

EMOTIONAL CHANGES DURING MENSTRUAL IRREGULARITIES AMONG YOUNG ADULTS

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CERTIFICATE

This is to certify that, Diya Shiju Mammen has undergone the BSW course at Marian College Kuttikkanam (Autonomous) and has undertaken the dissertation work under the guidance of Dr. Rasi R A, Assistant professor, School of Social Work, Marian College Kuttikkanam (Autonomous), she is permitted to submit this dissertation to Marian College Kuttikkanam (Autonomous), affiliated to Mahatma Gandhi University.

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CERTIFICATE

This is to certify that the dissertation entitled “**EMOTIONAL CHANGES DURING MENSTRUAL IRREGULARITIES AMONG YOUNG ADULTS**” is the bonafide record of the work carried out by Ms. Diya Shiju Mammen under my supervision and guidance and submitted to Marian College Kuttikkanam (Autonomous), affiliated to Mahatma Gandhi University Kottayam in partial fulfilment of the requirement for the Bachelors of Social Work.

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DECLARATION

I, Diya Shiju Mammen final year BSW student at Marian College Kuttikkanam (Autonomous) do hereby declare that the Dissertation entitled “EMOTIONAL CHANGES DURING MENSTRUAL IRREGULARITIES AMONG YOUNG ADULTS” is the bonafide record of the original research work carried out by me under the guidance of Dr. Rasi R A, and that it has not been submitted elsewhere for the award of any degree, diploma, fellowship or other similar title or recognition of any university to the best of my knowledge and belief.

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Diya Shiju Mammen

Abstract

In adolescent girls, menstrual disorders are normal. Periods, particularly in the first few years that follow menarche, can be irregular, heavy or painful. Menstrual syndrome, though, may have a significant effect on day-to-day tasks. During this span of time, females show a lot of emotional shifts. The investigator concentrated on four distinct feelings, such as the actions of anger, boredom, avoidance behavior and interpersonal relationships. The study is descriptive in nature. The aim of the research is to understand adolescent girls' emotional changes during their menstrual disturbances. Researcher used quantitative research approach and the data are collected through simple random sampling by using self-made questionnaire. Henceforth, this study is to find out the commonness of menstrual abnormalities in young adults and their association with emotions.

Keywords: Menstrual irregularities, avoidance behavior, anger, boredom, interpersonal relationships

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INTRODUCTION

In the past onwards Indian women faced religious disguise an anathema towards menstruation. Religious culture praises women for their purity and censure when the purity is not maintained. 'Purity' is considered as the influential factor for all atrocities. Purity is one of the various units of measurement for the female body in India. Based on their sexual behavior, menstrual cycle, marital status, and other considerations, women and girls are classified as impure or pure. Menstruation is believed to be the core of all this pureness. In fact, menstrual taboo was not only an issue in just one religion, all religions had their own peculiar way of belief with regards to menses. Secular India has been unable to remove itself from the menstrual taboo, a practice that is emerged in connection with religion and continuous to function within Indian culture. Girls are not allowed to enter inside the place of worship, they are compelled to sleep on an abandoned house, are not allowed to live with their husband while menstruating simultaneously, women are said to be unclean. Girls terrified to speak upon menstruation and its problems to the outside world. Since time goes human beings started to contemplative. Past studies show that feminism influences to change the thinking pattern of elder ones on menstruation to an extent.

Later on, discrimination disappeared vaguely and introduced another complication during menstruation. Where women exhibit distinct emotions and physical changes while menstruating. Scholars studies the reason behind physical changes and its resolution and various psychological responses to this situation. Eventually, an in-depth study contributed to additional findings like menstrual irregularities. However, the findings seem like incomplete where more research on emotions during menstrual irregularities may help social researchers to bring down the intensity of psychological problems. Changes in the levels of the hormones Estragon and Progesterone in your body would cause your time to become irregular. As a result, young girls going through puberty and women reaching menopause often experience irregular

periods. Most women's menstrual cycles last 21 to 35 days, according to the Eunice Kennedy Shriver National Institute of Child Health and Human Development. However, 14 to 25% of women experience abnormal menstrual cycles, which are characterized as periods that are shorter or longer than average, heavier or lighter than normal (Shriver, 2017). The following are the most common menstrual irregularities:

Amenorrhea: Not having menstruation. But also, a woman does not have her period until she is 16 years old, or when her period has been missing for at least 3 months and she is not pregnant.

Oligomenorrhea: Menstrual periods that are more than 35 days apart are known as infrequent menstrual periods.

Menorrhagia: Excessive bleeding is another term for heavy menstrual periods.

Prolonged menstrual bleeding: Bleeding that lasts more than 8 days on a regular basis.

Dysmenorrhea: Severe menstrual cramps are a symptom of dysmenorrhea. (Shriver, 2017)

From the above all facts and studies the problem identified is “Emotional Changes during Menstrual irregularities in Adolescent Girls”.

The current study focuses on the situation when these emotions during menstrual irregularities activate. And the emotions are listed below:

- Anger
- Boredom
- Avoidance Behavior
- Interpersonal Relationship

Every woman in the world goes through some physical, biological, emotional changes in their life. And one among that is menstruation. And it shows the end of puberty in girls. Earlier it wasn't a fair topic to discuss about. But over a few years many activists, feminists came up and tried to clear all the taboos or misconception about menstruation. The taboo comes around this

topic wasn't less, it always shown that women who bleeds are impure, which is still an ongoing process in many parts of the world. But above all, during this time every girl through some emotional changes which might include anger, shyness, loneliness, food cravings, abdominal cramps, headache, lower back pain etc.

Now, Menstruation or periods refers to normal vaginal bleeding that occurs as part of a woman's menstrual cycle. Every month, the body prepares for pregnancy. When there is no fetus, the uterus, or womb, loses its lining. Menstrual blood is a mixture of blood and tissue from within the uterus. It exits the body through the vaginal canal.

Stress in this period is also an important issue during menstruation. It is a common psychological and physiological response to changes in one's surroundings, which may be mental, physical, social, or cultural in nature. So, as the emotional stress. This may cause frequent anxiety and for some of them has depression. stress interfere by temporarily interfering with the portion of our brain that controls the hormone that regulates the menstrual cycle, we can disrupt the menstrual cycle. So emotional stress during menstruation irregularities should be considered as one of the important issues

REVIEW OF LITERATURE

It is said that emotion is a neurobiological issue, every emotion is dynamic, which are frequently occurring because of the emotion-cognition relationships, which may include personality's momentary/situational responses that evolve over time. It is essential to consciousness and emotional processes, since emotions are not static, it changes within any moment or situation.(Izard, 2017)

Premenstrual syndrome (PMS) is a collection of psychological and physical symptoms that occur during the late luteal phase of the menstrual cycle, but before the menses.(Hoyer et al., 2013)

This study includes the timing and progression of puberty may be influenced by socioeconomic factors, nutrition, and access to preventive health care.(Screening & Aneuploidy, 2015)

It says that Menstrual disorders are found to be associated with physical and psychological factors. They are the common reason for visit to health care providers which include premenstrual syndrome, amenorrhea, severe menstrual blood loss, dysmenorrhea, and amenorrhea.(Mahmood & Jabeen, 2013)

Progesterone and estrogen, and their interdependent fluctuations over the course of a female human lifespan, have long been thought to play a role in the physiological growth and homeostasis of women. The fluctuation of these two hormones is also important for neurological and psychological growth and function, affecting brain function and cognition., emotional state, sensory processing, appetite, and other factors are all taken into consideration.(Farage et al., 2008)

Menorrhagia in women and how it affects their quality of life. Menorrhagia is one of the menstrual irregularities that shed more bleeding than the usual. It's a flow that lasts more than 7 days and produces nearly 80mL of menstrual blood.(Gokyildiz et al., 2013)

At reproductive age, females' sex hormones (estrogen and progesterone) undergo dynamic changes. Also, how all these reflects to one's facial expression, behavior, emotions etc. The study conducted between luteal phase and follicular phase, and it is identified through their results as females are happier at their late luteal phase than follicular phase.(Yamazaki & Tamura, 2017)

A study on teenage girls from Garhwal, India, menstrual anomalies and their relationship with lifestyle patterns were studied. The study focuses on adolescent growth and puberty of girls. It is a common biological process in puberty in every women's life. This leads them to attain reproduction capacity. Menstruation can lead women to serious stressful situations. In this study it says that 75% women have menstrual irregularities because of PMS, dysmenorrhea.

