

Urinary Tract Infection (UTI): Causes, Symptoms and Prevention (A Short Survey Study)

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ABSTRACT

Urinary tract infection is a common problem in women, which women do not take seriously due to which they become victims of other diseases. Urinary tract infections (UTIs) are most often caused by bacteria (germs) that get into the bladder, which is part of the urinary tract. UTIs are also called bladder infections. UTIs are common, especially in women. More than half of women will have at least one UTI at some point in life. UTIs are serious and often painful. But most UTIs are easy to treat with antibiotics.¹ But mostly it has been seen that despite having a serious disease, women are not sensitive towards this disease and do not pay any attention towards its treatment. If information is taken from women regarding UTI, then they consider it to be only an infection occurring in urine whereas they have very little information about the complete causes, symptoms and how to prevent them. Keeping this context in mind, the researcher has conducted a small study to find out how much information women have about the causes, symptoms and prevention of UTI.

Key Words : Bacteria, Bladder, Infection, UTI, Women



Source-<https://www.linkedin.com/pulse/urinary-tract-infection-uti-symptoms>

INTRODUCTION

Urinary tract infection is a type of common infection

which occurs due to congenital infection in the blood, kidney and renal tube. The problem of UTI is commonly seen in men and women, but the effect of this infection is more visible in women than in men. Compared to men, the physical structure of women, especially the urethra, is smaller, due to which the affecting bacteria reach the urinary bladder of women quickly. It is mostly seen that women hold in urine for a longer time. Employed women are out of the house due to work, due to which they sometimes have to use dirty toilets. They consume less water and are also less likely to have physical relations. Women do not clean their sexual organs properly afterwards, due to which women seriously suffer from this disease. Dr. Vikas Jain, senior consultant and director of Narayan Super Specialist Hospital, Gurugram, found in his study that basically the problem of UTI occurs due to any kind of obstruction during urination. Not taking care of hygiene while using toilet, consumption of contaminated water in summer and uncontrolled diabetes

How to cite this Article: Pandey, Deep Shikha (2023). Urinary Tract Infection (UTI): Causes, Symptoms and Prevention (A Short Survey Study). *Internat. J. Appl. Home Sci.*, **10** (9 & 10) : 376-380.

can be the main causes of UTI. According to Dr. Atul Goswami, urologist of Shri Balaji Action Medical Institute, New Delhi, and the problem of UTI is more common in women than in men. The thing is that Healthiness is the top organization providing online medical services in the country, Dr. Manjula Sardar from the Quality Department said that one out of every 5 women has to face the problem of UTI at least once in her life. Use of public toilets is the main reason for the spread of infection. If seen as the cause, 80 to 85% of the cases are caused by *E. coli* bacteria, in which 5 to 10% of the cases are caused by *Staphylococcus saprophyticus*, along with this; and *Proteus pseudomonas* and *Enterobacter* also. Play an important role in spreading infection 75 to 90% of the reasons for engaging in sexual activities are lack of cleanliness in the sexual organs. These bacteria, reaching the women's body, stick themselves to the wall of the bladder and form a bio film. Seen as symptoms, it includes excessive burning sensation while urinating, pain in the lower abdomen, unbearable pain in the waist, urine becoming yellow and muddy in color, difficulty in urinating, urine in less quantity and after some time. Feeling tired etc.

Justification of the study:

Urinary tract infection is a common but serious problem related to women's health. It is often seen that women do not treat this problem until the problem is serious, they believe that it will get cured with time or Home remedies are adopted which cure it for a short time but this disease cannot be eradicated from its roots. Sometimes the situation becomes so serious that the possibility of cervical cancer, urinary tract cancer or uterus cancer increases in women and the main reason for this is the lack of complete information and awareness about this disease among women. When the women living in Vaastu Vihar Society located in Gaya were asked in this context, they were feeling more comfortable or hesitant in telling about this problem and they consider this problem as a daily problem. Therefore, through this research paper, an attempt has been made to collect information related to the causes, symptoms and treatment of this disease from 150 women living in Vastu Vihar phase-2, Society in Gaya district.

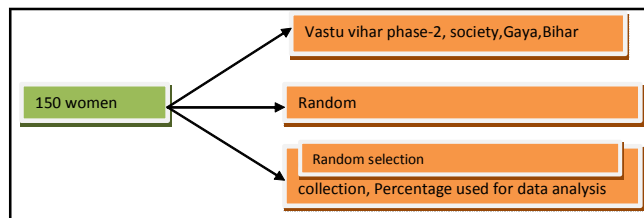
Aim of the Study:

– To study the knowledge related to the causes of UTI among women.

- To study the knowledge related to the symptoms of UTI among women.
- To study the knowledge related to the prevention of UTI among women.

