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## Capricious menstrual periods among ladies with 10 different professions at district Kohat, KP, Pakistan

**Shehzad Zareen, Hameed Ur Rehman, Muhammad Shoab, Kausar Saeed, Sajid Iqbal, Palwasha Malik, Saima Javed, Sana Saleem and Almas Hameed**

### Abstract

Menstruation cycle also called menstrual period is the discharge of blood from female reproductive tract i.e. inner uterine lining. Short or tremendously small periods are termed as Hypomenorrhea while those which last more than 7 days are called Hypermenorrhea. About 600 Females from 10 different professions i.e. unmarried Households, House wives, Teachers, Students, Paramedical staff, Social workers, Police, Tailors, Maids and Security guards were included in this study to examine the length of menstrual cycle in relation to different professions. An unlimited relation of profession and menstruation period was observed in this study, a decreased or prolonged menstrual period was observed in those women who were having more physical or mental activities as compare to sedentary ones. About 22.33% respondents were reported with 3-4 days of menstrual period, 45.00% respondents were observed with 5-6 days of menstrual period, 27.50% respondents were reported with 7-8 days of menstrual period while only 5.16% respondents were observed with the longest menstrual period i.e. 9-10 days. This reveals that the mental activity has also an effect on menstruation period. This study reveals that the menstrual period is also dependent upon the nature of the job / profession of a female. Period may be shortened or prolonged depend upon the nature of physical and mental activity.

**Keywords:** Shortened, prolonged, menstrual period, professions

### 1. Introduction

Menstruation cycle also called menstrual period is the discharge of blood from female reproductive tract i.e. inner uterine lining [1, 2]. It lasts for minimum 2 days while it can be prolonged upto 7 days. Amenorrhea is a condition which is characterised with lack of menstrual periods even upto 90 days [2]. Short or tremendously small periods are termed as hypomenorrhea while those which last more than 7 days are called hypermenorrhea [3]. Physical activities have a great effect on menstrual period as physical activity induces bleeding [4, 5]. Basic objective of this study was to investigate the effect of profession on the duration menstruation period.

### 2. Materials and Methods

Females from 10 different professions i.e. unmarried Households, House wives, Teachers, Students, Paramedical staff, Social workers, Police, Tailors, Maids and Security guards were included in this study. About 600 female respondents were investigated regarding their menstrual period and their nature of profession. All the data was recorded in questionnaires.

### 3. Results

#### 3.1 Variation in menstrual period among different professionals

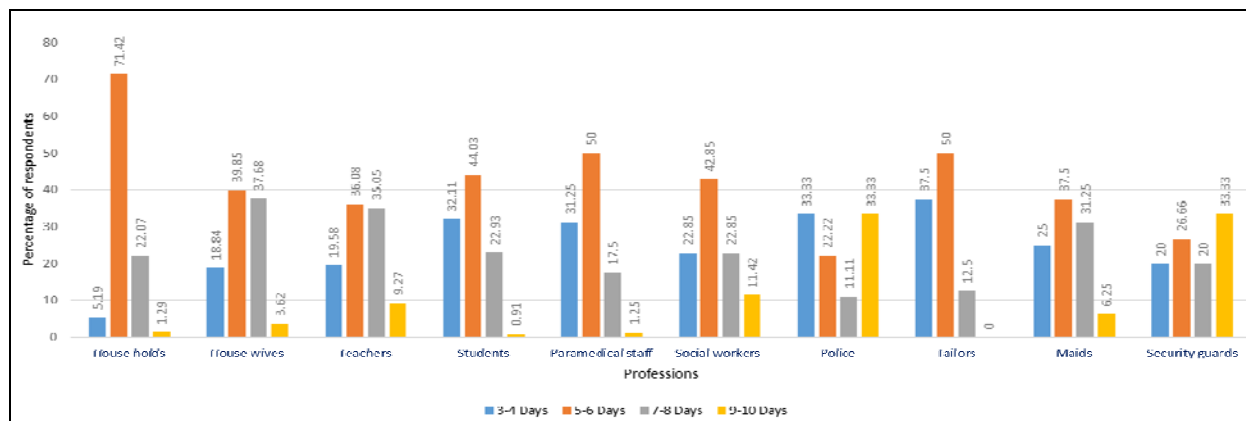
About 77/600 (12.83%) respondents were household females, they were neither married nor on any job, out of them 4/77 (5.19%) had 3-4 days' menstrual period, 55/77 (71.42%) had 5-6 days' menstrual period, 17/77 (22.07%) had 7-8 days' menstrual period while only 01(01.29%) had 9-10 days' menstrual period. A total of 138/600 (23.00%) respondents were house wives, out of them 26/138 (18.84%) had 3-4 days' menstrual period, 55/138 (39.85%) had 5-6 days' menstrual period, 52/138 (37.68%) had 7-8 days' menstrual period while 5/138 (03.62%) had 9-10 days' menstrual period. A total of 97/600 (16.16%) respondents were

