

**Attitude towards menstruation, emotion regulation and body image among females.**

Dissertation submitted in partial fulfilment of the requirements for the award of

Master of Science in Psychology

By

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## CERTIFICATE

This is to certify that the dissertation entitled, “Attitude towards menstruation, emotion regulation and body image among females”, is a bonafide record submitted by Ms. Hana K A, Reg.no. SM20PSY009, of St. Teresa’s College, Ernakulam under my supervision and guidance and that it has not been submitted to any other university or institution for the award of any degree or diploma, fellowship, title or recognition before.

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## **DECLARATION**

I, Hana K A, do hereby declare that the work represented in the dissertation embodies the results of the original research work done by mein St. Teresa's College, Ernakulam under the supervision and guidance of Ms. Ann Joseph, Assistant Professor, Department of Psychology, St. Teresa's College, Ernakulam, it has not been submitted by me to any other university or institution for the award of any degree, diploma, fellowship, title or recognition before.

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## **Abstract**

Menstrual related problems like abdominal pain, cramps, irritability, mood swing can cause severe distress and discomfort for women. They often have difficulty regulating emotions due to hormonal changes and other physiological changes, which often result in negative view of self and others. Difficulty regulating emotions may result in a poor body image and may result in a negative attitude towards menstruation. The present study consists of 204 females, who were from the state of Kerala. The Data was collected using demographic sheet, Menstrual Attitude Questionnaire (MAQ), Body Appreciation Scale (BAS 2) and Difficulty in Emotion Regulation Scale (DERS-SF). The statistical analysis used are Pearson Product Moment correlation and t-test. The results shows that there is significant relationship between attitude towards menstruation, emotion regulation difficulty, and body image. There is no significant difference in attitude towards menstruation, emotion regulation difficulty, and body image among married and unmarried women. Future research should help remove stigma related to menstruation.

**Keywords:** Attitude towards menstruation, emotion regulation, rumination

## **CHAPTER 1**

### **INTRODUCTION**



## **Introduction**

According to new research (Rafique, Al-Sheikh, 2018) most of the women experiences different menstrual related problems such as irregular periods, abnormal vaginal bleeding, amenorrhea, dysmenorrhea, menorrhagia and premenstrual symptoms. And a positive correlation was found between high perceived stress and menstrual problems.

Women as a part of their menstruation-cycle they experience cyclical changes such as weight gain, bloating, breast sensitivity pain from abnormal cramping, negative mood, increased appetite, and visual and olfactory perceptual threshold changes (“Carr-Nangle RE, Johnson WG, Bergeron KC, Nangle DW“,1993)

In research from Edozien (2006) mood changes occur at different phases of menstrual cycle. Depressive symptoms and dysfunctional attitudes were found to be prevalent in women with functional hypothalamic amenorrhoea. This condition is occurred due to the activation of psychological stress. The effect of the psychological stress on menstrual cycle is mediated by metabolic factors.

Farange (2008) stated that females found to be consistently restless, irritable, fatigued, fearful and depressed during premenstrual period than other phases of menstrual cycle, as well as they showed hypersensitivity to various stimuli. Majority of the women have recurrent and noticeable increase in negative emotion (anxiety, hostility, and depression) during premenstrual stage as both estrogen and progesterone levels declines. highest levels of well-being and self-esteem are reported during mid cycle.

According to Garg(2015) culturally in many parts of India, menstruation is still considered to be impure. Many females are subjected to restrictions in their daily life because they are menstruating. Lack of information and misinformation about menstruation will lead to societal and cultural restrictions and taboo practices on the menstruating addresses that

these would actually affect female's health and well-being, educational opportunities, professional life choices, emotional well-being.

Body image is a composite psychological experience of representation that encompasses one's body-related self-perceptions and self-attitudes, including thoughts, beliefs, feelings, and behaviours. It is the perception of physical self and the feelings and thoughts that result from that perception (Cash, 2004; Grogan, 2006).

The women who have a positive body image would have greater satisfaction in one's appearances, will have less body image distress and would have a great tendency to feel that their body image had influenced their life (William, 2004). Based on the personality coping strategies, it is shown that women with a positive body image had higher levels of optimism, self-esteem, and coping via positive rational acceptance.

