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## Erratic menstruation periods among female of different age groups of district kohat, khyber pakhtunkhwa, Pakistan

**Shehzad Zareen, Hameed Ur Rehman, Muhammad Shoab, Abida Khatoon, Ayesha, Sadia Raheem, Saima, Kausar Saeed and Sajid Iqbal**

### Abstract

About 600 adult Menstruating females of district Kohat were included in the study. Number of Menstruating days of each female was recorded. Observation was recorded from the 1<sup>st</sup> day of menstruating till the end of menstruation period. About 28.83% female population had 3-4 days' menstruation period which is considered to be short period, a total of 56.16% female population had 5-6 days' menstruation period, 12.33% female population had 7-8 days' menstruation period while only 2.66% female population of this study had the longest (9-10days) menstruation period. About 5.88% aged female population had the longest menstruation periods i.e. 9-20 days. A comparatively normal menstruation (5-6 days) period of 61.24% respondents was observed in age group 21-30 while in same age group about 26.03% respondents had least days of menstruation period i.e. 3-4 days.

**Keywords:** Menstruation cycle, age, Kohat

### 1. Introduction

Menstruation cycle is the period that occurs in the uterus nodules ovaries of the female that enable a female to get pregnant [1, 2]. Menses is the liberation of blood from female uterus which lasts from 2 to 7 days [3]. Menstruation consists of few pre-menstrual symptoms like exhausted sensation, touchiness and mood-swings and many more [4]. Menstruation period is totally controlled by hormones [3]. This cycle can be reformed/changed by using contraceptives (either oral/injectable) [5]. The current study was designed to investigate the number of days of menstruation period in females of different areas of district Kohat.

### 2. Materials and Methods

About 600 adult Menstruating females of district Kohat were included in the study. Number of Menstruating days of each female was recorded. Observation was recorded from the 1<sup>st</sup> day of menstruating till the end of menstruation period. Data was compiled on questionnaire.

