

عنوان مقاله:

Cultural Beliefs on Menstrual Health in Bam City: A Qualitative Study

محل انتشار:

مجله بین المللی کودکان, دوره 6, شماره 12 (سال: 1397)

تعداد صفحات اصل مقاله: 14

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خلاصه مقاله:

Background: Menstruation is a natural and physiologic process that is managed based on various socio-cultural habits and behaviors. Cultural beliefs about menstruation can improve or worsen menstrual health behavior. The present study aimed to explore the cultural beliefs about menstrual health in Bam city, Iran. Materials and Methods: This is a qualitative study with Directed Content Analysis approach. The participants were a total of 34 individuals including; 14 girl students, 12 female parents, 8 school associates and health educators of 5 secondary schools in Bam city, Iran. The subjects were selected based on an objective-oriented approach which continued until data saturation. Data collection method was with the use of in-depth and semi-structured interview. Data were analyzed with Granehim and Lundman suggested steps. Results: The analysis of data identified 58 initial and conceptual codes, 15 sub- categories and 5 categories of beliefs related to menstruation including beliefs related to menstruation, beliefs related to health behaviours during menstruation, beliefs related to the effect of diet on menstruation, belief in the effect of some specific methods on menstruation and religious belief in menstruation. Conclusion: The results of the study identified different cultural beliefs about menstruation among the subjects that should identify and modify these beliefs especially they are resulted negative attitude to menstruation, specific food restriction during menstruation and not regarding of personal health during menstruation

کلمات کلیدی:

Menstrual Health, Menstrual hygiene, Cultural beliefs, Menstruation, Qualitative study, Iran

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