

ABSTRACT

The theoretical part of the thesis is focused on the menstrual cycle and the sexual development of a woman. First chapters provide general information about anatomy and physiology. Next chapters deal with menstrual hygiene and practical tips for women during menstruation. Menarche – the period of the first menstruation is also included in theoretical part. The emphasis is on the clarity of the text and its benefit in the practice of teachers and parents. The practical part consists of the results of the quantitative questionnaire survey, that was focused mainly on the knowledge about the menstrual cycle and about the practical experience of women during the menstruation.

Part of the research is devoted to the period of menarche in life of questioning women. The results show that women tend to have a basic knowledge of the menstrual cycle. 16 % of women can describe the cycle correctly and 40 % describe all the female internal organs. Based on these results a recommendation has been made to renew and consolidate information about this issue.

KEYWORDS

menstruation, ritual, sexuality, taboo, menarche, intimate hygiene