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Research Title: Menstrual Hygiene Management and WASH Practices: Fate of Menstruating Students in Nigeria's Universities

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Introduction

Menstrual hygiene management (MHM) refers to the hygienic handling of menstrual blood using appropriate sanitary products and hygiene practices, including absorbent products, soap, water, and safe disposal of used materials (Crofts et al., 2014). The condition of sanitary facilities and associated hygiene practices in higher education settings remains underexplored, despite MHM being a public health concern. In addition, research focusing specifically on menstrual hygiene management among university students is noticeably limited compared to the attention given to school girls (Dori and Festus, 2025).

Method

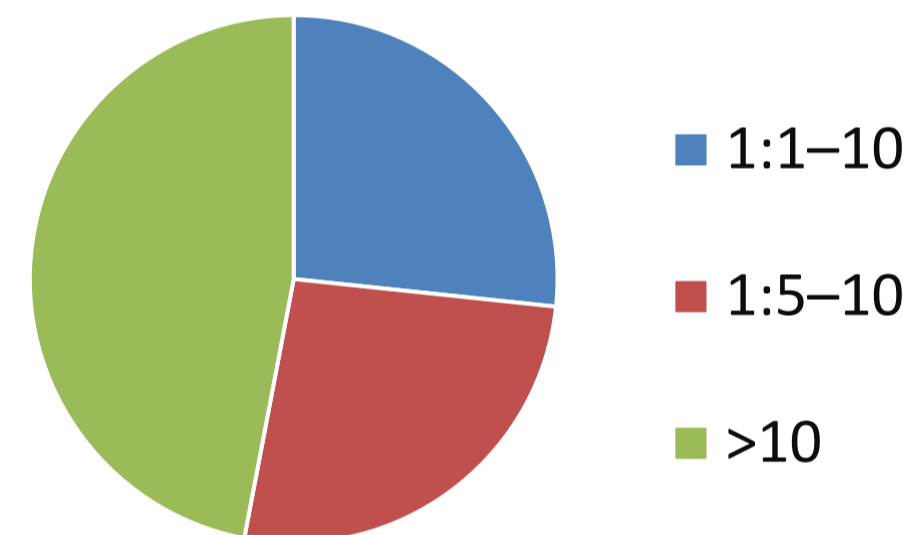
- Six public universities in Southwest Nigeria were purposively selected as the study sites. A total of 600 menstruating students, with 100 students randomly selected from each university.
- Structured questionnaire were administered which evaluated MHM and perceptions of water, sanitation, and hygiene (WASH) facilities within their halls of residence and on campus.

Conclusion

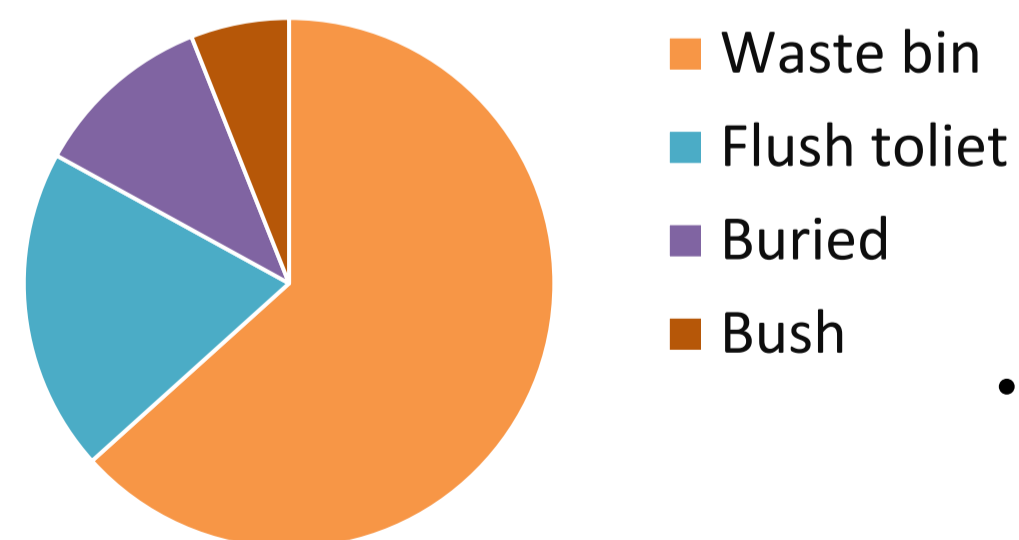
Although WASH infrastructure is universally accessible in university halls of residence, challenges such as overcrowding and inconsistent hygiene resources persist. Students exhibited commendable handwashing adherence and a clear preference for disposable pads, yet gaps in safe disposal practices remain evident.

Results and Discussion

Toilet Sharing Ratio within Student Halls of Residence



Menstrual Product Disposal Practices among Students



- All respondents reported using a borehole/well as the water source for MHM.
- 57.67% reported washing their hands both before and after changing menstrual products. In contrast, 31.00% washed their hands only after changing, and 9.67% did so only before changing.
- Most students practiced proper handwashing during menstrual hygiene management, with 85.33% using water and soap, while 10% used only water, 4.33% used hand sanitizer, and 0.34% used wipes.
- Disposable pads were the predominant menstrual products used by students, 88.33%, followed by toilet paper, 6.00%, reusable pads, 2.67%, tampons, 2.00%, and cloth, 1.00%.
- 63.33% of students disposed off used materials in waste bins, 19.67% in flush toilets, 11.00% by burying, and 6% in the in bush.

References

- Crofts, T., Coates, S. and Fisher, J., 2014. Menstruation hygiene management for schoolgirls. *Loughborough University, WEDC Publications*, 20.
- Anamali, C.P., Amadi, C.O.A., Okereke, C.O., Azuamah, Y.C. and Amadi, A.N., 2019. Assessment of the Sanitation Status in a Tertiary Institution in Southeastern Nigeria. *International Journal of Research & Review*, 6(11), pp.616-622.