



Knowledge about Correct Healthy Habits during Menstruation for Married and Singles Women in Baghdad Teaching Hospital

Ban Yousif Yaaqoob

Community Health Technologies, College of Health & Medical Technologies/Baghdad, Middle Technical University Baghdad/Iraq

Corresponding author e-mail: banalbadran@gmail.com

Abstract

Menstruation is a female's monthly bleeding, often called the "period." When you menstruate, your body sheds the cyclical buildup of uterine lining. Menstrual blood and physical flow from your uterus complete the primary stage at the cervix and "exit your body through the vagina. The aim of the study is to test the knowledge of married and unmarried women about the menstrual cycle and how to deal correctly during this period. This study is prospective/cross-sectional. The data was collected in the period between (2022/12/20) to (2023/2/25), and the data was (100) hundred divided into two groups: Group (1): 50 female students, conducted at the College of Health and Medical Technology, Group (2): 50 female employees conducted at the Medical City Teaching Hospital. A woman's menstrual period is considered an important period, due to the repercussions of the changes that occur in her body and the extent of the woman's knowledge of how to deal with them correctly so that she can overcome this stage with the least amount of pain. In this study, we will shed light on the most important topics of concern to women related to the menstrual cycle. Through our study, we concluded that there is sufficient knowledge for single and married women, especially the age group between (25-34). From this study, we recommend improving health education about some wrong behaviors related to the menstrual cycle, such as eating a lot of sweets and taking a lot of painkillers or painkillers, by studying them at the secondary level and giving importance to the topic because it is simply a vital part. In a woman's body it is important to know everything about it.

Keywords: Knowledge, healthy habits, menstruation, women

دراسة ديموغرافية حول العادات الصحية الصحيحة أثناء الحيض للمتزوجات والعازبات في مستشفى بغداد التعليمي

بان يوسف يعقوب

قسم تقنيات صحة المجتمع / كلية التقنيات الصحية والطبية / بغداد
الجامعة التقنية الوسطى بغداد / العراق

الخلاصة

الحيض هو نزيف شهري يصيب الأنثى، وغالبًا ما يطلق عليه "الدورة الشهرية". عندما تحيض، يتخلص جسمك من التراكم الدوري لبطانة الرحم. يكمل دم الدورة الشهرية والمد المادي من رحمك المرحلة الأولية الثانوية في عنق الرحم ويخرج من جسمك عبر المهبل. الهدف من الدراسة هو اختبار معرفة النساء المتزوجات وغير المتزوجات عن الدورة الشهرية وكيفية التعامل الصحيح خلال هذه الفترة هذه الدراسة مستقبلية / مقطع عرضي. تم جمع البيانات في الفترة ما بين (2022/10/20) إلى (2022/12/25) وكانت البيانات (100) مائة مقسمة إلى مجموعتين: المجموعة (1): طالبات وعددها 50 تم إجراؤها في كلية التقنية الصحية والطبية، المجموعة (2): موظفات وعددها 50 تم إجراؤها في مستشفى مدينة الطب التعليمي. تعتبر فترة الحيض عند المرأة فترة مهمة، وذلك بسبب تداعيات التغيرات التي تطرأ على جسدها ومدى معرفة المرأة بكيفية التعامل معها بشكل صحيح حتى تتمكن من التغلب على هذه المرحلة بأقل قدر من الألم. وفي هذه الدراسة سوف نلقي الضوء على أهم المحاور التي تهتم المرأة والتي تتعلق بالدورة الشهرية. من خلال دراستنا خلصنا إلى أن هناك معرفة كافية للنساء العازبات والمتزوجات وخاصة الفئة العمرية بين (25_34) ومن هذه الدراسة نوصي بتحسين التثقيف الصحي حول بعض السلوكيات الخاطئة المتعلقة بالدورة الشهرية مثل تناول الكثير من الحلويات وتناول الكثير من المسكنات أو المسكنات، من خلال دراستهم في المرحلة الثانوية وإعطاء أهمية للموضوع لأنه ببساطة جزء حيوي. في جسد المرأة ومن المهم أن تعرف كل شيء عنه.

