

**Enhancing Favourable Menstrual Attitude using Yoga and  
Psychoeducation among Adolescent School Girls**

Thesis submitted to partial fulfillment for the Degree of  
**Doctor of Philosophy in Counselling Psychology**

Submitted by

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**(20PHCPP002)**

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**May 2025**

## 80 \_RECOMMENDATION

The findings of the present study open several achievable avenues for future research in the domain of adolescent menstrual health and psychosocial intervention. First, future studies may adopt **randomized controlled or quasi-experimental designs** incorporating either a waitlist control or matched comparison groups in contexts where ethical and institutional constraints permit. Such designs would strengthen causal inference while retaining the school-based feasibility demonstrated in the current study.

Second, extending the **duration of follow-up assessments** represents an important direction for future work. While the present study established sustained effects at follow-up, longer-term longitudinal designs spanning multiple academic years would help determine the stability of changes in menstrual attitude, perceived stress, and psychological well-being across critical developmental transitions in adolescence.

Third, future research may systematically examine the role of **sociodemographic and contextual variables**, such as socioeconomic status, parental education, urban–rural background and cultural beliefs, as moderators of intervention effectiveness. Incorporating these variables would allow for a more nuanced understanding of differential responsiveness to yoga and psychoeducation interventions across diverse adolescent populations.

Fourth, the intervention framework may be expanded to include **additional outcome indicators** such as school attendance, academic engagement, menstrual-related absenteeism and help-seeking behaviour. These outcomes would provide objective and educationally relevant markers of the broader impact of menstrual health interventions beyond psychological variables alone.

Fifth, future studies could explore **alternative and complementary intervention modalities**, such as mindfulness-based stress reduction, cognitive-behavioural strategies or peer-led psychoeducation programmes and compare their effectiveness with yoga-based and combined approaches. Such comparative research would further refine intervention selection based on feasibility, cost-effectiveness and developmental appropriateness.

Finally, given the increasing accessibility of digital platforms, future work may investigate the feasibility and effectiveness of **technology-assisted delivery models**, including mobile applications, online psychoeducation modules or blended formats combining in-person and digital sessions. These approaches hold particular promise for extending intervention reach to adolescents in remote or resource-limited settings while maintaining theoretical fidelity to health behaviour models such as the Health Belief Model.

These directions provide a structured roadmap for advancing research on adolescent menstrual health by building directly upon the methodological strengths and empirical insights of the present study.