



## Social Media and Menstrual Hygiene Education among Undergraduates of Plateau State University, Bokokos, Nigeria

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### ABSTRACT

**Background:** Globally, about three million women menstruate at any given time, yet an estimated five million lack access to adequate menstrual products, information, and education for proper menstrual hygiene management, reflecting significant health and knowledge gaps. Social media has emerged as an important platform for disseminating menstrual health information and promoting hygiene practices. However, limited empirical evidence exists on its use, perceived importance, and associated challenges among female students of Plateau State University, Bokokos, Nigeria.

**Objective:** This study assessed the use of social media for menstrual hygiene education among female students of Plateau State University, Bokokos, Nigeria.

**Methods:** The study adopted a mixed-methods approach. Data were collected from 245 female students using a questionnaire and interview guide. Qualitative data were analysed using narrative analysis, while quantitative data were analysed using frequencies, percentages, and mean scores.

**Results:** The findings revealed extensive use of social media for menstrual hygiene education. Respondents reported using social media to obtain information on menstrual pain management, menstrual cycle tracking, symptoms requiring medical attention, menstrual stigma reduction, and the proper use, storage, cost, and effects of menstrual products. However, participants also identified the widespread circulation of misleading and unverified menstrual health information on social media platforms.

**Conclusion:** The study concludes that social media has become an important platform for menstrual hygiene education among female students by facilitating access to menstrual health information and promoting awareness. Nevertheless, the proliferation of inaccurate and unsubstantiated information remains a significant challenge.

**Unique Contribution:** The study contributes to the growing literature on social media and health communication by providing empirical evidence on the role of social media in menstrual hygiene education among female university students in Nigeria, thereby addressing an important contextual gap.

**Key Recommendation:** The study recommends that health educators, educational institutions, and public health agencies leverage social media to disseminate accurate, evidence-based menstrual hygiene information while strengthening mechanisms to combat misinformation on digital platforms.

**Keywords:** Social media, menstrual hygiene, menstrual health education, female students, health communication.



## INTRODUCTION

Globally, menstrual hygiene remains a significant public health and social development issue affecting millions of women and girls. Every day, more than 300 million women menstruate, yet an estimated five million lack access to adequate menstrual products, information, education, and other essential resources for proper menstrual hygiene management (World Health Organization, 2024; World Bank Group, 2026). According to the World Health Organization (2024), only two out of every five schools (39%) worldwide provide girls with menstrual hygiene education. This lack of access to menstrual health information and services continues to undermine the health, education, and well-being of women and girls across the globe.

Evidence from different countries highlights the widespread nature of menstrual hygiene challenges. In Afghanistan, between 60% and 80% of women experience various menstrual-related problems (Das & Jungari, 2025). Similarly, studies in Brazil indicate that millions of women and girls face challenges such as period poverty, inadequate access to menstrual hygiene products, limited access to water, menstrual disorders, and heavy menstrual bleeding (Januária & Fernanda, 2024; Camas-Castillo et al., 2023; de Campos, 2023). In Albania, approximately 650,000 women experience menstrual-related challenges, with about 25% lacking access to menstrual hygiene products (Milieukontakt Albania, 2025). Likewise, in Cyprus, many women experience menstrual disorders, including endometriosis and painful menstruation, with approximately 12% of women of reproductive age affected by endometriosis and 89.7% reporting painful menstruation (Rafique & Al-Sheikh, 2018).

The situation is similar across many African countries. In Tanzania, Method et al. (2024) reported that about 30% of schoolgirls miss classes because of menstrual-related challenges, including the high cost of sanitary products. Although comprehensive statistics are unavailable for Mali, many women and girls continue to experience menstrual stigma, poor menstrual hygiene management, inadequate access to menstrual products, period poverty, and limited menstrual health education (The Borgen Project, 2023; UNICEF, 2024). In Nigeria, more than 37 million adolescent girls and women reportedly face menstrual hygiene challenges, many of which are associated with poverty, cultural myths, economic hardship, and the high cost of sanitary products (Ibrahim, 2024; Igonikon, 2025).

