

MENSTRUAL KNOWLEDGE, SYMPTOMS AND WOMAN'S QUALITY OF LIFE OUTCOMES: LITERATURE REVIEW

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Abstract

Objectives: Review of literature related to the identification of the menstrual knowledge, symptoms and women's quality of life outcomes in order to strategies to improve life transition.

Methodology: This study is based on secondary sources like book articles, journals, websites, expert opinions etc. The method is based on descriptive method.

Results: The results of these 8 studies reveal that there are significant differences of knowledge towards menstruation and in the total number of physical & psychological symptoms. Lack of knowledge related menstrual periods and the presence of menstrual symptoms significantly reduces the quality of life and with more severity, worsens the quality of life.

Conclusion: The current review can provide a clear understanding of girls and women's experiences at menstruation. It is very challenging health care professionals to appreciate the symptoms experienced by women's during menstruation in order to competent care.

Keywords: Menstrual symptoms, Menstruation, Life transition, Quality of life.

INTRODUCTION

Menstruation can be seen as natural transition encompassing not only the biological changes but also the social changes linked with the natural aging process, including how a woman views herself and how she is viewed by society. For other women's, menstrual period is defined as a taboo topic that represents such as loss of adolescent girls, loss of attractiveness, loss of possibilities. These women may be inadequately prepared to handle physiological and psychological changes of menstrual periods.

Although menstruation is associated with changes in hypothalamic and pituitary hormones. Menstruation is not a event but a physiological process. So, it is the periodic vaginal bleeding that's occurs with the shedding of the uterine mucosa. Every month, an egg is released from the ovary to uterus and the eggs spends some time in the uterus, then it breaks the wall of the uterus after that blood starts flowing through the vagina.....that is menstruation. Menstruation cycles takes about 28 days one menstrual period to next and this repeats itself monthly.

Menstrual period is associated to a variety of uncomfortable symptoms which are varied in intensity from mild to severe symptoms. These symptoms have impact on menstrual women's quality of life. During menstruation the term quality of life is often related to menstrual symptoms such as dysmenorrhea, a, polyuria, and tenderness of breasts etc. However, it is important to recognize other perspectives of quality of life related issues such health status, life satisfaction, coping & psychological functioning.

As more research is conducted about menstruation, more information become available to address the issue linked with it. Many studies that have already been conducted about menstruation are cross –sectional survey whose participants included adolescent girls and also middle aged women. The researcher wants to assess women’s knowledge about menstrual period, identify symptoms and the severity of those symptoms and also identify women’s feeling about menstrual periods. AS all around the world, in women’s report various symptoms that can influence the quality of life, but it is important the fact many women don’t see as a disease 51% see it as a positive event.

Menstrual health demands priority in the world scenario due to the increasing life expectancy and growing population of menstrual woman. The health care of women’s during this stage needs special attention to the identification of their health in order to provide competent care. However the achievements made in terms of longevity stand diminished owing to the lack of specialized care that addresses the health needs of the woman’s. These facts illustrate the need to assess the menstrual symptoms women’s accurately and to develop successful focused preventive and control strategies for menstrual problems to have an easy and smooth life transition and to improve their quality of life.

THE PURPOSE: The purpose of this study is to find out the review of literature related to the identification of the menstrual knowledge and symptoms also and women’s quality of life outcomes in order to provide various strategies to improve their life transition.

METHODOLOGY (SEARCH PROCEDURES): This study is based on secondary sources like book articles, journals, websites, expert opinions etc. The method is based on descriptive method. Also, Systematic electronic search for articles published without a time limit included online libraries, Google scholar, Med line with full text, Essays and various articles. A literature review of abstracts and articles discussing the study aim on menstrual knowledge, symptoms, & practices, included the key words as menstruation, menstrual symptoms, & life transition, quality of life outcomes. The control for final inclusion of this study was conducted independently. The search was conducted in accordance with the systematic review guidelines of the literature.

INCLUSION & EXCLUSION CRITERIA, CATEGORIZATION & SYNTHESIS OF DATA:

Inclusion criteria were original research studies about menstrual knowledge & symptoms with full text, studies including menstrual women as participants and systematic literature reviews on this issue. Exclusion criteria were unpublished manuscripts, or dissertations.

The categorization was done for the author and article publishing, method and main result, but the analysis included original results of eight studies related to the topic of interest. Also it can be said that the analysis focused on identifying important results related to menstrual knowledge & symptoms and their impact on women’ quality of life.

