Nat. Volatiles & Essent. Oils, 2021; 8(6): 2064-2069

NVEO
Natural Volatiles &
Essential Oils

Menstruation Awareness Among Physical Education And Sports Fraternity: A Descriptive Study

Ms. Priyal Jain[1] , Dr. Aruna Rani[2] , Dr. Kiran[3]

[1]M.P.Ed student, Lovely Professional University, Phagwara, Punjab

[2]Assistant professor, Govt College Hoshiarpur, Punjab,

[3]Assistant Professor,Lovely Professional University, Phagwara, Punjab

Abstract

The purpose of the study was to study the menstruation awareness among the sports fraternity. The study investigated the menstruation knowledge difference among sports coaches, physical education teacher and gym trainers. For this study, 50 male gym trainers, 50 male physical education teachers and 50 male sports coaches between the ages 15-45 years were selected as the subject. To know their knowledge level, the variable of menstruation knowledge was selected and a questionnaire was made, which was approved by expertise in the field of gynaecology. With the help of SPSS, one way ANOVA was applied to the data collected from the subject's response to the questionnaire. The results of the study showed that the mean score of the group of gym trainer was 15.40, for the group of physical education teacher was 17.10 and for the group of sports coach was 17.04 and the significance level was 0.554. The average percentage of gym trainer was 32.76%, while the average percentage of physical education teacher and sports coach was 36.38% and 36.25 % respectively. It was concluded that there was no significant difference in the level of menstruation knowledge among the gym trainers, sports coaches and physical education teachers ($p>0.05$).

Introduction

Menstruation is the process in which the female's body goes through the preparation for possible pregnancy to the shedding of blood lining (in case the egg is not fertilized). The shedding of the blood lining is called as menstruation period. The primary symptom of menstruation is vaginal bleeding. Various other symptoms that the female body shows during menstruation are: body pain, bloating , sore breasts, increased weight, food craving, mood swings, abdominal cramps, fatigue, slow metabolism, high mineral concentration, gastrointestinal function, allergic reactions, sensory sensitivity, rise in body temperature, back ache and leg pain.

Premenstrual syndrome, also known as PMS are a group of symptoms that start before periods. It starts mostly 5-11 days before menstruation starts. It is seen that mostly the normal menstruation cycle is of 21 to 35 days. But sometimes females face irregularity in it. It is seen that 14%-25% females face these

irregularities. Either their menstruation cycle is shorter or longer than the normal cycle range; or they have excessive bleeding or very less bleeding. Menstruation is a basic system of a female's body to remove waste from the body. But it is seen that most of the females are shy and it is even defamed in many parts of the world. Some females feel embarrassed when they get their periods and are even afraid to mention the issues related to their periods. It even causes them to avoid various activities and events that might be important for them.

Due to lack of knowledge about menstruation, females have to suffer from these. If the society is educated about it, both males and females, they can make menstruation a little better for the females. Some ancient practices helped in inventing new products that can be used today like the use of rags lead to the idea of inventing reusable pads, using wood and lint led to invention of proper and safer tampons. With the evaluation of humans, they started to know the scientific reason behind the occurring of menstruation and how can it affect the females. It can be felt that in the coming generations, menstruation will not be a subject of disgust or shame. With proper education, both males and females can help break the following of myths of ancient time.

Women and sports

Sport performance is the manner in which sport participation is measured. Sport performance is a complex mixture of biomechanical function, emotional factors, and training techniques. Due to menstruation cycle, the performance of a female athlete can be affected. Athletes also show some signs of being in their periods. Various factors related to menstruation cycle have an adverse effect on sports performance of female athletes. Female athlete triads can be described as a combination of 3 situations i.e., eating disorders, amenorrhea and osteoporosis. They are very commonly found in female athletes. A female athlete can have one, two or all three conditions of the triad. They are very dangerous for the individual's health and must be avoided to live a healthy life. It is the combination of physical problems: menstruation dysfunction, less energy and less bone density level. Sports coaches and physical education teachers play a vital role in the development of an individual in the field of sports.

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Coaches are responsible to bring out the individuals full potential. They analyse the student, guide them about the various skills of the game and most importantly encourage them to perform better and learn and grow every day**.** Women are showing great performance in the field of sports, under the coaching of male teachers. It is seen that majority of the high-level coaching positions are acquired by males. According to Forbes (May, 2019) women held fewer coaching jobs, even for female teams. Around 90% of the female teams were coached by males (Here's Why Women's Teams Are Coached By Men, n.d.). Being trained under opposite gender comes with many unseen challenges and issues.

Objective of the study

The present study was conducted to investigate the menstruation knowledge difference among sports coaches, physical education teacher and gym trainers. For this study, 50 gym trainers, 50 physical education teachers and 50 sports coaches between the ages 15-45 years were selected as the subject. To know their knowledge level, the variable of menstruation knowledge was selected and a questionnaire was made. The aim of the study was to assess the knowledge level of male physical education teachers, gym trainers and sports coaches on the topic of menstruation and compare their level of knowledge.