According to (Rumsey, H and Harcourt, D, 2003) women with negative body image experiences negative self-perceptions and difficulties with social interaction. The problem involves social anxiety, maladaptive thought processes, unfavourable self-perceptions and negative behavioural patterns. Negative body image leads to lowered self-confidence and negative self-image across the life span.

Women experience social, economic and political pressures; their culture, the beauty industries, and friends and families who address the idea of attractiveness (Hesse-Biber, 1996). The pressing of these norms about social acceptance can actually shape one's goals for appearance. When these goals are not met with society's perspective it will lead to various emotions, such as anger, guilt, shame, and fear (Higgins, 1987). When female start to believe that they are not meeting these ideals, it can actually affect their self-evaluation and psychological well-being (Quinn & Crocker, 1998).

Emotional regulation as “an external and internal processes responsible for monitoring, evaluating and modifying our emotional reactions to meet our goals” (Thomson, 1994).

In research from Wu (2014) women experiences emotional difficulty as being irritable and experiences mood swings. These mood swings occur during the menstrual cycle. As a result, women’s emotional responses to negative stimuli appear to be decreased by estrogen and enhanced by progesterone. Women’s emotion regulation can be affected by the menstrual cycle.

Emotion regulation involves differences in emotional responses such as increasing, decreasing, or maintaining positive and negative emotions (Web, 2012). Emotion regulation is important for social adjustment and overall well-being; difficulties in regulating emotions are related to psychological problems, and may contribute to depression and anxiety (Fresco, Moore, & Heimberg, 2007).

## **Need and significance**

The findings of this study will rebound to the benefit of societies considering that menstruation as a natural process which have a strong implication over health and psychological wellbeing of women. Even menstruation is monthly faced by females, it is necessary to know how actually they think about their menstruation. Conducting studies would help to get sufficient information, which can actually guide to education and public health communication intervention campaigns. Can also taken account of how women generally consider about their body image. As societal standards are really high on have some sort of pressure to look in particular way. Even women go through menstruation they would also think about it physically regarding their body along with psychological aspect. The emotion regulation in women once they have their menstruation would also helps to design the intervention plans as it can include certain techniques that help women to manage their emotion

**CHAPTER2**  
**REVIEW OF LITERATURE**

A study was conducted regarding a relationship between menstrual attitudes and menstrual symptoms among healthy Taiwanese females and it was found that Menstrual attitudes are multidimensional, and that significant cross-cultural differences are present. Their menstrual attitude is related to their physical, cognitive, behavioural and psychological changes in the premenstrual and menstrual phases (Zxy-yann Jane Lu, 2001). RS Bramwell, EL Biswas, C Anderson (2002) done a study in Indian and British sample and found that British sample showed stronger agreement over premenstrual changes and it showed that MAQ factor structure is not applicable for other cultures. A study of healthy and unhealthy emotion regulation focused over reappraisal and suppression and showed that reappraisal has healthier profile of affective, cognitive and social consequences and also shows that the reappraisal to regulate emotions is associated with healthier patterns of affect, social functioning and wellbeing. (John OP, Gross JJ. ,2004). A study was study on girls to find out early adolescent's attitude, thought and feeling towards menstruation and their bodies. It was found that most girls were wanting to be called as adult and this associated with a positive attitude towards menstruation (Gun I Rembek, Margareta Moller and Rony K Gunarsson, 2006). The individual differences in emotion regulation strategies over the experiential and physiological response to an anger provocation found to be effective in regulating emotions. (Mauss IB, Cook CL, Cheng JY, Gross JJ, 2007). In post menarcheal female student a study conducted to assess menstrual attitude and menstrual distress and found that there is a negative correlation between menstrual attitude and menstrual distress (Chang, Yu-Ting; Chen, Yueh, Chih ,2008). A study conducted in 3 Egyptian school for female students. And it