The emergence of social media has transformed health communication by providing accessible platforms for disseminating health information and promoting public health awareness (Lucas et al., 2025; Ihechu et al., 2021; Nwonyi et al., 2024; Ikpi & Undelikwo, 2019; Ikpi et al., 2022). Increasingly, individuals use social media to seek, share, and discuss health-related information, including menstrual hygiene. Carroll et al. (2017) and Nwafor et al. (2022) observed that digital platforms have become valuable resources for health educators, healthcare institutions, and individuals seeking reliable health information. Consequently, social media has become an important tool for promoting health literacy and advancing global health goals (Carroll et al., 2017; Aligwe et al., 2017).



Menstrual health is one area that has particularly benefited from the growing use of social media. Fox and Duggan (2020) noted that digital applications are increasingly used for menstrual cycle tracking and reproductive health management. Similarly, Lupton (2015) observed that social networking platforms provide women with opportunities to access personalised information and support regarding menstruation. Kelly and Habib (2023) further reported that more than 50 million women worldwide use social media to access and share information on menstrual cycles, fertility, menstrual hygiene, and other reproductive health issues.

Several studies have examined the role of social media in menstrual health education (Fuadah et al., 2025; Ikpi & Undelikwo, 2019; Joseph & Fikayo, 2025; Mehta et al., 2025). For example, Fuadah et al. (2025) investigated the effectiveness of digital media in improving menstrual hygiene knowledge among adolescent girls in junior high schools in Bandung. Joseph and Fikayo (2025) examined the role of the media in educating adolescents about menstrual health in Southeast Nigeria, while Mehta et al. (2025) explored the influence of social media on menstrual product awareness and purchasing decisions. Despite these contributions, there is limited empirical evidence on the extent of social media use, its perceived importance, and the challenges associated with its use for menstrual hygiene education among female students in the Department of Mass Communication, Plateau State University, Boko. This knowledge gap provides the rationale for the present study.

## **STUDY'S OBJECTIVES**

1. To assess the level of exposure to menstrual health hygiene information on social media.
2. To examine the types of menstrual hygiene information female students of PLASU access from the social media.
3. To investigate the influence of the exposure on knowledge and practice.
4. To find out the challenges associated with the use of social media for seeking menstrual hygiene information.

## **LITERATURE REVIEW**

### ***Types of Menstrual Health Information Disseminated on Social Media***

The invention of social media has created a platform where professionals and non-professionals world-wide use it to create and share menstrual hygiene messages, such as period cycle tracking and contacting health educators (Olsson et al, 2024). Social media posts on menstrual-related issues often focus on when to see a doctor when your period monthly flow is abnormal, messages on the psychology of menstruation, heavy bleeding and extreme pains during menstruation (Gall, 2020). Information from The Total Health Trust Limited (2025) further contends that the media both conventional and new ones are utilised to share menstruation information like menstrual health, stress, sleep, diet and wellness.



Also, Mehta, et al (2025) submit that social media has become relevant platform for female to access menstrual messages related to period product usage like pads, tampons, menstruation underwear, as well as information on how and when to use, wash and keep reusable menstruation materials. Kelly and Habib (2023) concur that social media circulates information on how to change pads at the due time, use of clean water to wash the body and use of biodegradable products. Social media platforms are utilised to create campaign groups challenging cultural practices such as a woman can or should not cook when she is menstruating (Miao, 2022). Social media influencers take advantage of the openness and reach of social media to challenge some taboos concerning menstruation, and also draw attention to issues such as lack of sanitary products as well as canvassing and advocating for free or affordable menstruation products (Mehta et al, 2025).

### ***Benefits of Social Media in Menstrual Hygiene Education: A Review of Empirical Literature***

In a survey study on digital media use for menstrual hygiene enlightenment among girls, Fuadah, Yogisutanti and Saragih (2025) found that online media effectively improved adolescent girls' knowledge concerning menstrual hygiene. The study attributed the effectiveness of new media knowledge expansion of menstrual hygiene to its accessibility and low cost.

Sharma and Pandey (2024) conducted an investigation on the impact of online media as it relates to creating sustainable menstrual health hygiene knowledge. The study focused schoolgirls in India. The study further paid attention to how the respondents' exposure to menstrual hygiene contents on digital media affect and influence their adoption and use sustainable menstrual hygiene products and knowledge accessed and gained from online communication platforms. Findings of the study indicated that girls who engage with online menstrual contents tend to trust menstrual hygiene messages accessed through the digital media. Also, the step-by-step guides on menstrual hygiene they obtained from online applications positively affected their menstrual hygiene practices.

