

Female College Students: My Youth, My Zone--Analysis and Investigation on Physical Health of Female College Students in Zaozhuang University

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Abstract: Definition of physical health: the ability to engage in daily activities energetically, nimbly, without feeling too tired and the ability to be optimistic, vigorous and stress ability. The objective of this analysis is to know about physical health of female college students, to provide important references for female work group of Zaozhuang University to develop physical health education and popularize sexual knowledge among female college students and to strengthen physical health education among female college students. This paper adopted self-designed "College Students' Physical Health Questionnaire" to carry out investigation among female college students in Zaozhuang University. A total of 2180 female college students answered this questionnaire. The investigation contents mainly include menstrual conditions, physical health, sexual behavior, sexual attitudes, sexual knowledge, etc.

Currently, female college students are pursuing freedom and equality and expression of individuality. As a specific population of young females, female college students also face the problem of reproductive health. In order to see the physical health status of female college students and to develop physical education work among females, we carried out physical health investigation among 2180 female college students in Zaozhuang University. The world is a big universe and the human body is a small universe. We do not want every female college student to become an expert in some aspects, but know necessary knowledge of physiological health can let the youth flower bloom more colorful.

1. Objects and Methods

1.1 Objects

First year, second year and third year female college students from Zaozhuang University were selected as research objects and it adopted the method of online questionnaire. A total of 2180 questionnaires were collected, from 1207 freshmen, 666 sophomores, 289 junior students and 18 senior students; 1207 students were between 16-18 years old, 1326 between 21-23 years old, and 7 above 23 years old.

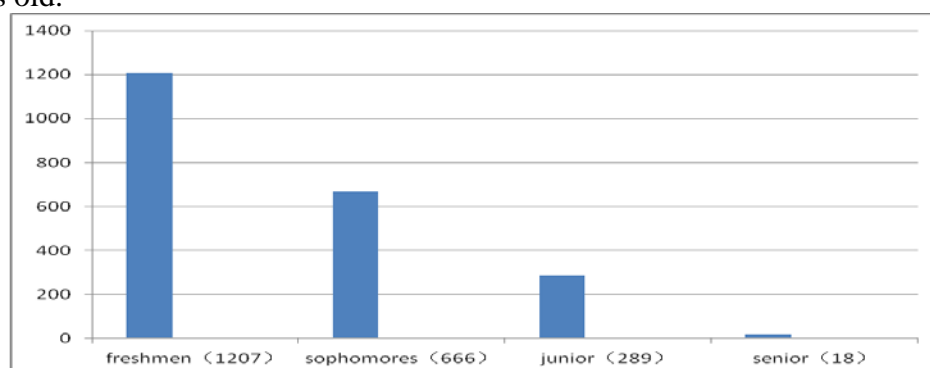


Figure 1 Grade (Total 2180)

1.2 Methods

This research adopted self-designed questionnaire, the main contents of which include general condition, menstruation condition and reproductive health condition. The menstruation condition includes the menstrual cycle, dysmenorrhea and menstrual health; the reproductive health condition includes personal sanitation and hygiene, masturbation, sexual intercourse, sexual knowledge acquirement. All questions are choice questions.

2 Results

2.1 General Materials

The respondents are most from countryside and are mostly freshmen, with slightly lower proportion in other grades. The age is mainly around 18 years old.

2.2 Menstruation of Female College Students

Menstruation is an important symbol of women entering the stage of adolescence. With the improvement of people's living standard, women's age at menarche is earlier than before. The specific manifestations and symptoms vary from person to person. In order to know the status of the menstrual period, accompanying symptoms and the corresponding influence on female college students' life and learning; to do a good job in health guiding of adolescent women and to provide basic materials for developing reproductive health education, a random questionnaire investigation was carried out among female college students in our school.

