



Is Menstruation expensive for Rural Women/Girls?

A research carried out by Durian Nigeria

07/July/2020

Introduction

- This research covers answers provided by 21 women during a group discussion on menstruation.
- The women are from 3 main communities in Akure- Imafon, Ilado and Igushin community.
- The aim was to understand better the challenges the women go through as a result of menstruation
- The age of the women and girls range from 14-40 years.
- This research was conducted by the Research team of Durian Nigeria. Durian is a registered Non-Governmental organization in Nigeria. It empowers communities to become self-sufficient through transforming its local waste into a means of livelihood. It currently works in Imafon community where the organization teaches women in groups on how to convert cocoa pods to African black soap, bamboo to crafts and fabric/banner waste into purses and bags.

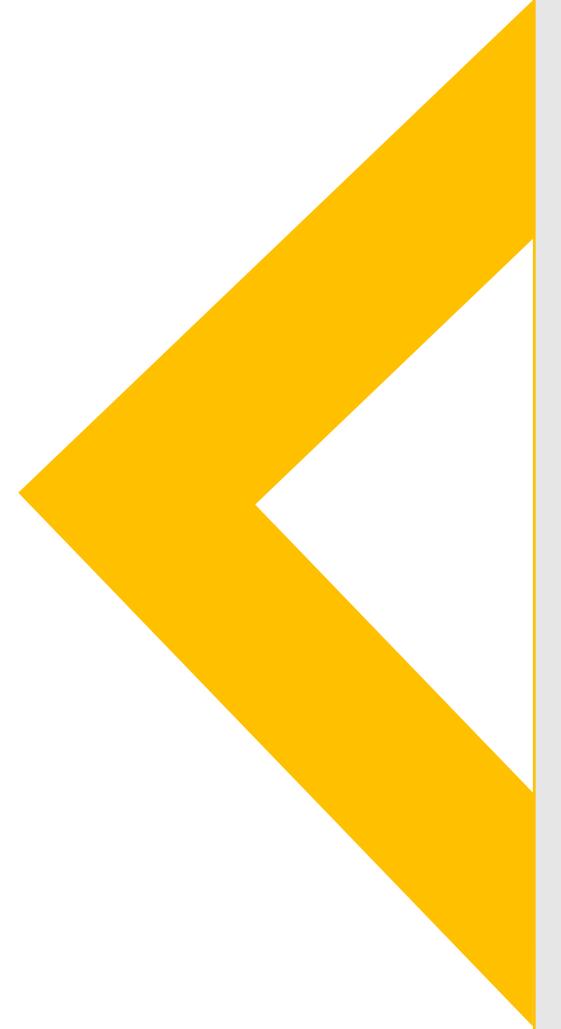
Justification

- The prices of sanitary pads are increasing. Even though there are different brands currently in Nigeria, the average price range from N250- N400.
- We carried out this research to understand if menstruation a natural occurrence for women is expensive for those who live in rural communities. This research focused more on 3 communities- Imafon, Ilado and Igushin community. These communities are within Akure North Local Government areas of Akure, Ondo State
- Added to this, we also wanted to find out if members of the community are opened to the use of cloth pads, which is more sustainable both economically and for the environment.
- We were also interested in knowing if they are comfortable talking about menstruation? Is it a taboo for them? If it is a taboo why? What are the taboos associated with a woman menstruating?

How

- We used a questionnaire that was administered at a Group Discussion. The questionnaire was used to drive the conversation at the discussion which made the women open to talking about menstruation.
- We also have interviews to understand the taboos that exists in the community about menstruation.

■ Important: the questionnaire had 24 questions out of which we found the data for 11 questions very striking and will focus on this for this report.