Similarly, Thakur et al (2025) carried out a research on the digital media platforms as menstrual hygiene education tools. The study adopted the literature review research strategy. The findings established that social media messages regarding menstruation have greatly enhanced menstrual hygiene knowledge and practices among different populations. The study argues that social media offers supportive communication avenue, enabling women to share their menstrual hygiene experiences as well as seek assistance from health professionals without fear or stigma. A statement from womentech network (2026) further affirms that social media and other online communication platforms usually boost women health seeking behaviour, standing as their health advocacy and support platform, in addition to engaging and interacting with health experts on various women-related health issues, menstrual hygiene inclusive. A study by Miao (2022) also concludes that through social media menstrual hygiene information, menstrual shame among women has been broken, as social media allows women to share their menstrual situations and experiences, thus creating emotional connect and receiving emphatic and supportive responses from health practitioners and others.



In the same vein, Olsson et al (2024) explored menstrual health enlightenment through TikTok. The study employed descriptive content analysis research approach. The videos evaluated indicated that they offered different information on menstrual hygiene, including menstruation hygiene products, menstrual hygiene advice, symptoms and signs of menses.

In a related study, Joseph and Fikayo (2025) examined the impact of media on health education of adolescents regarding menstruation. The assessed the role of both traditional, community and new media in creating awareness about menstrual health. The study utilised the survey method. Results revealed that media remained an important tool in promoting menstrual hygiene education among adolescents.

Tsebee and Kusugh (2024) assessed the role of mass media towards enlightening girls on menstrual hygiene. The study was conducted in rural communities in Federal Capital Territory, Abuja, Nigeria, focusing on Bwari Area Council. The objectives of the study were to find out the types of media the girls access menstrual health information from; they types of menstrual health information they obtain from the media; the extent of getting menstrual health information from the media; and the kind of influence that such menstrual health information have on them. The study established that although radio was the main mass media channel that the girls obtained menstrual health education from, it was concluded that mass media have high level of positive influence on the menstrual hygiene education, positively affected their menstruation attitude and practice. A similar finding was made in a study by Angie et al (2020). The study carried out in Ota, Oyo State, Nigeria showed that exposure to mass media messages on menstrual hygiene had significant impact on the studied population.

Also, the crux of Sammu and Ademide's (2025) was on usage of online media applications in enlightening adolescent girls on menstrual hygiene. The study explored the importance, influence and challenges with the use of digital communication platforms on menstrual health education. Case studies and literature reviewed were utilised to gather data. The study found that online media platforms have played critical role in menstrual health education due to their interactive and accessibility features.

### ***Issues with the Use of Social Media in Menstrual Hygiene Education***

Despite the fact that social media continues to play significant role in health education, especially menstrual hygiene due to its cost-efficiency, knowledge empowerment and breaking the barrier in menstrual stigma, its application for health enlightenment represents key challenges (Fuadah, Yogisutanti & Saragih, 2025). A study quoted by National Herald (2025) further concludes that social media is used to circulate fake menstruation messages and harmful menstrual advice such as inappropriate remedies for pains experience during menstruation by consuming or eating coffee or lemonade. There are equally concerns about security and privacy when social media is deployed to discuss menstruation issues (Sharma & Pandey, 2024). Also, Sammu and Ademide's (2025) revealed in a study that digital literacy, access to Internet facility and traditional hindrances or barriers as some of the challenges associated with the use of social media in menstrual health enlightenment.



In the same vein, Mehta et al (2025) state that while various social media platforms like Facebook, TikTok, WhatsApp, Instagram, X, among others are powerful tools for destigmatisation of menstruation, the employment of social media for enlightening people about menstruation-related issues is plagued by spread of unsubstantiated information, privacy issues and digital inequalities. Many posts concerning menstruation on social media lack credibility and are misleading; they focus on overhyping of menstruation management products or sponsored content instead of accurate information, quality medical advice or practical enlightenment, and often reinforce myths causing unnecessary anxiety among young girls (Suttor et al, 2024; Minnal et al, 2025).