This can cause when our lifestyle is different than we used to be, changing environment, climate, food everything menstruation. And also, it takes a while for the body to accept that changes. Sudden dietary plans, workouts also cause this issue.(Negi et al., 2017)

According to a study on Menstruation: Gaps in Knowledge, Belief, and Practice among Young adults in a Belagavi Urban Area, the beginning of puberty is a step towards adulthood for teenagers. They specify about menstrual hygiene which is very important for the health. The usage of sanitary pad during menstruation. They clarify that eating lifestyle may also affect irregularities during menstruation. Eating healthy food helps them to gain energy and capacity to handle menstrual pain.(Kanyadi & Metgud, 2017)

The research tells about the interrelationship between stress life events, general mental health, and temperament among late adolescent girls. The stress schemas badly affect ones mental health and that will effect in body which later affects the menstrual process of the females. The stress might be social domain, family domain anything, which causes mental stress for them. The study also specifies about correlation of stress, in social domain or any socially interacted ways. Late teenage stress manifests itself in the familial domain as well. Happy quality mood, good behaviour, regularity in sleeping and eating patterns, and other factors are found in the relationship between temperament and stress and general mental health.(Newman & Krzystofiak, 1993)

Hygiene is most important in menstrual period; hence it should be dealt carefully. Menstruation is still a social taboo and social cultural restriction that hasn't been changed yet. Hygiene related practices during menstruation are considered to be healthy for reproductive health. Using sanitary pad and adequate wash of genital area is essential during menstruation. Using unhygienic clothes, napkins which is not even washed or cleaned will cause severe gynaecological and vaginal infections, which later leads to pain and other diseases. This study

is conducted among late adolescent girls. Also, there are girls who are from poor background who isn't aware sanitary pads, they use used cotton clothes which might not be healthy. The socio-economic factor, mothers' literacy, age, religion was found to have significant impact on menstrual hygiene and practicing perineal hygiene. Hence, the literate people should make awareness class, marketing on sanitary pads and its uses.(Area et al., 2018)

Menstrual cycles can either be heavy or painful, or both at the same time. They also specify that this situation can be recovered by consulting a paediatrician or an adolescent gynaecologist. But medical assistance is for severe cases only. Mainly girls need to overcome their fear, depression and conscious about hygiene. This review of study is based on their clinical experience from adolescent gynaecologist and paediatrician. So, they specified about the medical intervention. This is completely optional, because medical assistance for menstrual dysfunction may later cause troubles for girls. Menstrual dysfunction is common in their first years of menarche. These medical treatments can be used for girls with learning disabilities, though these interventions may help them to overcome this menstrual dysfunction.(Williams & Creighton, 2012)

RESEARCH GAP

Most of the studies focuses on the physiological factors and irregularities during menstruation. The studies focus on emotions of women during menstruation were reported. However, the previous studies show a lack of research on the emotions during menstrual irregularities. Specifically, there is a shortfall of studies on fear factor, aversion which is considered to be a reaction due to these physical changes, boredom which hinders young adults from all their daily activities that in turn creates an avoidance behavior.

PROBLEM STATEMENT

Emotional changes have equal importance to physical factors during menstruation. Most of the studies had a discussion on how these physical irregularities impact on an adolescent girl. There are only few literatures that studied on emotions during menstrual irregularities where alteration of emotions may obstruct us from doing our daily activities.

As a result, conducting a thorough study on feelings during menstrual irregularities is necessary to sustain a positive mental attitude in young adults.

THEORETICAL FRAMEWORK

Appraisal theory of emotion

Emotions are derived from our "appraisals" (i.e., our assessments, interpretations, and explanations) of events, according to the appraisal theory of emotion. Different people have different responses to these evaluations.

The cannon-bard theory of emotion

Another well-known physiological explanation is the Cannon-Bard principle of emotion.

This hypothesis claims that we experience both emotions and bodily reactions such as shaking, shaking, and muscle pain at the same time. Emotions are believed to be activated when the thalamus sends a signal to the brain in response to a stimulus, which causes a neural response.

(Meyers, 2014)

CONCEPTUAL FRAMEWORK

Emotions manifest as a result of physiological problems such as excessive blood loss, blood clots, and cramping—the sharp ache women experience between their stomachs and lower backs. Cycle problems may occur as a result of stress or an illness that affects the ovulation period. One of the physiological reasons is skipping months. Prostaglandin is one of

the hormones released during the cycle that causes nausea. While the majority of it is shed with the uterine lining, some makes its way into your bloodstream. Nausea, vomiting, diarrhea, and headaches are also possible side effects.

OPERATIONAL DEFINITION

Emotions can occur to people as they receive any kind of conditions. Here the study says about menstrual irregularities so the condition here is specified as emotional changes during menstrual irregularities. The emotions and certain conditions were understood through self-made questionnaire. Here, the emotions can be anger, boredom, avoidance behavior and interpersonal relationships. To determine anger there were 4 questions, To understand boredom and avoidance behavior there were 10 questions and to find the interpersonal relationships there were 3 questions as well.

DEFINITION

Emotion:

Human feeling is defined as "physiological arousal, expressive behaviors, and conscious experience," according to David G. Meyers.(Meyers, 2014)

Menstrual irregularities:

The average menstrual cycle lasts about four weeks and is often timed to coincide with the phases of the moon. It can last anywhere from three to seven days, but it is normally consistent in length. Girls and boys who menstruate, on the other hand, commonly have irregular periods. Unless regular menstruation has been developed and is then lost, this is not a cause for alarm. Some women's cycles are often irregular. This may be a benign condition, but it can also be caused by uterine or ovarian complications, such as cancer. Adults with irregular periods should see their doctor to rule out sickness or other issues. Medication may

be used to help regulate a chronically irregular cycle in other cases. (William C. Shiel Jr., 2018)

RESEARCH QUESTION

What are the emotional changes and its effects on young adults during menstrual irregularities?

AIM AND OBJECTIVES

General objective

To understand about the emotional changes during menstrual irregularities in late adolescent girls.

Specific objectives

- To understand the socio-demographic feature of young adults who has menstrual irregularities.
- To determine anger resulting due to the physiological problems while deviation of menses.
- To comprehend boredom of young adults especially all along the irregular menstrual cycle.
- To learn the avoidance behavior of young adults during menstrual irregularities
- To study the interpersonal relationship of the participants during menstrual irregularities

METHODS

The study is to understand the emotions of young adults during menstrual irregularities. Therefore, quantitative method of study is more appropriate. In quantitative research the final result is in quantifiable form, where we will be able to measure the outcome.

1. Research design

The study employs a descriptive research design. Where descriptive design aids in the consistent study of emotions. The present study is identifying the field of emotions among young adults during their menstrual irregularities.

2. Universe

The participants are residing in Thidanadu Panchayath under Kottayam district, the reason behind to choose this particular geographical area is due to the comment given by the gynecology doctor. According to her experiences, there is an increase for patients with menstrual irregularities. Participants of the study are adolescents who belongs to the age group of 16 to 24. Because, at this phase of their life they experience multiple emotions due of menstruation and its irregularities.

3. Sampling procedure

Participants of the study are selected from the voters list given by the panchayath. There were 1200 young adults residing in Thidanadu Panchayath. Out of 1200, 500 are females also between the age group of 16 – 24. Participants are chosen by sorting by birth year, so those born between 1996 and 2006 were separated, and a total of 60 people were chosen at random using the lottery system. The cumulative number of participants from the selected demographic is made up of three respondents from the 16-18 age group, 44 respondents from the 19-21 age group, and 13 respondents from the 22-24 age group.

4. Tools for data collection

Questionnaire was used to collect information from the sampling unit regarding their opinion,

emotions and attitudes. In total there are 30 questions where the questionnaire was divided into 4 parts. The first part consists of socio-demographic features of the respondents it included 15 questions. The second part was to determine the anger during irregular menstruation it consists of 4 questions. The third part of the questionnaire is to comprehend boredom and avoidance behavior of young adults during menstrual irregularities, it consists of 10 questions. And the fourth part of the questionnaire is to study the interpersonal relationship of participants with family, friends and society, it consisted of 3 questions. Therefore, this questionnaire was used to know the emotions of young adults during their menstrual irregularities.