Teachers, out of them 19/97 (19.58%) had 3-4 days' menstrual period, 35/97 (36.08%) had 5-6 days' menstrual period, 34/97 (35.05%) had 7-8 days' menstrual period while 9/97 (9.27%) had 9-10 days' menstrual period. About 109/600 (18.16%) respondents were Students, out of them 35/109 (32.11%) had 3-4 days' menstrual period, 48/109 (44.03%) had 5-6 days' menstrual period, 25/109 (22.93%) had 7-8 days' menstrual period while only 1/109 (0.91%) female had 9-10 days' menstrual period. About 80/600 (13.33%) respondents were Paramedical staff at different health care centres, out of them 25/80 (31.25%) had 3-4 days' menstrual period, 40/80 (50.00%) had 5-6 days' menstrual period, 14/80 (17.50%) had 7-8 days' menstrual period while only 1/80 (1.25%) female had 9-10 days' menstrual period. About 35/600 (05.83%) respondents were Social workers, out of them 08/35 (22.85%) had 3-4 days' menstrual period, 15/35 (42.85%) had 5-6 days' menstrual period, 08/35 (22.85%) had 7-8 days' menstrual period while 04/35 (11.42%) respondents had 9-10 days' menstrual period. 9/600 (1.5%) respondents were Female Police

constables, out of them 03/9 (33.33%) had 3-4 days' menstrual period, 2/9 (22.22%) had 5-6 days' menstrual period, 01/9 (11.11%) had 7-8 days' menstrual period while 03/9 (33.33%) respondents had 9-10 days' menstrual period. 08/600 (01.33%) respondents were Female tailors, out of them 03/8 (37.50%) had 3-4 days' menstrual period, 04/8 (50.00%) had 5-6 days' menstrual period, 01/8 (12.50%) had 7-8 days' menstrual period while no respondents with 9-10 days' menstrual period was observed. About 32/600 (05.33%) respondents were Maids, out of them 08/32 (25.00%) had 3-4 days' menstrual period, 12/32 (37.50%) had 5-6 days' menstrual period, 10/32 (31.25%) had 7-8 days' menstrual period while only 02/32 (06.25%) respondents with 9-10 days' menstrual period was observed. About 15/600 (02.50%) respondents were Female Security Guards, out of them 03/15 (20.00%) had 3-4 days' menstrual period, 04/15 (26.66%) had 5-6 days' menstrual period, 03/15 (20.00%) had 7-8 days' menstrual period while 05/15 (33.33%) respondents with 9-10 days' menstrual period was observed (Table 1 and Fig.1).

**Table 1:** Variation in menstrual period among different professionals

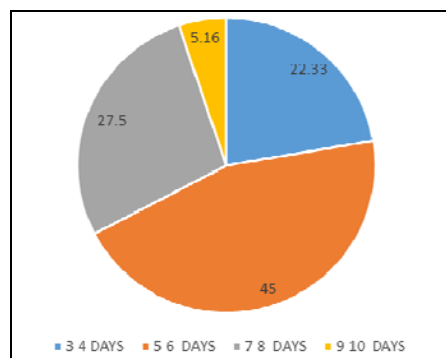
Profession	Total No. of Respondents Number (%)	Menstruation Period (Days) number (%)			
		3-4	5-6	7-8	9-10
Households	77(12.83)	4(5.19)	55(71.42)	17(22.07)	01(01.29)
House wives	138(23.00)	26(18.84)	55(39.85)	52(37.68)	05(03.62)
Teachers	97(16.16)	19(19.58)	35(36.08)	34(35.05)	09(09.27)
Students	109(18.16)	35(32.11)	48(44.03)	25(22.93)	01(0.91)
Paramedical staff	80(13.33)	25(31.25)	40(50.00)	14(17.50)	01(1.25)
Social workers	35(05.83)	08(22.85)	15(42.85)	08(22.85)	04(11.42)
Police	09(01.50)	03(33.33)	02(22.22)	01(11.11)	03(33.33)
Tailors	08(01.33)	03(37.50)	04(50.00)	01(12.50)	00(00.00)
Maids	32(05.33)	08(25.00)	12(37.50)	10(31.25)	02(06.25)
Security guards	15(02.50)	03(20.00)	04(26.66)	03(20.00)	05(33.33)



**Fig 1:** Variation in menstrual periods among different professionals

**3.2 Contrast of Menstruation Period in different professions**

About 22.33% respondents were reported with 3-4 days of menstrual period, 45.00% respondents were observed with 5-6 days of menstrual period, 27.50% respondents were reported with 7-8 days of menstrual period while only 5.16% respondents were observed with the longest menstrual period i.e. 9-10 days (Fig. 2)



**Fig 2:** Contrast of Menstruation period in different professions

#### 4. Discussion and Conclusions

Current findings are parallel with the study of Harlow and Matanoski [6] and Cooper *et al.* [7] who advocated that menstrual cycle of a working women or that who is involved in different activities, is much variable as compare to that female who is sedentary. A comparatively normal period of menstrual cycle was observed in household females and housewives who were almost free from studies as well as from job, they were having 5-8 days' menstrual period which was far better than any other professional. An elevated level of disturbed menstrual cycle was observed in Female police constables i.e. 9-10 days in 33.33% Police respondents and also in security guards i.e. 9-10 days 33.33% of the respondents. This might be due to the nature of their job and training which is physically tough is the agreement of the current study with [8] as that physical exercise can induce bleeding and a menstrual period can be prolonged. This physical activity leads to prolong the menstrual period Tailors, house hold and students showed least elevated menstrual periods as there is either no or less physical activity. 19.58% teachers and 19.58% students had a short menstrual period i.e. 3-4 days. As students and teachers are mostly involved in mental activities, this reveals that the mental activity has also an effect on menstruation period. This study reveals that the menstrual period is also dependent upon the nature of the job / profession of a female. Period may be shortened or prolonged depend upon the nature of physical and mental activity.

#### 5. Acknowledgment

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