## **THEORETICAL UNDERPINNING**

Social Cognitive Theory (SCT) was adopted. The theory, propounded by Albert Bandura in 1986, explains that people learn in different social environment they find themselves, and this is linked to the reciprocal interactions between and among them, the environment and their behaviour. As it relates to health, the theory is used to promote healthy lifestyle. People learn healthy living through what they observe from the media, and also they believe that such information obtained from the media can change ways of life positively. In line with social media, the theory provide avenues for people to learn healthy behaviours through written contents, video information, and testimonies shared on social media platforms like Facebook, YouTube, Instagram, WhatsApp, TikTok, X, among others. People are encouraged on these social media platforms to imitate the health lifestyles disseminated by health organisations and health professionals.

In line with the crux of this study, female students of the Department of Mass Communication, Plateau State University, Bokokos use different social media platforms to access and circulate menstrual hygiene education messages. Therefore, Social Cognitive Theory was considered relevant in this investigation.

## **METHODOLOGY**

The study obtained data through the use of qualitative and quantitative research methods. This was to ensure that the gap of one method was bridged by the other. The adoption of mixed methods allows for valid findings and paves way for overcoming the limitations of utilising only single approach. Ahmed, Pereira and Kimberly (2024) corroborate that researchers employ quantitative and qualitative research strategies in a single study because they provide holistic and in-depth understanding of a subject of investigation. This is further affirmed by McLeod (2025) that triangulating data collection in a study provides depth to the understanding of numerical data, which are generalisable and contextual insights from qualitative responses.

Further, the study used descriptive survey design and in-depth interviews. It collected data from female students in the Department of Mass Communication, Faculty of Social Sciences, Plateau State University, Bokokos. According to data obtained from the Department (2026), there were a total of 176 female students in 100 Level, 158 in 200 Level, 227 in 300 Level and 102 in 400 Level. Therefore, the total population of the study was 663. The study utilised Krejcie and Morgan (1970) table method of getting sample size from a total population to arrive at a sample

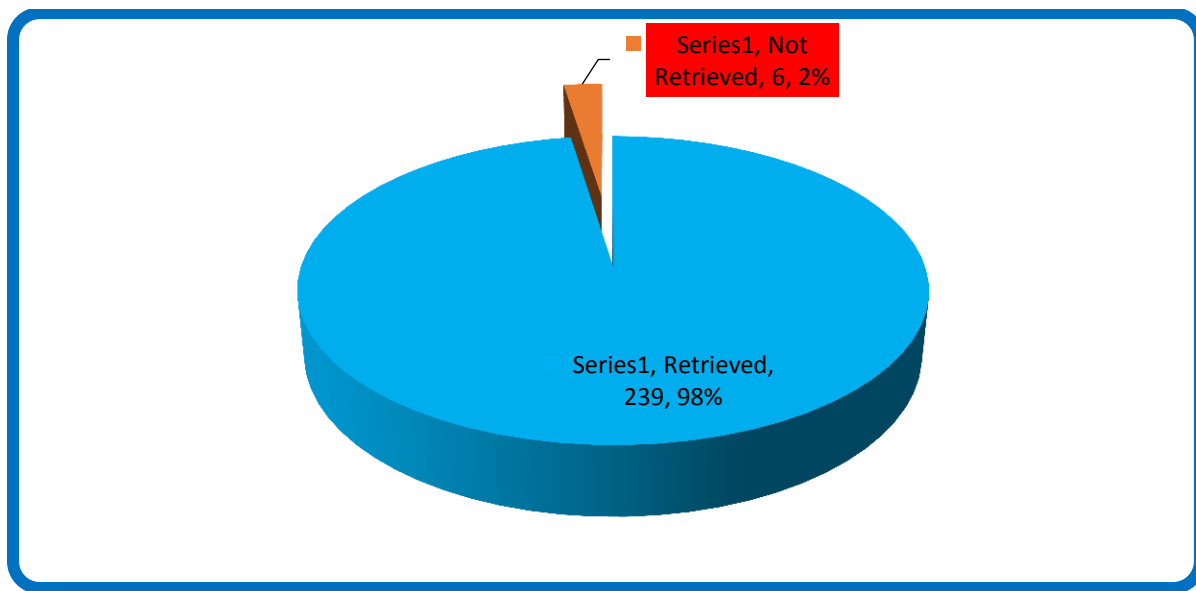


size of 245. Twenty (20) interviews were conducted, five (5) participants from each level. Simple random sampling technique was utilised for both the distribution of the questionnaire and conduct of the interviews. This method was considered relevant due to the arguments advanced by research scholars that simple random sampling method is unbiased, allowing every member of the population the chance of being selected (Creswell & Creswell, 2022; Wimmer & Dominick, 2006). To ensure reliability, the researcher used a test-retest method by administering questionnaire to female students of Plateau State Polytechnic.

