

Abstract Background:

A comprehensive understanding of how university students’ experiences of menstruation had impact on their education attainment can lead to changes in improving examination settings and timing or design of campus rest room facilities so menstruating female students are adequately supported to minimize their problems in academic performance due to menstrual disorders.

Objective:

To study the effect and the pattern of menstrual disorders among Students at Ahfad University for Women.

Method:

This was a descriptive cross-sectional institutional -based study conducted at Ahfad University for Women during the period from December 2019 to January 2022. The study population included 350 female students fulfilled the inclusion criteria of the study. Data collected using a questionnaire that filled with the females after informed content.

Results:

Highest percentage 184(52.6%) aged between 20 – 25 years. The frequency of menstrual disorders among female students in this study was 228(65.1%). The reported patterns of menstrual disorders were premenstrual syndrome 114(32.6%), dysmenorrhea 104(29.7%), irregular menstrual cycle 86(24.6%) and menorrhagia 40(11.4%). Absence from lectures during menses for 2 – 3 days was reported in 94(26.9%), one day 76(21.7%) and more than 3 days 29(8.3%). Regarding, sociodemographic characteristics of the females, the frequency of menstrual disorders significantly higher among females aged 20 – 25 years 110(8.5%), single 175(76.8%), and females from urban areas 205(89.9%) (P value < 0.05).

Conclusion:

The study concluded that the problems associated with menstrual cycle among female students were premenstrual syndrome, dysmenorrhea, irregular menstrual cycle and menorrhagia.

Recommendation:

These problems had significant impact on the absence of female students from lectures. The study recommends health education about the menstrual cycle, its problems and its treatment. V The study also recommends that female students exercise permanently to avoid weight gain, which leads to disorders in the monthly cycle. Paying attention to healthy nutrition and balanced food helps reduce the problems of the menstrual cycle.