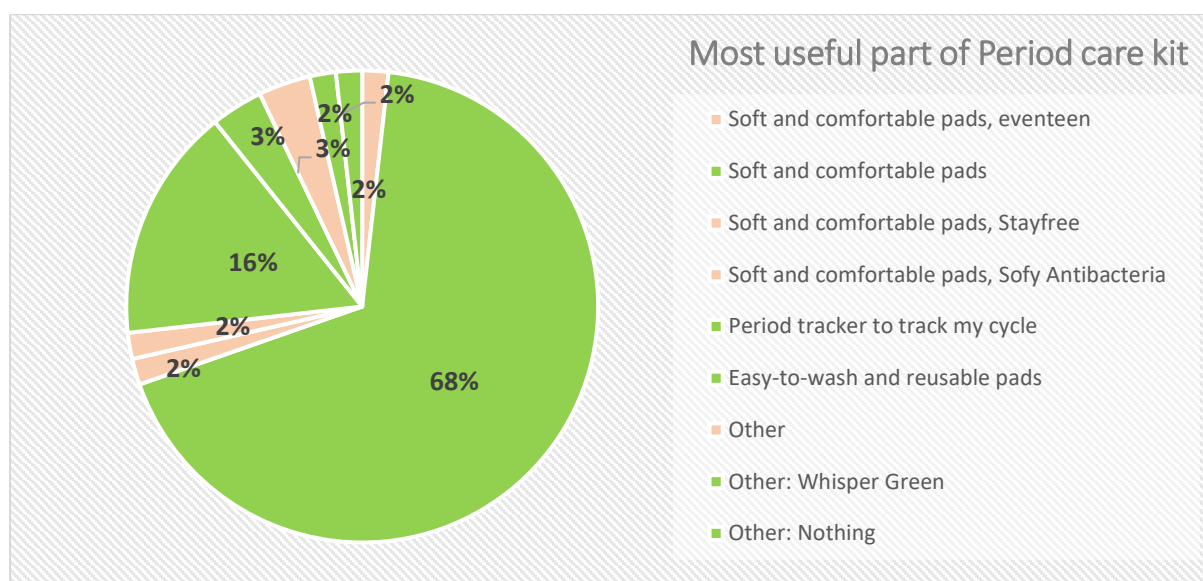
6. Would you recommend reusable cloth pads to other girls?



About half of the participants (53.6%) would recommend reusable cloth pads to others, while the other half (46.4%) would not. This indicates a fairly balanced view, with those

recommending the product possibly appreciating the comfort or sustainability, while others may have concerns about cleanliness or ease of use.

7. Which part of the period care kit was most useful to you?



- **Soft and Comfortable Pads:** 38 participants (67.8%)
- **Period Tracker to Track My Cycle:** 9 participants (16.1%)
- **Easy-to-Wash and Reusable Pads:** 2 participants (3.6%)
- **Other:** 2 participants (3.6%)
- **Soft and Comfortable Pads, Stayfree:** 1 participant (1.8%)
- **Soft and Comfortable Pads, Sofy Antibacteria:** 1 participant (1.8%)
- **Other: Whisper Green:** 1 participant (1.8%)
- **Other: Nothing:** 1 participant (1.8%)

The most commonly cited useful part of the period care kit is the **soft and comfortable pads, mentioned by 67.8% of participants. Period trackers** are also mentioned by 16.1%, suggesting an interest in managing cycles. Fewer participants found the **reusable pads** easy to wash or beneficial. There are also some individual mentions of brand-specific pads (Stayfree, Sofy Antibacterial, Whisper Green), as well as a few who found no part of the kit useful.

Summary of Key Findings:

- The findings reveal a complex yet insightful perspective on menstrual health management among the participants. Despite the kit's intent to promote sustainable alternatives, **69.6% of participants reported feeling only marginally comfortable using reusable cloth pads**, citing significant difficulties with washing and reusing them—a sentiment echoed by 67.8% who found the process cumbersome.
- Although the kit has not substantially influenced school attendance, with 75% noting no change, **it has notably enhanced participants' confidence in managing their menstrual health, as 87.5% expressed increased self-assurance.**
- Interestingly, while just **over half (53.6%) would recommend the reusable cloth pads to others**, this endorsement is tempered by lingering reservations. Among the kit's components, soft, comfortable pads emerged as the most valued, accompanied by a growing interest in period trackers, reflecting a desire for both physical comfort and greater autonomy over menstrual cycles.

Recommendations:

1. **Addressing Concerns about Reusable Pads:** There appears to be difficulty in washing and reusing the cloth pads, so providing clearer instructions or alternatives for easier cleaning could enhance the user experience.
2. **Promoting the Benefits of Period Trackers:** Since period trackers are seen as useful by many, further emphasis on this feature could help increase awareness and usage.
3. **Improving Reusable Pad Comfort:** While comfort levels with reusable pads are mixed, improving the design and functionality of reusable cloth pads could enhance comfort for users.
4. **More Awareness on Sustainable Options:** Given the interest in reusable cloth pads, raising awareness about the environmental benefits and long-term savings could encourage more users to adopt these products.