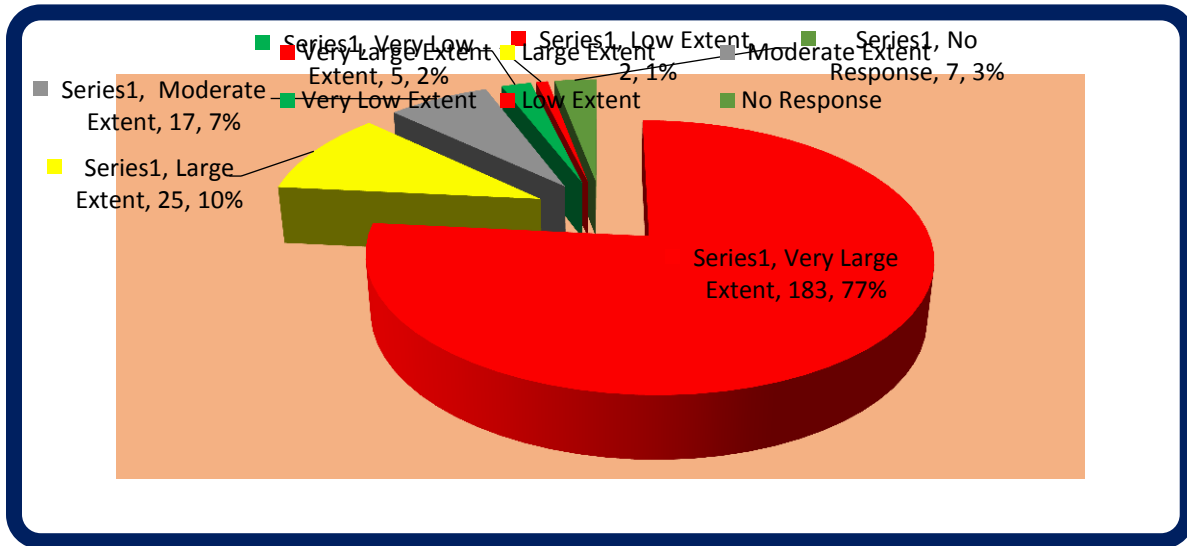
Data collected from the quantitative aspect of the study were analysed through the use of descriptive statistics. They were presented in frequency Charts and Mean deviation Tables using the five-point Likert scale. The qualitative data were analysed using narrative technique.

### Data Presentation

For the quantitative data, the researchers administered a total of 245 copies of questionnaire of which 239 were returned. The percentage representation is as illustrated in the Chart1 below.



**Chart 1: Response Rate**



**Chart 2: Responses on the Extent of Social Media Use for Menstrual Health Education**

The findings depicted in Chart 2 imply that utilising social media platforms constantly in search of menstrual hygiene information has become crucial for women. This trend underscores the important of social media in health education.

**Table 1: Types of Menstrual Hygiene Information Respondents Access on Social Media**

Option	SA	A	U	D	SD	Total	Mean Rating	Decision
Information on menstruation products and how to use them like safety of the products, location, cost, direction for use and storage and reuse and effect of the products	198	41	0	0	0	239	4.8	Accepted
Messages containing advice on proper cleaning of the genital region with clean water, recommended soap, and washing of hands regularly	145	94	0	0	0	239	4.6	Accepted
Messages on safe and best ways to dispose sanitary pads	176	63	0	0	0	239	4.7	Accepted
Information regarding tips for managing pains and tracking of menstrual circles	128	111	0	0	0	239	4.5	Accepted
Messages concerning how to recognise symptoms that need medical advice or treatment	160	79	0	0	0	239	4.6	Accepted
Information on how to fight menstruation stigma	189	50	0	0	0	239	4.7	Accepted
Messages on seeing menstruation as a natural occurrence rather than a taboo	173	66	0	0	0	239	4.7	Accepted
Messages on correcting the misconceptions that menstruation is “dirty” or that women and girls who are on their period should be seen as impure	194	45	0	0	0	239	4.8	Accepted
Information regarding feeling ashamed when menstruating	149	90	0	0	0	239	4.6	Accepted