METHODOLOGY

For the implementation of the research work, 150 women have been randomly selected from Vastu Vihar Phase 2 Society of Gaya district of Bihar state. Structured Questionnaire was utilized to be conducted in the study. The questionnaire consisted of the socio-demographic particulars such as age, occupation, family structure, number of children and diseases. Data are prepared, organized and entered into a computer; Statistical Package for The Social Science (SPSS, version 20) was used for data analysis. Prevalence of UTI was calculated using percentages.



RESULTS AND DISCUSSION

On the basis of the given Table 1, it is clear that among the women selected from Vastu Vihar Phase II, 20% women are in the age group of 20 to 30 years, 60% women are in the age group of 30 to 40 years, 16% women are in the age group of 40 to 50 years. While the number of women aged between 50 to 60 years is 4%. If seen in terms of educational status, 17% women have studied up to Intermediate, 67% women are graduates, 12% women have completed post-graduate level education while 5% women are graduates. % women have completed their studies under vocational education. Based on the table, it is clear that 81% women do not do any kind of outside work, they are housewives, 26% women do jobs, 10% women have their own business while 3% women stay at home and do other work. Reference to family structure, it seen, 63% women have nuclear families while 37% women live in joint families. 73% women have one to two children in their family. 13% women have two to three children in their family. The number of children in the family of 12% women is three to four, while there are 2% women who have more

than 4 children, while there is not a single woman who does not have a single child in the family. It can be seen from the given data. It is found that 13% of women are suffering from urinary tract infection while 66% of women are those who have suffered from UTI in the past. 80% respondent are married while 20% are unmarried.

| Sr. No. | Variables | N | Percentage |
|---------|-------------------------------|-----|------------|
| 1. | Age | | |
| | 20-30year | 30 | 20% |
| | 30-40year | 90 | 60% |
| | 40-50year | 25 | 16% |
| 2. | 50-60year | 05 | 04% |
| | Education | | |
| | Inter | 25 | 17% |
| | Graduation | 100 | 66% |
| 3. | Post-Graduation | 17 | 12% |
| | Other | 08 | 05% |
| | Occupation | | |
| | House wife | 121 | 81% |
| 4. | Service | 40 | 26% |
| | Business | 15 | 10% |
| | Other | 04 | 03% |
| | Family Structure | | |
| 5. | Nuclear | 95 | 63% |
| | Joint | 55 | 37% |
| | Number of Children | | |
| | 1-2 | 110 | 73% |
| 6. | 2-3 | 19 | 13% |
| | 3-4 | 18 | 12% |
| | 4-Above | 03 | 02% |
| | No Child | --- | |
| 7. | UTI Patient | | |
| | Suffering from UTI | 20 | 13% |
| 7. | Suffered from UTI in the past | 99 | 66% |
| | Marital status | | |
| 7. | Married | 120 | 80% |
| | Unmarried | 30 | 20% |

It is clear from Table 2 that in the context of obtaining information related to the causes of UTI from women, it was found that 27 percent women accept that symptoms of UTI are seen due to drinking less water and 80% women believe that sometimes - Sometimes the problem of UTI is seen due to using a dirty toilet, whereas in this context only 37 percent women know that the problem of UTI is seen if they keep urinating for

a long time. 93% women do not know that this disease occurs. It is caused by bacterial infection. Only 6% women agree that taking antibiotics also causes the problem of UTI. The problem of UTI occurs due to stones in the kidney. 100% women are unaware of this. 97% women are unaware of this it is agreed that if there is a vaginal infection, the problem of UTI is seen. 80% of the women believe that having unprotected sex also causes the problem of vaginal infection and vomiting. 67% women are unaware that using dirty and non cotton undergarments can also lead to the problem of UTI. Only 6% women are aware that diabetes can also cause UTI. 43% and 4% women believe that weak immune system and excessive consumption of contraceptive pills give rise to the problem of UTI. Only 13 percent women agree that the problem of flatulence is seen after menopause.

Table 2 : Information Regarding Knowledge about UTI among women (N=150)

| Sr. No. | Statements | No. | Percentage |
|---------|--|-----|------------|
| 1. | Drink less water | 40 | 27% |
| 2. | Use of dirty toilets | 120 | 80% |
| 3. | Holding urine for a long time | 55 | 37% |
| 4. | Bacterial infection | 140 | 93% |
| 5. | Use of antibiotics | 10 | 6% |
| 6. | Kidney stone | 150 | 100% |
| 7. | Vaginal infection | 145 | 97% |
| 8. | Unsafe sex | 120 | 80% |
| 9. | Dirty undergarments | 100 | 67% |
| 10. | Diabetes | 10 | 6% |
| 11. | Consumption of Contraceptive Medicines | 21 | 14% |
| 12. | Weak immunity | 65 | 43% |
| 13. | Menopause | 20 | 13% |

Table 3, it is clear that 63% women have the knowledge that itching in the genitals, 73% women have burning sensation in the vagina, 31% women have rashes in the vagina, 70% women have pain and burning sensation while urinating and 83% women only agree that frequent urination is also considered a symptom of urinary tract infection, Whereas only 21% women believe that white thick substance coming out from the vagina, 86% pain in the lower abdomen, 10% smelly and bloody urine, 54% women have mild fever, 20% women have diarrheal and 13% have vomiting due to urinary tract infection. They consider it to be a symptom of infection and believe that these symptoms are signs of some other