Data analysis plan

The data was interpreted using the statistics programme. Using informative and inferential statistics, the collected data was analysed and interpreted.

RESULTS

This study was directed to find the emotional changes during menstrual irregularities among adolescent girls. The results also show the socio-demographic features on emotional changes of young adults during menstrual irregularities. And also represents the intensity of emotions such as Anger, Boredom, Avoidance Behaviour and also their interpersonal relationships during menstrual irregularities.

Section I: Socio-demographic details

Socio-demographic features include Age, Religion, Education, BMI, Exercise, Coffee Consumption, Menstruation, Dysmenorrhea, first period, Regular periods or not, Had periods in last three months, Days of bleeding, Symptoms.

1.1 Age

Table 1

Table 1 illustrates the age of respondents

Age

Age	Frequency	Percent
16-18	3	5.0
19-21	44	73.3
22-24	13	21.7
Total	60	100.0

Table 1 illustrate the age group of respondents from 16-24. In the age group of 16-18 there is 3 respondents i.e., 5%. In 19-21 there is 44 respondents i.e., 73.3% and in the age group of 22-24 there is 13 respondents i.e., 21.7%. Hence, the age group of 19-21 has the highest respondents.

1.2 Religion

Figure 1
Religion of the respondents

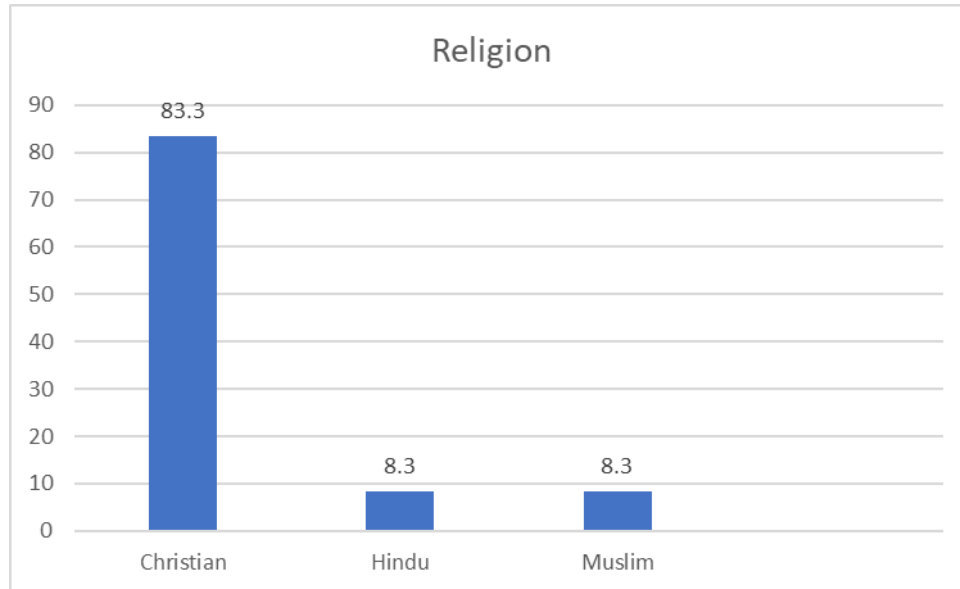


Fig 1 shows the religion of the respondents. Here, 83.3 are Christians. Whereas the other 2 religions share the same number of respondents respectively.

1.3 Education

Figure 2
Education of the respondents

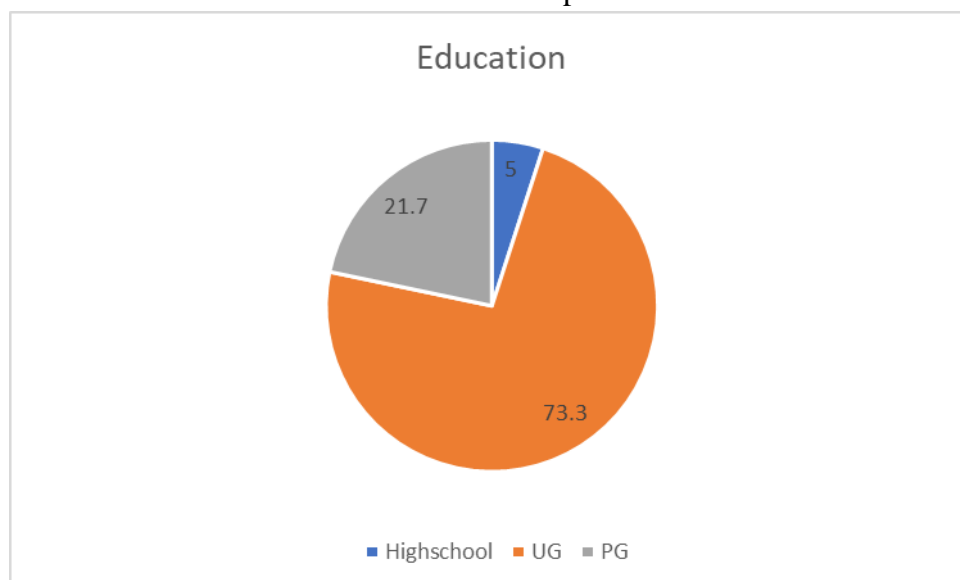


Fig 2 depicts the education of the respondents. Here 73.3 percent of studying for Under graduation and 21.7 percent are studying for Post-graduation, while the rest of 5 percent are studying in Highschool.

1.4 BMI

Figure 3

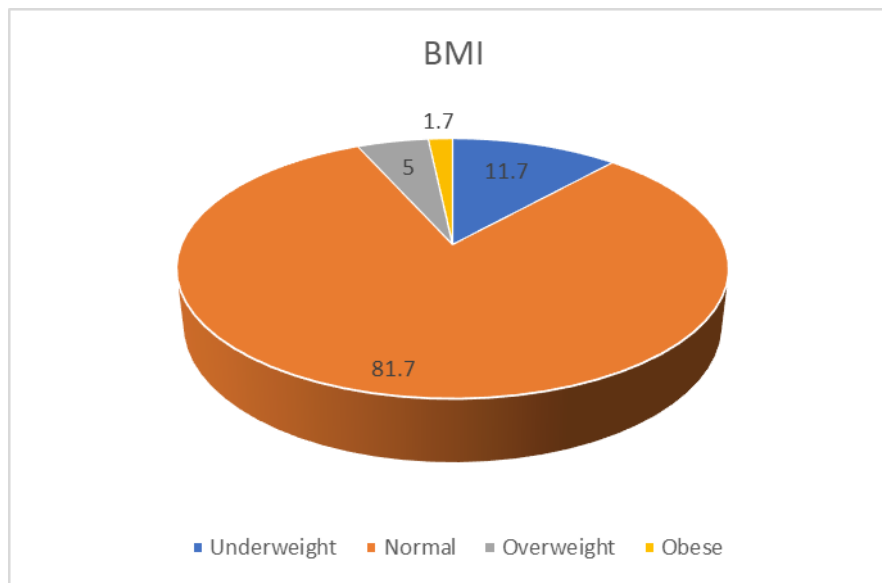


Fig 3 depicts the Body Mass Index of the respondents. 81.7 percent has Normal BMI whereas 11.7 percent has Underweight, 5 percent has Overweight and 1.7 percentage has Obese. Here, Normal BMI has the highest of respondents.