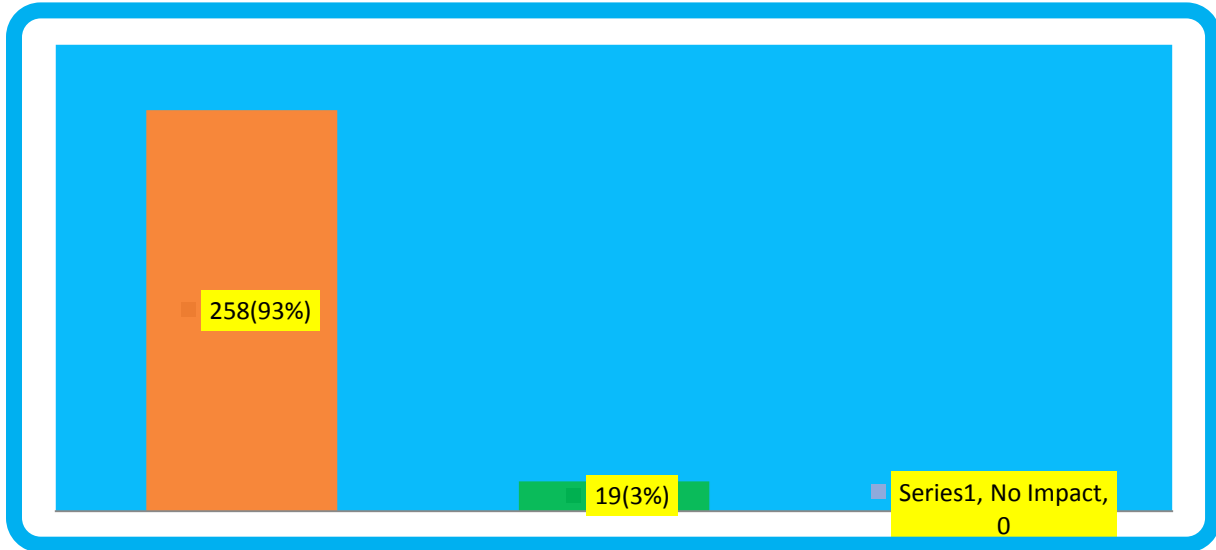


The findings in Table 1 highlight the strategic importance placed on digital communication platforms such as social media due to its accessibility, cheapness and ability to spread different kinds of health message, including menstrual hygiene information.

**Table 2: Responses on the Benefits of Social Media Use for Menstrual Hygiene Enlightenment**

Option	SA	A	U	D	SD	Total	Mean Rating	Decision
Through social media, you can interact with influencers on different menstrual issues and get quick response	136	103	0	0	0	<b>239</b>	4.5	Accepted
Accessing of quick menstrual-related information from health professionals and advocates concerning bad practices against women and girls on menstruation	197	42	0	0	0	<b>239</b>	4.8	Accepted
Attending of workshops and seminars concerning menstruation issues on social media and asking questions and answers provided immediately	155	84	0	0	0	<b>239</b>	4.6	Accepted
Social media platforms provide cost-efficient and cost-effective as well as engaging menstruation content that improve your knowledge of menstruation	186	53	0	0	0	<b>239</b>	4.7	Accepted
Social media provides unlimited access to menstruation information, correcting misinformation about menstruation hygiene practices and societal taboo directing to girls and women	162	77	0	0	0	<b>239</b>	4.6	Accepted

The implication of the results in Table 2 is that social media has emerged as important menstrual hygiene communication platforms. The ability of social media to foster individuals and communities engagement with benefits of menstrual-related information continues to spread among human population.



**Chart 3: Responses on the Impact of Social Media Menstrual Hygiene Messages**

The data presented in Chart 3 suggest that social media is highly effective for female students of Plateau State University who use it to look for information concerning menstrual hygiene. This impact underscores social media’s continued importance as a powerful platform for menstrual hygiene education.

