



Problems and Practices Related to Menstruation Amongst Adolescent Girls

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13-16 October 2010

Background

- ◆ **The onset of menstruation defined by the first appearance of menstrual flow**
- ◆ **Menstruation is a phenomenon unique to the females, and the majority of girls (95%) reach menarche between 11 and 15 years of ages**



- ◆ **By menarche, girls are likely to have been influenced not only by cultural stereotypes about menstruation, but also by information acquired through significant others**
- ◆ **Social and cultural factors impact on adjustment to menses and have an effect on the early menarcheal experience**



Learning about hygiene and dealing with problems during menstruation is a vital aspect of health education for adolescent girls, as patterns that are developed in adolescence are likely to persist into adult life



Aim of the study

To provide an overview of the prevalence of menstrual abnormalities and practices on different aspects of menstrual hygiene in adolescent girls



Methodology

- ◆ **Type of Study** **Descriptive**
Cross-sectional study
- ◆ **Study Place** **8 rural schools**
Kırkkale
4 from low SESs
4 from high SESs
- ◆ **Study Group** **860 female students**
- ◆ **Age Group** **12-19 years old**
Mean age 15,69 ± 1,73



**All students were informed about
the purpose of the study
Students who accepted to attend
filled the questionnaires on
source of information regarding
menstruation, menstrual
problems and hygiene practiced
during menstruation**



Demographic characteristics

	Minimum	Maximum	Median	Mean± SD
Age (year)	12,00	19,00	16,00	15,69 ± 1,73
Menarch age (year)	10,00	15,00	13,00	13,03 ± 0,99
Days of menstruation	1,00	10,00	5,00	5,44 ± 1,50
Number of sisters/brothers	,00	7,00	2,00	2,17 ± 1,24
Mothers age (year)	27,00	58,00	39,00	38,91 ± 5,47
Fathers age (year)	28,00	71,00	42,00	42,93 ± 5,30
Number of people living in the household	1,00	9,00	5,00	4,75 ± 1,73

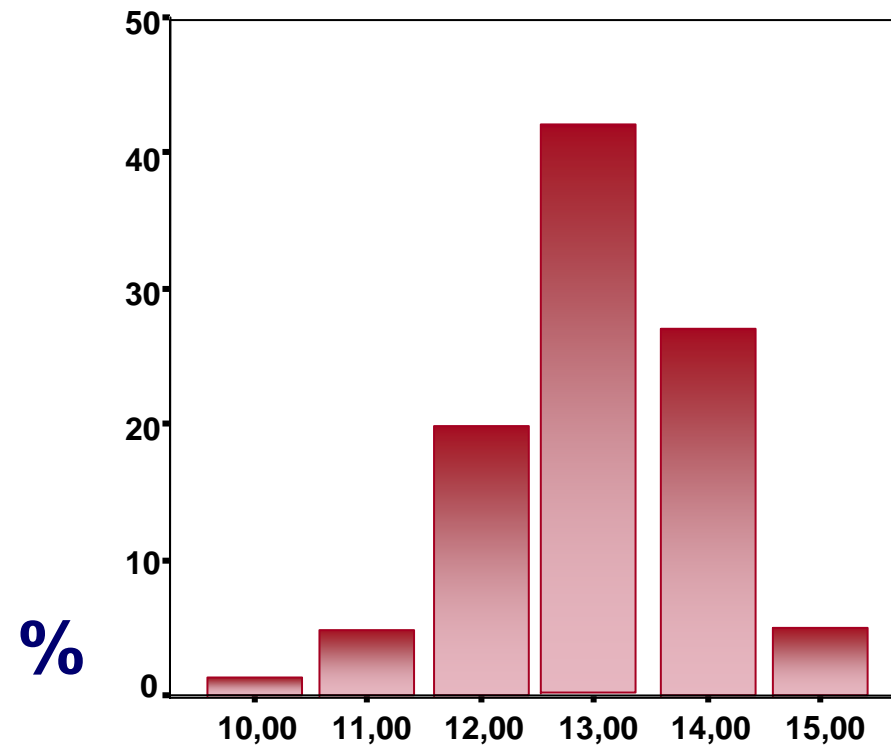
Characteristics of the Parents

	Mothers		Fathers	
Education	n	%	n	%
Illiterate	28	3,3	3	0,4
Primary School	551	64,5	312	36,7
High School	182	21,3	283	33,4
University	93	10,9	250	29,5
Total	854	100,0	848	100,0
Working Status				
Not working	725	85,3	22	2,6
Not-qualified	21	2,5	213	25,5
Qualified	82	9,6	324	38,8
Own Business	14	1,6	156	18,7
Others	8	0,9	119	14,3
Total	850	100,0	834	100,0

