

1. Record Nr.	UNINA9910983090503321
Autore	Ramici Ariela
Titolo	Taking Menstruation to the Workplace : The Effect of Work Environment on the Relationship between the Menstrual Cycle, Women's Work Performance and Well-Being / / by Ariela Ramici
Pubbl/distr/stampa	Wiesbaden : , : Springer Fachmedien Wiesbaden : , : Imprint : Springer, , 2025
ISBN	9783658470388 3658470380
Edizione	[1st ed. 2025.]
Descrizione fisica	1 online resource (XXIII, 159 p. 52 illus., 50 illus. in color.)
Collana	BestMasters, , 2625-3615
Disciplina	613.62019
Soggetti	Psychology, Industrial Occupational Health Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Introduction -- Theoretical Framework -- Methodology -- Results -- Discussion -- Conclusion and Recommendations.
Sommario/riassunto	This book delves into the intricate relationship between workplace environments and women's menstrual health, work performance, and overall well-being. Through extensive survey analysis, it uncovers a pervasive lack of awareness and stigma surrounding menstruation-related topics in workplaces, leading to discomfort and the concealment of symptoms among women. While workplace environmental factors and stressors do not directly cause menstrual health issues, perceived stress has shown to significantly influence women's occupational health and safety. Challenges such as inadequate pain management and cultural taboos further exacerbate the situation. The book emphasizes the importance of educational initiatives and fostering supportive, inclusive workplace cultures and leadership to address these challenges. Future research should focus on global trends and gender-specific stress responses. By prioritizing menstrual health in workplace wellness initiatives, organizations can create inclusive environments that enhance overall well-being and productivity for all employees. About the Author Ariela Ramici holds a Master of Science in the field of Business Psychology.