1.5 Coffee Consumption

Figure 4

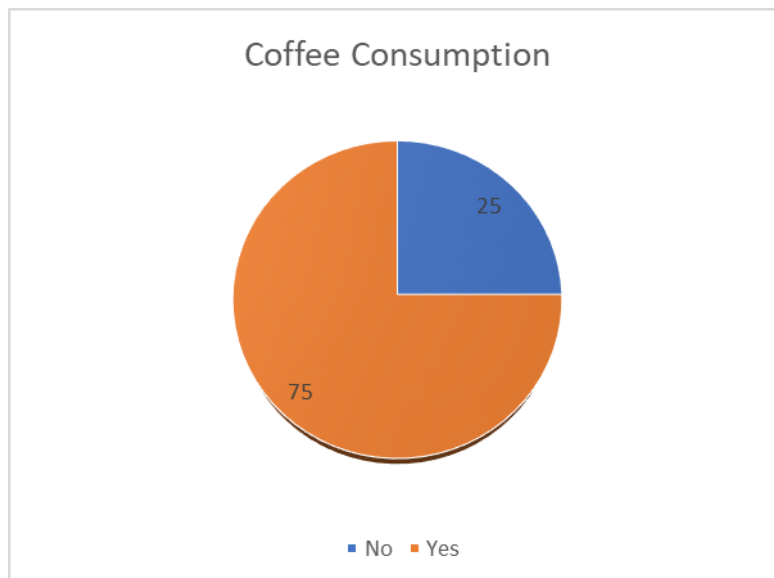


Fig 4 shows the coffee consumption of students. Here 75 percent consumes coffee in their daily lives while the rest of 25 percent does not consume coffee in their daily lives.

1.6 Menstruation (Regular/Irregular)

Figure 5

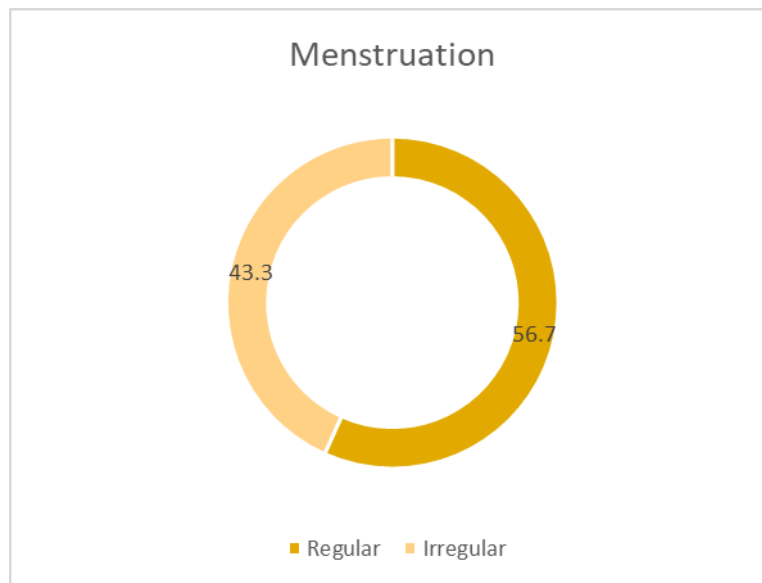


Fig 5, depicts the menstrual regularities and irregularities of students, Here, 56.7 has regular menstruation while the rest of 43.3 percent has irregular periods.

1.7 Dysmenorrhea

Table 2

Table 2 illustrates the respondent’s response towards dysmenorrhea

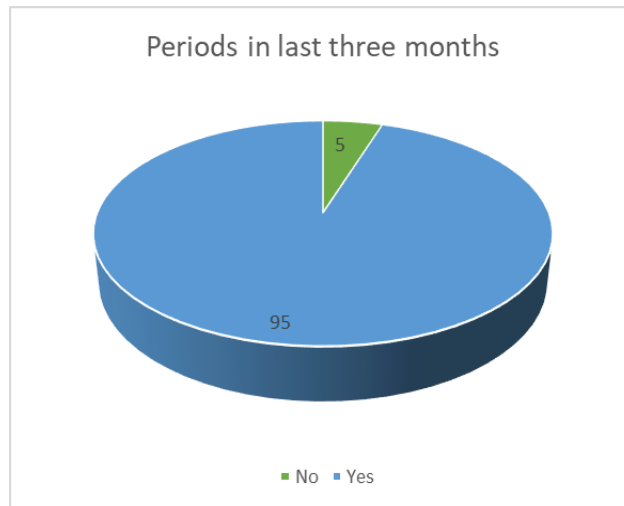
Dysmenorrhea	Frequency	Percent
No	16	26.7
Yes	44	73.3
Total	60	100.0

This table.2 represents the percentage of students who are having Dysmenorrhea as part of their menstruation. Dysmenorrhea refers to the painful periods that may include severe menstrual

cramps. Here, the table specifies that 73.3 percent has said Yes to Dysmenorrhea while the rest of 26.7 percent said No to Dysmenorrhea,

1.8 Periods in Last three months

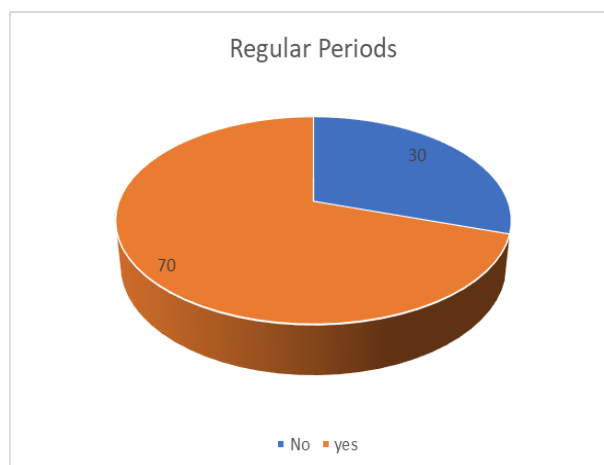
Figure 6



The above figure 6 states whether the students had periods in their last three months, Here, 95 percent had menstruation in their last 3 months while the rest of 5 percent doesn't had menstruation in their last three month.

1.9 Periods Regularity

Figure 7



The above fig 7 says whether the respondents are having their menstrual flow regularly or not. The results specify as 70 percent have them regularly and 30 percent does not have them regularly.

1.10 Menstrual Flow

Figure 8

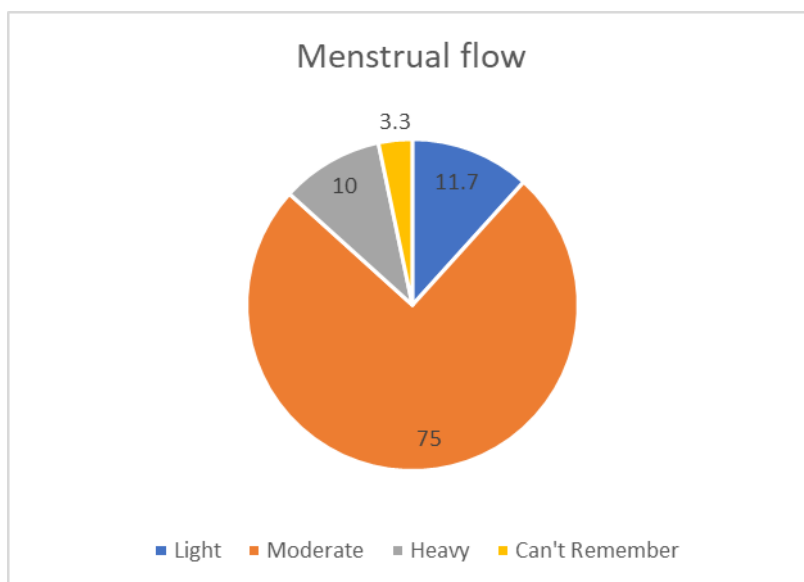


Fig 8 shows that how heavy is there menstrual flow usually. Here 75 percent have moderate flow whereas 11.7 percent has light menstrual flow, 10 percent has heavy menstrual flow and 3.3 percent cannot remember how there usually are.

1.11 Symptoms During Period

Table 3

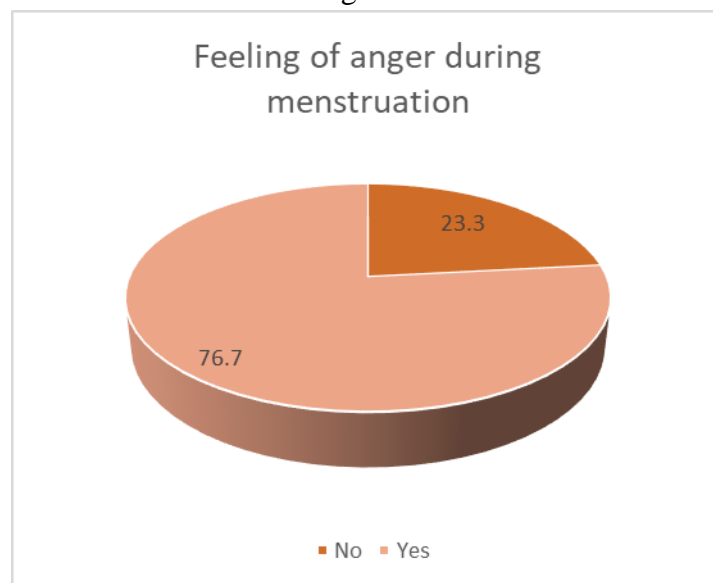
Symptoms during period		
	Frequency	Percent
Aching pain in the abdomen (pain may be severe at times)	24	40.0
Feeling of pressure in the abdomen	13	21.7
Pain in the hips, lower backs and inner thighs	23	38.3
Total	60	100.0

The table 3 shows the symptoms students are having while they are having menstrual flow. Here, 40 percent of students has agreed that they are having Abdominal pain which will be severe at times while 21.7 percent has agreed on feeling pressure in the abdomen whereas the rest of 38.3 percent has said that they are having pain in the hips, lower backs and inner thighs.