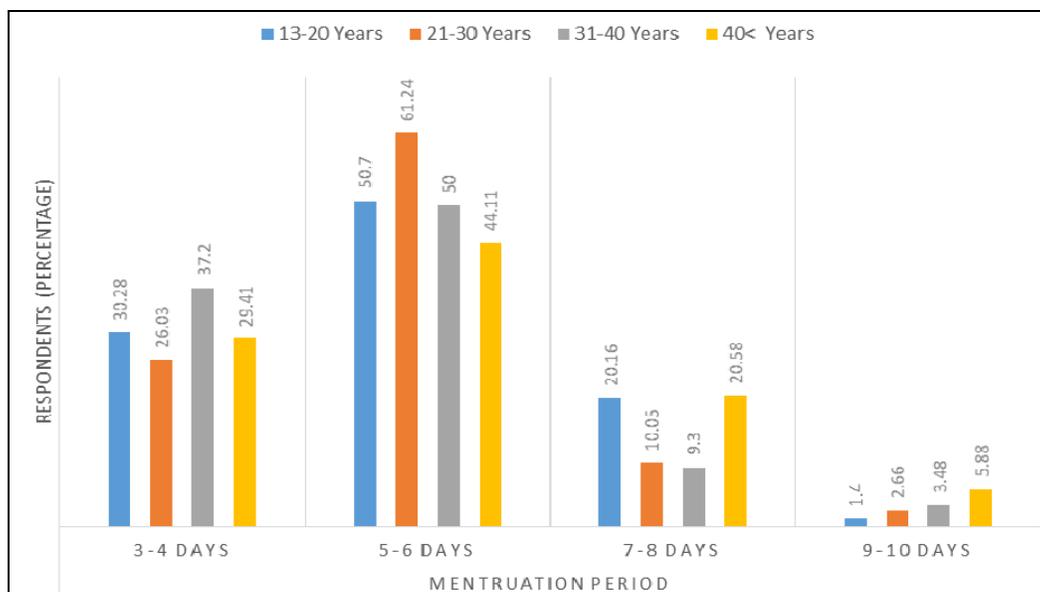
### 3. Results

#### 3.1 Variation in menstruation period in relation to age

Respondents were divided into different age groups starting from 13 years as this age is considered to be an average age of start of menstruation. About 142/600 (23.66%) respondents were included in this study whose age was 13-20 years. Out of them 43/142 (30.28%) had 3-4 days menstruating period, 72/142 (50.70%) had 5-6 days menstruating period, 25/142 (20.16%) had 7-8 days menstruating period while 2/142 (1.40%) had maximum menstruating period i.e. 9-10 days. Similarly, in age group 21-30 years, 338/600 (56.33%) female respondents were included in the study. Among them 88/338 (26.03%) had 3-4 days' menstruation, 207/338 (61.24%) had 5-6 days' menstruation, 34/338 (10.05%) had 7-8 days while 9/338 (2.66%) had maximum menstruating period i.e. 9-10 days. In age group 31-40 years, 86/600 (14.33%) females were included in the study, among them 32/86 (37.20%) had 3-4 days' menstruation, 43/86 (50.00%) had 5-6 days, 8/86 (9.30%) had 7-8 days while 3/86 (3.48) respondents had 9-10 days' menstruation period. A very least number of respondents i.e. 34/600 (5.66%) were included in this study among them 10/34 (29.41%) females had 3-4 days, 15/34 (44.11%) females had 5-6 days, 7/34 (20.58%) females had 7-8 days while only 2/34 (5.88%) females had 9-10 days' menstruation period (Table1 and Fig.1).

**Table 1:** Variation in menstruation period in relation to age

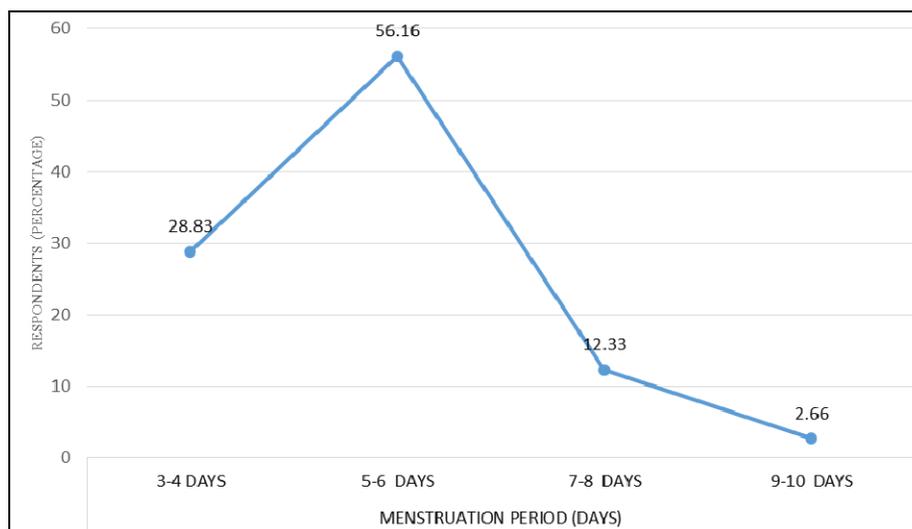
| Age Group (years) | Total No. of Respondents (%) | Menstruation Period |             |             |              |
|-------------------|------------------------------|---------------------|-------------|-------------|--------------|
|                   |                              | 3-4 No. (%)         | 5-6 No. (%) | 7-8 No. (%) | 9-10 No. (%) |
| 13-20             | 142(23.66)                   | 43(30.28)           | 72(50.70)   | 25(20.16)   | 2(1.40)      |
| 21-30             | 338(56.33)                   | 88(26.03)           | 207(61.24)  | 34(10.05)   | 9(2.66)      |
| 31-40             | 86(14.33)                    | 32(37.20)           | 43(50.00)   | 8(9.30)     | 3(3.48)      |
| 40< 50            | 34(5.66)                     | 10(29.41)           | 15(44.11)   | 7(20.58)    | 2(5.88)      |
| Grand Total       | 600                          | 173(28.83)          | 337(56.16)  | 74(12.33)   | 16(2.66)     |



**Fig 1:** Variation in menstruation period in relation to age

About 28.83% female population had 3-4 days' menstruation period which is considered to be short period, a total of 56.16% female population had 5-6 days' menstruation period, 12.33% female population had 7-8 days'

menstruation period while only, 2.66% female population of this study had the longest (9-10) days menstruation period (Fig. 2)



**Fig 2:** Days of menstruation period

**4. Discussion and Conclusions**

Current study is parallel to the study of Office of Women's Health, USA [3], which indicated the menstrual period can be as short as 2 days while as long as 7 days. But somehow this study is in contrast with that as menstruation cycle was observed as long as 10 days. This study reveals that the Normal period of

menstruation cycle was 5-6 days in females of different areas of district Kohat. With the start of teen age, menstruation cycle is considered to be not normal, in this study almost half i.e. 50.70% of the teenagers had normal menstruation period, rest of the 49.30% had irregular days of menstruation period either less than normal or it was higher than normal number of days.

With the increasing age menstruation cycle is observed to be increased or decreased. Only 44.11% respondents had normal menstruation period, while rest had either short or long periods. About 5.88% aged female population had the longest menstruation periods i.e. 9-20 days. A comparatively normal menstruation (5-6 days) period of 61.24% respondents was observed in age group 21-30 while in same age group about 26.03% respondents had least days of menstruation period i.e. 3-4 days.

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