

Abstract

Menstruation is a natural biological process, yet unfavourable attitudes, stigma and psychological distress associated with it continue to affect adolescent girls. Addressing these concerns through holistic interventions can foster a more healthy menstrual attitude, reduce stress and enhance Psychological well-being. This study aimed to evaluate the effectiveness of Yoga, Psychoeducation and a Combined Intervention (Yoga & Psychoeducation) in enhancing favourable menstrual attitudes, reducing perceived stress and improving psychological well-being among adolescent schoolgirls. A before-after-follow-up study was conducted among 91 adolescent school girls in Avinashi, Tiruppur District. Participants were assessed using the Menstrual Attitude Questionnaire, Perceived Stress Scale and Psychological Well-being Scale at three time points, before intervention, after intervention, and at follow-up. The intervention consisted of Yoga in the form of Simplified Physical Exercises, Psychoeducation and a Combined approach, delivered systematically. Data were analyzed using SPSS 30, employing normality testing, descriptive statistics, Mixed ANOVA and Bonferroni post-hoc tests. The findings revealed that the Combined Intervention (Yoga & Psychoeducation) was significantly more effective than either intervention alone in reducing perceived stress, enhancing menstrual attitudes and improving psychological well-being ($p < 0.05$). While Yoga and Psychoeducation individually showed improvements, the synergistic effect of the Combined Intervention yielded greater and more sustained benefits across all measures. Integrating Yoga and Psychoeducation presents a holistic and effective approach to transforming adolescent girls' perspectives on menstruation, mitigating stress and fostering psychological well-being. These findings underscore the importance of incorporating mind-body interventions in menstrual health programs to empower young girls with knowledge, resilience and confidence.

Keywords : Menstrual Attitude, Yoga, Psychoeducation, Perceived Stress, Psychological Well-being, Adolescent Girls