

## Relationship between Attitude towards Menstruation and Quality of Life in Adolescent Girls

Sindhuja Manisha Kamini P and Chirimi Acharya  
Amity University, Rajasthan

One of the horrifying life stage of females be their adolescence where they experience the complete transformation in their body. Menstrual cycle in the adolescent girls have an influential strength on the lot of elements like their mental health and well-being including the quality of life. The positive or negative attitude helps in the determination of the overall quality of life. The current research aims to find out if the attitude held towards menstruation in the adolescent stage influences the quality of life or not. The study involved 375 Schoolgirls with age between 13 and 16. The data were collected by rolling out the questionnaires for each of the variables in the study (Adolescent Attitude Towards Menstruation Questionnaire (AMAQ) and Youth Quality Of life (YQOL). The findings of the study reveals that there existed a relationship between the variables. Girls who exhibited more of positive attitude towards their menstruation experiences a better and substantial level of good quality of life. The study concludes that the overall life experiences and is influenced by the attitude towards the menstrual cycle for the adolescent girls.

**Keywords:** Menstrual Attitudes, Quality of life, Adolescent girls.

Adolescence is a time of transition, discovery, achieving autonomy, and creating a new identity since a new sexuality will be shaping and developing as a result of various experiences and discoveries. For this edification to take place in a safe manner, the social fabric in which the young person is immersed and developing must put into place several strategies to encourage the assimilation and processing of continuous knowledge, to empower young people, and to enable them to consciously engage in safe practises, including those related to sexuality. Even though adolescent girls are pressured to take on tasks and duties that limit their mobility and visibility, they are forced to do so, which makes them feel more alone and causes them to sever relationships with their friends and other social networks. Many low-income nations have a growing population of young people, which presents a huge opportunity to engage in their learning and overall development at a young age. In addition to ensuring that people receive chances that are legally theirs, such investments are made in order to benefit from the possible dividend they may provide. In India, where a sizable segment of the population is

young and will continue to be so for some time, this is particularly true. India's youth population is among the fastest increasing in the world, but gender inequality there creates serious obstacles for girls' futures. India has 232 million adolescents (10-19 years old), or around 22.8% of the country's total population.

Girls between the ages of 10 and 19 make up about half (111 million) of this population. 1 Adolescence is a crucial stage in the progression from infancy to adulthood. The knowledge, abilities, and physical and emotional experiences gained during this stage will play a significant role in maturity. Within this sizable population of teenagers in India, gender-related issues like mobility constraints, illiteracy or dropping out of school, early marriage, and violence continue to unfairly penalise girls. Widespread son preference and the exclusion of females are reflected in the participation in education and the workforce, where there are significant gender gaps. Girls still enrol at very low rates in higher education even if their overall and school enrolment has improved over the past three decades. 2 This is due to the continually

high dropout rates and subpar attendance of females compared to boys, which undermine rising female enrollment. In the age range of 6 to 10 years, the percentage of boys and girls not attending school was 5.51% and 6.87%, respectively, according to EdCil's National Household Sample Survey. Girls had a substantially greater percentage of out-of-school children for the age range 11–13 (10.03%) than did boys (6.46%). Girls experience a strong and growing sense of sexual identity during adolescence. Females' mobility is limited as a result of parental and societal concerns about girls engaging in premarital sex and keeping their sexual chastity. Girls are compelled—with or without planning or consent—to get married young and have children before they are ready. A livelihoods approach has numerous definitions that are available. Youth livelihoods are the job and service-related activities that young people engage in as they make the transition from being primarily dependent on a family and community to being a householder and/or a contributing member of the community, according to James-Wilson (2008). This could entail helping at a small-scale family farm in the country, a street-based business in the city, or even helping out with child care for others. A livelihood approach for young people, according to Mensch et al. (2004), “attempts to build technical and life skills while influencing social networks and boosting access to savings, loans, and markets” with relation to teenagers.

