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# ADOLESCENT SEXUAL HEALTH – INTERVENTIONS, APPROACHES AND MANAGEMENT

*Research Based Book Chapter*  
**MENSTRUAL DISORDERS IN FEMALES: A GOOGLE FORM  
QUESTIONNAIRE-BASED STUDY**

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**RESEARCH BASED BOOK CHAPTER****MENSTRUAL DISORDERS IN FEMALES: A GOOGLE FORM QUESTIONNAIRE-BASED STUDY**

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**Abstract**

Education about menstruation is a sensitive topic for young female students; providing appropriate knowledge is essential for maintaining and improving their health. This study investigated the relationship between menstrual health, exercise habits, sleep patterns, and body composition in young individuals. The researchers collected data on these factors and analyzed the connections between them. Specifically, they examined the frequency and severity of menstrual symptoms like pain before and during menstruation. The study also explored how exercise habits and sleep patterns related to these menstrual experiences. Altogether, 120 females responded to the survey. There was significant positive correlation between degree of pain one week before menstruation and during menstruation. When group data was analyzed, it was found difficult to identify the relationship between various factors like menstrual status, exercise habits, and sleep status. This study analysis confirmed that some females experienced psychological and physical symptoms, such as premenstrual syndrome, irregular menstrual cycles, and severe menstrual cramps.

**Keywords**

Menstruation-associated Disorders, Symptoms, Menstrual Education, Women's Health, Wellbeing

**Introduction**

Menstrual disorders are any abnormalities in a woman's menstrual cycle, encompassing various issues like irregular cycles, heavy bleeding, and pain. Dysmenorrhea, or painful menstruation, is a common disorder, particularly in adolescents. Menstrual problems are very prevalent among young girls, with dysmenorrhea being a frequent reason for seeking medical attention [1].

Menstrual cycle fluctuations in female hormones lead to various physical and mental symptoms, known as menstruation-associated symptoms, particularly during puberty and sexual maturity. These symptoms, excluding those with organic causes, are categorized as functional dysmenorrhea (occurring during the menstrual phase) and premenstrual syndrome (PMS) or premenstrual dysphoric disorder (PMDD) (occurring during the luteal phase) [2].

Dysmenorrhea, or painful periods, has several risk factors that can increase its prevalence and severity. These include early age at menarche, longer menstrual cycles, heavier menstrual flow, family history of dysmenorrhea, and smoking. Additionally, factors like lower BMI, depression/anxiety, and attempts to lose weight can also be associated with dysmenorrhea. These factors can significantly impact a person's quality of life, leading to school absenteeism and reduced participation in activities [3, 4].

**Materials and Methods****Aim of the Study**

This is an expressive learning to study among females, strategies of menstrual cycle.

**Place of Study**

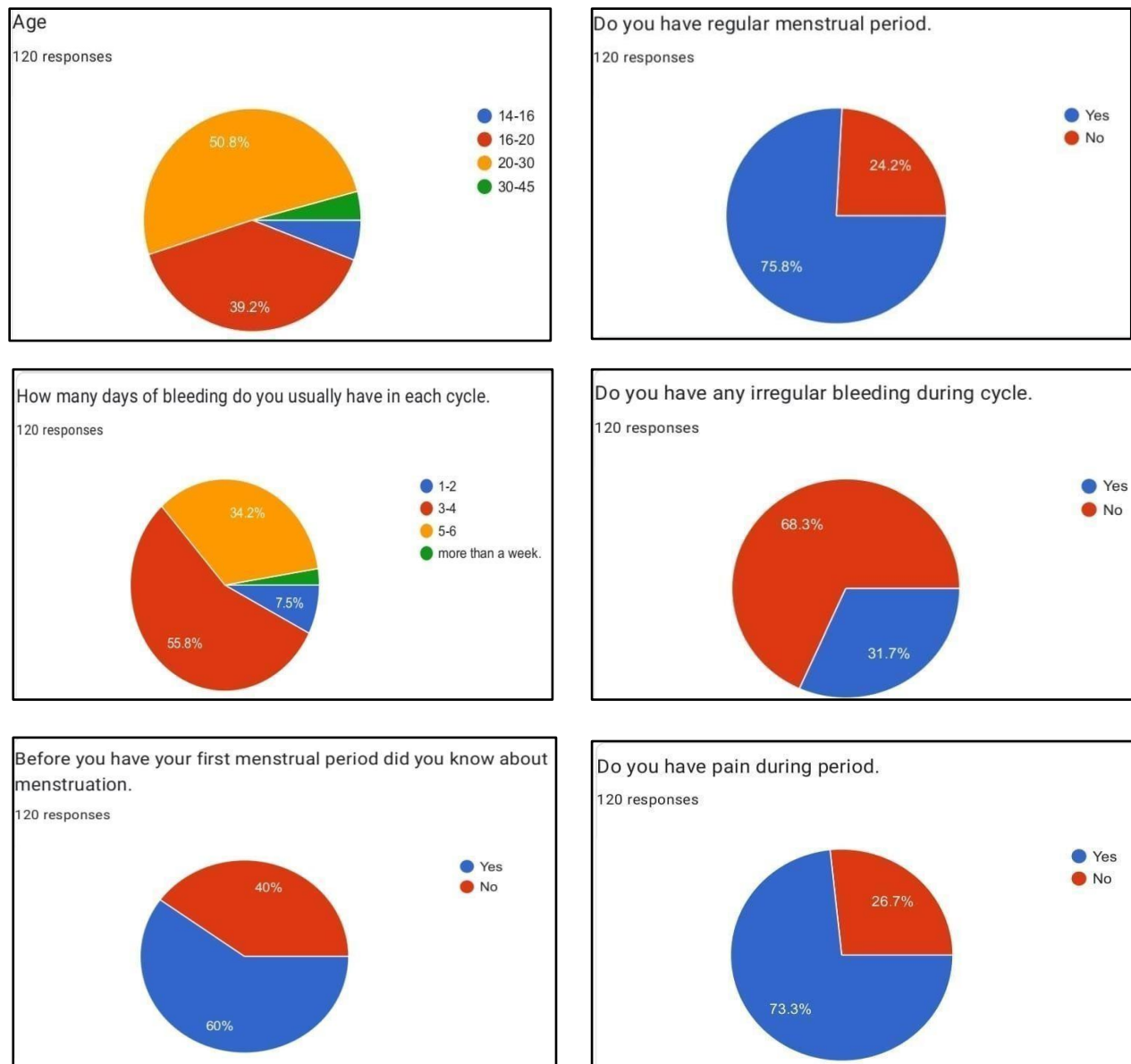
This investigation was conducted in Dayanand College of pharmacy, Latur and on social media such as What's up etc. A study was conducted from November 2024 to Jan 2025 among 120 females in the different age groups by using google form survey method. The questionnaire link was circulated through girls' Whatsapp group.