was found that students are influenced by their mothers and they are the source of menstrual related information and media will also influence their attitude and knowledge towards menstruation (Abeer Eswi, Houaida Helal, Wafaa Elarousy,2012). Another study had investigated attitude and menstruation-related practices in Jordanian school-aged girls to identify the influence of premenstrual preparation on girls' attitude and menstruation-related practices and it was found that menstrual attitude and practices were positively correlated. Poor attitude toward menstruation and low menstrual practices were significantly associated with inadequate premenstrual preparation (Samiha Suhail Jarrah, Andaleeb Abu Kamel, 2012). A study conducted on effect of anxiety and body esteem dimensions (attribution, weight & appearance) on dimensions of menstrual attitudes (debilitating, bothersome, natural, prediction & denial) among adolescent girls in Ibadan, Nigeria. And it was found that body esteem and less anxiety are important for adolescent girls' positive menstrual attitudinal change (AbiodunMusbauLawal, Erhabor Sunday Idemudia, ShyngleKolawoleBalogun 2020)

The effect of emotion in eating based on food intake, and food control and food choice found that the emotion induced changes in eating could be the result of interfering eating with emotions, product of emotion and consequence of regulatory processes (Macht M ,2008). An investigation done to assess the relationship between trait suppression, reappraisal and cortisol reactivity to a socio evaluative speech task and it was found that emotion regulation strategies can predict heightened responses to speech task. As higher score of suppression lead to greater cortisol reactivity. (Lam S, Dickerson SS, Zoccola PM, Zaldivar F ,2009). Participants spontaneous emotion regulation to positive and negative stimuli is more to negative stimuli than to positive stimuli and they frequently selected reappraisal as an emotion regulation than suppression (Volokhov RN, Demaree HA, 2010). To find relationship between emotion regulation and physiological stress responses in male and female middle childhood a study was conducted and showed that reappraisal was ineffective

during physiological stress response and suppression was related to lower stress response. And the sex of the participant can act as a moderator variable (De Veld DM, RiskenWalraven JM, De Weerth C,2012).Another study examined the influence of three emotion regulation strategies (mindfulness, cognitive reappraisal and emotional suppression) in daily life and found that daily mindfulness was associated with lower negative and higher positive affect and cognitive reappraisal was associated to daily positive affect. Also discovered the age moderates the effect of cognitive reappraisal on daily negative affect (Brockman R, Ciarrochi J, Parker P, Kashdan T ,2017). Among students of south west university whom were assigned into three groups such as nonregulation, reappraisal and suppression group to understand the role of emotion regulation in reducing emotional distortions of duration perception and it was found that only in nonregulation group, suggesting that it can be reduced effectively by reappraisal and suppression (Tian Y, Liu P and Huang X ,2018).In geriatric nurses,they have an ability to regulate their emotions in managing occupational stress and subjective wellbeing during their work days and leisure time(katana M, Rocke C, and Allemand M,2019).

Marika Tiggemann, Alice McCourt (2013) conducted a study to investigate the effect of age on positive body image across the female lifespan and to examine the effect of age on the relationship between positive body image and body satisfaction. It was found that older women have higher level of body appreciation than their younger counterparts. A study examined the impact of exposure to short films on self body appreciation on 36 university students and it revealed that exposure to films did not significantly impact self body image but it had elevated self-body image (Viren Swami, Mark Pickering, David Barron, Shreepali Patel, 2018). Hannah L Quittkat, Andrea S Hartmann, Rainer Düsing, Ulrike Buhlmann, SiljaVocks, (2019) conducted a study to explore different aspects of body image in the general German-speaking population and to compare men and women of various age groups. The result revealed that even though there is higher body dissatisfaction for women than for



men, both genders seem to be neither satisfied nor dissatisfied with their bodies on average. Zachary A Soulliard, Jillon S Vander Wal(2019) conducted a study on sexual minorities regarding their body image and eating behaviour. It was found that there is a relationship between body appreciation and intuitive eating behaviours, as well as physical and mental health among sexual minority participants. MigleBaceviciene, Rasa Jankauskiene (2020) had conducted a study on the association between body appreciation,body mass index, self-esteem, body functionality, and participation in sportsdisordered eating among adolescents and it showed that Body appreciation is associated with lower disordered eating in adolescent girls and boys and Positive associations were observed between body appreciation, self-esteem, body functionality, and sports participation. A cross sectional study was conducted to find out the relationship between body appreciation and self esteem among Oman students.The results indicated that positive body image has a significant relationship with an individual's self-esteem along with that student's self esteem is highly associated with students and their mothers education level (Atika Khalaf, Iman Al Hashmi, Omar Al Omari on 2021).

