



**SELF-OBJECTIFICATION, ATTITUDE AND SHAME TOWARDS MENSTRUATION
AMONG FEMALE UNIVERSITY STUDENTS**

A thesis

Presented to Department of Professional Psychology,
Bahria University, Islamabad Campus

In Partial Fulfillment
of the Requirement for the
Degree of Bachelor of Sciences
(BS) Psychology

By
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Fatima Sardar
Mishal Khan
&
Fareen Ahmad

Supervised By
Ms Kanwal Zahra

May, 2021

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DEDICATION

This thesis is whole heartedly dedicated to our parents, ourselves, families and friends. A special feeling of gratitude to our parents for their unwavering support, encouragement and belief in us.

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ABBREVIATIONS

PCOS	Polycystic Ovary Syndrome
OBCS	Objectified Body Consciousness Scale
OBCSbsr	Objectified Body Consciousness Scale Body Surveillance
OBCSbs	Objectified Body Consciousness Scale Body Shame
MAQ	Menstrual Attitude Questionnaire
MAS	Menstruation as Shameful

ABSTRACT

The current study was intended to explore Self objectification, Attitude and Shame regarding Menstruation among female university students. The sample of the study consisted of 350 female university students with age range 18-40 years ($M= 1.07$ & $SD= 0.26$). Sample was collected through convenient sampling technique, from various government and private universities across Islamabad and Rawalpindi. Three measures were used in current study for measuring the study variables i.e. objectified body consciousness Scale (OBCS – revised) for assessing self-objectification, menstrual attitude questionnaire (MAQ) for assessing attitude, and menstruation as shameful or disgusting for assessing shame among female university students. Results indicate that there is a positive relationship between self-objectification and shame ($r=.16$, $p<0.05$). There is a positive relationship between attitude and shame ($r=.29$, $p<0.05$) Additional findings, limitations and future recommendations are also discussed.

Keywords: Menstruation, Self-objectification, Attitude, Shame, Female