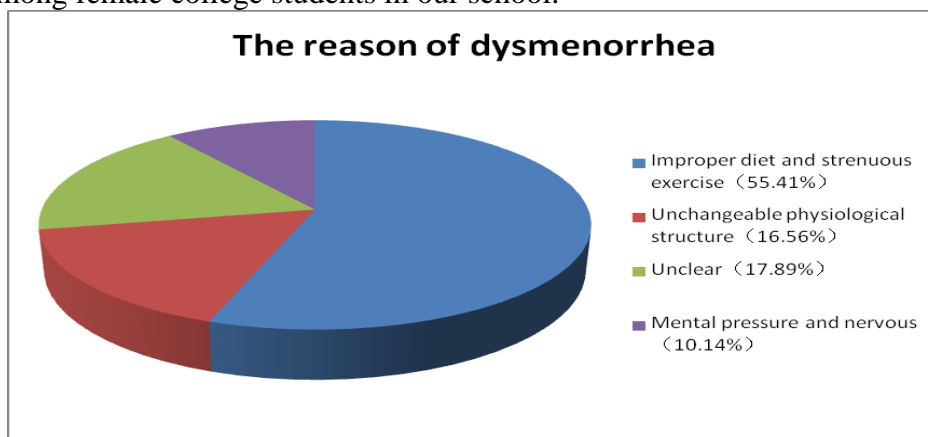


Figure 2 The reason of dysmenorrhea(Total 2180)

The survey found that the incidence of female dysmenorrhea is high, 64.03%, and females with the menarche age at 10-12 years old have the highest incidence, indicating that with the advancing of menarche age, the incidence of dysmenorrhea also increases. The incidence of female menstrual disorder is also high (29.64%); students with too much menstruation volume have a high possibility that suffers from mild anemia, indicating that this group of students should concentrate on nutrition and take some fe-containing preparation. Besides, traditional Chinese treatment should also be adopted to recover normal menstrual volume. Students with dysmenorrhea also have some other symptoms and are in a weak physical state. The body condition of one person in one period also influences the degree of menstruation symptoms, indicating that dysmenorrhea is related to physical state. Students should insist on exercise and pay attention to nutrition supply. Besides, vigorous exercise can also cause dysmenorrhea, which should be avoided. The hospital visiting rates due to dysmenorrhea and menstrual disorders are only 29.41% and 34.78%, indicating that most female students do not attach enough importance to health care in menstrual period.

Dysmenorrhea, menstrual disorder of female college students are influenced by nutritional status, living environment, psychological factors and other factors, such as changes in environmental factor from home to school, immature in psychological state, displeasure caused by inharmonious relationship with classmates, careless care in menstruation, malnutrition, etc. Besides, it is also

related to individual difference and individual physiological conditions. Lagging in adolescence sex education, lack of knowledge about health care and poor psychological ability to deal with menstruation may also result in menstrual health problems.

Therefore, with the advancement of menarche age, the whole society should attach importance to the education of physiological health knowledge among teenagers as early as possible and it is of great importance for reducing the occurrence of dysmenorrhea. Meanwhile, we should strengthen education in physiology and female health care consciousness. For female students with severe menstrual disorder and dysmenorrhea, school doctors and teachers should cooperate with each other to carry out proper treatment, care about their lives, reduce their learning burden and comfort them from spiritual and psychological aspect. In addition to adolescent health education, we should also pay attention to education in contraception, sexually transmitted diseases and other knowledge of sexual health.

2.2.1 Discussion

From the results of the survey, we can have a certain understanding about the menstruation and dysmenorrhea of female college students in Zaozhuang University. Most female college students think that menstruation and dysmenorrhea have influenced their physiology and psychology in a certain degree. Dysmenorrhea can be caused by being cold, eating cold food, overtired and genetic factors, but some female college students still not pay attention to this issue. Menstruation is a normal physiological phenomenon of female and the condition of menstruation is related to reproductive health of female. To develop health education among females has become a new topic that is concerned by schools, families and society.

About menstruation, the menstrual cycle of most female college students is normal. The physiological and psychological performance of female in different stages of the menstrual cycle is different and there are many factors that influence the menstrual cycle; about dysmenorrhea, female college students should change bad habits in daily life and they should adjust diet structure to keep a balanced nutrition state, keep a good emotion state and pay attention to premenstrual and menstrual health care to reduce menstrual discomfort. They should also be encouraged to do exercises to improve body resistance. Proper physical exercise can promote blood circulation of pelvic cavity and reduce the incidence of dysmenorrhea. Schools should establish mental health clinics for female college students to strengthen psychological treatment and do a good job in health education. It should be made clear to female college students that slight discomfort during menstruation is physiological reaction, eliminating their fear for menstruation. It is important to keep a good mental state for female college students, thus learning and developing healthily. There are many pathological factors of dysmenorrhea, which should be treated according to symptoms, and if necessary, female with this problem should go to hospital to relieve their pains; one large factor of menstruation health is sanitary towel and the discharged substance during menstruation is harmful, so repeated infection can be avoided by changing the sanitary towel timely.

