

ABSTRACT

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The bachelor thesis is dedicated to the issue of menstruation in adolescent girls. It discusses the perspective of adolescent girls on menstruation. The thesis is divided into theoretical and empirical parts.

The theoretical part focuses on the anatomy and physiology of the female reproductive system, physiological periods of women, the menstrual cycle, disorders of the menstrual cycle, factors influencing the menstrual cycle, the history of menstruation and religious concepts, menstrual aids, and menstruation in modern times.

The empirical part includes an analysis of a questionnaire survey focused on menstruation from the perspective of adolescent girls from a healthcare school.

Its main objective was to assess the attitudes of adolescent girls towards menstruation and determine if they differ based on their age. It also aimed to map situations in which menstruation interferes with the daily lives of adolescent girls and to determine the knowledge of adolescent girls about the menstrual cycle and its disorders. The sub-goals of the research work were to identify somatic and psychological difficulties during menstruation, determine the most preferred menstrual aids and map the extent of analgesic use for dysmenorrhea.