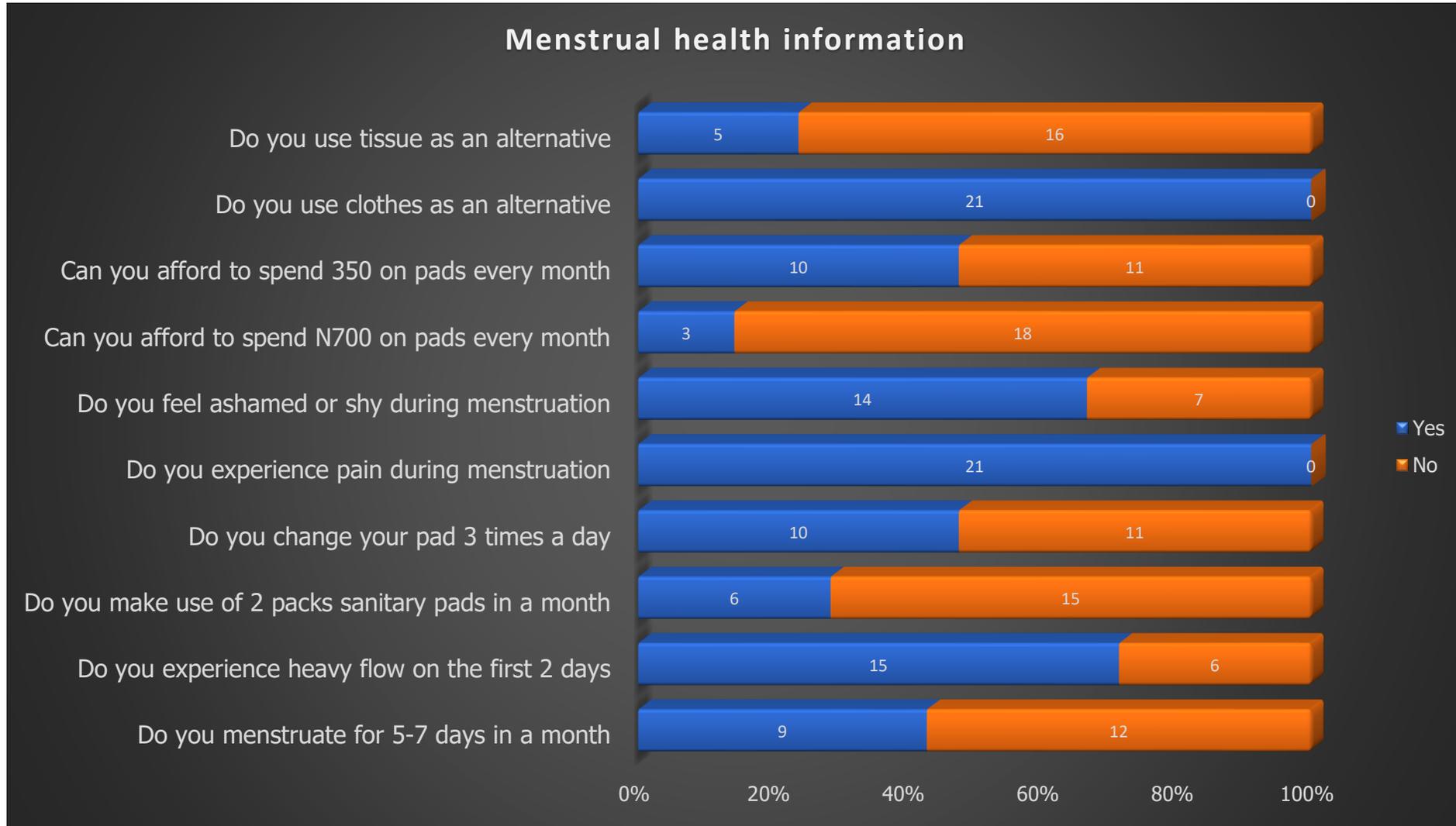
Most of the women and girls experience their period for 4-6 days every month but cannot afford to spend ₦ 700(1.8 USD) on Sanitary Pads every month.

What we found out

- All the women use clothes as an alternative sanitary pad on a monthly basis.
 - Only 6 of the women interviewed can afford to make use of 2 packs of sanitary pads in a month. This is mainly because sanitary pads are expensive.
 - As they cannot afford to buy the number of sanitary pads, they need monthly, only 10 out of the 21 women change their sanitary pads 3 times a day.
 - 15 of the women experience heavy flow on the first 2 days of their period. During this time, they are mostly very ashamed and afraid of being in public spaces because of the fear of getting stained as they can not afford to keep changing their pads as often as needed during the day.
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What the data says

