

Prevalence of Menstrual Disorders and its Academic Impact amongst Tshivenda Speaking Teenagers in Rural South Africa

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ABSTRACT This paper investigated the prevalence of menstrual disorders and its impact amongst Tshivenda speaking teenagers in rural South Africa. The paper adopted a quantitative approach using a descriptive survey design. Data were collected from a total of 173 randomly selected females, age 14-18 years from 10 secondary schools that makes up a rural Vhumbedzi circuit in the Limpopo province using a self-administered questionnaire. Validity and reliability of the instrument was ensured. Permission to enter the schools was obtained from the circuit manager. Parents/learners informed consent was obtained prior to data collection. Statistical package for Social Sciences was used to analyse data in terms of frequency and percentages. This study revealed high prevalence of undiagnosed menstrual disorders such as dysmenorrhea, heavy flow periods, irregular period and premenstrual syndrome, which are under-treated. The paper recommends screening for and school health education about menstrual problems to minimise the academic impact amongst teenagers.