Table 3 : Information Regarding Knowledge of Symptoms about UTI among women (N=150)

| Sr. No. | Statements | No. | Percentage |
|---------|-----------------------------|-----|------------|
| 1. | Genital itching | 95 | 63% |
| 2. | Burning sensation in vagina | 110 | 73% |
| 3. | Vaginal Rash | 46 | 31% |
| 4. | Pain while urinating | 105 | 70% |
| 5. | Dysuria | 125 | 83% |
| 6. | White discharge | 42 | 21% |
| 7. | Swelling in vagina | 55 | 36% |
| 8. | Frequent urination | 40 | 26% |
| 9. | Urinate immediately | 20 | 13% |
| 10. | Pain in the lower abdomen | 130 | 86% |
| 11. | Smelly and bloody urine | 15 | 10% |
| 12. | Fever | 81 | 54% |
| 13. | Nausea | 30 | 20% |
| 14. | Vomiting | 20 | 13% |

serious disease.

It is clear from Table 4 that when asked about treatment, only 16% women accept that urinary tract infection can be prevented by staying away from alcohol and caffeine. 26% women agree that urinary tract infection can be prevented by staying away from alcohol and caffeine. Only 13% women agree on consuming maximum water and agree that public bathtubs should not be used for bathing. In the same sequence, only 20% women know that sex can be done to prevent UTI. One should urinate immediately after urinating and only 17% women agree with the statement that perfumed substances should not be used in the genitals.

3% women Cleaning the reproductive organs 100%

women Not using dirty clothes during menstruation 66% women Changing sanitary pads every 4 hours 80% women. Wearing loose and cotton underwear 63% women Consuming too many antibiotics 73% Women should have safe sex. 26% women should consult a doctor and 46% women should not stop urination and 56% women completely agree that the toilet should be cleaned before using the public toilet so that UTI infection can be prevented.

Awareness Programme :

On the basis of data, it was found that women have very little information regarding UTI due to which they are not able to treat this serious disease properly. In this context, an awareness program was organized by the researcher in which Vastu Vihar's Information was provided to all women regarding the causes, symptoms due to UTI and how to prevent it.

Conclusion:

Based on the findings, it can be said that if seen in terms of cause, most women do not know that it is a disease caused by bacterial infection, whereas women consider it to be a disease caused by menstruation or unsafe sex. She has very little knowledge about the main causes of urinary tract infection. If seen in the context of symptoms, she considers only burning sensation during urination, itching in the genitals etc. as the symptoms whereas she is very unaware of the other main symptoms of urinary tract infection. There is not much information but most women believe that there is pain in the lower part of the stomach.

Table 4 : Information Regarding Knowledge about prevention of UTI among women (N=150)

| Sr. No | Statements | No. | Percentage |
|--------|--|-----|------------|
| 1. | More drinking water | 40 | 26% |
| 2. | Do not use alcohol and caffeine | 25 | 16% |
| 3. | Passing urine immediately | 30 | 20% |
| 4. | Hygiene | 125 | 83% |
| 5. | Do not use public bath tub | 20 | 13% |
| 6. | Do not use dirty clothes during menstruation | 150 | 100% |
| 7. | Changing sanitary pads every 4 hours | 100 | 66% |
| 8. | Do not use perfumed substances in vagina | 26 | 17% |
| 9. | Use cotton underwear | 120 | 80% |
| 10. | Not taking too many antibiotics | 95 | 63% |
| 11. | Not holding urine for a long time | 70 | 46% |
| 12. | Safe sex | 110 | 73% |
| 13. | Medical check-up | 40 | 26% |
| 14. | Flash cleaning before using public toilets. | 84 | 56% |

In terms of treatment, it was found that most of the women believe that dirty clothes should not be used during menstruation, genitals should be kept clean and safe sex should be done. Women completely believe that this disease is caused by having sex while he is very ignorant of other important causes of this disease. On getting information about the treatment, it was found that there are very few women who take medical advice, they take medicines from the market and do not take this disease seriously, and they consider this disease as a part of daily life. When the awareness program was organized by the research, it was seen that women were surprised to know about this disease and through the awareness program it was found that most of the women are suffering from this problem and after getting such information and considering it as normal. Instead of accepting it as a problem, they want to become aware of it. Through this program, it can be said that this type of camp or counselling program should be organized by the school, university or medical centre so that women can become aware of this problem.

Suggestion:

- Women should take care of the cleanliness and hygiene their genitals.
- Schools and colleges should make girls aware of information related to urinary tract infection.
- Women should be made aware of information

related to this disease at the workplace.

- Daily cleaning of toilets constructed by the government at various places is necessary.
- Parents should also make girls aware of information related to UTI.

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