الكلمات المفتاحية: معارف، العادات الصحية، الحيض، النساء



1. Introduction

Menstruation is a lady's periodic flow, frequently termed your "period." "When menstruate, the body" removes the cyclic stockpile of the "facing of uterus. Menstrual body fluid and fleshy tissue stream since your uterus concluded the slight initial in your cervix and pass out of your body through your vagina Throughout the monthly menstrual cycle, the uterus insert forms up to arrange for gestation. If you see not to get gravid, estrogen and progesterone hormone ranks inaugurate dropping [1]. Very little heights of estrogen and progesterone" express your figure to create menstruation. The characteristic menstrual rotation is 28 days long, but each lady is different. Similarly, a female's menstrual rotation extent influence is changed from month-to-month. Your days are "fixed" if they frequently arisen each 24 to 38 days. [2] the interval from the head day of your preceding old-fashioned up to the twitch of your next period is at smallest 24 beings but not further than 38 days. Some females ages are so steady that they container guess the day and stretch that their ages will fright. Other women are regular but can only predict the start of their period within a few days. Periods can also be unbalanced when we are strained, do thick workout, have a bad diet, or in reserve positions: [3], A week or two earlier your period frights, you may notification expanding, problems, temper strikes, or other animal and expressive variations". These monthly displays stay recognized by way of Pre Menstrual Signs, or (PMS). Around 85% of women familiarity specific point of PMS. "A little ought to further plain indications that disorder effort or special affairs, well-known as "premenstrual dysphonic disorder" (PMDD) [4]

Included A skin condition stands unique of the greatest public signs of PMS, and it doesn't impartial move youngsters. Hormonal alterations dismiss root glands in the casing to create additional sebum. This greasy material could block holes, eliciting advance a noticeable notice that your period is on its way. Hurt, Back pain, Headaches, Tender breasts, Joint pain [5].

2. Aims of Study

To search in knowledge about the correct health habits during menstruation for singles and married women.

3. Subjects and Methods

3.1 Study design

A cross section Study

3.2 Duration of the study and sample size

The data was collected between (20/12/2022) to (25/2/2023), the sample was (100) one hundred women divided into two groups.

Group (1) single women, was 50 have been done in the college of health and medical technology (students).

Group (2) married women, was 50 and have been done in medical city hospital (employee)

3.3 place

This study was conducted in Baghdad teaching Hospital and college of health and medical technology.

3.4 Data Collection Tool



Data were obtained by direct interview with the women and by using detailed self-reporting questionnaire knowing the cultural awareness of married and unmarried women on the subject of the menstrual cycle the 14-item questionnaire contains (What are you doing during the menstrual cycle? What is the source of information about the menstrual cycle? Do you exercise during the menstrual cycle...etc?)

3.6 Statistical Analysis

In this study the data was analyzed through frequency and percentages using application of statistical package (SPSS) ver.24.

4. Results

Table 1- distribution of studied sample according to demographic characteristics

Demographic characteristics	Frequency	Percent	
Age group	less than 24	23	23%
	25-34	52	52%
	35-44	16	16%
	more than 45	9	9%
Educational level	Primary	10	10.0%
	Secondary	11	11%
	High school	26	26.0%
	bachelor	50	50.0%
	master	3	3.0%
	student	22	22.0%
Occupation	graduate	23	23%
	Employed	23	23%
	Housewife	32	32%

This table shows high percent was in middle age with bachelor and housewife. High percentages show in bachelor 50% and house wife 32%



Table 2- distribution of studied sample according to general information about knowledge of menstruation.

General Information		Frequency	Percent
Do you drink natural drinks and juices?	yes	92	92%
	No	8	8%
What is the source of information about the menstrual cycle?	mother	55	55%
	relative	4	4%
	s		
	friends	10	10%
	internet	31	31%
Do you exercise during the menstrual cycle?	Yes	21	21%
	No	79	79%
Do you eat sweets during the menstrual cycle?	Yes	76	76%
	No	24	24%
Do you eat fruits during this period ?	Yes	84	84%
	No	16	16%
Do you shower during your period?	Yes	86	86%
	No	14	14%
Do you think that what you are doing and doing is right during your period?	Yes	68	68%
	No	32	32%
Do you not do a lot of difficult work during the period, or do you prefer to take a break and postpone the many strenuous work until the end of the period	Yes	58	58%
	No	42	42%
Do you take painkillers during menstruation?	Yes	51	51%
	No	49	49%

This table reveals that high percent was in those who drinks natural juice 92%, take information from their mother 55%.

