

Abstract

The menstrual cycle is a natural process in the life of almost every woman. For this reason, more emphasis should be placed on menstrual cycle education and awareness. Proper education about menstruation and the menstrual cycle positively affects the physical and mental health of the girl. Currently, there are many sources of information about menstruation and menstrual cycle, including books, magazines, websites, and mobile apps. However, it is important that girls have access to reliable sources of information to gain accurate and comprehensive information.

This bachelor thesis is designed as a theoretical-practical work. The theoretical part describes the changes during the sexual maturity of girls, the physiology and disorders of the menstrual cycle, intimate and menstrual hygiene and methods how to educate girls about the menstrual cycle. The practical part deals with the analysis of an anonymous questionnaire survey involving 106 girls in age between 11-15 years. Prior to the actual distribution of the questionnaires, informed consent for the survey was given to the legal representatives, and due to the young age of the respondents, the anonymity of the participants was maintained.

The questionnaire was divided into two parts. In the first part of the questionnaire, the girls' own experience of the menstrual cycle and how they were informed about it was collected. In the second part of the questionnaire, the girls answered theoretical questions to determine their level of knowledge about the menstrual cycle.

The research shows that the level of knowledge of girls in the second stage of primary school is insufficient. Although most of the girls reported that they were informed about the menstrual cycle, but their success rate in the test was only 57,2 %. The results show that the information provided to girls is incomplete or incorrect. Furthermore, the success rate of individual knowledge areas was compared, in which the respondents answered the questions about the functioning of the menstrual cycle best, while the lowest success rate was in the area of questions about menstruation itself. When comparing lower and higher grades in the second stage of primary school, knowledge of the menstrual cycle does not change.

Keywords

Sexual maturity, menarche, menstrual cycle, menstrual hygiene, pubescent girls, awareness