One of the most well-known psychological concepts is self-esteem. There are various definitions for this phrase. Morris Rosenberg, one of the most well-known theorists in the field, [1] defined self-esteem as a positive or negative attitude toward oneself. According to Korman, self-esteem measures how much a person “sees himself as a competent, need-satisfying individual” and that people with high self-esteem experience feelings of personal sufficiency and believe they have previously met their needs. Self-esteem has been considered as a state (representing responsiveness to situations or life events, or a response to cues from other people, such as a “looking glass” orientation), as well as a characteristic (indicating stability through time). Other studies have demonstrated

that, particularly during periods of school transition, the development of self-esteem displays discontinuities rather than following a smooth trajectory. Most studies on teenagers' self-esteem have looked at small samples, usually in cross-sectional analyses. In addition, most of the literature currently in existence has examined mean-value changes. For instance, in a recent study, the authors noticed that only four of 18,000 publications regarding self-esteem investigated changes at the individual level, as opposed to the population (overall mean) level, in their examination of the literature [7]. It's important to note that, according to a previous study in this cohort, black and white women appear to have different levels of self-esteem. Self-esteem in white girls started to deteriorate at age 11, whereas it remained consistent in black girls between the ages of 9 and 14; these variations were ascribed to higher contentment with physical appearance. In a recent meta-analysis, it was revealed that Black people had higher self-esteem than White people did, and that there were larger variations in effect sizes as people were older and had less education. Self-concept is dynamic in nature; it develops during childhood and is organised according to various life and developmental phases (Freitas, 2009). According to Hattiecit (cited in Freitas, 2009), adolescence is the time when the biggest transformations and a person's self-concept are expressed to its fullest. The significance of self-concept is derived from the fact that this construct explains many other psychological variables; it is a measure of adjustment to life and emotional well-being that affects how people are motivated, acquire, and achieve levels of success desired in various spheres of their existence (Freitas, 2009)

This reflects how they see themselves to be perceived by others and how others perceive them. As a result, they have the best coping mechanisms and feel better about both themselves and other people. People with a good self-concept have a favourable picture of themselves and view other people as less threatening. Males go through menarche and menstruation with hormonal changes during puberty and adolescence. Adolescent girls frequently have menstrual issues such heavy

monthly bleeding, menstrual pain, abnormally long cycles, and unpredictable menstrual cycles.

Growing research suggests a link between adolescent and young women's mental health issues and menstrual cycle disruption. According to studies, girls who experienced more depressive symptoms were more likely to experience menstruation symptoms and have lower quality of life (QOL). Positive correlations between depressed symptoms and menstrual cycle irregularity were found in a study of Korean adolescents. Life of adolescent girls while menstruating and experiencing the pubertal development stages: Quality of life (QOL) is defined as the degree to which an individual is healthy comfortable and able to participate or enjoy life events (Britanica). Adolescence are the individuals who are generically undergoing the most transitory period in life which adversely influence their thinking patterns with subjective Well-Being, their perception towards life events and comfort zones, their attitude towards the intimate and relations which all come together as a determinant of their quality of life. As per the definition when the quality of life is related to adolescence it takes much chances to get comfortable with their physical body which has underwent multiple changes physically and physiologically. So health here means how better they are comfortable with their newly transformed body especially girls who have experienced body weight changes and experience some body image issues.

World Health Organization has well defined the quality of life as an individual's perception of their position in life in the context of the culture and value systems where they live, and in relation to their goals, expectations, standards, and concerns (International Encyclopedia of public health, second edition 2017). QOL is a must variable that to be explored in girls who have just started menstruating and are middle of their pubertal transitions because QOL has to be assessed in terms of physical health as well as that psychological well-being. Resilience be the very psychological ability to bounce back from the setbacks and the drawbacks and leading a normal life. To put it into a nutshell

its about heading to the normal life period after hitting with any psychological or social or physical distress. The researcher argues that girls especially during the adolescent period who are menstruating exhibits good amount of resilience as they undergo different bodily and psychological changes in the name of puberty development.

### **Significance of the Study:**

Menstruation is one the most important milestone of the biological development of the female body, which be the core of the transformations of the body and mind of all the adolescent girls,

Adolescent girls experience a plethora of shifts in the physiological and psychological functioning's because of the new social lives they encounter, their physical maturity emotional regulations.