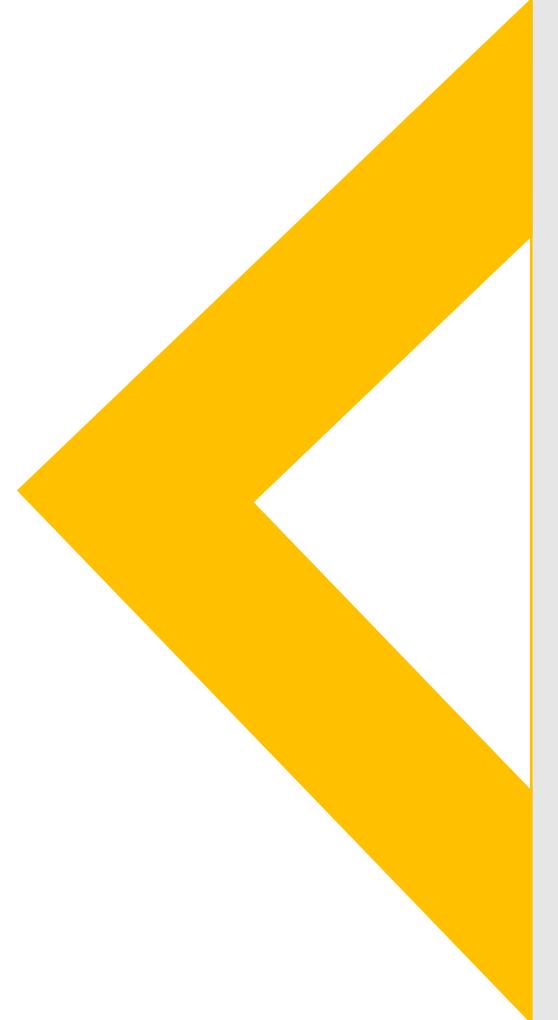
(Blue- yes, Red- No, Green- No idea)



Recommendation

- One of the main findings is that all the women currently make use of clothes as an alternative to sanitary pads during their menstruation. Hence, if a proper cloth pad is made that can serve them for at least 6 months with proper care, they will be willing to buy it.
- As they already use clothes, they are aware of how to take care of the cloth pads to avoid any form of infections.

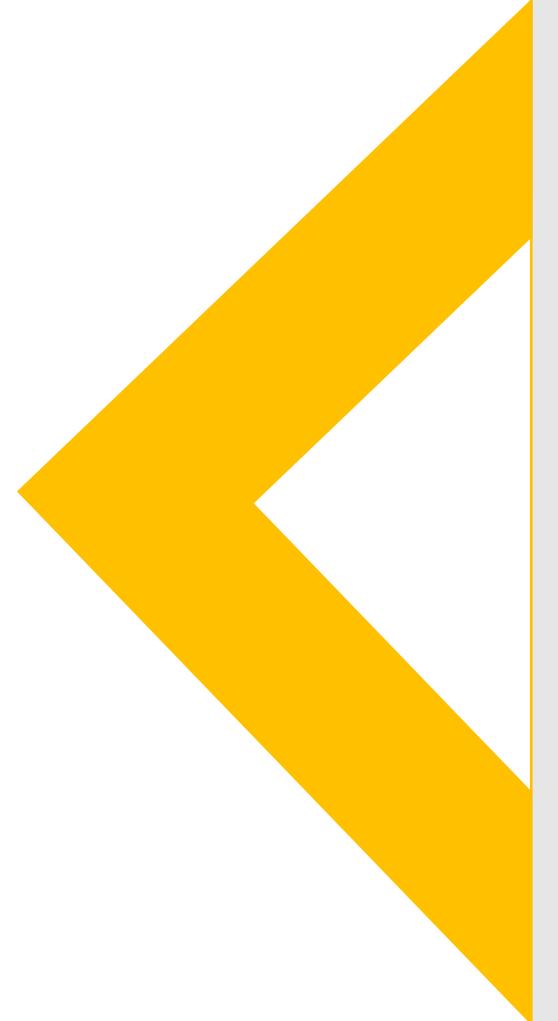
Important: The cloth pad should be made with materials that are healthy for women use.