RESULTS: Majority of the studies conducted in different countries namely India, Nepal, Bangladesh, Uganda, Africa have used the menstrual knowledge related scale that is health related quality of life scale. And self –designed questionnaire has also been used. Here are details of all eight studies:

AUTHOR AND YEAR	METHODS	MAIN FINDINGS
Suvarnalekha , et al.(2008)	One group pre-test quasi-experimental method was adopted. The sample consisted of 1000 girls studying in 7th, 8th, 9th standards	A woman's improved after educational programme and there was considerable increase in the tolerance of menstrual problems & symptoms.
Sapkota, D .et al (2013)	The purpose of the study was done to assess knowledge and practices regarding menstruation. A descriptive study was among 61 female adolescents. Data were collected through questionnaire.	It was found that dysmenorrhea was commonest problem during menstruation followed by back pain. Nepali women's exhibited impaired quality of life due to menses.
Mtunda , A.(2013)	A qualitative exploratory study was used to reveal the participants experiences relative to menstruation. Si focus group discussions conducted together information from 51 girls aged 13- 20 from three secondary school.	The revealed that girls understandings of menstrual prior to the onset of menarche was inadequate thereby causing panic, anxiety & embarrassment related symptom among them which impacts women's quality of life.
Kassaw, T. et al.(2014)	The quantitative study was conducted among 595 randomly selected girl four focus group discussions among school girls. Also Pre-designed questionnaire used for the study..	Findings this study showed that 51% girls had knowledge about menstruation. Only one third of girls used sanitary napkins. In addition the study indicated that school dropout was common among girls who experiences teasing and humiliation by classmates when their clothes is stained with blood.
Gregory J.Boyle.(1997)	The sample comprised 427 post -pubescent female students of senior secondary school. Retrospective Menstrual distress questionnaire was used for the data collection.	At the menstrual phases mood and symptoms significantly predicted grades in 14%. Menstrual cycle variables play a small but discernible role on academic learning outcomes. Depression, trouble sleeping, polyuria were symptoms during menses with the strongest associations with health outcomes.
Haque , SE. et al.(2013)	It was school based health education or intervention type study. 416 adolescent females students in Bangladesh aged 11-16 years also were selected for the study.	This study resulted that the significant changes in the knowledge and beliefs also practices of menstrual hygiene. But the educational programme resulted in significant improvements .Which can influence the quality of life.

Nayana S. George, et el.(2014)	A descriptive survey was conducted among 233 adolescent girls in four residential school of Udupi district. Standarized self reporting questionnaire were used to obtain relevant data.	This study finding revealed that girls experience number of physical, psychological symptoms. Also this study indicate the magnitude of the problem. and need for appropriate intervention .This various symptoms that can influence the quality of life. Such as feeling tired, headaches. vomiting etc.
Barathalakshmi , J.(2013)	A descriptive cross sectional was conducted in 2012 among 435 school going girls. A pre-designed and structured questionnaire was used in this study.	This study has highlighted the need of adolescent girls to have accurate and adequate information about menstruation .It is important to educate adolescents girls and women about the issue related to menstruation .So that they could safeguard themselves against various disease. After they can improve good quality of life.

DISCUSSIONS: The time of first menstruation can be considered as a change in life as an opportunity reappraise health and health related behavior patterns & make changes in them, the impact of menstruation on women’s quality of life is noteworthy. The presence of menstrual symptoms significantly reduces the quality of life with more severity, worsens quality of life. In addition, they may lead to work related difficulties. The results of these 8 studies reveal that there are significant differences in the total number & total severity of the physical and psychological symptoms.

The above findings that more damaged quality of life due to severity of dysmenorrhea, polyuria, constipation, breasts tenderness & diarrhea symptoms. In most women, dysmenorrhea related to menstruation will resolve overtime without any intervention. Including the use of herbal drugs, diet and lifestyle modification programme. The intensity of menstrual symptoms was found to be lower among adolescent girls & women with polyuria symptoms.

Most prevalent psychosocial symptom reported were feeling of anxiety and overall depression among Indian and abroad women with strongest association health outcomes. This is similar to study of women’s health across the nation analysis where the increase in risk of anxiety associated menstrual transition. And the current review can provide a clear understanding of women’s experiences at menstruation. It is challenging health care professionals to appreciate the knowledge and symptoms experienced by women’s during menstruation and also the ways to manage the same.

CONCLUSION: It is evident that there is a great diversity in knowledge & symptoms frequencies across the cultures and ways of coping adopted by these women. Health care providers need to consider women’s and girls differences, needs believes, when developing the treatment plans for women.

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