



MENTAL HEALTH CORRELATES TO FEMALE SUFFERING FROM MENSTRUAL PROBLEM

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ABSTRACT

The aim of this study was to determine the association between mental health and menstrual disorders among female. The two hundred female patients of menstrual disorders in which 100 Amenorrhea and 100 Dysmenorrhea and 100 normal. Mithila Mental Health Inventory used to measure mental health of female. Result reveals that dysmenorrhea patients have scored high than normal group.

INTRODUCTION

Menstruation is typically a universal event during a woman's reproductive life. Its onset known as menarche may be characterized by a number of irregularities. Research findings in some Western population showed that post menarchial irregularity was reported in 43 to 62% of girls during the first year of menstruation, and in some it persisted for 3 to 5 years (Van Hooff et al, 1998, Demir et al, 2000, Lee et al, 2006, Cakir et al, 2007). If persistent, menstrual disorder/irregularity becomes a major gynecological problem in adolescence and adult life. It has been shown to have adverse impact on daily activities such as avoidance of exercise or outdoor activities and increase in number of days absent from school (Klein, 1981). The spectrum of menstrual disorder/irregularity ranges from disorder of cycle length to disorder of flow. These include: absence of menstruation (amenorrhea), excessive or prolonged flow (menorrhagia), light, infrequent or delayed flow (oligomenorrhea), painful menstruation (dysmenorrhea) and Pre-menstrual Syndrome (PMS). These disorders are very common in women with high prevalence rate, ranging from 30 to 70% (Gordley et al, 2000).

Apart from the physiological variation, many other factors have been found to cause menstrual disorders in adolescent. These include: environmental, nutritional, drugs, physical activities and stress (physical, emotional and mental) (Pamela 2009). The effect of stress particularly chronic stress) on females menstrual characteristics have been confirmed by an impressive body of cross-sectional and prospective studies (Christiani et al, 1995, Mei et al, 2010). Consistent associations have been observed for cardiovascular, musculoskeletal disorders, mental illness and both prevalence as well as severe menstrual irregularities (Kivimaki et al, 2006, Stansfeld et al, 2006, Denney et al, 2009). The present study aim of this study was to determine the association between mental health and menstrual disorders among female. Its hypothesized that Dysmenorrhea patients should score high on all the dimension of MMHSI than the Amenorrhea patients.

METHODS :

Sample :

The two hundred female patients of menstrual disorders in which 100 Amenorrhea and 100 Dysmenorrhea have been taken after the through diagnosis made by the Gynecologists of various hospitals and clinics of Varanasi city. One hundred female normal who never complained of such type of disorder have been taken as the control group.

Psychological Measure :

1. MMHSI (Mithila Mental Health Status Inventory), A. Kumar and G.P. Thakur (Hindi adoption).

Results & Discussion:

The present study was focused on difference between menstrual disorder patients and Normal group. The aim of the present study was to assess mental health of menstrual disorder patients.

Table : 1

Mean, SD and 't' value of normal and Ssystemorrhea and Menorrhea on MMHSI measure.

	Normal N=200	Dysmenorrhea N-100	Amenorrhea N=100
Mean	21.32	22.32	20.28
SD	5.04	4.10	3.18
't' Value	1.56	9.28	8.78

It is clear from table-1 the Amenorrhea patients have score high on the MMHSI than the Dysmenorrhea patients and normal. Amenorrhea patients have scored the mean value 20.28 with the standard deviation of 3.18 while the normal have scored the mean 21.32 with the standard deviation 5.05. The difference between the two means of both the groups has been found to be significant at .01 level of confidence. The 't' value=9.28>.01. Table

shows that on scale of MMHI Dysmenorrhea patients have scored the mean value of 22.32 with the standard deviation 4.10, whereas the mean score for the Amenorrhea is 20.28 with standard deviation 3.18. The difference between the means of two groups i.e. Dysmenorrhea patients and the Normal have been found to be a significant at .01 level of confidence. The 't' value=8.78>.01.

The results that the patients group have been found to be having withdrawal tendency and feel difficulties in maintaining interpersonal relationship and more Alert and Expressive and found to be unhappy, nervous, emotional labile, fearful, anxious and depressed.

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