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|  | * Conclusion: Findings:  After conducting a statistical analysis of the data collected the results were as follows:  Out of the women surveyed for the close friends group, 20% had their menstrual cycle start within one day of their close friends menstrual cycle starting date. 28% of the women were within two days of their close friends starting date. Another 20% were within three days, 4% were within 4 days, 4% were within five days, 12% within 7 days, 4% within 8 days and 4% within 10 days.  Out of all the women surveyed for the roommates group, 4% had their menstrual cycle start within one day of their roommates menstrual cycle starting date. 28% of the women were within two days of their roommates starting date. 8% were within three days, 24% were within four days, 8% in five days, 20% in 9 days, 4% in eleven days, and 4% in twelve days.  Out of all the women surveyed for the working women group, 1% of the women had it within one day of another co- workers menstrual cycle start date. 3% of women had it within two days of a co- workers start date. 22% within six days, 35% within nine days, 15% within ten days, 12% within eleven days, and 12% of the women were within 12 days of a co-worker.   Conclusion:   Menstrual Synchrony has been a human wonder as long as humans have existed. However, the answers to this phenomenon have never been truly discovered. This research projectís intent was to further the discovery of the answer to the question, ìWhat is menstrual synchrony?î. By surveying three groups of women who interact with others in very different ways, the scientific community has come one step closer to revealing the cause or causes of menstrual synchrony. The key part to making this research project credible and accurate was eliminating excess variables. Birth control was a huge factor that would have slanted the data if participants had been allowed to use it. If certain requirements had not been made for each group than the surveys would have been so broad that the data and information would be invalid. Because all three categories dealt with not only different types of women, but also different ways those women interact, deeper insight can now be made about who menstrual synchrony effects the most and what causes it. The data that this research showed, was that close friendís had the most menstrual synchrony. Although the other groups did show some menstrual synchrony, close friends had the overall highest numbers. In collecting this data, and ending up with this conclusion, a hypothesis can be made that emotional factors rather than physical factors effect menstruation in women.  Recommendations/Problems  Subjects had irregular cycle lengths Factors that may alter of prevent subjects from having regular menstrual cycles:  Subjects are on oral contraceptives which causes their menstrual cycle to be so regular that influences such as pheromones could not alter the cycle Subjects may be extremely active in sports or other physical activities Subjects may have improper eating habits and may experience malnutrition Subjects may be pregnant Subjects may experience a lot of stress Subjects may not receive enough sleep Subjects may be experiencing the onset of menopause All of these factors would change the results of the data. Other problems that we faced included: We had a difficult time going into dormitories of college female students because it was against the rules to hand out surveys and solicit. Also, many business would not fill out the surveys because many times they were to busy and could not sacrifice three minutes of their time. Many of the businesses that we went to only had part time workers and many of the women didn't work together throughout the entire week. Most of all many of the workers felt that our survey was invading their privacy and they declined to respond. There were so many variables that could alter the data. For example, many of the workers were also close friends and roommates and they had to be excluded. May of the workers only worked five hour days and not everyday of the week. In the future we would advise the survey to be much more specific. We collected fifty surveys from each group and if we had a larger sample size our data would probably be more accurate. For future research it would be interesting to know exactly what causes menstrual synchrony. Our data collection only revealed which group menstrual synchrony effects the most, but to truly know what causes it would be interesting. Also, now that it is known through our data that close friends have the most menstrual synchrony the focus could now be on them. Variables could also be eliminated in order to determine what causes menstrual synchrony. The data could also be used to stimulate tests and use close friends in experiments to concluded the causes of menstrual syncrony.    [next](http://docs.google.com/biblio.html) | |
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