**CHAPTER 3**  
**METHODOLOGY**

**Aim**

To determine the relationship between attitude towards menstruation, emotion regulation and body image among females.

**Research problem**

Whether there is a relationship between attitude towards menstruation, emotion regulation and body image among females?

Whether there is a significant difference in attitude towards menstruation, emotion regulation and body image among married and unmarried?

**Objectives**

1. To explore the range of emotion regulation and body image among females
2. To study the relationship between emotion regulation and attitude towards menstruation in females
3. To examine the relationship between attitude towards menstruation and body image among females

## **Hypothesis**

H1: There will be a significant relationship between attitude towards menstruation and emotion regulation.

H2: There will be a significant relationship between attitude towards menstruation and body image.

H3: There will be a significant relationship between emotional regulation and body image.

H4: There will be a significant difference among married and single women in attitude towards menstruation.

H5: There will be significant difference among married and single women in body image.

H6: There will be a significant difference among married and single women in emotional regulation.

## **Operational definitions**

### **1. Attitude towards menstruation**

Attitude towards menstruation can be operationally defined as the sum of scores obtained in Menstrual Attitude Questionnaire (MAQ). It refers to women's discomfort in life, women's like or dislike of menstruation, women's acceptance of menstruation as whole and women's recognition and awareness of menstruation and its effect. The attitude can be either positive or negative as it depends upon one's awareness, cycle length, intensity and duration of menstrual flow. As menstruation is associated with various negative events such as physical discomfort, moodiness, disruption of social activities and interactions.

## **2. Emotional regulation**

Emotional regulation can be defined as the sum of scores obtained in strategies, non-acceptance, impulse, goals, awareness and clarity. Emotional regulation refers to the ability to effectively exert control over one's emotions through a wide range of strategies to influence which emotions one has, experiences, or expresses.

## **3. Body appreciation**

Body image has often been defined as the self-perception of the physical self and the feelings and thoughts that result from that perception. Body appreciation refers to accepting and holding favourable opinions towards the body, and rejecting mainstream ideals of stereotypical human beauty. Body appreciation is linked with positive body image. Body appreciation has a positive link to one's psychological well-being and negative link with body shame and body dissatisfaction.

### **Sample**

The sample for the present study were married (n=80) and unmarried (n=124) females. Sample(N=204) were randomly selected and given the questionnaire for those who can read and understand English language. The females selected for this study has the age range from 18 to 35 years.

### **Population**

The population selected for this study is females of Kerala state.

### **Sampling design**

The sample technique selected for the present study is convenient sampling method.

### **Research design**

Descriptive research design is used to meet the objectives of the study.

### ***Inclusion criteria***

- Married and non-married females
- Females aged between 18 -35
- Females in India

### ***Exclusion criteria***

- Females aged below 18
- Females who haven't got their menstruation
- Males are excluded
- Females from other countries than India.

### **Tools used for data collection**

1. The consent form developed by the researcher involves voluntary consent of participants and keeping their information confidential.
2. The demographic sheet included in the questionnaire collects participants basic details such as age, level of education, marital status, intensity of pain during menstruation.
3. The Menstrual Attitude Questionnaire (MAQ), Brooks-Gunn, J. & Ruble, D. (1980). The scale examines the relationship of attitudes about menstruation to

self-reports of menstrual-related symptomatology as well as to other aspects of behaviour. The scale consists of 33 items. it involves 5 subscales and they are: menstruation as a debilitating event (12 items) menstruation as a bothersome event (6 items), menstruation as natural event (4 items), anticipation and prediction of the onset of menstruation (4 items) and denial of any effect of menstruation (7 items). The items are scored on a seven-point Likert scale ranging from, 1 point for strongly disagree, 2 point for disagree, 3 point for somewhat disagree, 4 point for neither agree nor disagree, 5 point for somewhat agree, 6 point for agree and 7 point for strongly agree. The scale is highly reliable (0.79) and considered as a satisfactory tool for women

