Impact of Menstrual Cycle on Women's Productivity and Mental Health.

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Abstract

Menstruation is an important aspect of the reproductive nature of the females (biologically assigned as females at birth) that is set in a continuous cycle of minimum 23-35 days spread across 4 phases — follicular , luteal, menstruation and ovulation. As a part of this cycle, the menstruation phase usually lasts from three to seven days, also accompanied by changes in psychological state. At this point, the body is effectively requesting a break as it expends its limited energy and nutritional resources to shed its uterine lining. Heavy bleeding, exhaustion, cognitive fog, discomfort, nausea, and a variety of other symptoms are frequently present in addition to the physical & hormonal changes in the body. The different stages of the menstrual cycle can impact how women work in this competitive world with the fast paced life of 21st century. Despite advancements and open-ended ideologies, social disparities including effects of gender-biased glass ceiling, still persist as a point of question while referring to productivity levels of females. The statement of problem for this secondary research study asserts that menstrual cycles can lead to changes in the levels of productivity, which are affected by the internal factors (hormonal changes) and external factors such as daily cycles of productivity driven by work, workplace setup and work pressure which are capitalist constructs that are male-driven. The male biological makeup does not require rest at

monthly intervals, which can be possible leading factors that are impacting the mental health of working women in today's time. This decline in productivity can be measured in terms of time off from work (absenteeism) and working or studying while feeling ill (presenteeism). The research studies suggests that these lost levels of productivity can be regenerated or enhanced with the help of personal lifestyle based interventions, new age technology, digital health apps catering women's health and certain employer-driven solutions. The females of this leading time in this new age world, seek sustaining, efficient yet mindful solutions, set away from social dissemblance and patriarchal notions for better productivity for economical, communal and social upliftment and improved mental health.

Key words: Menstruation. Productivity, Mental Health

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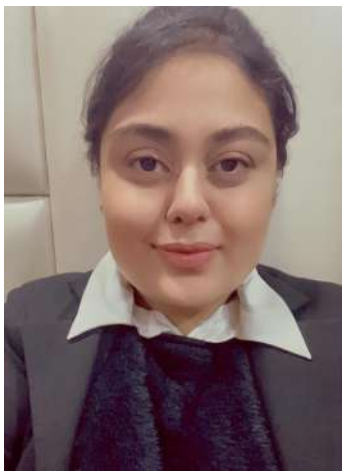
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Biography



Ms. Pihu is a passionate and dedicated psychologist with her highest qualifications in Master in science specialising in clinical psychology situated in India and has the ultimate aim to make the best use of her knowledge and abilities for the betterment of the community. She has a vast experience with patient care across varied age range during her training and practicing term. She has also being doing community services for more than 7 years with over 3 years dedicated to mental health services in her own community based organisation,

Rotaract club of Delhi City Nexus founded by her in the year 2021 under rotary International. With her experience in social services , she is also equipped with tailoring to the needs and support for people belonging to the lower strata of the society.