



Survey on Effect of Menstrual problems Among Females of Bengaluru population: An approach for well-being of females

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Abstract

Menstrual problems are the major gynaecological problems which occur frequently in majority of female. Menstrual problems affect the physiology, psychology and well-being of a female. By knowing what type of symptoms and when to expect symptoms, help female to schedule her activities. The problems may be due to heredity or hormonal imbalance.

A study was conducted with 125 females of in and around Bengaluru, within the age group of 12-35 years, to understand better about the common menstrual problems faced by female during their menstrual period. The survey identified about menstruation, and limited options for alleviating their menstrual discomfort. The survey revealed that choice of products used to manage menstruation (either cloth or disposable pad) is mostly influenced by cost factors, comfort and habit as well as cultural restrictions. Females are largely not aware of the environmental impact.

Keywords: Gynaecological problems, Menstrual problem, Heredity, Hormonal imbalance, Environmental impact.

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