4. Difficulties in emotion regulation scale: Short Form (DERS -SF); Kaufman, Xia, Fosco, Yaptangco, Skidmore & Crowell (2015). The scale is used to measure individual's subjective emotional ability. The scale involves total 18 items and involves 6 subscales: strategies (3 items), non-acceptance (3 items), impulse (3 items), goals (3 items), awareness (3 items) and clarity (3 items). and use 5-point Likert scale ranging from 1 point for almost never, 2 point for sometimes, 3 point for about half of the time, 4 point for most of the time and 5 point for almost always and items under awareness are reverse coded. The scale is highly reliable and valid
5. The Body Appreciation Scale-2 (BAS-2); Tylka & Wood-Barcalow, (2015). The scale measures individuals positive body image. The scale consists of 10 items and uses 5-point Likert scale ranging from: 1 point for never, 2 point for seldom, 3 point for sometimes, 4 point for often and 5 point for always. The internal consistency of the BAS-2 is excellent (Cronbach's  $\alpha = .954$ , McDonald's  $\omega = .956$ ).

## **Procedure**

The participants were selected from Kerala. The informed consent was obtained from the participants and confidentiality was assured.

The scale was administered through online as google form. The questionnaire began with a consent for participation in the research and also included the protection of rights and confidentiality. The questionnaire also included demographic details such as age, level of education and intensity of menstrual pain since the study involves only female participants.

## **Data analysis technique**

The data collected were analysed using the following statistical tests, the statistical analyses were carried out using SPSS version 26. Microsoft word and Microsoft excel were used to generate tables. Before the analysis of the data for the purpose of testing the hypothesis, the normality of the distribution was tested for skewness and kurtosis, and the values obtained were found to be with the acceptable range. The following statistical techniques were employed for the analysis of the data.

- Pearson's product moment correlation
- t test



## **CHAPTER 4**

### **RESULTS AND DISCUSSION**

## Descriptive Statistics

Table 1: mean, median, mode, SD deviation, skewness and kurtosis of each variable

Variables	Mean	Median	Mode	St. Deviation	Skewness	Kurtosis
Attitude towards menstruation	16.884	158.000	157.740	19.596	-0.134	-0.075
Emotion regulation difficulty	50.441	50.000	52.000	13.873	0.203	-0.507
Body image	41.603	45.000	50.00	8.954	-1.197	0.997

Table 1 shows the mean, median, mode, standard deviation and kurtosis of variables attitude towards menstruation, emotion regulation difficulty and body image. The mean of attitude towards menstruation, emotion regulation difficulty and body image are 16.884, 50.441 and 41.603 respectively. The Median of attitude towards menstruation, emotion regulation and body image are 158.000, 50.000 and 45.000 respectively. The Standard deviation of attitude towards menstruation, emotion regulation difficulty and body image

attitude towards menstruation, emotion regulation difficulty and body image are 19.596, 13.873 and 8.954 respectively. The Skewness of attitude towards menstruation, emotion regulation difficulty and body image are -0.134, 0.203 and -1.197 respectively. The Kurtosis of attitude towards menstruation, emotion regulation difficulty and body image are -0.075, -0.507 and 0.997 respectively.

H1: There will be a significant relationship between attitude towards menstruation and emotion regulation

Table 2: The correlation coefficient between Attitude towards menstruation and emotion regulation

Variables	Emotion regulation
Attitude towards menstruation	.324**

**\*\*P<0.01**

The above table mention the attitude toward menstruation and emotion regulation of the sample. The correlation coefficient of attitude towards menstruation with difficulty in emotion regulation is found to be .324\*\* (p<0.01) . From the result it can be seen that attitude towards menstruation is positively correlated with emotion regulation which is significant at 0.01 level.