2.3 Reproductive Health Condition of Female College Students

2.3.1 Physical Hygiene

Teenagers are in the crucial development stage of life. In this stage, their mental and physical health faces with great challenges. As a special crowd of teenagers, the reproductive health of female college students deserves attention. For many college students, it is the first time to leave parents and live dependently and learning pressure and bad living habits may make them easily suffer from various gynecological diseases. But female college students do not grasp the gynecological knowledge that they need and bring hidden problems for physical and mental health. Gynecological disease in this stage will severely affect their physical and mental health and bring huge inconvenience for their life and learning in the future.

According to the survey, the age of the first sexual experience is advanced and 76 students had sexual experience before 15 years old, accounting for 10.3% of people with sexual experience. But

comparing with sexual experience in the lower age, they did not grasp the corresponding gynecological health knowledge. The reasons for it is because of traditional concept and reproductive health education is absent among people of all ages. Before entering college, female students did not receive systematic reproductive health education, so Chinese female college students are lack of reproductive health knowledge. Our investigation results show that female college students' knowledge about reproductive health is not very much. Most female students do not know about basic physiological knowledge, such as "oviposit period", "leucorrhea color", "vulva caring", etc.; 77.6% female college students advocates premarital sex, but 72.4% of them do not know how to achieve contraception safely, and 82.4% female college students do not know about the harm of induced abortion. In addition, painless abortion advertisements have misleading description and many females think that abortion is nothing more than a small operation, so they choose abortion for many times and bury problems for reproductive health.

When students feel uncomfortable in reproductive organs, only 16% chose "to see a doctor", 35% chose "to set aside" and 56% of them think that "only married women have the need to do gynecologic examination"; being embarrassed to talk about gynecologic diseases and not paying enough attention to gynecologic diseases, will make them lose the best chance for treatment and delay the disease condition. About 93% female students are very eager for acquiring gynecologic knowledge including reproductive health and hope to get professional guidance in menstruation nursing, vaginal care, contraception ways, abortion, etc.; in channels of acquiring gynecologic health knowledge, lecturing organized by schools accounts for only 11.6%. It can be seen that in the popularization of gynecologic health knowledge, related work of schools does not meet the health needs of female college students.

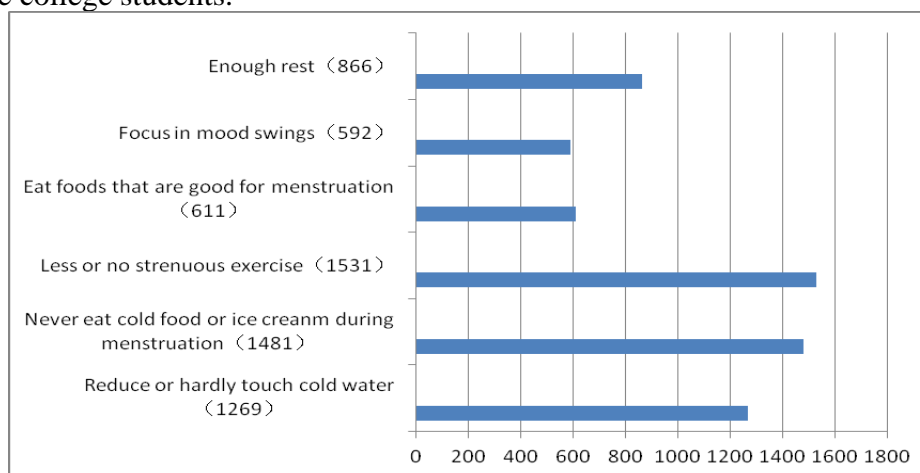


Figure 3 Whether students do the following things during menstruation (Multiple selection) (Total 2180)

2.3.2 Sexual Behavior

Sexual behavior of female college students is related to their major and grade. College students in majors of arts, literature and history have the highest incidence. The incidence of high grades is evidently higher than that of low grades, which is in a similar condition with college students in the United States of America. It indicates that high grade is an important factor for the incidence of female college students.

The average age of first sexual intercourse is 19.27 years old, older than that of foreign college students. For the reasons of having sex, other countries reported "love", "sexual attraction", "sexual assault", "drinking", "drug abuse", etc.; in China, the reported direct reasons are curious, acracholia, strengthening relationship with boyfriends, physiological needs, which are similar to our survey. In the survey, it was found that the reasons of the first sexual behavior are different from the reasons for sexual behavior one year before survey. The reasons of the first sexual behavior are mainly "acracholia, curious and strengthening relationship with boyfriends", while the reasons for sexual behavior one year before survey are emotional stress and some are due to violence; perpetrator are

often boyfriends or acquaintance, very rare people were raped by a stranger (especially in childhood). This kind of sexual violence is generated in a drinking state or other conditions? It remains to be researched in the future.