Section II: To determine anger resulting due to the physiological problems while deviation of menses.

2.1 Feeling of anger during menstruation

Figure 9



The given figure 9 depicts the feeling of anger during menstruation in females. Among the total number of students, a higher percentage of students feels anger but 23.3 percent doesn't feel any anger.

2.2 Irritation during menstruation

Figure 10

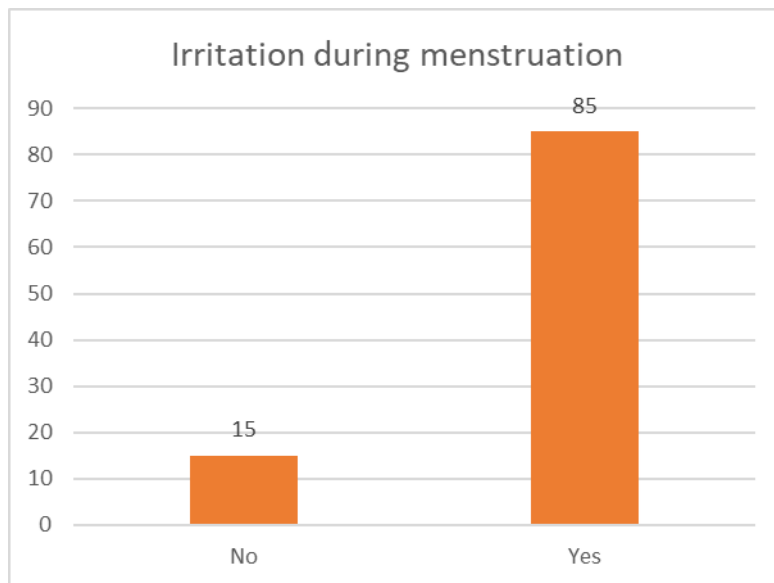
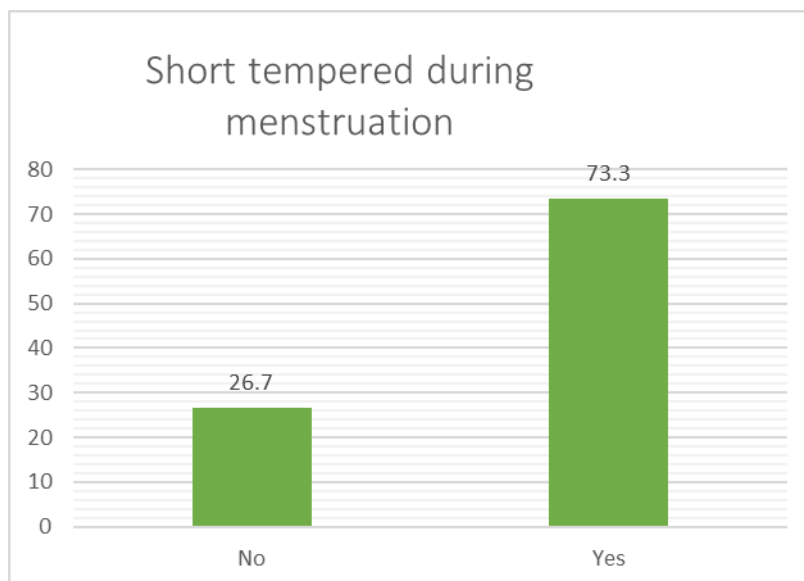


Fig 10 shows the reaction of respondents on irritation while having periods. 85 percent felt irritated during menstrual flow but 15 percent doesn't feel irritation on their menstruation days.

2.3 Short tempered during menstruation

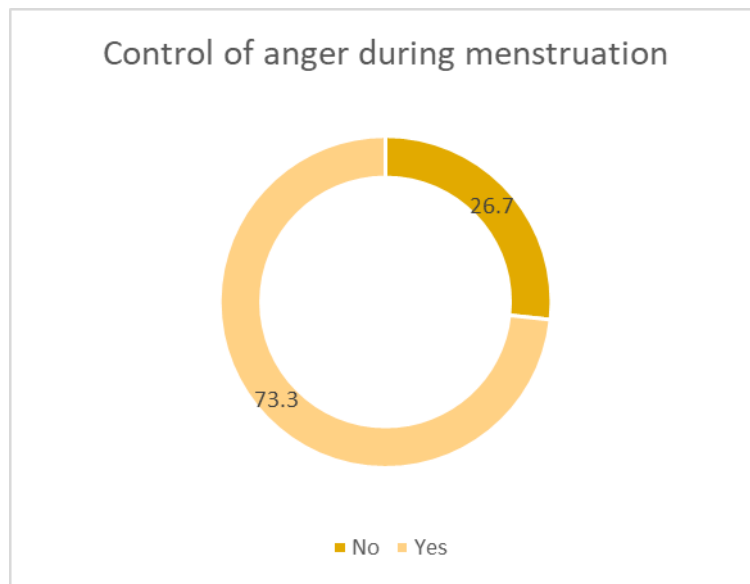
Figure 11



The figure 11 shows the short-tempered feeling of respondents during their menstrual flow. Looking at the figure itself makes it clear that majority of them feels short tempered but 26.7 percent doesn't feel the same.

2.4 Control of anger during Menstruation

Fig 12



The fig 12 shows the response to control of anger during menstruation. A higher percentage has agreed on controlling their anger during menstruation but 26.7 percent couldn't control their anger during menstruation.

Section III: To comprehend boredom and avoidance behaviour of young adults especially all along the irregular menstrual cycle

3.1 Concentration on the activities

Table 4

Concentration on the activities during menstruation		
	Frequency	Percent
Not at all	10	16.7
A little	14	23.3
Somewhat	30	50.0
Very	6	10.0
Total	60	100.0

The Table 4, portray the result of concentration on activities during menstruation. The greater number of students are somewhat affected on concentrating their activities that consist of 50 percent.