Hence, the hypothesis 1: There will be a significant relationship between attitude towards menstruation and emotion regulation is accepted.

The finding of the research is supported by a study conducted by Wu. M, Liang. Y, Wang. Q, Zhao. Y and Zhou. R (2016) which concludes that there is a correlation between emotion dysregulation and attitude towards menstruation.

H2: There will be a significant relationship between attitude towards menstruation and body image.

Table 3: The correlation coefficient between Attitude towards menstruation and Body image

Variables	Body image
Attitude towards menstruation	.078

\*\*P<0.01

The above table mentions the attitude towards menstruation and body image of the sample. The correlation coefficient between attitude towards menstruation and body image is found to be .078. From the result it can be seen that attitude towards menstruation is not correlated with body image which is significant at 0.05 level.

Hence, the hypothesis 2: There will be a significant relationship between attitude towards menstruation and body image is rejected

H3. There will be a significant relationship between emotion regulation difficulty and body image.

Table 4: The correlation coefficient between Emotional regulation and Body image

Variables	Body image
Emotionregulation difficulty	-.468**

\*\*P<0.01

The above table mention the emotion regulation difficulty and body image of the sample. The correlation coefficient between emotion regulation and body image is found to be -.468\*\*. From the result it can be seen that emotion regulation difficulty is negatively correlated with body image which is significant at 0.01 level, as emotion regulation scale indicate that there is high difficulty in emotion regulation. So, the body image will be poor.

Hence, the hypothesis 3: There will be a significant relationship between emotion regulation and body image is accepted.

The finding of the research is supported by a study conducted by Khodabakhsh. M, Borjali. A, Sohrabi. F and Farrokhi. N (2015) which concludes that there is an internal significant correlation among difficulty in emotion regulation and body image.

H4. There will be a significant difference among married and non-married women in attitude towards menstruation

Table 5: Mean, standard deviation and t-value obtained by married and non-married women in attitude towards menstruation

Variables	Non-married women (N=124)		Married women (N=80)		t-value	Sig
	Mean	S. D	Mean	S. D		
Attitude towards menstruation	157.16	20.510	158.64	18.179	0.524	0.300

Table 5 shows the Mean, Standard deviation and t value of attitude towards menstruation among married and non-married women. The mean value and standard deviation for attitude towards menstruation among non-married and married women are 157.16, 20.510 and 158.64, 18.179 respectively. The t-value for non-married and married are same, 524. This indicates that there is no significant difference ( $t = 0.524$ ;  $p > 0.05$ ) between attitude towards menstruation of non-married women ( $M = 157.16$ ;  $S.D = 20.510$ ) and married women ( $M = 158.64$ ;  $S.D = 18.179$ )

Hence, the hypothesis 4: There will be a significant difference among married and non-married women in attitude towards menstruation is rejected.

The finding of the research is supported by a study conducted by Chrisler. J (1988) which concludes that there is no significant difference among married and non-married women in attitude towards menstruation.

H5. There will be a significant difference among married and non-women in body image

Table 6: Mean, standard deviation and t-value obtained by married and single women in Body image

Variables	Non-married women (N=124)		Married women (N=80)		t-value	Sig
	Mean	S. D	Mean	S. D		
Body image	41.86	8.691	41.16	9.385	0.563	0.337

Table 6 shows the Mean, Standard deviation and t value of body image among married and non-married women. The mean value and standard deviation for body image among non-married and married women are 41.86, 8.691 and 41.16, 9.385 respectively. The t-value for non-married and married are the same; .563. this indicates that there is no significant difference ( $t=0.563$ ;  $p>0.05$ ) between emotion regulation of non-married ( $M=41.86$ ;  $S.D = 8.691$ ) and married women ( $M = 41.16$ ;  $S.D = 9.385$ ).

Hence, the hypothesis 6: there will be a significant difference among married and non-married women in body image is rejected.

The finding of the research is supported by a study conducted by Tom. G, Chen. A, Liao. H and Shao. J (2005) which concludes that there is no significant difference among married and non-married women in body Image.