The subjective well-being of an individual is totally framed with the variable of quality of life especially in the adolescent girls. This research studies about the relationship between the quality of life and the attitude towards menstruation.

## **Method**

### **Research Design:**

Correlation design will be used establish the relationship between two variables (Creswell 2020). This study applies correlation research method to investigate the relationship between the variables to find out the association of the psychosocial attributes and the very puberty development and the relationship between the experience and attitude of menstruation to the psychosocial attributes.

### **Participants:**

In a cross-sectional survey study, data were collected from 375 adolescent girls attending three higher secondary schools in Coimbatore city (District of Tamil Nadu state, INDIA), whose ages ranged from 15 and 18. Out of 400 questionnaires administered, 389 were retrieved and 375 are used for the data analyses in the study. The remaining 15 questionnaires which are incompletely filled were discarded from the study.

**Inclusion Criteria:**

- Girls between the age of 10 to 18 years of age
- Girls who were attained their menarche.
- Girls from both government and private schools.

**Exclusion Criteria:**

- Girls who are below the age of 10
- Girls who have not reached their menarche
- Girls who have experienced precocious puberty

**Tools Used:**

**Menstrual Attitude:** Adolescent Menstrual Attitude Questionnaire (Janice.M. Morse, Kieren. Joan Bottorff 1993). This is a five-point Likert scale with six subscales for both pre and post menarchial versions that are 1. Positive feelings, 2. Negative feelings, 3. Living with menstruation, 4. Openness towards menarche, 5. Acceptance of menarche and 6. Menstrual symptoms. The reliability score for the post-menarchial scale is found to be .90 which reflects the high level of reliability and could be used for the samples of the present study

**Quality Of Life:** Youth Quality of Life instrument - short form (YQOL-SF) (Patrick DL, Edwards TC). This shorter form of comprises 15 perceptual statements denoting the life's quality from various health, socioeconomic, health and disability backgrounds, this measure found to be highly reliable with the internal consistency and the test retest reliability is found to be .78.

**Results and Discussion**

Table : The correlation between the variables menstrual attitude and the quality of life. The table reflects that there exists the positive correlation between the variable's menstrual attitudes and quality of life.

Variables		Quality of Life (YQOL)
Menstrual Attitude (AMAQ)	Pearson Correlation	.761**
	Sig. (2-tailed)	.000
	N	375

\*\* Correlation is significant at the 0.01 level (2-tailed).

Adolescent girls undergo a plethora of changes in the life style, environmental surroundings, social relationships and shifts in their hormonal compositions (Hennegan et al., 2019). Menstruation is a remarkable biological processes that an adolescent undergoes which gives a lot of behavioural as well as cognitive changes. Menstrual attitudes refer to any behavioural and cognitive responses held towards the menstrual cycle, menstrual experiences, or menstrual products. Adolescent girls' attitude towards menstruation has an influential factor on their overall life aspects. Studies show that there exists association between the life quality and the attitude towards menstruation in adolescent girls (Dhoundiyal & Venkatesh, 2009). The current study has examined the relationship between quality of life and menstrual attitude. The statistical analysis shows that there exists high level of positive correlation between the attitude towards menstruation and quality of life among 375 adolescent girls. Further this study implies that there should be researches conducted on the larger population and the cross-sectional studies are also recommended for the further strong assertions to be made. And this study has comprised the population of only teenage girls of age between 15 and 18, so this study have comprised the population only from the adolescent stage and its impacts.

**Conclusion**

The study concludes that the adolescent girls who have attained puberty and started experiencing menstrual cycle have attitude towards their menstrual cycle which influences the other factors of the mental well-being like their mood overall quality of life. This study which attempted to study the relationship between the quality of life and the menstrual attitude have found that the aspects of life of an adolescent girl is connected with the attitude towards their menstruation or the attitude held towards the menstruation.

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**Sindhuja Manisha Kamini P**, Ph.D Clinical Psychology Research Scholar, Amity Institute of Behavioral and Allied Sciences, Amity University, Rajasthan

**Chirimi Acharya**, PhD, Assistant Professor, Amity Institute of Behavioral and Allied Sciences, Amity University, Rajasthan