"MENSTRUATION CHALLENGES: A DESCRIPTIVE SURVEY IN SENIOR HIGH SCHOOLS IN GHANA."

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Abstract:
The study adopted descriptive survey design. Two hundred and forty-one (241) female students' were sampled for the study. Purposive and random sampling techniques were used to select respondents for the study. Data Collection was facilitated through the administration of questionnaire. The quantitative data entry and analysis was done by using the SPSS software package. The data was edited, coded and analyzed into frequencies, percentages and organized bearing in mind the research questions for which the instrument was designed. Menstruation is a vital aspect of health education. The study focused on challenges faced by senior high school female students. The research was conducted in six (6) different public mixed senior high schools in the Koforidua Municipality in the eastern Region of Ghana. The findings on the challenges faced by girls’ in senior high schools revealed that dysmenorrhea abdominal pain or discomfort was found to be the commonest medical problem. The study suggests that girls who experience dysmenorrhea should report to their parents to take them to the hospital for medical advice. This might help them face the period with some confidence.

KEYWORDS
Menstruation, challenges, Descriptive Survey, Students, Senior High Schools, Ghana

REFERENCES


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