

ANNEXURE VII

PLAGARISM REPORT



Avinashilingam Institute for Home Science and Higher Education for Women

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Coimbatore - 641 043, Tamil Nadu, India

PLAGIARISM CHECK REPORT (THESIS)

1.	Name of the Research Scholar	Srinithi, A.M
2.	Roll No. and Year of Registration	20PHCPP002, 2021
3.	Department	Psychology
4.	Name of the Research Guide	Dr. S. Gayatri Devi
5.	Title of the Thesis / Dissertation	Enhancing Favourable Menstrual Attitude using Yoga and Psychoeducation among Adolescent School Girls
6.	Similarity Content (%) Identified	6%
7.	Software Used	Turnitin
8.	Date of Verification	22-05-2025

Note : The report is excluding 14 Consecutive words, Review of Literature and Quoted Materials.

Checked by :


22/5/25
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Research Guide

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ENHANCING FAVOURABLE MENSTRUAL ATTITUDE USING
YOGA AND PSYCHOEDUCATION AMONG ADOLESCENT SCHOOL GIRLS

Chapter 1 Introduction

"Menstruation is a complex biopsychosocial phenomenon involving cyclical physiological changes in the female reproductive system which is accompanied by psychological responses and process sociocultural meanings, which together influence how individuals experience, interpret and manage their menstrual cycles" (Christer, 2011).

Menstruation is a natural biological process that signifies an important stage in the growth of adolescent girls, representing their transition into womanhood. It is a universal experience, yet discussions around menstruation are often limited due to stigma, traditional myths, and deep-rooted misconceptions. These issues are particularly pronounced in low-income and culturally conservative settings (Sommer et al., 2015). The negative societal attitudes can significantly affect young girls' emotional, psychological, and physical health, potentially lowering their self-esteem, disrupting academic progress, and diminishing overall quality of life (Hesseger et al., 2019). In many communities, limited access to menstrual health education and the dominance of silence and shame surrounding the topic leave adolescent girls inadequately prepared to manage this important aspect of their development (Bobel, 2018).

Adolescence, being a phase of intense physical, cognitive, and emotional growth, provides a critical opportunity for shaping health-related attitudes and behaviours (Patton et al., 2016). Promoting menstrual health awareness and nurturing a positive perception of menstruation during this period are essential steps in helping girls gain confidence and maintain dignity as they mature (House et al., 2012). The conventional menstrual education usually focus narrowly on the biological side, overlooking the psychological and emotional dimensions that are equally important (Koff & Rierdan, 1995). This traditional ways of dealing with menstrual health and education highlights the importance of adopting a more holistic approach that integrates both physical and mental health perspectives into menstrual education.

"Yoga, an ancient practice that combines mindful movement, controlled breathing, and meditation, has increasingly been acknowledged for its wide-ranging benefits on both physical and mental health" (Rass & Thomas, 2010). Research evidences prove that yoga can help individuals manage stress, regulate emotions and develop better self-awareness all of which may contribute to healthier attitudes toward menstruation (Field, 2016). The yoga practices when paired with psychoeducation, offers structured learning to address psychological challenges, yoga can become a comprehensive intervention to reconstruct negative menstrual attitudes and encourage a more open mindset (Khalsa et al., 2012). Menstrual health concerns

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

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STUDENT PAPERS

PRIMARY SOURCES

- 1** Yaser Mohammed Al-Worafi. "Handbook of Complementary, Alternative, and Integrative Medicine - Education, Practice and Research: Volume 5: Disease Focused Efficacy and Safety Profiles: Psychiatric, Infectious, Skin, Hematologic, Oncologic, Urologic and Special Population Diseases/Disorders", CRC Press, 2025
Publication <1%
- 2** Submitted to University of Minnesota System
Student Paper <1%
- 3** "Abstracts of Award-Winning Posters, 19th International Forum on Mood and Anxiety Disorders, Virtual Edition, July 22-24, 2021", Neuropsychobiology, 2021
Publication <1%
- 4** www.oijrj.org
Internet Source <1%
- 5** Paul Kinnear, Colin Gray. "SPSS 12 Made Simple", Psychology Press, 2019
Publication <1%
- 6** Tamiru Yazew, Chala. G. Kuyu, Girma Beressa, Getu Seyoum. "Effect of nutrition education on dietary diversity and academic achievement among adolescent school girls in North Shoa Zone, Oromia, Ethiopia", Nutrition, 2024 <1%