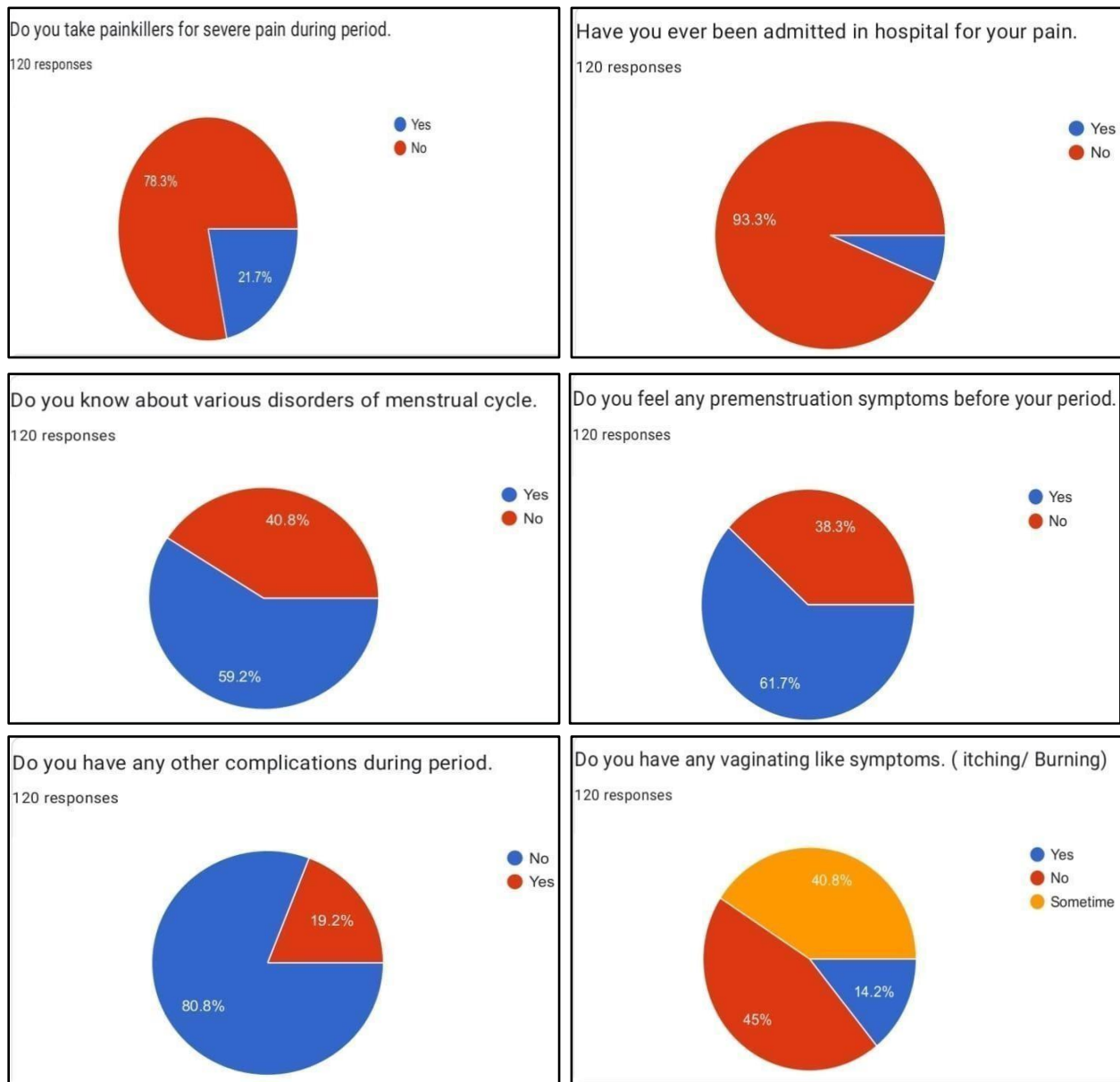
**Data Collection**

The Google form questionnaire with precise language and professional attitude was designed to elicit comprehensive data required to answer the research questions and

achieve the objectives of the study. Data of total 120 females as experimental subjects was collected and analyzed. The questionnaire comprising on menstrual history was enquired regarding the cycle length, menstrual regularity, and history of passage of clots, painful periods, missed periods, heavy periods and use of medicines such as painkillers.

**Figure 1. Data analysis: Primary data had used tables and graphs for representation of data obtained**





## Results

Questionnaire Survey on conditions related to menstrual cycle disorders in female (n=120) and the participants of total 120 were included in the data analysis. The mean, standard deviation of the participant's age, height, and weight were  $18.7 \pm 1.0$  years,  $158.5 \pm 6.5$  cm, and  $56.8 \pm 9.0$  kg, respectively.

Regarding menstrual cycles, (75.8%) participants reported constant cycles, (31.7%)

reported irregular cycles, and (0.5%) reported no menstruation for >3 months (Figure 1). The number of days of menstrual bleeding was  $\leq 3$  days for (7.5%), 3–4 days for (55.8%), and 5–6 days for (34.2%). Regarding menstrual cycle pain one week before and during menstruation, ratings ranged from (0.6%) for no pain at all to 10 for them severe pain imaginable. Further, before and during menstruation, (26.7%) and participants reported no pain (choosing 0), 71 (36%) and 66 (33%) reported mild pain (choosing 1–4), 35 (18%) and 60 (30%) reported moderate pain (choosing 5–7), and 14 (7%) and 60 (30%) reported severe pain (choosing 8–10), respectively. There was a significant positive correlation between the degree of pain one week before menstruation and the degree of pain during menstruation ( $r=0.573$ ,  $p<0.01$ ). Most of participants who reported that there is occurrence of menstrual disorders were scored less in quality of life compared to those participant females who did not think in some instances, for those results, the differences were not statistically significant.

