

The Effect of Menstruation on Sports Women's Performance

Nurper Ozbar¹, Fatma Celik Kayapinar², Kursat Karacabey¹ and Recep Ozmerdivenli³

¹*Duzce University Department of Physical Education and Sports*

²*Mehmet Akif Ersoy University Department of Physical Education and Sports*

³*Duzce University School of Medicine Department of Physiology*

KEYWORDS Woman. Sports. Menstruation. Sportive Performance

ABSTRACT The aim of this study is to investigate the effect of menstruation cycle on sportswomen performing team sports. In the study, it is practiced an 18-questioned survey to 40 footballer, 40 handball players, 40 volleyball players and 40 basketball players doing sports at a distinguished level being as in total 160 sportswomen related to their menstruation cycle. Frequency and variation analysis is used for the analysis of the data being obtained in the study. Menstruation beginning ages successively 13.02 years, 13.05 years, 13.04 years, and 13.66 years. In all of the athletes normally there is an irregularity with menstruation at a rate of 19.4 percent. It is observed that ten percent of athletes used drug during sports event, 8.8 percent menstruation cycle is painful, 35.6 percent is painless, 55.6 percent is sometimes experienced painful. After menstruation 78.1 percent of athletes stated feeling themselves well. The phase athletes feel themselves the worst is the pre-menstruation phase with the rate of 10.1 percent. During the menstruation phase 19.9 percent of athletes stated that their performance is the same, 2.5 percent stated that better. It is concluded that menstruation cycle does not affect the performance of the athletes taking part in the study.