



An Analysis of Age and Olegomenorrhic status

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abstract

Human health is indispensable to eke out for our day-to-day life as well as to lead happy life. Unhealthy people will become dependent; they will not be able to contribute their might towards the development of their family and the nation. It is a known fact that majority of the population is suffering from non-communicable diseases like cardio vascular diseases, lung diseases, cancer and diabetes and the victims of communicable diseases show declining trend due to scientific advancement in medical technology and pharmaceutical industries. Infact, many of the diseases unknown to us and the people also do not take treatment and it goes unnoticed, unrecognised and unreported. They may not be so dangerous and fatal like cancer, heart and lung diseases. However they are disturbing our normal day-to-day activities, takes away our happy life and push down to stress, frustration and depression. For example sinus, migraine, especially menstrual problems among women are not so serious but disturb their normal life.

Keywords:. Age and Olegomenorrh

The field of physical education and sports are international discipline. They develop international understanding and universal brotherhood in the present politically conflicting lives. Sports movements are considered one of the major adhesive forces for developing world peace. It may also as one of effective mean in solidifying national integration and developing national character. Sports have become the media of international relationship between the countries. Sports in the present day have become extremely competitive, previous records are being broken whenever there is competition. It is not mere participation or few days practice that brings an individual victory, but the continuous hard work of training right from childhood, a strong physiological variables may influenced.

The selection of course of action among option is all that is important and necessary. This way one can identify and choose alternatives based on values and preferences. This process is nucleus of management and

opens new vistas for implementation of the decision. The decision making is not confined to a single individual but to different coaches, referees, players and spectators etc. Different players take different decision taking into consideration the circumstances and its outcome. The decision taken by a player on the spot encounters sports environment with familiar actions (Orasanu& Connolly, 1993). There is a great dissimilarity in decision making in the laborites and the real world. Some internal as well as external dynamics comes into play when situation itself changes. One can conclude that an element of variability must be kept in mind while studying sports decision. Decision making is an integral part of everyday life. It is related to time and situation. It is decision as a judgment and final resolution of conflicting needs (Johnson 2006). Decision making is an important aspect of all sciences based professions where specialist applies their technical know-how in a particular area. Decision making is like facing different degrees of uncertainty. This decision making reduces uncertainty and doubts.

In contrast Rembeck et al. (2006) found that, in their sample of 12-year-old girls living in Sweden, post-menarcheal girls had a less positive attitude towards menarche than pre-menarcheal girls did. These results indicate that even though many girls had information about menstruation and believed that they were prepared to start menstruating, actually experiencing menarche may worsen a girl's attitude towards menstruation. This could be due to the fact that the girls were not as properly prepared for the experience of menarche, as they had previously believed. Insufficient or incorrect information received prior to menarche could result in this discrepancy. Experiencing menarche as a negative event may affect the attitudes and beliefs surrounding the experience of menstruation late into adulthood (Rembeck et al., 2006).

In a study conducted by Firat, Kulakaç, Öncel and Akcan (2009), that compared female students from high school and university in Turkey, it was found that high school students perceive menstruation as more debilitating than university students. However, the university students found menstruation to be more bothersome than the high school students. Firat et al. (2009) attributes these differences to experience, suggesting that experience with

menstruation may lessen the perception of menstruation as debilitating. However, as indicated by Rembeck et al. (2006), the nature of the experience may further affect a girl's attitude toward menstruation.

In a South African study by du Toit (1988), which compared the attitudes of pre-menopausal and post-menopausal women, it was found that most pre-menopausal women in the study look forward to menopause, as this would mean that they would not have the monthly „bother“ of menstruation. Only 65.5% of pre-menopausal women thought that they had an advantage because they menstruate, this advantage referred to the fact that menstruating women can have children, menstruation cleanses the body leaving the system healthy and it indicates a woman's youthfulness (du Toit, 1988). In comparison, 81.5% of post-menopausal women (for whom menstruation had ceased) viewed menstruation as an advantage as they felt that the cessation of menstruation was associated with the onset of ailments and signs of old age (du Toit, 1988).

Selection of Subjects

For the purpose of survey, total 5193 girl students from various Government Schools in Delhi were selected to collect data. The ages of selected girls were in the range of 11 to 20 years.

Selection of Variables

The study is delimited to selected menstrual disorder i.e. Oligomenorrhea and Dysmenorrhea among school girls in the age range between 11 to 20 years. After reviewing the literature, consultation with the experts and researcher's own understanding the following variables were selected for purpose of this study:

1. In order to assess the association between selected menstrual disorder, following variables were selected-
 - Oligomenorrhea
 - Dysmenorrhea

2. In order to assess the association between age of subjects and their responses on selected menstrual disorder, following variables were selected-
 - Age Group
 - Menstrual Disorder
3. In order to assess equal distribution of responses, following variables were selected-
 - Menstrual Disorder
4. Furthermore, for studying the role of sports participation in menstrual disorder, following variables were considered-
 - Oligomenorrhea
 - Dysmenorrhea
 - Sports Person or Non-Sports Person

Sampling procedure

Simple random sampling was used to collect data from girls of various government schools in Delhi. Simple random sample means that each unit in the population has the same inclusion probability and all the units are independent. Students were accessed through the acquiring permission and support from competent authority of the schools.