5. Discussion

In this study, we shed light on the most important axes that are important to women and that are related to the menstrual period .This study is considered developed because of the type of variables added to previous studies related to this topic, so the new variables are not found in the rest of the previous research, so they considered new and original Through our



study, it was found high percentage women with a bachelor's degree are 50% , also educational level high percentage 50%, This variable is developed and cannot found in other studies so, High percentage was (92%) it is good pointer for higher awareness about drinking natural juices it is consider healthy practice , and these results are consistent with the results of the research conducted in India for the (2018).But, these results are different from the results that appeared in Pakistan, where it indicated that 70% of the total number drinks natural juices, [6].Higher percentages was housewives (39%) .This is good pointer which is describing the higher awareness in housewives in spite they are not employer and contact with other people in the work by. Drinking natural or artificial juices this variable it is very important because it discover the source of information for women about the idea and healthy practice daring period higher percentage was from mother (55%) that showed the mother is the highest source for the women however she is single married employ or housewife. And this was different from the results that appeared in Pakistan in the year 2020, where the study showed. That since of scarceness of conveyed from Quetta city, the recent training stayed pointed to consider the menstruation-related awareness and follows of teenage ladies. Consequences of our education exposed moms as main basis of menstruation-related material for the accused shadowed by their friends. Our consequences are in route to come again is stated from India, Nepal and South Africa [7, 8]. Even still mark confirmed menstruation as a painful matter largely for preteen teenagers to deliberate; mommies and supporters show a major character in car crying evidence about biological deviations and also around communal, responsive and ethnic questions. However, steadfastness of the menstruation-related facts delivered by mammies and sisters is disputed as they are not essentially well prepared to stop slits in lassies' awareness [9]. It is vital to type certain that exact and unswerving figures is relocated so menstruating misses are willing to control menstruation-related problems. Higher percentage was 79% who do not play sport exercise through period this is good pointer for high awareness about playing sport or heavy exercise through the period, The results of this study are similar to the results of the study conducted in Baghdad (2020), where the study conducted in Baghdad showed (84.2%) of the young adolescents [10]. The results of this study differ from the results of the study conducted in whereas such percentage was plentiful advanced (about duple) than the training ended in Songsterwest Bengal in which (42.65%) of the 160 complex daughters ensured not show, (33.82%) mademoiselles did not implement some family graft, throughout menstruation [11].

It was 76% that is explain the bad pointer because eating large amount of sugar load to raising levels energy quickly, and then it decline directly. This study is similar to study that examine women from many countries [14]. Higher Percentage (84%) who eaten fruits during their period and it pointer to a good aware and good practice due to fruit is within healthy food. And this percentage is much higher than the percentage that appeared in studies conducted in Baghdad in 2020. In that dash in the year 2020 , Miley appeared , (%21) of them ingest added fruitlets & root vegetable by way of they trust such nutriment resolve replace absent blood throughout menstrual stream [12, 13].

Higher percentage in age group through our study was between (35_34) years this age represent the middle age that may be have a good idea about health practice and correct behavior during period.

High percentages 86% that they are taking bath all through historical, it is good pointer for high awareness about shower during period it is absolutely correct behavior. The results of



this study differ from the results of the study conducted in Baghdad in 2020, where it appeared (22.6%) of the adolescents in extant education do not income a bath during menstrual series at completely but (13.3%) do not wash through the 1st day merely a repetition right as “washing all through menstrual streamis unsafe to them, This differs from results shown in Bartha must originate in. here a fall in condition truancy and happening aching all through major daytime of menstruation if session in drum by boiling liquid [14].

High percentage (58%) in women who preferred to delay the hard work until the period ended; it is good pointer for high awareness. The gradesof revision are founded on the marks of learning lead to study completed in Tehran, where it showed principal of Iran including 250 teenage adolescents, around (33%) of apprentices shunned somatic movement smooth minor employment for the period of menstrual dated [15].

The variable that talked about the taking painkillers during menstruation, it shows (92%) who taking pair relievers too much during period when their stomachis empty. It is not correct behavior because too much analgesic may cause stomach ulcer within the time. The grades of revision are built on outcomes of education shown in scholarship prepared in Tehran, where it showed above (67%) of teenagers in Tehran described to yield soothing remedy on behalf of menstrual aching deprived of medicament by means of a physician [14, 15].