3.2 Lack of Motivation

Figure 13

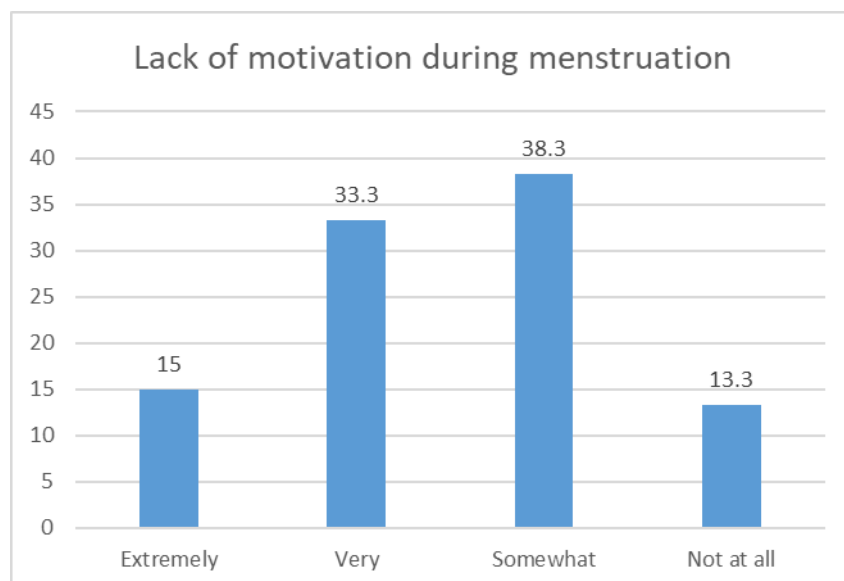
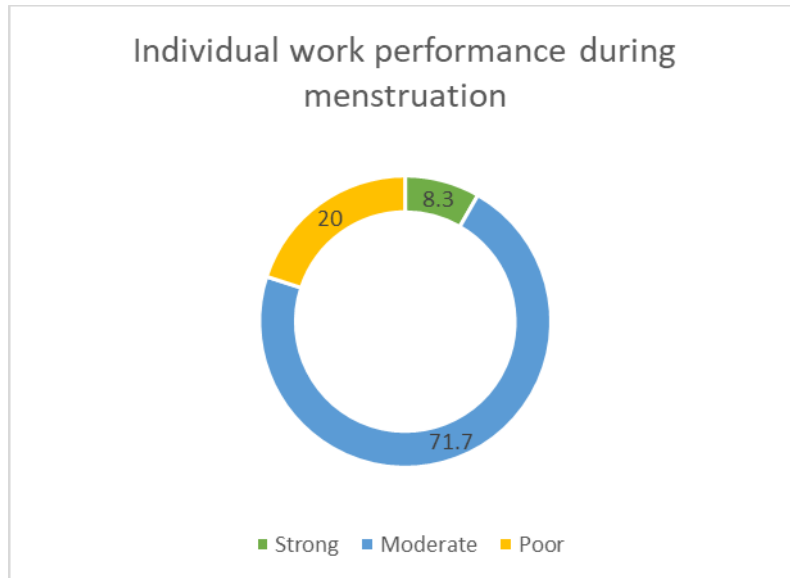


Fig 13, shows the number of students who felt lack of motivation during menstruation. Here 15 percent has somewhat felt lack of motivation during menstruation. 13.3 percent of students not at all felt lack of motivation.

3.3 Individual work performance

Figure 14



In the above figure 14, 71.7 percent students moderately agreed upon their individual work performance but 20 percent and 8.3 percent has said to have poor and strong level of individual work performance during menstruation.

3.4 Collaborative work performance

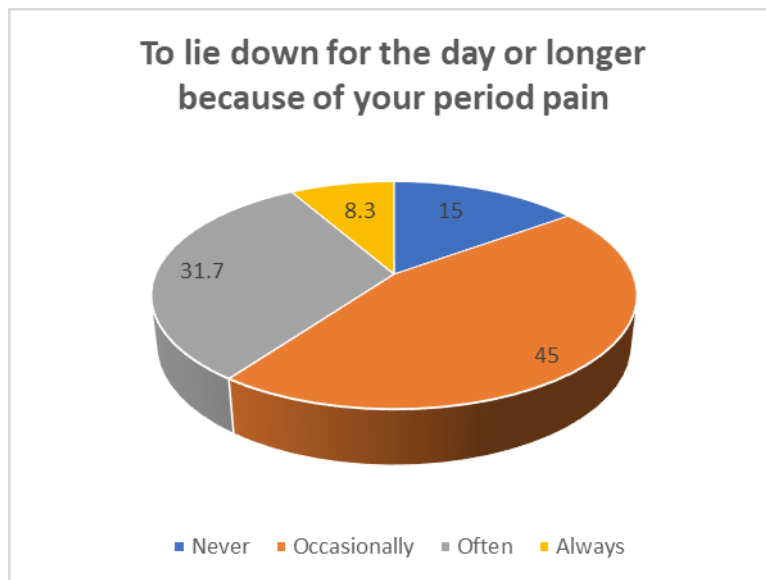
Table 5

Collaborative work performance during your menstruation		
	Frequency	Percent
Strong	4	6.7
Moderate	45	75.0
Poor	11	18.3
Total	60	100.0

In the above table 5, shows the collaborative work performance of the respondents during menstruation. 6.7 percent has rated their collaborative work performance level strongly but 75 percent felt it moderately and 18.3 percent felt it really poor.

3.5 Rest for a day or longer

Figure 15



In the figure 15, the pie chart shows whether the respondents had ever lie down for the day or longer because of period pain. Here 8.3 percent has always felt and lie down for a day or longer while 31.7 percent never lie down

3.6 Prevented you from attending schools or colleges

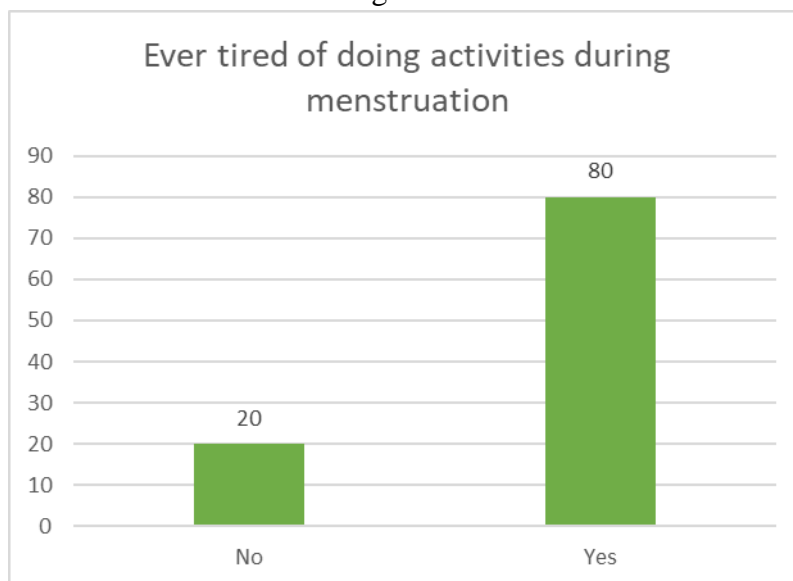
Table 6

Has your period pain prevented you from going to school/college or carrying out your daily activities (even if taking pain-killers?)		
	Frequency	Percent
Never	21	35.0
Occasionally	24	40.0
Often	14	23.3
Always	1	1.7
Total	60	100.0

The above table 6 explains the impact of menstruation and medication has ever made the respondents prevents doing their activities. 1.7 percent has strongly agreed that even after taking medication it prevents them from doing activities but 35 percent never felt such disturbances from doing their activities. While 40 percent occasionally felt like their activities are being prevented even after taking medications.

3.7 Ever tired of doing activities

Figure 16



In the above figure 16, 80 percent of respondents has agreed to being tired of doing activities during menstruation but 20 percent never felt tired.

3.8 Avoiding functions or occasions

Figure 17

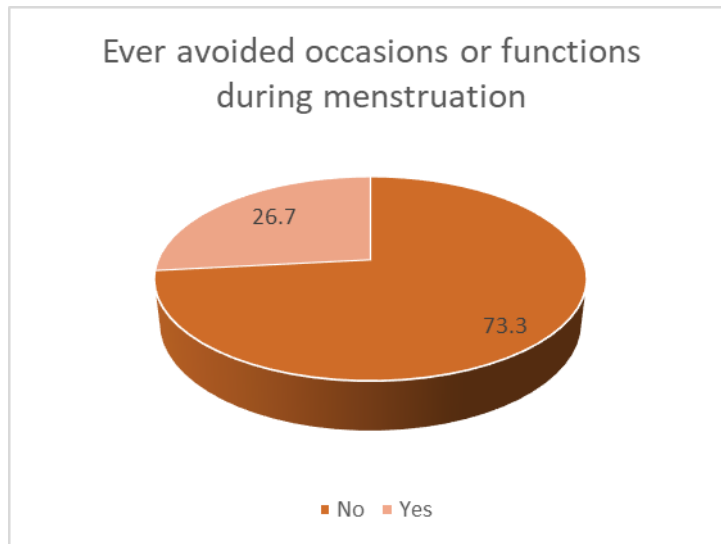
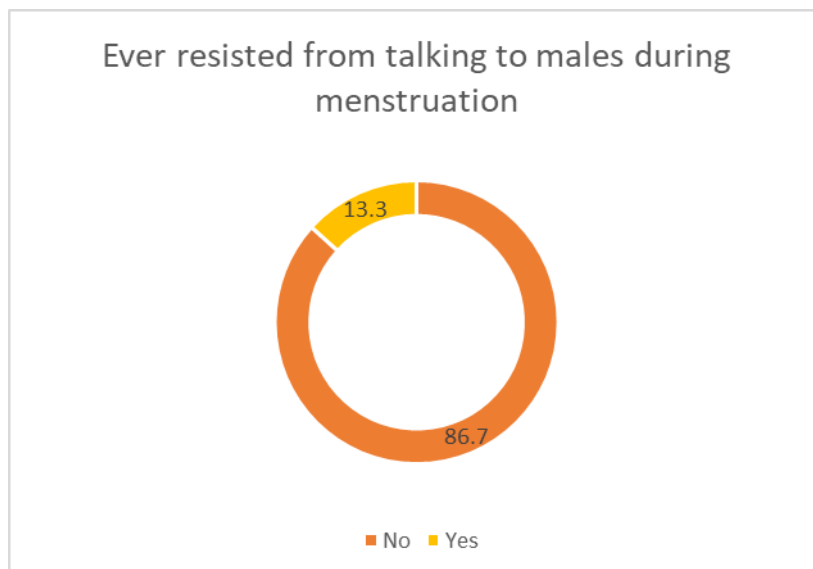