### **Discussion**

The research was governed in November 2024 to Jan 2025 among 120 females. The study was conducted among college girls by using the google form survey method. Information was collected by questionnaire. The main problem among adolescents is menses problem and its play's vital role in health. Most of the menstrual health related problems are due to lack of awareness and unhygienic conditions. The research mainly concentrated on the young inspiring women in India. The main objectives of the study are to encourage awareness among the women and their families about the importance of women health and menstrual hygiene.

### **Conclusion**

This primary data collection study is to assess the awareness about the menstrual disorders in female. The results showed that the menstrual disorders were noted highly prevalent among female students in the selected college. Dysmenorrhea and premenstrual symptoms were observed the most prevalent menstrual disorders and results indicate that these may had significantly negative effects on the quality of life of the affected subject. Recommendations can be drawn from the results that there must be efforts to screen out such female subjects and there should be possible treatment

for such menstrual disorders exists among university students. This will reduce the negative effects on quality of life of the female subjects affected with menstrual disorders. The results point out that the relationship between body composition and the occurrence of degree of menstrual pain helps to understanding and improving the lifestyle habits of the subjects which can support to relieve pain and other problems associated with menstrual disorders. In this survey, it was observed that menstrual pain is a major problem. 61.7% female are suffering from premenstrual symptoms before period. There were no statistically clear differences in the degree of pain before or during menstruation which was based on the level of sports activity. Overall, it should be noted that the one's specific health status is important especially for all young girls on the stage of menstruation and menstrual disorders.

### **Recommendations of Future Research**

Researchers could conduct an investigation on a large population including married and unmarried and illiterate women aiming towards menstruation among the females.

### **Acknowledgement**

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### **Authors Contributions**

Corresponding author Dr. Yelmate A.A conceived and designed the analysis, collected data and analysed. All other authors equally contributed in this research study.

### **Conflict of Interest**

The authors declared that they have no conflict of interest.

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