

## عنوان مقاله:

The First Menstruation Experience Among Female Students Fariman Township

## محل انتشار:

پانزدهمین کنگره بین المللی زنان و مامایی ایران (سال: 1398)

تعداد صفحات اصل مقاله: 1

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## خلاصه مقاله:

Background: The perceived meaning of the first menstruation and the passage from the childhood to adulthood in different individuals is different, which is what affects how people deal with this event. The aim of this study was to determine the emotional experience of the first menstruation in females in Fariman Township. Methods: In this cross-sectional study, 300 high school students in Fariman city were selected through multistage stratified sampling. Data were collected using a questionnaire and analyzed by SPSS software using descriptive and analytical statistics including one way Pearson correlation coefficient and one way analysis of variance. Results: The mean age of menarche in children 12 years and 6 months. 40.9% of students feel the maturity bad and a challenge. and 31.37% feel it natural and physiological and 27.73% have no special feeling. 89.1% of girls period have information before menarche and 10.9% of students did not have any information about it. also, 56% of students have mentioned their mother's was the best source of information. Conclusion: At this time girls felt different and contradictory experience. although most of them have information about it but their knowledge is not enough to be able to accept and deal with the problems of this period. in addition, the key role of mother as the most important source of support and information are expressed

## کلمات کلیدی:

maturity, menarche, Fariman

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