H6. There will be a significant difference among married and non-women in emotion regulation difficulty

Table 7: Mean, standard deviation and t-value obtained by married and non-women in Emotion regulation difficulty

Variables	Non-married women (N=124)		Married women (N=80)		t-value	Sig
	Mean	S. D	Mean	S. D		
Emotion regulation difficulty	49.14	14.016	52.46	13.486	1.679	0.830

Table 7 shows the Mean, Standard deviation and t value of emotional regulation among married and non-married women. The mean value and standard deviation for emotional regulation among non-married and married women are 49.14, 14.0 16and 52.46, 13.486 respectively. The t-value for non-married and married are the same; 1.679. this indicates that there is no significant difference ( $t=1.679$ ;  $p>0.05$ ) between emotion regulation of non-married ( $M=49.14$ ;  $S.D = 14.016$ ) and married women ( $M = 52.46$ ;  $S.D = 13.486$ )



Hence, the hypothesis 5: there will be a significant difference among married and non-married women in emotion regulation is rejected.

The finding of the research is supported by a study conducted by Sogutlu.Y, Sogutlu.L, (2021) which concludes that there is no significant difference among married and non-married women in emotion regulation difficulty

## **CHAPTER 5**

## **CONCLUSION**

## **Findings**

1. There is a significant positive relationship between attitude towards menstruation and emotion regulation difficulty
2. There is a significant positive relationship between attitude towards menstruation and body image
3. There is a significant positive relationship between body image and emotion regulation difficulty.
4. There exists no significant difference in body image among married unmarried women.
5. There exists no significant difference in emotional regulation among married unmarried women.
6. There exists no significant difference in attitude towards menstruation among married unmarried women.

## **Limitations**

1. One of the limitation of the study is that it would only give a general information about attitude towards menstruation, emotion regulation difficulty and body image as it involves participants from different age group. If we focused over a specific age group the result would be more accurate. Since the collection of data was conducted through online, there would be chances of faking the responses.
2. As the study was conducted in people reside in India, the cultural differences cannot be determined.
3. In assessing the body image of women, the study didn't collect information on participant's body mass index.
4. Sample size is limited
5. Non probability sampling method was used.

### **Suggestion for further research**

1. Further research should explore the attitudes of women residing in rural area. Along with that future research should explore attitudes towards menstruation among participants practising different religious beliefs, as well as among men.
2. Men should also be included in such studies. Future research should continue to explore the thoughts, feelings, and beliefs that women have about menstruation using a qualitative methodology.
3. Regarding body image, future research can focus at demonstrating whether its psychometric properties are similar with sample of men. Researchers could investigate whether body appreciation is related to body mass index other than body image.
4. Future studies can explore whether body appreciation is related to character strength and psychological well-being.

5. Further research should explore the difficulty in emotion regulation among male and female of various occupations. The relationship of emotion regulation difficulty with variables such as forgiveness and stress can be explored in future studies.

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## **APPENDICES**

## **APPENDIX -A**

### **CONSENT FOR PARTICIPATING IN THE RESEARCH**

I am Hana K.A pursuing my masters in psychology from ST Teresa's College. I'm conducting a survey research on the topic "Attitude towards menstruation, Body Image and Emotional Regulation among females". I kindly request you to read the questions and mark the responses carefully. Please try to male your responses honestly which will be very helpful to my survey research.

#### **Protection of rights and confidentiality**

The confidentiality of your identity and responses will be maintained. The information collected are only used for academic purposes. Information gathered in this research will be subjected to statistical analysis, may be published or presented in public forums, however any of your identifying information will not be used or revealed. You can stop participating at any time.

I have read all the above information and I truly understood the nature of the study. I agree to participate in the study.

Agree and continue

Disagree and exit

**APPENDIX - B**

**SOCIO DEMOGRAPHIC SHEET**

**Age:**

**Marital status:**

**Level of education:**

**Intensity of pain during menstruation:**

## APPENDIX -C

### MENSTRUAL ATTITUDE QUESTIONNAIRE

Please indicate your approximate answer for the following statements

1= strongly disagree,

2= disagree, 7

3 =somewhat agree,

4 = neither agree nor disagree,

5 = somewhat disagree,

6 = agree,

7 = strongly agree.