Age of Menarche

N	679
Mean	13,0339
Median	13,0000
SD	0,99128
Minimum	10,00
Maximum	15,00

Age of Menarche



Age of Menarche



- ◆ **%88,9 of the students got some kind of information from their mothers before menarche**
- ◆ **Main source of information about menstruation are the mothers**
 - **Mothers 53.3%**
 - **Sisters 13.6%**
- ◆ **14.8% of girls said they did not get any information and needed more to hear about menstruation**
- ◆ **87.7% mentioned that they would first consult their mother if they have any problem related to menstruation**



Symptoms of Pre-menstrual syndrome (PMS), Kırıkkale

- ◆ **Nervous derangement**
 - ◆ **Tension**
 - ◆ **Headache**
- 76.1%**
-
- ◆ **Depression**
 - ◆ **Dullness**
- 23.9**

- **49,0% had one or the other symptoms of PMS**
- **Among the ones that menstruate 96% (n=658/679) had anxiety before the cyclus was started**



Menstrual Bleeding Disorders

Polymenorrhea	% 4,5
Menorrhagia	% 4,5
Meno-metroragia	n=1
Oligomenorrhea	%2,5
Dysmenorrhea	%77,3



Menstrual problems according to demographic characteristics

		Exists		Not exist		Total	
		n	%	n	%	n	%
Adolescence era	Early Adolescence (10-13y)	77	11.4	18	2.7	95	14.1
	Middle Adolescence (14-16y)	220	32.6	44	6.5	264	39.2
	Late Adolescence(>17y)	265	39.3	50	7.4	315	46.7
$X^2:0,449$, $p=0.07$							
Have you got any information before?	Yes	498	74.4	97	14.5	595	88.9
	No	61	9.1	13	1.9	74	10.9
$X^2:0,304$, $p= 0.859$							
Mothers' education	Illiterate	18	2.7	5	0.7	23	3.4
	Primary school	257	38.4	47	7.0	304	45.4
	Secondary school	101	15.1	26	3.9	127	19.0
	High school	129	19.3	21	3.1	150	22.4
	University	52	7.8	13	1.9	65	9.7
$X^2:3,342$, $p= 0.502$							

Sanitary pads Usage According to Adolescence era

	1-2 n	pad/day %	3-4 n	pad/day %	>5 n	pad/day %	Total n	%
Early Adolescence Era	18	2.7	57	8.7	18	2.7	93	14.2
Middle Adolescence Era	76	11.6	137	20.9	40	6.1	253	38.6
Late Adolescence Era	72	11.0	193	29.4	45	6.9	310	47.3
Total	166	25.3	387	59.0	103	15.7	656	100
X²:6,791 , p=0.147								



Having Bath According to Adolescence Era

	Having Bath during the Menstual Cyclus									
	Do not do		1 time only		2-3 times		Every day		Total	
	n	%	n	%	n	%	n	%	n	%
Early Adolescence Era	16	2.4	39	5.7	31	4.6	10	1.5	96	14.1
Middle Adolescence Era	13	1.9	115	16.9	117	17.2	19	2.8	264	38.9
Late Adolescence Era	21	3.1	153	22.5	116	17.1	29	4.3	319	47.0
Total	50	7.4	307	45.2	264	38.9	58	8.5	679	100

X²:19,486 , p=0.003



- ◆ **In some cultures having a bath during this period is a taboo**
- ◆ **7,4% of the girls mentioned that they do not have bath, 45.2% have only once a bath**
- ◆ **Mothers' educational and working status were not significantly effecting on hygienic practices of adolescent girls**
- ◆ **As the age increases the girls have bath more frequent during the menstrual cyclus**



- ◆ **There is a need to encourage safe and hygienic practices among the adolescent girls**
- ◆ **They should be educated about the facts of menstruation, its physiological implications, about proper hygienic practices and selection of a disposable sanitary menstrual absorbent**





I would like to thank to

Kırıkkale

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Research Asistants

