

Age at Menarche in Urban-Rural Punjabi Jat Sikh Girls

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ABSTRACT The present investigation has been undertaken with an objective of studying the differences in the age at menarche of Jat Sikh girls residing in urban and rural areas of Ludhiana district. Total of 404 girls ranging in age from 14 to 16 years were studied in this project. Out of these 202 girls were from urban and 202 girls were from rural areas of Ludhiana district. The age of menarche of each girl was noted by recall method. The total data was grouped into four different age groups. Age of menarche is delayed in the rural girls as compare to the urban girls.