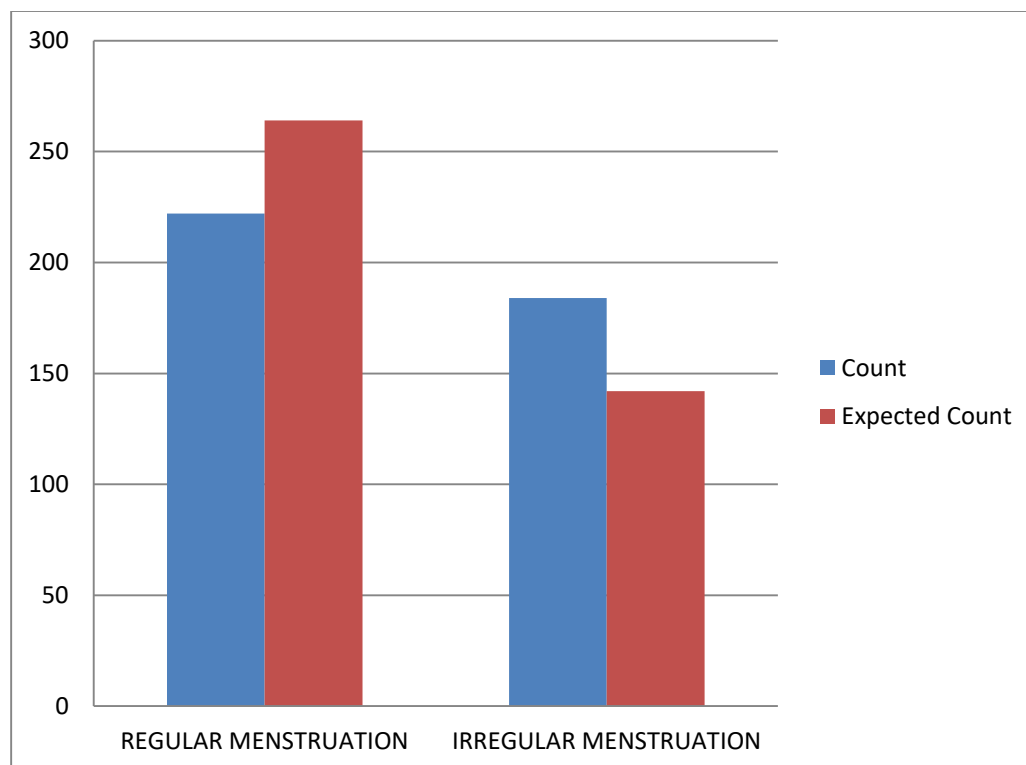
Design of the research

The research design used in this study was a cross-sectional survey design. A cross-sectional survey collects data to make inferences about a population of interest. This design allowed for the collection of data regarding the samples experience of menstruation. The use of a self-designed questionnaire which included only four questions was best suited for this study as it allowed collecting huge data. In order to maintain confidentiality of responses of subjects, no personal information was asked.

Cross tabulation of Age and Oligomenorrhic status of 11 years school girls

AGE * OLIGOMENORRHIC Cross tabulation					
			OLIGOMENORRHIC		
			REGULAR MENSTRUATION	IRREGULAR MENSTRUATION	Total
AGE	11 Years	Count	222	184	406
		Expected Count	264.0	142.0	406.0
		% within AGE	54.7%	45.3%	100.0%
		% within OLIGOMENORRHIC	6.6%	10.1%	7.8%
		% of Total	4.3%	3.5%	7.8%

Table represent the observed and expected frequencies of the Oligomenorrhic status of school students of 11 years. Out of total 406, 222 were found to have regular menstruation whereas 184 were found to have irregular menstruation. However, the expected count for regular menstruation and irregular menstruation was 264 and 142 respectively. No cells were found to have value less than 5 and, therefore, no correction is required to compute Chi-square.



Chi-square (χ^2) calculation for association between age and oligomenorrhic status of school girls. The value of Chi-square (χ^2) was found to be 1.051E2, which is significant at 0.05 level of significance as the p-value is 0.00. Thus, we may reject the null hypothesis that “There is no association between age and oligomenorrhic status of school girls. It may be concluded that there is a significant association between age of school girls and their oligomenorrhic status on the issue of different age level of school girls their menstruation status in term of Oligomenorrhea.

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