**Table 3: Issues Associated with the Use of Social Media for Menstrual Hygiene Education**

Option	SA	A	U	D	SD	Total	Mean Rating	Decision
Social media spreads fake menstruation messages and harmful menstrual advice such as inappropriate remedies for pains experience during menstruation by consuming or eating coffee or lemonade	179	58	2	0	0	239	4.7	Accepted
Concerns about the security and privacy of your menstrual experiences you social media on social media with a friend or doctor	161	72	6	0	0	239	4.6	Accepted
Some messages on social media regarding menstruation usually focus on hyping of menstruation products and materials, which most times are not effective	201	29	9	0	0	239	4.8	Accepted



It could be inferred from data in Table 3 that despite the importance of social media in menstrual hygiene education, the respondents still expressed scepticism on some of the menstrual hygiene information they accessed from social media platforms.

### **Interview Data**

The first question in the interview that was asked focused on the types of menstrual hygiene messages and the benefits that the respondents accessed through social media platforms. There were similar responses across all the participants. This suggests that the respondents agree to the importance of social media platforms to get educated about menstrual-related issues. One of the participants said, “Almost every month when my period is approaching, I search for information concerning different aspects of menstruation on social media, especially YouTube” (p.4). Another respondent averred that “Hardly a day passes that I do not use my various social media platforms to check menstruation-related messages. I belong to different women reproductive health groups on *WhatsApp* and *Facebook*. So, you can imagine the kind of helpful health information, menstruation inclusive that I get on daily basis from these groups” (p10). Another interviewee also corroborated that “I used *Facebook*, *Twitter* (now *X*), *WhatsApp*, *TikTok*, *Instagram*, *LinkedIn*, and all other social media platforms very often for to obtain and ask questions from experts about period matters. I use these platforms to seek for information on drugs that I can use to reduce pain during menstruation, check for messages on the best way to clean the genital region and the types of hygiene materials to use during menstruation” (p1). Another respondent stated that “When I am on my period, most times I experience pain in and my mood swings frequently. The information I got from social media when I asked on a social media group I belong, such pain and mood swings are normal” (p8).

Furthermore, another concurred that “The first time I experience my menstruation; I did not understand it was period. I try to find out from my mother and elder sister but the responses I got were not satisfactory. Due to my curiosity about the blood flow, I tried to find other answers by logging on to my social media handles, and I got the answers as to what I should or not do during menstruation” (p11). Another participant submitted that “Social media platforms provide supplementary menstrual hygiene information, especially when you do not have quick access to medical practitioner. Your mother may not give you the detailed hygiene information you need during your period, social media does” (p5). One more participant opined that “I check for information on the Internet media about how to manage and take care of my reproductive systems and what I should do or not do when I am on my period” (p3).

The respondents were further asked question on the issues associated with the use of social media for menstrual hygiene education. The participants agreed that despite the huge benefits of social media in menstrual hygiene enlightenment, some information on social media concerning period can be misleading and harmful. A respondent averred that “Sometimes I do not trust the information I got from social media about menstruation. Most of the health influencers on social media do not have medical expertise, and you know a lot people believe what they spread” (p3). Another participant stated that “I still come across messages on social media talking about women on period are impure. Some information still spread taboos like menstruating women or ladies should go to certain places, or touch certain things because if we do so, we could be



harmed” (p8). Another participant concurred that “A lot of fake menstruation products are advertised on social media. I have bought and used some of them and they were never effective as they claim” (p7). One more respondent submitted that “When you are too addicted to social media information, you may find it difficult to visit hospitals for checkups. You just believe social media can give all the information you need. This is not a good practice. You need to consult health professionals rather than relying on information from the digital media” (p2).

## DISCUSSION

The first aspect of the study examined respondents’ extent of the application of social in search of menstrual hygiene education messages. Findings in Chart 2 indicated that most of the participants in the study (77%), use social media very extensively to access menstrual hygiene information. 10 % use it frequently. The qualitative data also support respondents’ frequent usage of social media in looking for messages regarding how to take care of themselves during period. The findings agree with a position by Ikpi, Undelikwo and Ubi, (2022) that social media communication platforms have become major sources of health information across the world. Carroll et al (2017) concurs that daily, people surf the Internet and its various platforms such as social media to seek for different health-related information.

