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Research Article

**DIFFERENT ATTITUTDES AND KNOWLEDGE ABOUT
PROCESS OF MENSTRUATION AMONG YOUNG FEMALES**¹Usman Ali, ²Zeeshan Hameed, ³Sher Aziz¹Central park Medical College, Lahore²Gujranwala Medical College, Gujranwala³Paktia University, Afghanistan

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Abstract:

Objective: This research work aimed to find out the awareness and various attitudes towards the process of mensuration among females of younger age.

Methodology: This descriptive research work carried out in Mayo Hospital, Lahore and its remote areas from March 2019 to February 2020. The selection of the 500 females carried out from remote areas of hospital and students of this institute with the help of non-probability sampling technique. All the selected females were in their menstruating age regardless of their marriage and education level. Females present with the abnormalities in menstruation process or suffering from other gynecological problems were excluded from this research work. We recorded all the information of a well-organized Performa. SPSS V. 22 was in use for the statistical analysis of the collected information.

Results: Out of total five hundred females, 87.60% (n: 438) females regarded the process of menstruation as normal process, while 12.40% (n: 62) females thought this as God's curse. Out of total five hundred participants, 83.0% (n: 415) females stated that this process is beneficial for health; however, 17.0% (n: 85) felt that this incident was not healthy.

Conclusion: Faulty perception, un-acknowledgement and unsecure practices about the process of menstruation are very common among females of younger age. Health education of the females particularly living in the rural areas is much necessary. Health education will prepare the females emotionally to face this process of menstruation with less adverse reactions.

Key Words: Sampling, menstruation, Performa, abnormalities, statistical, analysis, unsecure.

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INTRODUCTION:

The phenomenon of menstruation is unique to women [1]. This procedure describes the onset and end of the potential of reproductive system [2]. Menstruation is cyclic endometrium's shedding [3]. Perceptions and behaviors towards process of menstruation may present with variations in different cultures [4] and it also plays a vital part in the concepts of menstrual distress [5]. Menstruation on monthly basis is natural, beneficial and normal for females [6]. Specifically speaking, the cycles of menstruation are the indicators of the health of females [7, 8], menstruation is not a process of discrete incidence but it is a process of cycle of events in the whole life time [9]. Attitudes and behaviors towards the process of menstruation may badly impact the body image of females, concept of the causation of disease, dietary habits, consent to get medication, usage of contraception and ability to have pregnancy planning.

The process of menstruation is the distinct sign of potential of reproduction and maturity of sexual life. We stated that the attitudes of the females towards the process of menstruation will have correlation with the sexual behavior, behavior and destinies [10]. Discussing the process of menstruation with the peers was associated to grade to which this process is thought to be a process of nature and the sharing of the experience of menstruation will enhance the perception of these processes as natural [11].

The restriction to unlock the cultural as well as psychosocial taboos is a predominant confusion. This leads to ignorance of the menstruation as a natural process and it can lead to difficulties in managing such issues. Woman may feel about self-conscious in the duration of their menstruation process because they normally view this process as social stigma [12]. The proper comprehension of clinical and cultural features about the menstruation in our population is not much common and talking about this process is considered as taboo. One of the most important issue in Muslims females of our country Pakistan is that because of the social and economic stigma, the females neither wants to reveal their health issues nor they visit gynecologist and they normally experience issues like high loss of blood causing anemia of severe nature [13].

RESULTS:

Total five hundred young females were participants of this research work. The average age of the females was 23.940 ± 5.030 years. The range of the age of the females was from fourteen to thirty eight years. We performed the descriptive analysis of the social and demographic variables to describe the traits of our population. Monthly income of fifty percent participants was greater than ten thousand rupees. There were total 52.40% (n: 262) participants were married whereas remaining participants were unmarried as elaborated in (Table-1). Total 49.80% (n: 249) females were from urban regions whereas remaining females were from non-urban areas of the city. Only 5.20% females were working while all other females were present with no occupation. The average age at the time of menarche was 12.820 ± 1.150 years.

