



The Silent Struggle: Menstrual Pain, Mood Swings, and Hygiene

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DESCRIPTION

Menstruation is a natural biological process experienced by women, yet it remains surrounded by misconceptions and stigma. Among the myriad of challenges faced during this time, mood swings, pain, and the importance of hygiene stand out as significant aspects that impact the quality of life. Understanding these elements is crucial in fostering empathy and supporting women through their menstrual cycles. Mood swings are a common symptom associated with the menstrual cycle, often linked to the hormonal fluctuations that occur before and during menstruation. The changes in estrogen and progesterone levels can influence neurotransmitters in the brain, particularly serotonin, which plays a key role in regulating mood. As a result, women may experience a range of emotions, from irritability and anxiety to sadness and fatigue. These mood swings can be distressing, not only affecting the women themselves but also their relationships and daily activities. It is important to recognize that these emotional shifts are not a reflection of personal weakness or instability but are a physiological response to hormonal changes. In addition to mood swings, menstrual pain is a significant issue that affects many women. Dysmenorrhea, or painful periods, is characterized by cramping in the lower abdomen, which can radiate to the lower back and thighs. This pain can be debilitating, making it difficult for women to carry out their normal routines. For some, the pain is so severe that it interferes with work, school, and social activities. The physical discomfort is often accompanied by other symptoms such as headaches, nausea, and diarrhea, further exacerbating the distress. Despite the prevalence of menstrual pain, it is frequently dismissed or downplayed, leading to a lack of adequate support and treatment. Hygiene is another critical aspect of menstruation that cannot be overlooked. Maintaining proper menstrual hygiene is essential for preventing infections and ensuring overall health. This involves the regular changing of sanitary products, such as pads, tampons, or menstrual cups, and practicing good hygiene habits like washing hands before and after handling these products. Access to clean

water, sanitation facilities, and affordable menstrual products is fundamental. Unfortunately, many women, especially in low-income regions, face challenges in accessing these necessities, which can lead to health complications and reinforce social stigma. The importance of menstrual hygiene extends beyond physical health; it also has significant implications for women's social and economic participation. When women have access to proper menstrual hygiene, they are more likely to attend school and work regularly, thus contributing positively to their communities and economies. Conversely, inadequate menstrual hygiene can lead to absenteeism, dropout rates, and limited opportunities for women and girls. Addressing menstrual hygiene is, therefore, not just a health issue but a matter of gender equality and empowerment. Societal attitudes towards menstruation play a crucial role in shaping women's experiences during their period. The stigma and taboos surrounding menstruation can lead to feelings of shame and embarrassment, discouraging women from seeking support or discussing their experiences openly. This silence perpetuates misinformation and hinders efforts to improve menstrual health. Promoting open conversations about menstruation, educating both men and women about the menstrual cycle, and challenging stigmatizing beliefs are vital steps towards creating a more supportive and understanding environment. In conclusion, the mood swings, pain, and hygiene issues associated with menstruation are significant challenges that women face regularly. Acknowledging and addressing these aspects can greatly enhance the quality of life for women during their periods. It is essential to foster an environment where menstrual health is prioritized, stigma is dismantled, and women have access to the resources and support they need.

ACKNOWLEDGEMENT

None.

CONFLICT OF INTEREST

The authors declare that they have no conflict of interest.

Received:	29-May-2024	Manuscript No:	IPAP-24-20590
Editor assigned:	31-May-2024	PreQC No:	IPAP-24-20590 (PQ)
Reviewed:	14-June-2024	QC No:	IPAP-24-20590
Revised:	19-June-2024	Manuscript No:	IPAP-24-20590 (R)
Published:	26-June-2024	DOI:	10.36648/2469-6676-10.06.60

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Citation Mayaki A (2024) The Silent Struggle: Menstrual Pain, Mood Swings, and Hygiene. Act Psycho. 10:60.

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