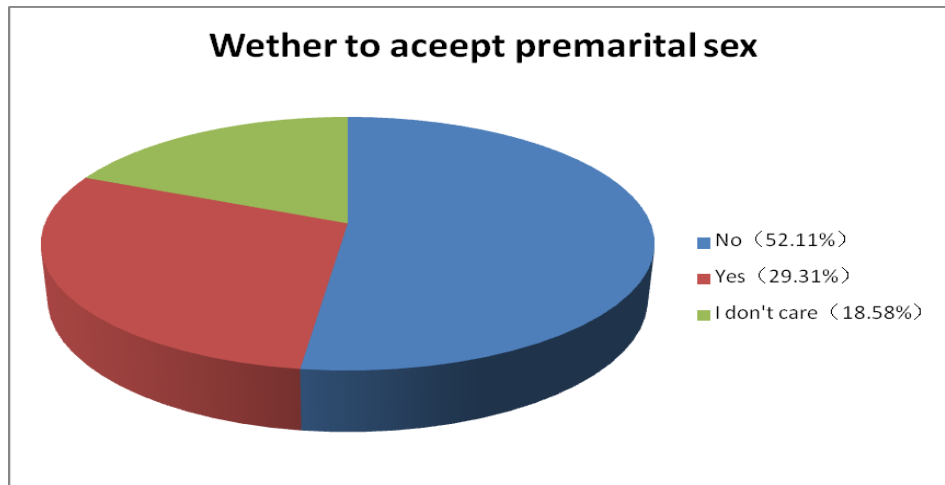


Figure 4 Wether to accept premarital sex (Total 2180)

The following points are what female college students should pay attention to: 1. Do not have sex too early. The reproductive system of females generally gets mature till 20 years old and sex behavior before 20 will be a great harm to the body. Besides, early and frequent sexual interaction will make females suffer from vaginitis, cervical erosion, cervical cancer and other gynecology diseases. 2. Prevention of accidental pregnancy. Accidental pregnancy is often ended with abortion and every abortion is an injury to the body of females. They should also choose contraceptives that are proper for them to assure the safety of sexual behavior. 3. Know more knowledge about sex. The attitude of many people for sex is only doing it but not saying it, which is very dangerous. If there are questions about sex, they should ask doctors and specialists and they can learn many related knowledge from books and network. 4. Hide nothing from the physician. Pay close attention to your body and the alarm of the body; go to a doctor for help if there is a problem.

2.3.3 Discussion

From the results of this survey, we already have a general understanding about reproductive health condition of female college students in Zaozhuang University. In the aspect of personal hygiene, female college students have not much knowledge about their physiological condition. During menstruation, they should change sanitary towel timely, keep warm, avoid overwork and keep good emotion. The shape of female reproductive organs is relatively complex, so it is important to keep the pudendum clean; female students should clean pudendum with warm water every day and change underwear frequently. More attentions are needed during the menstrual period. Do not soak private parts in water to avoid bacteria entering vagina and causing inflammation. The washing basin and towel should be separated with the foot washing basin and everyone should have their own basin and towel to avoid transmitting disease; the best way to have bath is to take a shower. In the aspect of masturbation, sexual behavior, there are still many problems about female college students, such as hygiene, safety. They should learn necessary sexual knowledge and get to know masturbation correctly. The information of female college students is from network but the accuracy of network information is unknown, and hat will be bad for female college students' physical and mental health.

3. Conclusions

The investigation results showed that 74.36% of the female college students need to add sex education course and it indicated that female college students have a large need for sex education course. Every college and university should attach importance to this issue and employ special lecturers or experts to guide education, from which way, female college students can know more

about this aspect of information and protect themselves better. Relevant departments should take effect measures about health education of female college students. Schools should set up courses in reproductive health education and establish specialized clinics or hotlines for providing guidance and popularizing relevant health knowledge. Schools should focus on menstrual symptoms of female college students, improve their ability to deal with menstrual and reproductive health problems, find out reasons and take positive and effective measures; help female students avoid menstrual tension and overwork, maintain a good spirit, keep a balanced diet, keep warm and take measures like drug therapy; direct college students in coordinating and controlling emotion in daily life and learning, strengthening self-protection conscious and promoting physical and psychological health of female college students.

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