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*A Case Study*

## Attitude of female adolescents of purig tribe towards menstruation

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■ **ABSTRACT** : Aim of the study was to assess the attitude of female adolescents towards menstruation. The sample for the study consisted of 32 adolescent's girls in the age group of 14 to 18 years studying in class 9<sup>th</sup> to 12<sup>th</sup> currently enrolled at Government Middle, High and Higher Secondary schools of Kargil block, J&K state. Random sampling technique was used to select the sample females from Purig tribe, a predominant Muslim tribe of the area. A standardized scale on Adolescent Menstrual Attitude Questionnaire (AMAQ) developed by Morse *et al.* (1993) was used to assess the required attitude. The results revealed that on an average girl held more negative attitude towards menstruation than being positive attitudes towards it. The samples adolescent had accommodated living with menstruation and were open towards it however they had lesser acceptance of menarche. Most of the girls had faced menstrual symptoms but continued to visualize it with negativity.

■ **KEY WORDS**: Tribal, Adolescent Girls, Attitude, Menstruation, Menarche

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