

Abstract

This bachelor thesis is focused on the issue of menstrual synchronization and is designed as a theoretical-practical thesis.

The theoretical part describes the physiological menstrual cycle, including its hormonal regulation and hormones involved in this control; all phases of the menstrual cycle and other cyclical changes that regularly occur in the female organism. The thesis also outlines the effect that psychological aspects may have on the character of the menstrual cycle and discusses in detail the issues of premenstrual syndrome and premenstrual dysphoric disorder. The theoretical part is concluded with a chapter focused on menstrual synchronization itself.

The main aim of this thesis is to determine whether menstrual synchrony occurs in partner relationships. The sub-objectives of this thesis are to find out whether this synchronization occurs more frequently between female partners or cohabitants, after how long cohabitation synchronization occurs and what symptoms of premenstrual syndrome occur in the respondents.

The practical part focuses on the role of menstruation and its synchronisation in the studied groups in the form of a questionnaire survey. The target group is lesbian women, the control group is cohabitants. The questionnaire was posted online on social media from January 1, 2023 to March 31, 2023 and was answered by a total of 316 respondents from the lesbian women group and 172 respondents from the cohabiting group.

The results of the study show that menstrual synchronization does occur in partner relationships and does so more frequently than in the case of cohabitants. The onset of menstrual synchrony usually occurs in the third or fourth menstrual cycle from the beginning of the relationship between the women. The data also describe the frequency of the most common premenstrual syndrome symptoms.

Since menstrual synchronization has not yet been fully confirmed or refuted, it would be useful to explore this topic in future research.

Key words: menstrual cycle, menstruation, premenstrual syndrome, premenstrual dysphoric disorder, menstrual cycle synchronization, menstrual synchrony