1. A woman's performance in sports is not affected negatively by menstruation.
2. I feel as fit during menstruation as I do during any other time of the month.
3. Menstruation is something I just have to put up with.
4. The recurrent monthly flow of menstruation is an external indication of a woman's general good health.
5. Most women show a weight gain just before or during menstruation.
6. Cramps are bothersome only if one pays attention to them.
7. Women are more tired than usual when they are menstruating.

8. Women just have to accept the fact that they may not perform as well when they are menstruating.
9. Menstruation-provides a way for me to keep in touch with my body.
10. Menstruation is a recurring affirmation of womanhood.
11. My own moods are not influenced in any major way by the phase of my menstrual cycle.
12. I barely notice the minor physiological effects of my menstrual periods.
13. I expect extra consideration from my friends when I am menstruating.
14. I realize that I cannot expect as much of myself during menstruation compared to the rest of the month.
15. In some ways, I enjoy my menstrual periods.
16. I can tell my period is approaching because of breast tenderness, backache, cramps, or other physical signs.
17. Others should not be critical of a woman who is easily upset before or during her menstrual period
18. The physiological effects of menstruation are normally strongly no greater than other usual fluctuations in physical state.
19. I don't believe my menstrual period affects how well I do on intellectual tasks.
20. Men have a real advantage in not having the monthly interruption of a menstrual period.
21. Menstruation is an obvious example of the rhythmicity which pervades all of life
22. I am more easily upset during my premenstrual or menstrual periods than at other times of the month.
23. A woman who attributes her irritability to her approaching menstrual period is neurotic.

24. I don't allow the fact that I'm menstruating to interfere with my usual activities.
25. I hope it will be possible someday to get a menstrual period over within a few minutes.
26. Menstruation allows women to be more aware of their bodies.
27. I have learned to anticipate my menstrual period by the mood changes which precede it.
28. Women who complain of menstrual distress are just using that as an excuse.
29. Menstruation can adversely affect my performance in sports.
30. Avoiding certain activities during menstruation is often very wise.
31. The only thing menstruation is good for is to let me know I'm not pregnant.
32. Most women make too much of the minor physiological effects of menstruation.
33. Premenstrual tension/irritability is all in a woman's head

## **APPENDIX -D**

### **BODY APPRECIATION SCALE (BAS 2)**

Please indicate whether the question is true about you

1= never, 2= seldom, 3= sometimes, 4= often, 5=always.

1. I respect my body.
2. I feel good about my body.
3. I feel that my body has at least some good qualities.
4. I take a positive attitude towards my body.
5. I am attentive to my body's needs.
6. I feel love for my body.
7. I appreciate the different and unique characteristics of my body.
8. My behavior reveals my positive attitude toward my body; for example, I hold my head high and smile.
9. I am comfortable in my body.
10. I feel like I am beautiful even if I am different from media images of attractive people (e.g., models, actresses/actors).

## APPENDIX -E

### DIFFICULTY IN EMOTIONAL REGULATION (DER-SF)

Please indicate how often the following apply to you.

Almost Never =1

Some- times = 2

About Half of the Time =3

Most of the Time = 4

Almost Always = 5

1. I pay attention to how I feel
2. I have no idea how I am feeling
3. I have difficulty making sense out of my feelings
4. I care about what I am feeling
5. I am confused about how I feel
6. When I am upset, I acknowledge my emotions
7. When I am upset, I become embarrassed for feeling that way
8. When I am upset, I have difficulty getting work done
9. When I am upset, I feel out of control
10. When I am upset, I believe that I will end up feeling very depressed.
11. When I am upset, I have difficulty focusing on other things
12. When I am upset, I feel guilty for feeling that way
13. When I am upset, I have difficulty concentrating
14. When I am upset, I have difficulty controlling my behaviours.
15. When I am upset, I believe there is nothing I can do to make myself feel better



16. When I am upset, I become irritated with myself for feeling that way

17. When I am upset, I lose control over my behaviour.

18. When I am upset, it takes me long time to feel better