Fig 17, depicts that 73.3 percent has avoided occasions or functions during menstruation but the rest of 26.7 percent never avoided any such occasions.

3.9 Resisted from talking to males

Figure 18



In this diagram 18, it states about have they ever resisted to talk to males during their period while 86.7 percent has said no to it and 13.3 percent said yes to it.

3.10 Reluctance in performing religious affairs

Table 7

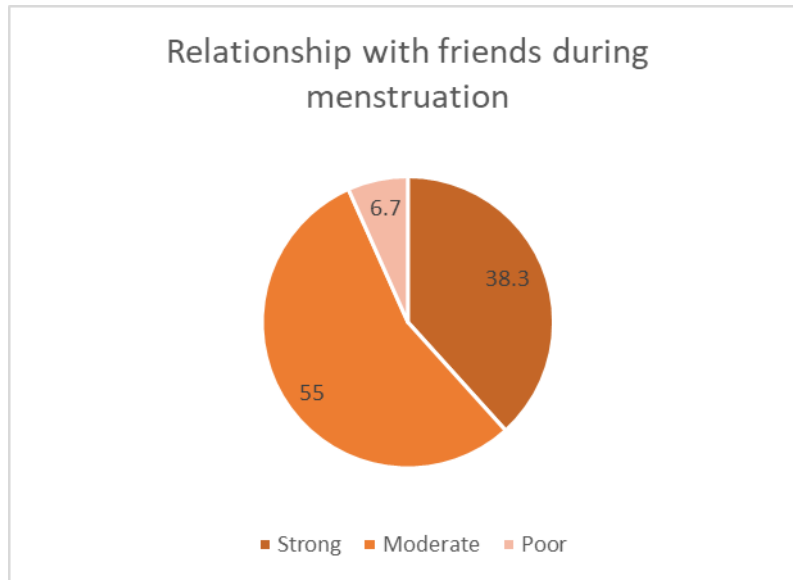
Because of your menstruation do you feel that, you will be punished by God for attending any religious practices, or touching religious books and visiting pilgrims?		
	Frequency	Percent
Never	46	76.7
Occasionally	5	8.3
Often	7	11.7
Always	2	3.3
Total	60	100.0

The above table 7 portrays about the feel that the respondents had ever felt like they'll be punished by God for attending any religious practices, or touching religious books and visiting pilgrims during menstruation. Here, 3.3 percent said they always had felt such instincts while 11.7 often felt, 8.3 occasionally felt and 76.7 had never felt such things.

Section IV: To study the interpersonal relationship of participants during menstruation

4.1 Relationship with friends

Figure 19



The above figure 19, shows the interpersonal relationship with friends during menstruation. Here, 38.3 respondents have strong relationship with their friends but 55 percent felt it moderately and 7.7 percent felt it poor.

4.2 Relationship with Family members

Figure 20

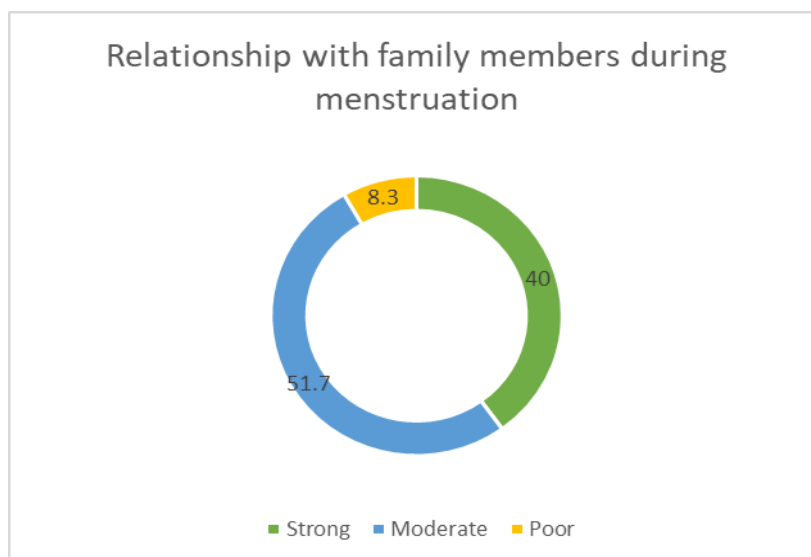
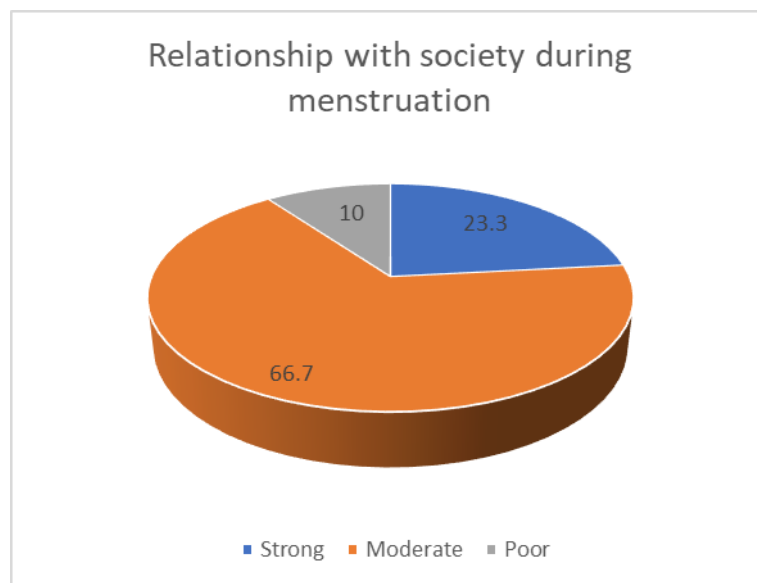


Fig 20, shows the relationship of respondents with their family members during menstruation. Here 51.7 has moderate relationship but 40 percent had strong relationship with families at this time.

4.3 Relationship with Society

Figure 21



In the fig 21, the respondent's interpersonal relationship with society is shown. Here, only 23.3 percent felt it strong while 66.7 percent has it moderately and the rest 10 percent have poor relationship with society.

Coffee Consumption and Regularity of periods

Table 8

Coffee Consumption * Periods regularity				
Crosstabulation				
		Are your periods regular?		Total
		No	yes	
Coffee Consumption	No	5	10	15
	Yes	13	32	45
Total		18	42	60

The above table 8 shows that those who consume coffee has resulted in having menstrual irregularities. That is more than one third of the respondents agreed on saying that consuming more coffee leads to menstrual irregularities.

Education and Individual work performance

Table 9

Education * individual work performance					
Crosstabulation					
		How you rate your individual work performance during your periods			Total
		Strong	Moderate	Poor	
Education	Highschool	0	2	1	3
	UG	4	30	10	44
	PG	1	11	1	13
Total		5	43	12	60

The above table 9 illustrates that the students in UG has moderately agreed upon how menstruation affects their individual work performance i.e. 30 percent has moderately agreed on their lack of individual performance during menstruation.

