

ABSTRACT

CONNECTIONS BETWEEN THE MENSTRUAL CYCLE AND PERFORMANCE

There are ongoing studies about how hormonal changes in the menstrual cycle affects performance in women. If there is a change in performance, it can affect all women in their everyday life and it is therefore, a very interesting subject. The question in this study was: *Do hormonal changes in the menstrual cycle affect women's performance in physical and cognitive tests?* A method was constructed where nine women did three cognitive tests that were designed to examine short-term memory and working memory and two static physical exercises. They did the tests one time when they had menstruation and one time when they had ovulation. The reason behind this was that the concentrations of the hormones in question are high during ovulation and low during menstruation. The concentrations of the hormones were tested with ovulation tests.

The results showed that the women generally performed better in the tests when they had ovulation. There was however a fairly large variation between the women in the study, and several other factors such as motivation and effects of learning could have influenced the results. Therefore, it was difficult to determine with safety if the hormonal changes affected the results. However, the conclusion was made that the hormones did affect the results, but more extensive research must be made to determine how much it affected the performance and to ensure that it is significant.