

Risk Factors behind Menstrual Disturbance of School Girls (Age 10 To 12 Years) in Rajshahi District, Bangladesh

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ABSTRACT Menstrual pain and irregular menstrual cycle are common problems among adolescents, however this disturbance generally affect the daily activities of school girls. The aim of this study was to determine the prevalence of menstrual disturbances and its associated factors among school girls (age, 10-12 years). A total number of 628 school girls were collected from Rajshahi district, Bangladesh using multi-stage random sampling. Descriptive statistics, chi-square tests and logistic regression model were used in this study. The prevalence of menstrual pain, irregular menstrual cycles and coexisting of pain and irregular cycle was 77.5 percent, 23.2 percent and 17.5 percent respectively among school girls. Five modifiable risk factors were found as predictors of menstrual disturbance of adolescent girls in Rajshahi district. However, two risk factors; age at menarche and menstrual bleeding were common for three types of disturbance. These findings can be considered for reducing the menstrual disturbance of adolescent girls.