High percentages (86%) who they are taking shower during their period, high awareness about shower during period it is absolutely correct behavior.

6. Conclusions

Through our study we concluded that there is enough knowledge about menstruation period in single and married women especially who are between (25_34) age group, however if theyare house wife, employer that result the source of information was the mother they have information about the most healthy behavior during their period also the same age group who get bachelor degree that has good role from sciatic way.

References

- [1] C. M. Small, A. K. Manatunga, and M. Marcus, "Validity of self-reported menstrual cycle length," *Annals of epidemiology*, vol. 17, no. 3, pp. 163-170, 2007.
- [2] I. S. Fraser, H. O. Critchley, M. Broder, and M. G. Munro, "The FIGO recommendations on terminologies and definitions for normal and abnormal uterine bleeding," in *Seminars in reproductive medicine*, 2011, vol. 29, no. 05: © Thieme Medical Publishers, pp. 383-390.
- [3] A. M. Z. Jukic, C. R. Weinberg, A. J. Wilcox, D. R. McConnaughey, P. Hornsby, and D. D. Baird, "Accuracy of reporting of menstrual cycle length," *American journal of epidemiology*, vol. 167, no. 1, pp. 25-33, 2008.
- [4] J. Krithika and A. B. Alex, "Women’s product preference with reference to sanitary napkins," *IOSR Journal of Business and Management (IOSR) e-ISSN*, pp. 01-04, 2019.
- [5] M. A. Sayegh, B. C. Castrucci, K. Lewis, and A. Hobbs-Lopez, "Teen pregnancy in Texas: 2005 to 2015," *Maternal and Child Health Journal*, vol. 14, no. 1, pp. 94-101, 2010.
- [6] M. Sahin, "Guest editorial: tackling the stigma and gender marginalization related to menstruation via WASH in schools programmes," *Waterlines*, vol. 34, no. 1, pp. 3-6, 2015.



- [7] C. Sumpter and B. Torondel, "A systematic review of the health and social effects of menstrual hygiene management," *PloS one*, vol. 8, no. 4, p. e62004, 2013.
- [8] S. A. McMahon *et al.*, "The girl with her period is the one to hang her head'Reflections on menstrual management among schoolgirls in rural Kenya," *BMC international health and human rights*, vol. 11, no. 1, p. 7, 2011.
- [9] B. Arumugam, S. Nagalingam, P. M. Varman, P. Ravi, and R. Ganesan, "Menstrual hygiene practices: Is it practically impractical," *International Journal of Medicine and Public Health*, vol. 4, no. 4, p. 472, 2014.
- [10] R. Sen, A. Pathak, and P. Badgular, "Menstrual Awareness, Attitude and Associated Psychological Distress among Urban and Rural Adolescent Girls of Western Uttar Pradesh: Evidence from Greater Noida," *National Journal of Professional Social Work*, pp. 146-156, 2022.
- [11] S. Bharadwaj and A. Patkar, "Menstrual hygiene and management in developing countries: Taking stock," *Junction Social*, vol. 3, no. 6, pp. 1-20, 2004.
- [12] K. Kamaljit, B. Arora, K. Singh, and N. Neki, "Social beliefs and practices associated with menstrual hygiene among adolescent girls of Amritsar, Punjab, India," *JIMSA*, vol. 25, no. 2, pp. 69-70, 2012.
- [13] D. Shattuck, B. Perry, C. Packer, and D. C. Quee, "A review of 10 years of vasectomy programming and research in low-resource settings," *Global Health: Science and Practice*, vol. 4, no. 4, pp. 647-660, 2016.
- [14] P. Shoor, "A study of knowledge, attitude, and practices of menstrual health among adolescent school girls in urban field practice area of medical college, Tumkur," *Indian Journal of Health Sciences and Biomedical Research KLEU*, vol. 10, no. 3, pp. 249-255, 2017.
- [15] D. U. Ramathuba, "Menstrual knowledge and practices of female adolescents in Vhembe district, Limpopo Province, South Africa," *curationis*, vol. 38, no. 1, pp. 1-6, 2015.