

## CONTENTS

	PAGE NOS.
ACKNOWLEDGEMENTS	(i)
LIST OF TABLES	(iii)
LIST OF DIAGRAMS	(xi)
LIST OF GRAPHS	(xii)
<u>CHAPTER : I : THE PROBLEM</u>	
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 conceptua- lization.	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 Androgyny 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.	110
1.17	Theoretical & Practical Significance of the study.	112
1.18	Theoretical Assumptions underlying the study.	114

LIST OF REFERENCES

CHAPTER : II : METHODOLOGY

2.1	Introduction : Issues and Objectives	117
2.2	The Specific Problem under investigation	119
2.3	The hypotheses	119
2.4	The variables	122
2.5	The sample	130
2.6	Tools	148
2.7	The procedure of data collection	160
2.8	Design and analysis	162

LIST OF REFERENCES

CHAPTER : III : RESULTS

3.1	Cluster Pain : Phase I	170
3.2	Cluster Pain : Phase II	176
3.3	Cluster Pain : Phase III	181
3.4	Cluster Impaired Concentration : Phase : I	190
3.5	Cluster Impaired Concentration Phase II	196
3.6	Cluster Impaired Concentration : Phase III	202
3.7	Cluster Water Retention : Phase I	211
3.8	Cluster Water Retention : Phase II	217
3.9	Cluster Water Retention:Phase III	223

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.	357
4.8	Menstrual Distress : Phases and Clusters.	357
4.9	Limitations of the Study and suggestions for future research.	373
LIST OF REFERENCES		
<u>CHAPTER : V : SUMMARY</u>		382

APPENDIX : QUESTIONNAIRE