



## PHYSICAL ACTIVITY PARTICIPATION DURING MENSTRUATION

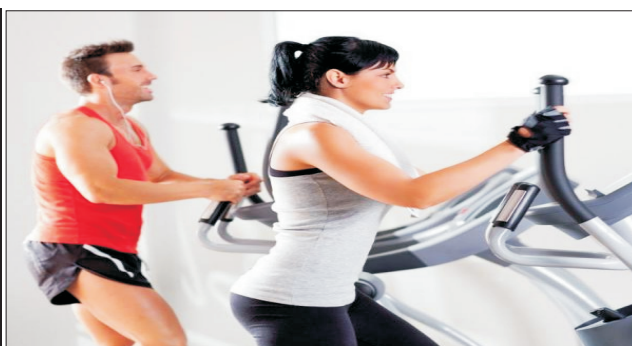
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### ABSTRACT

**P**resent study aimed to survey the symptoms of dysmenorrheal and physical activity participation during menstruation among the female subjects of Vidarbha region in Maharashtra state. All information regarding of raw-data of the respondents were collected with the help of and information format specially designed for the subjects. Result of the study revealed that regular participation in physical activities had positive effects on the state of menstruation and dysmenorrhea. In addition, all subjects took part in physical activity regularly during the menstruation period.

**KEYWORDS:** dysmenorrhea, physical activity, physical activity partakers, menstruation.



### INTRODUCTION:

Physical activity has frequently been shown to improve the women's capacity to cope with physiological changes during menstruation and indeed scientific facts are available that physical training is a valuable means in the treatment of dysmenorrheal (Periodic; 1932). It is also observed that the menstrual function reduces woman's efficiency and ability to carry on her normal activities. This opinion is very much popular in the minds of the people till today (Periodic; 1932). Physicians state that moderate exercise is more beneficial than rest during the menstrual period. This is

true not merely for the girl who has no symptoms during the menstrual cycle, but also for some abnormal phases, especially dysmenorrheal (Brien and Mchhattchi; 1986). Gynecological data indicates that exercises is beneficial in relieving pain and also in improving and preventing Dysmenorrhea (Larry; 1981). However, a sound and regular physical fitness programme is understood to have good for health and fitness for human being throughout but in case of women, during menstruation heavy impacts as in jumping or landing from high apparatus e.g. Asymmetrical bars

overcooling (as in swimming and ice skating) and also endurance efforts in middle and long distance training so definitely be reduced. An effort is made to survey the symptoms of dysmenorrhea in female and to see their active participation in physical activity during menopause.

### MATERIAL AND METHOD

The purpose of the investigation was to compare the female players and non-players of Vidarbha region of Maharashtra state in regards to symptoms of Dysmenorrhea. The researcher collected data through questionnaire from female subjects. Total 600 subjects consisting of 300 regular physical activity partakers and 300 non-partakers female were included in the present study. All information regarding of raw-data of the

respondents were collected with the help of and information format specially designed for the participants at the beginning of the questionnaire. After conducting the study, the researcher calculated percentage distribution, is performed to draw conclusions

**RESULTS:**

For each group, result contains the total of mild, moderate and severe statements of an individual which is analyzed by questionnaire method. The findings with regards to the different selected statements are presented herewith and also raw data with statistical formulae given in the appendices.

**Table –1: Shows the distribution of degree of pain among physical activity partakers regularly**

Degree of Pain	No. of Subject	% (percentage)
Mild	260	86.6%
Moderate	20	6.6%
Severe	20	6.6%
Total No. of Subject	300	99.8%

The table & graph show the percentage of players in regards to degrees of pain as mild, moderate and severe. 86.6% subjects as players are found to be mild, 6.6% moderate and 6.6% in severe categories.

**Table –2: Indicates the distribution of degree of pain among physical activity non-partakers**

Degree of Pain	No. of Subject	% (percentage)
Mild	20	6.6%
Moderate	170	56.6%
Severe	110	36.6%
Total No. of Subject	300	100%

The above table & graph showing the percentage of non-players in regards to Degrees of pain as mild, moderate, severe. Here 6.6% subjects mild, 56.6 % moderate category and 36.6% are severe categories.

**Table. 3: Showing the actively participation in physical activity among the physical activity partakers and non-partakers**

	Physical Activity Partakers		Physical Activity Non-Partakers	
	N	%	N	%
Yes	185	61.67	155	51.67
No	115	38.33	145	48.33

The above table shows the percentage of participation in physical activity during dysmenorrhoeal of partakers and non-players. It is clearly seen that predominantly physically active partakers do their regular physical activity during dysmenorrhoeal.

**DISCUSSIONS OF FINDINGS OF PILOT STUDY :-**

The percentage wise categorization of degrees of pain shows non-players are mostly fall in moderate and severe categories of pain where as players are mostly observed in mild categories of pain. They indicate that physical education and sports activities positively affect the state of menstruation and Dysmenorrhoea. In addition, the subjects who are very regular and active, take part in physical activity during the menstruation period.

**CONCLUSION**

The researcher conducted survey on female physical activity partakers and non-partakers of Vidarbha region of Maharashtra State in regards to symptoms of Dysmenorrhoea and during menstruation. For this study (300) female subjects were taken on the basis of availability of Subjects randomly.

Questionnaire was distributed to the participants personally and all the needed information regarding the test and questionnaire were given to them. A 45 minutes class period was given to fill up the questionnaire. The raw scores were then calculated. Thus, the hypothesis was accepted and was proved that the physical activity non-partakers were having more symptoms of Dysmenorrhea than partakers. The participants as subjects were having 36.6 % mild category where as non-partakers were found mostly in moderate and severe categories of degrees of pain. i.e. 56.6 %, 36.6 % respectively. In addition, the subjects who are very regular and active, took part in physical activity during the menstruation period

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