

©*Indian Journal of Psychology and Education*

Vol.3, No.2, July 2013 PP 20-27

Body Image and Mental Health in relation to Menstrual Cycle in Young Females

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Abstract

The aim of present study was to compare pre and post menstrual effect in relation with mental health and body image. The random sample comprised of 50 college students in the age group of 20-25years. The scales used were Multidimensional Body-Self Relations Questionnaire-Appearance Scale (MBSRQ-AS) and General health questionnaire (GHQ-28). The data were analyzed by using “t” test. Results indicate that mental health was low in premenstrual period as compared to post menstrual period and there was no significant change in body disturbance in the pre and post periods of menstruation. Implications of the study are discussed in the paper

Key words: Body Image, Mental Health, Menstrual Cycle.

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