Procedure

A descriptive study design was carried out to analyse the awareness among the coaches, physical education teachers and gym trainers on menstruation cycle and its effect on sports performance of female athletes. For this study, 50 male sports coaches, 50 male physical education teachers and 50 male gym trainers were selected as the subject from all over India using non probability sampling method. Using a self-made questionnaire, the data was collected through the medium of google forms.

Result

The statistical analysis of the data collected from hundred and fifty subjects is present in this chapter. The data was analysed by applying one way ANOVA test to find out the significant difference between the awareness of 3 groups of gym trainer, physical education teachers and sports coaches on the basis of their response to the questionnaire. Results of the research are as follows

Table 4.1- statistical analysis of menstruation awareness of gym trainer, physical education teacher and sports coach

Groups	N	Mean	Std. deviation	Std. error
Gym trainer	50	15.4000	8.72014	1.23321
Physical education teacher	50	17.1000	7.83308	1.10776
Sports coach	50	17.0400	9.90971	1.40145
Total	150	16.5133	8.83764	0.72159

Table 4.1 states that the mean score of the groups was 15.40 for the gym trainer, 17.10 for the physical education teachers and 17.04 for the sports coaches. The overall mean of the subjects was 16.5133. The standard deviation of the group score were 8.72014 in gym trainer, 7.83308 for physical education teachers and 9.90971 for sports coaches. The overall standard deviation of the whole data was 8.83764. The standard error for gym trainer was 1.23321, for physical education teachers was 1.10776 and 1.40145 for the sports coach.

(I) group	(J) group	Mean Difference (I-J)	Std. Error	Sig.
gym trainer	physical education teacher	-1.70000	1.77238	.339
	sports coach	-1.64000	1.77238	.356
Physical education teacher	gym trainer	1.70000	1.77238	.339
	sports coach	.06000	1.77238	.973
sports coach	gym trainer	1.64000	1.77238	.356
	physical education teacher	-.06000	1.77238	.973

*Significant at .05 level of confidence

Table 4.2 shows the result of comparison between 2 groups individually. The results show that the mean difference between the scores of gym trainer and physical education teacher is 1.70 while the significant difference between them is 0.339, while the mean difference between the scores of gym trainer and sports coach is 1.64 while the significant difference between them is 0.356 and the mean difference between physical education teacher and sports coach is 0.060 and the significant difference is 0.973. The significant difference between all the groups was 1.77238. From this data we can say that there is no significant difference between the scores of sports coaches, physical education teachers and gym trainers as the significant difference is more than 0.05 (p>0.05). Least significance difference (LSD) was calculated.

Table 4.3 Analysis Of Variance Among Physical Education Teacher, Sports Coach and Gym Trainer On Menstruation Knowledge

	Sum of Squares	DF	Mean Square	F	Sig.
Between Groups	93.053	2	46.527	.592	.554
Within Groups	11544.420	147	78.533		
Total	11637.473	149			

Table 4.3 shows the calculation of ANOVA among the groups of physical education teacher, sports coach and gym trainer regarding mensuration knowledge.

Between groups the sum of squares was found to be 93.053 DF was equal to 2, mean of square was found to be 46.527. Within groups sum of squares was found to be 11544.420 DF was equal to 147 mean of squares was found to be 78.533. The total sum of squares was found to be 11637.473 and DF

equals to 149 while the F value equals to 0.592. DF represents the degree of freedom.And the p value (significance) is equal to 0.554 which is shows that there is no significance difference was found.

Discussion

The following discovery was drawn from the answers to the questionnaire: The results of the study showed that mean knowledge of gym trainer was 15.40, physical education teacher was 17.10 and sports coach was 17.04. The standard deviation of gym trainer was 8.72, physical education teacher was 7.83 and sports coach was 9.90. The overall mean of the whole sample was 16.51. No significant difference was seen in the menstruation knowledge level of gym trainer, physical education teacher and sports coach. Result of the study also showed that the gym trainer, physical education teachers and sports coaches did not have adequate menstruation knowledge.

Conclusion

Based on the results of the study, it can be concluded that there is no significant difference in the menstruation knowledge level of gym trainers, physical education teachers and sports coaches. Mean score of physical education teacher was the highest among all 3 groups with the least standard deviation. It may be due to the nature of their teaching, training and studies. However the average level of knowledge of all groups was very less on the topic of menstruation their average score for a 47 score questionnaire was 15.40 for gym trainers, 17.10 for physical education teachers and 17.04 for sports coach. This lack of knowledge should be reduced by conducting various seminars and workshop in various schools and colleges. This will help them to understand their students better and achieve their goals easily. Proper knowledge will also enable them to help their students in case of emergencies.

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