In comparison with the societies of west, our younger girls do not have much education well in time for these vital alterations in their lives and all these ignorant younger females can give reaction in a complete different way [14]. In populations of our communities, a host of blend messages about this natural process of menstruation are provided to the pre-pubertal young girls. The available data about this process is contradictory because it congratulates the young females on their entrance in to the womanhood whereas at the same duration, it is suggested that this should be kept confidential from others [15]. The main objective of this research work was to determine the behaviors and knowledge of females about the menstruation among females of young age and to give the providers of health care field with basic strategies to educated the females and support them in making healthy and hygienic choices.

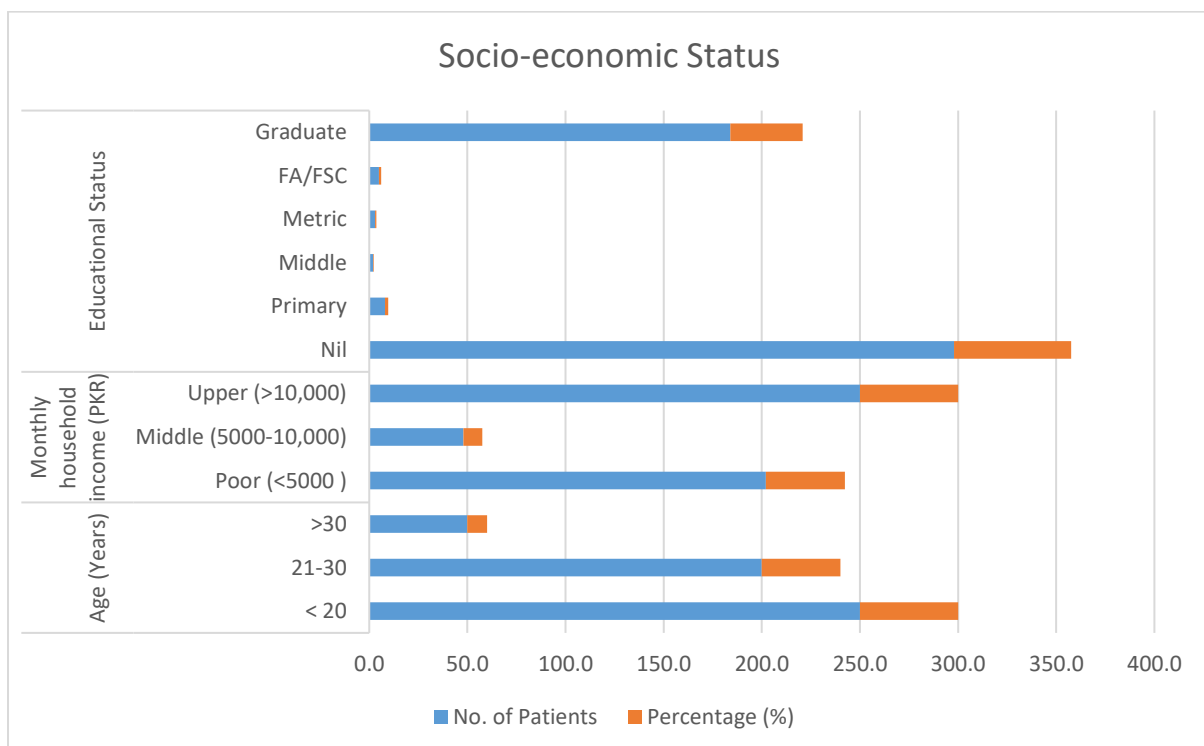
METHODOLOGY:

This research work carried out on young females of society. This research work carried out in Mayo hospital, Lahore on students of the institute and the females of remote regions. This research work started in March 2019 and lasted up to February 2020. Total five hundred females in the menstruating age regardless of their education level and marriage status got recruitment for managing a well-organized questionnaire in this research work. We used non-probability sampling technique for the selection of the participants. All the females present with abnormalities in the process of menstruation or suffering from some other mental issues and gynecological anomalies got exclusion from this research work.

