A Study on The Relationship between Menstruation and Alcohol Consumption

The purpose of this study is to assess the prevalence of hormonal dysfunction in women addicted to alcohol or prone to alcohol consumption. The locale was confined to Meerut city. The sample consisted of 25 subjects. So after this study the result showed that its consumption can make period temporarily irregular and you can have extra periods or have skipped or have late periods too.

**Introduction**

Menstrual refers to the monthly cycle in women, which prepares the female for ovulation, generally once per month, what is that time of month that the egg can be fertilized by the male sperm, for the purpose of reproduction.

Alcohol use affects men and women differently, with women being more affected by the health effects of alcohol use. Yet, a dearth of information investigating the alcohol use in women exists (SAMSHA 2011). In particular, one dispositional factor hypothesized to contribute to alcohol consumption in women is the menstrual cycle.

**Women and Alcohol**

Alcohol use disorders place a high burden upon society, with estimations of annual public health costs exceeding $223 billion. Although alcohol use disorders have historically been higher in men, recent epidemiological evidence suggests the gap in prevalence of alcohol use and dependence between men and women is decreasing.

However, research regarding alcohol consumption and menstrual cycle has been mixed. The studies may help us understand the underpinnings of menstrual cycle phase posited that the menstrual cycle is disrupted, and disruption leads to drinking.

**What does alcohol do before or during your period?**

Alcohol can “temporarily increase levels of estrogen and testosterone”. Estrogen and Testosterone are two very important hormones in people with periods, and when they are increased by alcohol consumption, they can alter when you ovulate and thus change when you menstruate. This makes for irregular periods, which can be frustrating to deal with. Fortunately though, hormone levels aren't typically disrupted by mild amounts of alcohol and even though this does vary by person, it would take quite a bit of booze to drastically alter hormones.

According to this incredibly informative piece from the New York Times, alcohol does not cause period pain, but it can prolong the pain experienced by those who suffer from dysmenorrhea, which is a menstrual disorder that causes severe cramps. The piece also states that “alcohol worsens PMS symptoms” although it does not say how. Today Health claims that alcohol can decrease blood sugar levels, it emphasizes the emotional symptoms of PMS.

**Hypothesis**

(1) There is significant between the menstrual cycle and the consumption of alcohol.

(2) There must be the negative impact of alcohol consumption on menstrual cycle.

**Method**

**Sample**

Sample was selected from territorial boundaries of Meerut city. The sample consisted of 25 subjects.

**Tools of the Study**

For the purpose of present study, one tool will be used as given below: The questionnaire on the effect of stress and painkiller on working women.

**Procedure**

To collect the real facts, contact was established with them. After making instructions clear to them they were asked to fill the questionnaire. For the purpose of data collection there are total 50 questions in questionnaire researcher figure out some questions related to the effect...
of stress and painkiller on working women. Data has been analysed by chi-square. On the basis of that questions, researcher scored them to count total number of 'yes' response and 'no' response. It is ensured that each subject has responded to each of the item. At the end scoring was done with the help of manual.

**Interpretation:**

After the calculation the total score of women having heavy menstrual flow according to all the dimension 16 out of 25 women scored 'no' for alcohol consumption and 9 out of 25 scored 'yes' for alcohol consumption.

**Result and Discussion:**

According to table 1, we find that 64% of women do not consume alcohol and 36% of women consume alcohol and they admitted that they found some changes in their menstrual cycle like they observed that sometimes they have light or sometimes heavy and some observed irregularity in their period.

Second when you drink hard core, like lots of hard liquor or go on a bender for a few days, you can have extra periods or have skipped or late periods too. The reason for this is it messes up your metabolism and your hormones.

**Conclusion:**

After this study it is concluded that there is a relation between menstrual cycle and alcohol consumption. Alcohol can affect the menstrual cycle by making it temporarily irregular or by less or more periods.

**References:**

(1) Allen D: Are alcoholic women more likely to drink premenstrually? Alcohol Alcohol. 1996; 31: 145-147.10.1093/oxford journals.alcalc.008125[Pubmed : 8737009]


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![Table 1: Total Percentage of Women Consume Alcohol](image)

<table>
<thead>
<tr>
<th>Variable</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Consumption of alcohol</td>
<td>64%</td>
<td>36%</td>
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