CONTENTS

CHAPTER : I : THE PROBLEM

1.1 Introduction to the problem of Menstrual Distress 1
1.2 Concept of menstrual distress in retrospect 4
1.3 Menstrual Distress - Theoretical Perspectives 6
1.4 Menstrual Distress and Religion 12
1.5 Menstrual Distress and Religion - Related Researches 16
1.6 Introduction to the concept of stress 17
1.7 Concept of stress in retrospect 18
1.8 Stress - Theoretical Perspectives 22
1.9 Life Events Stress - A conceptualization 32
1.10 Life Events Stress in retrospect 37
1.11 Life stress and Menstrual Distress - Related Researches 39
1.12 Introduction to the concept of Sex Roles 40
1.13 Masculinity, Femininity and Androgy in retrospect 43
1.14 Sex Roles - Theoretical Perspectives 49
1.15 Traditional v/s Recent Approach 89
1.16 Sex Roles & Menstrual Distress — Related Researches.
1.17 Theoretical & Practical Significance of the study.
1.18 Theoretical Assumptions underlying the study.

LIST OF REFERENCES

CHAPTER II: METHODOLOGY

2.1 Introduction: Issues and Objectives
2.2 The Specific Problem under investigation
2.3 The hypotheses
2.4 The variables
2.5 The sample
2.6 Tools
2.7 The procedure of data collection
2.8 Design and analysis

LIST OF REFERENCES

CHAPTER III: RESULTS

3.1 Cluster Pain: Phase I
3.2 Cluster Pain: Phase II
3.3 Cluster Pain: Phase III
3.4 Cluster Impaired Concentration: Phase I
3.5 Cluster Impaired Concentration: Phase II
3.6 Cluster Impaired Concentration: Phase III
3.7 Cluster Water Retention: Phase I
3.8 Cluster Water Retention: Phase II
3.9 Cluster Water Retention: Phase III
3.10 Cluster Behaviour Change : Phase I 232
3.11 Cluster Behaviour Change : Phase II 238
3.12 Cluster Behaviour Change : Phase III 244
3.13 Cluster Autonomic Reaction : Phase I 252
3.14 Cluster Autonomic Reaction : Phase II 257
3.15 Cluster Autonomic Reaction : Phase III 263
3.16 Cluster Negative Affect : Phase I 272
3.17 Cluster Negative Affect : Phase II 278
3.18 Cluster Negative Affect : Phase III 284
3.19 Cluster Arousal : Phase I 292
3.20 Cluster Arousal : Phase II 297
3.21 Cluster Arousal : Phase III 302
3.22 Cluster Control : Phase I 310
3.23 Cluster Control : Phase II 315
3.24 Cluster Control : Phase III 320

CHAPTER IV : DISCUSSION & INTERPRETATION

4.1(a) Effect of sex typing on Menstrual Distress : Phase I. 329
4.1(b) Effect of sex typing on Menstrual Distress : Phase II. 334
4.1(c) Effect of sex typing on Menstrual Distress : Phase III. 337
4.2 Effect of Life Events Stress on Menstrual Distress : Phase I, II, III 341
4.3 Effect of Religion on Menstrual Distress : Phase I, II, III 345
4.4 Effect of sex typing and Life Events Stress on Menstrual Distress : Phase I, II, III 349
4.5 Effect of sex typing and religion on Menstrual Distress : Phase I, II, III 352
4.6 Effect of life events stress and religion on Menstrual Distress : Phase I, II, III 355
4.7 Effect of Sex typing, life events stress and religion on Menstrual Distress : Phase I, II & III.
4.8 Menstrual Distress : Phases and Clusters.
4.9 Limitations of the Study and suggestions for future research.

LIST OF REFERENCES

CHAPTER : V : SUMMARY

APPENDIX : QUESTIONNAIRE