We collected all the information of the samples on well-organized Performa, information included data about age of the female, marriage status, profession, and level of education as well as knowledge about the process of menstruation and practices regarding this procedure. SPSS V. 22 was in use for the statistical analysis of the collected information. We presented the age in average and standard deviations. We calculated all the quantitative variables in percentages and frequencies.

Table-I: Socio demographic data.

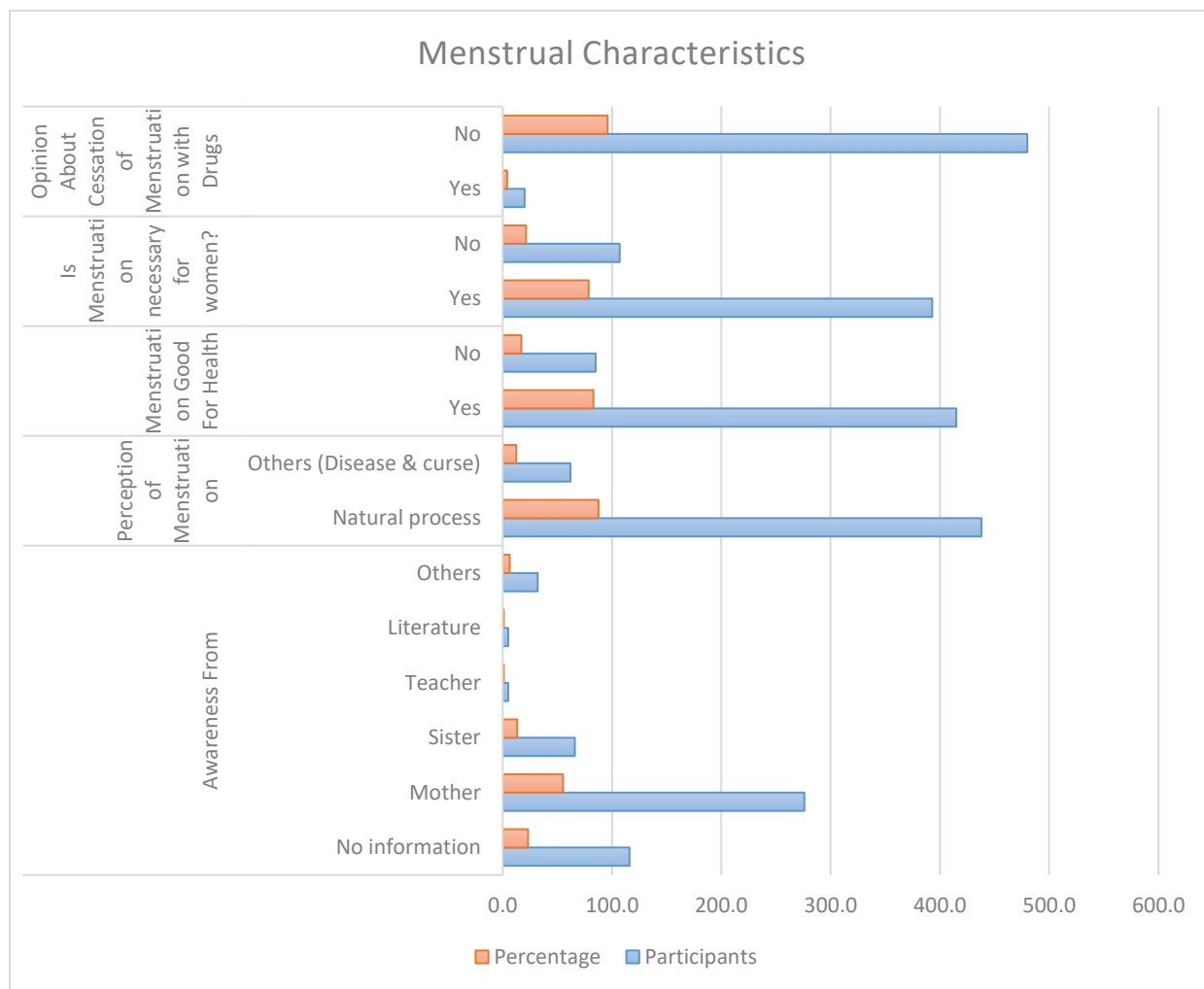
| Variables | No. of Patients | Percentage (%) |
|--------------------------------|----------------------|----------------|
| Age (Years) | < 20 | 250.0 |
| | 21-30 | 200.0 |
| | >30 | 50.0 |
| Monthly household income (PKR) | Poor (<5000) | 202.0 |
| | Middle (5000-10,000) | 48.0 |
| | Upper (>10,000) | 250.0 |
| Educational Status | Nil | 298.0 |
| | Primary | 8.0 |
| | Middle | 2.0 |
| | Metric | 3.0 |
| | FA/FSC | 5.0 |
| | Graduate | 184.0 |