Dysmenorrhea and feeling of anger

Table 10

Dysmenorrhea * Feeling of anger				
Crosstabulation				
Count				
		Do you feel anger during your menstrual period?		Total
		No	Yes	
Dysmenorrhea	No	8	8	16
	Yes	6	38	44
Total		14	46	60

The above table 10 illustrates the respondent’s response on how painful periods left them in anger. Here the results show that 38 participants have agreed on dysmenorrhea leads them to feel anger.

CHI-SQUARE TEST ON HAVING DYSMENORRHEA AND FEELING OF ANGER

Table 11

Chi-Square Tests					
	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	8.673 ^a	1	.003		
Continuity Correction	6.759	1	.009		
Likelihood Ratio	7.961	1	.005		
Fisher's Exact Test				.006	.006
Linear-by-Linear Association	8.529	1	.003		
N of Valid Cases	60				
a. 1 cells (25.0%) have expected count less than 5. The minimum expected count is 3.73.					
b. Computed only for a 2x2 table					

The above table 11 shows the Chi-Square test shows that there is a significant association between dysmenorrhea and feeling of anger. Chi-Square test was done to find the significance between the above two variables. Here, p value is .003 which indicates there is a significance between variables.

CHI-SQUARE TEST BETWEEN ON TAKING BODY MASS INDEX AND HEAVY
MENSTRUAL FLOW

Table 12

Chi-Square Tests			
	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	31.430 ^a	9	.000
Likelihood Ratio	9.485	9	.394
Linear-by-Linear Association	1.952	1	.162
N of Valid Cases	60		
a. 13 cells (81.3%) have expected count less than 5. The minimum expected count is .03.			

The above table 12 represents the association between Body mass index and heavy menstrual flow. Chi-Square test was done to find the significance between the above two variables. Here, p value is .000 which indicates there is a significance between the two variables.

DISCUSSION

For most women, a regular menstrual period lasts between 21 and 35 days. However, 43 percent of young adults in this survey had prolonged menstrual periods, which means their cycles are shorter or longer than average, heavy or lighter than normal, or they have other symptoms, such as stomach cramps. In this study, more than half of the population are disturbed in their life because of the menstruation. Irregular periods have been an issue for many of the population whereas one third of the population in this study does not have this issue. In this study, more than three fourth of the population are from 19-21 age group, more than three fourth of the population are from the Christian community and most of them are pursuing there under graduation.

In the current study also, it specifies how dysmenorrhea affects their life and results in anger, therefore it is found that during menstruation emotions plays an important role. Anger and menstruation of young adults were studied. The results show that 76.7 percent of the total respondents have the feeling of anger during the menstruation. In the recent studies the menstrual cycle modulates the integration of emotional and cognitive processing in all women. the stress levels are mediated by The menstrual cycle phase only in women with irregularities.(Hoyer et al., 2013) . A chi square test was also done between dysmenorrhea and anger. The result also stated that there is a significant association between these two variables.

According to the present study the symptoms of menstruation they are having shown that 40 percent of students has agreed that they are having Abdominal pain which will be severe at times while 21.7 percent has agreed on feeling pressure in the abdomen whereas the rest of 38.3 percent has said that they are having pain in the hips, lower backs and inner thighs. Also. In one of the recent studies substantiate that women's feelings of sadness vary in different

phases of the menstrual cycle. And the relationship between emotional feeling and physiological responses(Wu et al., 2019).

More than three fourth respondents are irritated during their menstruation while least number of students doesn't feel irritated during their irregular menstruation. More than three fourth of the population has short temper issue while another least number of students doesn't feel short temper issues. Also, more than three fourth of the population try to control their anger while another least percentage of population blows out their feelings. In one of the previous studies it has said that menstrual cycle and menstrual problems are common. Major problems were cramps, irritability and stomach ache during menses(Itagi, 2017).

In the current study it is shown that half of the population has problem on concentration of activities during menstrual abnormalities. Then, one third of the respondents have lack of motivation problem. Also, more than three fourth of the young adults are affected on their individual work performance due to menstruation. And more than three fourth of the population have issues on their collaborative work performance which results that their menstrual days are affected and they are disturbed throughout their periods. The recent studies on the lifestyle pattern of any individual leads to their prone of disease. Female reproductive cycle directly or indirectly influences with diet, physical work, and mental stress(Negi1 et al., 2017)

Also, the current study shows that the population are affected with their interpersonal relationships with friends, families and society. The population has discreetly agreed on their affected interpersonal relationships. More than half of the young adults said that their interpersonal relationship with friends are affected. And more than half of the population said the same with their family members. Also, more than half of the population has said that their interpersonal relationship with society also lacking behind because of menstruation. This has

been said in one of the previous studies on the interrelationships between all the three factors and how it affects in social domain and family domain (Newman & Krzystofiak, 1993)

SUGGESTIONS

The study would be more effective if it was conducted in person, although the research has ensured the things, it would have got more clarity too.

LIMITATIONS

- The whole study was conducted online thus the clarity about the results are unknown.
- The study was limited to collect more respondents because of the external factors.
- Sample size is sixty respondents, since statistical experiments usually necessitate a greater sample size to guarantee a representative distribution of the population and to be considered representative of classes of people to which the results would be generalised or transferred.

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APPENDIX

**EMOTIONAL CHANGES DURING MENSTRUAL IRREGULARITIES AMONG
YOUNG ADULTS**

Age (years) -

Religion -

1.BMI

- Underweight
- Normal
- Overweight
- Obese

2.Education

- High school
- UG
- PG

3.Exercise

- Adequate (more than 3 times/week)
- Inadequate (less than 3 times/week)

4.Coffee consumption

- Yes
- No

5.Menstruation

EMOTIONAL CHANGES OF YOUNG ADULTS

- Regular (happens every 28th day)
- Irregular (date varies)

6. Dysmenorrhea (Painful periods that may include severe menstrual cramps)

- Yes
- No

7. At what age did you have your first period?

.....years old.

8. Have you had a period in the last three months?

- Yes
- No

9. If yes, please answer the below questions about your periods in the last 3 months.

- Yes
- No

10. Are your periods regular?

- Yes
- No

11. How many days of bleeding do you usually have each period?

.....Days

12. How heavy is your menstrual flow usually?

- Light

- Moderate
- Heavy
- Can't remember

13. Do you have any of the symptoms when you have a period

- Aching pain in the abdomen (pain may be severe at times)
- Feeling of pressure in the abdomen
- Pain in the hips, lower back and inner thighs

To determine anger resulting due to the physiological problems while deviation of menses.

14. Do you feel anger during your menstrual period?

- Yes
- No

15. Are you short tempered especially during your periods?

- Yes
- No

16. Are you irritated during your menstruation?

- Yes
- No

17. Do you try to control your anger during menstruation?

- Yes
- No

To comprehend boredom and avoidance behavior of young adults especially all along the irregular menstrual cycle

18. During your menstruation, are you getting enough concentration on the activities that you are doing.

- Not at all
- A little
- Somewhat
- Very
- Extremely

19. Especially during your menstrual periods, do you have a lack of motivation

- Not at all
- A little
- Somewhat
- Very
- Extremely

20. How you rate your individual work performance during your periods

- Strong
- Moderate
- Poor

21. How you rate your collaborative work performance during your periods

- Strong
- Moderate

- Poor

22. In the last 3 months, have you had to lie down for the day or longer because of your period pain?

- Never
- Occasionally (with 1 in 3 of my periods)
- Often (2 in 3 of my periods)
- Always (with every periods)

23. Has your period pain prevented you from going to school/college or carrying out your daily activities (even if taking pain-killers?)

- Never
- Occasionally (with 1 in 3 of my periods)
- Often (2 in 3 of my periods)
- Always (with every periods)

24. Do you get tired of doing things that you like because of the period pain?

- Yes
- No

25. Have you ever avoided any exams or occasions because you had periods on the same day?

- Yes
- No

26. Have you ever resist yourself from talking to males because of your period?

- Yes
- No

27. Because of your menstruation do you feel that, you will be punished by God for attending any religious practices, or touching religious books and visiting pilgrims?

- Yes
- No

To study the interpersonal relationship of participants during PMS

28. How you rate your relationship with friends during menstruation

- Strong
- Moderate
- Poor

29. How you rate your relationship with family members during menstruation

- Strong
- Moderate
- Poor

30. How you rate your relationship with society during periods [experience any kind of social withdrawal].

- Strong
- Moderate
- Poor



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