

# 12<sup>th</sup> Nursing and Healthcare Congress

October 03-05, 2016 Vancouver, Canada

## Environmental factors related with students` Menarche (aged 11-14)

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Onset of menstruation (Menarche) is one of the most important phenomena in female maturation process. Several factors contribute to the age of menarche. The purpose of this study was to investigate the relation between menarche age and environmental factors in students aged 11-14. In this cross-sectional study, 651 elementary and middle schools` girls (students) aged 11-14 years old in Rasht, Iran in 2014 were selected by cluster randomly sampling. Data were collected by questionnaire. Some environmental factors assisted in this study. Data were analyzed by using SPSS software version 20 and descriptive and analytics statistics were presented. In this study all statistical tests were done to determine any significant differences at 5% level. Mean and Standard deviation age at onset of menarche was  $12.093 \pm 0.051$  years. There were significant differences in using mobile ( $P=.0001$ ), computer ( $P=.0001$ ), frequency of use of mobiles during the week ( $P=.003$ ), daily using of a mobile ( $P=.000$ ), longtime of using mobile during the day ( $P=.000$ ), daily using of computer ( $P=.001$ ), computer ( $P=.001$ ), longtime of using computer during a day ( $P=.000$ ) and even exercise ( $P=.0001$ ). Also, significant difference was observed between age of onset of menarche with seasons ( $P=.0001$ ). There were not significant differences with other variables. The results indicated that environmental factors influence the phenomena of menarche in girls. Recently, technology usage is developing more and more in all the levels especially in younger ages, so giving proper knowledge and preparing health program for them should be started in the early times.

### Biography

Sedigheh Paksresht has completed her PhD at the Delhi University in 2009. She is an Associate Professor at Department of Obstetrics, Women Health Promotion, Community Health (PhD), Obstetrics (MSc), English Teaching (MBA). She is Editor in Chief in Holistic Nursing and Midwifery Journal, Member of Reproductive Health Research Center and Social determined on Health Research Centre at Guilan University of medical sciences, Rasht, Iran. She has published more than 32 papers in Iranian journals and international journals in ISI and other levels as well. She has been serving as an Editorial Board Member also. She has presented more than 15 papers in international conferences, the latest was in Washington DC 16-19 April in 2015.

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