The next focus of the study was on the types of menstrual hygiene information the respondents’ access from the social media. Results of the investigation (Table 1) revealed that social media is used to get information relating to menstruation products, their costs, storage method, direction for use, and effect of the products (mean score of 4.8). Others are best method of disposing sanitary pads (mean score of 4.7), managing pains and tracking of menstrual circles (mean score of 4.5), information on menstruation symptoms that need medical advice or attention (mean score of 4.6), how to fight menstruation stigma and menstruation as a natural occurrence rather than a taboo (mean score of 4.7), and tips about feeling ashamed when on period (mean score of 4.6). Data from the interview is provided strong backing to the quantitative data. For instance, one of the interviews contended that “*Hardly a day passes that I do not use my various social media platforms to check menstruation-related messages*”. The findings here are in tandem with that of Kelly and Habib (2023), which states that social media circulates information on how to change pads at the due time, use of clean water to wash the body and use of biodegradable products.

The third part of the objective assessed the benefits of social media use for menstrual hygiene enlightenment among the respondents. Findings showed in Table 2 that social media is useful for interacting with experts and (mean score of 4.8), social media influencers (mean score of 4.5), seeking further information about menstruation either through seminars or workshops (mean score of 4.6), and provision of unlimited menstrual hygiene information (mean score of 4.6). The study also sought for information regarding the impact of the menstruation messages on the participants. Findings in Chart 4 indicated that 93% of the participants rated the messages as very impactful. An excerpt from one of the interviews further corroborated that “*Due to my curiosity about the blood flow, I tried to find other answers by logging on to my social media handles, and I got the answers as to what I should or not do during menstruation*”. The findings align with that of Thakur et al (2025), which established that social media messages regarding menstruation have greatly enhanced menstrual hygiene knowledge and practices among different populations. The



findings here also justify the adoption of Social Cognitive Theory. The theory states that people learn healthy living through what they observe from the media, and also they believe that such information obtained from the media can change ways of life positively.

The last objective solicited from respondents the challenges associated with the use of social media for menstrual hygiene education. Results in Table 3 revealed that some menstrual information on social media are not credible (mean score of 4.7). Some of the messages are harmful and most times focus on selling menstruation products that are not effective (mean score of 4.8), and issues regarding the safety of menstrual information you shared with someone on social media (mean score of 4.6). The interview data further affirmed that *“Sometimes I do not trust the information I got from social media about menstruation. Most of the health influencers on social media do not have medical expertise, and you know a lot people believe what they spread”*. An earlier study by National Herald (2025) corroborates that social media is used to circulate fake menstruation messages and harmful menstrual advice such as inappropriate remedies for pains experience during menstruation by consuming or eating coffee or lemonade.

## CONCLUSION

The crux of the study was on use of social media for menstrual hygiene enlightenment among female students of Plateau State University, Bokokos, Nigeria. Based on the results, the study concludes that despite some challenges like spread of unsubstantiated menstrual hygiene information on social media, it has emerged as vital tool for accessing and disseminating menstrual hygiene information.

## RECOMMENDATIONS

1. Women across the globe should continue to take advantage of social media communication platforms to learn more about menstrual hygiene.
2. While social media has become useful to menstrual hygiene education, it should not be used to replace seeking of menstrual information from health experts and visiting of health institutions.
3. Menstrual hygiene messages accessed from social media should be properly verified before consumption.



### **Ethical Clearance**

Ethical consent was sought and obtained from the participants used in this study. They were made to understand that the exercise was purely for academic purposes, and their participation was voluntary.

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### **Conflict of Interest**

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

### **Authors' Contributions**

All the authors contributed. Lohnan Moses SHALGAN wrote the introduction and objectives of the study. Bernard Diesuk LUCAS handled the data presentation and analysis. Tiwalola Madoc OBAJULUWA and Peter Kehinde AKODU discussed the theory and literature review. Michael Nuhai DEM and JOHN Esther handled the collection of data. Abigail BENTU-TENGYA wrote the conclusion and recommendations. All authors have critically reviewed and approved the final draft, and are responsible for the content and similarity index of the manuscript.

### **Data Availability Statement**

The datasets on which conclusions were made for this study are available on reasonable request.

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