Recommendation

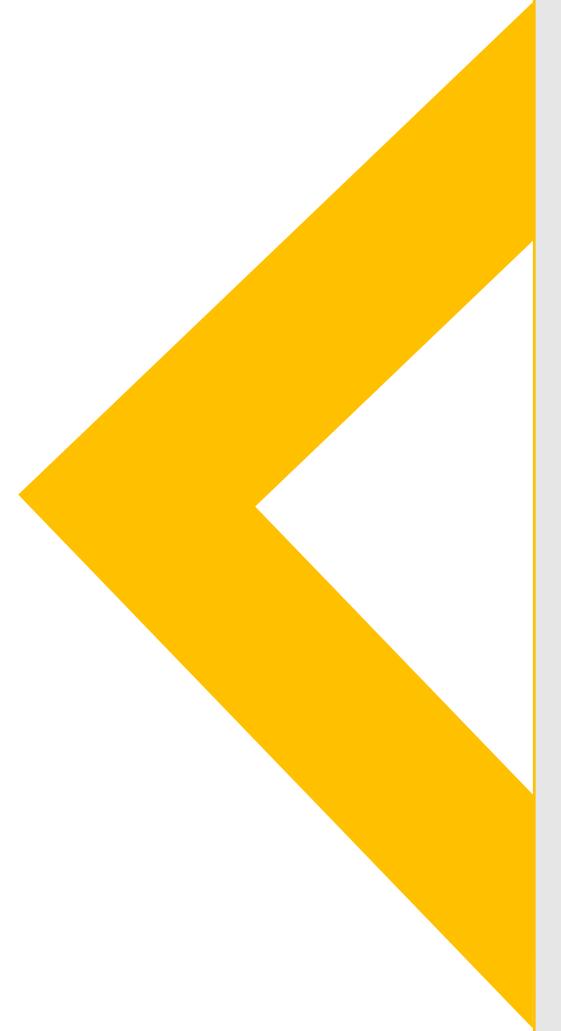
- The cloth pad project can be treated as a women empowerment project. This way the women are taught how to make the pads, so they can make it for themselves and for their children.
- Another recommendation is that eco-friendly sanitary pads can be made for those who do not like to wash off the stains from cloth pads. The eco-friendly pad can be made from plantain, water hyacinth, bamboo etc.

Important: The pack of the pads should have the steps on how to take care of the pad in the local dialect of the people.



What we want to do

- *We want to research into the kind of cloth material that is healthy to make cloth pads and train our women on how to make it.*
- *We will also be training the women on how to convert this opportunity into a local business in order to generate income.*
- *We want to also confirm what kind of materials the communities have that can be used to make eco-friendly sanitary pads.*
- *We are looking forward to working with other partner organizations and research agencies as we carry out this project. It is beyond sanitary pads, it is a tool to empower rural women who say they are mostly ashamed and afraid during their period out of fear of being stained.*

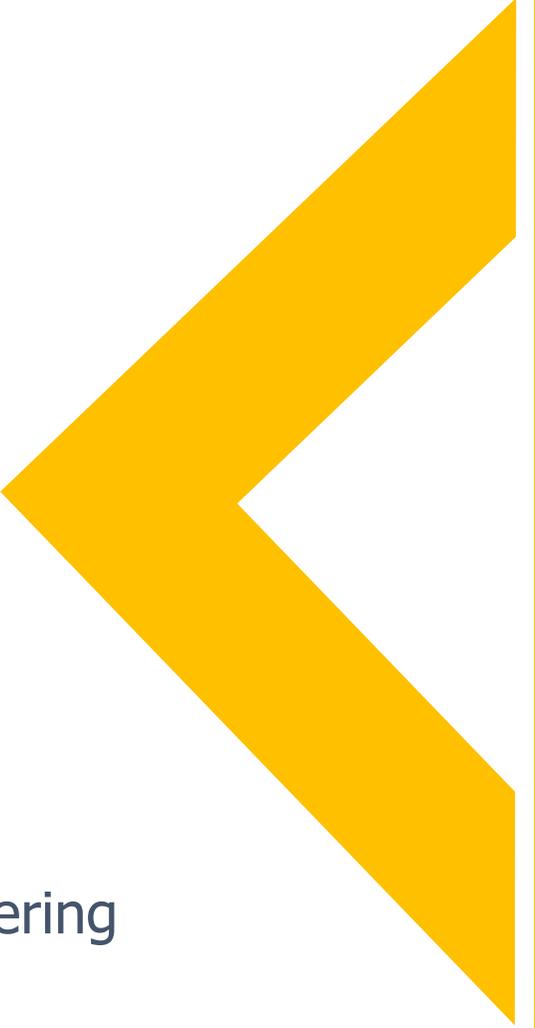




Durian

Thank you

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Rural is cool! Let's make it cool together by empowering
people within communities