The lowest age at the time of menarche was nine years and the highest age at the time of menarche was sixteen years. Table-2 displays the menstrual traits of the studied population.

Table-II: Menstrual Characteristics.

| Information Regarding Menstruation | | Participants | Percentage |
|--|--------------------------|--------------|------------|
| Awareness From | No information | 116.0 | 23.20 |
| | Mother | 276.0 | 55.20 |
| | Sister | 66.0 | 13.20 |
| | Teacher | 5.0 | 1.00 |
| | Literature | 5.0 | 1.00 |
| | Others | 32.0 | 6.40 |
| Perception of Menstruation | Natural process | 438.0 | 87.60 |
| | Others (Disease & curse) | 62.0 | 12.40 |
| Menstruation Good For Health | Yes | 415.0 | 83.00 |
| | No | 85.0 | 17.00 |
| Is Menstruation necessary for women? | Yes | 393.0 | 78.60 |
| | No | 107.0 | 21.40 |
| Opinion About Cessation of Menstruation with Drugs | Yes | 20.0 | 4.00 |
| | No | 480.0 | 96.00 |



Most of the females 53.20% (n: 266) were embarrassed at the time of menarche. Total 38.20% (n: 191) females stated that they preferred to avoid sexual activities, 16.40% (n: 82) females avoided bath, 17.0% (n: 85) females avoided to take part in physical activity in the period of menstruation. About 77.40% (n: 387) females stated that they do not take some particular food in this period whereas 22.60% (n: 113) stated that they used to take hot soups, vegetables and fruits. We asked the patients about the impact of this menstruation on the physical activities. They stated the extent of the impact as mil, mild, moderate and severe as 49.60% (n: 248), 33.60% (n: 168), 14.60% (n: 73), and 2.20% (n: 11) correspondingly.

DISCUSSION:

This current research work stated that there are some adverse practices, false perceptions and misconceptions in females of younger age and these same issues have been stated by many other research works conducted in various countries of the world. Majority of the females 53.20% (n: 266) felt embarrassed as a response to the menarche whereas in a research work conducted by Tang CS [16] showed the same results in which emotional reactions of the participant toward menarche were hugely negative and about 85.0% females were annoyed and embarrassed. About the perception of the menstruation process, 87.60% (n: 438) females thought it to be a process of nature for cleaning but Mc Master in his research work found that only

12.0% females consider this process as a cleaning system [17].

We discovered that various practices which mostly females avoid in the process of menstruation include avoiding sexual activities by majority of females 38.20% (n: 191), 16.40% (n: 82) females avoided to take bath and 17.0% (n: 85) females avoided to participate in physical activity, whereas research work conducted by Snow LF [18] stated that 37.50% females thought that cold air and water should be avoided in the duration of menstruation process.

CONCLUSION:

The findings of this research work concluded that health education about this process requires to be stated at early ages before the puberty age of the females. Health education also reduces the negative

reactions of the younger females. This health education will also make them able to better care in the process of menstruation.

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