

## **Abstract**

**Title:** Menstrual Disorders in Ballet Dancers and Orienteering Runners

**Objectives:** The aim of this thesis is to determine prevalence of selected menstrual disorders in ballet dancers and orienteering runners. The data were analyzed and compared to available literature.

**Methods:** The theoretical part of this thesis is a summary of available literature. The data for the research were collected by anonymous non-standardized questionnaire and processed by descriptive analysis, which was proceeded in Microsoft Excel 2010, Statistika and NCSS free version. Qualitative data were evaluated by qualitative analysis.

**Results:** A total of 103 women participated in the research, 57 women from general population (control group), 24 ballet dancers and 22 orienteering runners. The significant higher age at menarché was found in ballet dancers group (Chi square,  $p = 0,038$ ;  $p < 0,05$ ) as well in group of orienteering runners (Chi square,  $p = 0,032$ ;  $p < 0,05$ ) compared to control group. There was proved a significant deviation of prevalence of secondary amenorrhea in ballet dancers group compared to orienteering runners (Chi square,  $p = 0,024$ ;  $p < 0,05$ ). There was no significant difference in prevalence of dysmenorrhea among groups. We found a mild positive correlation between hours of training per week and intensity of dysmenorrhea in ballet dancers group ( $CC = 0,321$ ). In general, we did not find a significant correlation between BMI and intensity of dysmenorrhea. But we found significant correlation in female athletes (ballet dancers, orienteering runners), where 100 % of women with BMI below 18,5 reported dysmenorrhea with intensity higher than 6 according to VAS.

**Key words:** ballet, orienteering, menstrual function, menstrual dysfunction, menstrual disorders, dysmenorrhea, premenstrual syndrome