

A Study to Identify Premenstrual Syndrome and their Management Adopted by Adolescent Girls Studying in Selected High School at Jabalpur (M.P)

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ABSTRACT

Background: Menstruation is a normal physiological cycle, common to all female in reproductive age group, initiation of menstruation takes place during early adolescence period. Premenstrual syndrome is a recurrent disorder that occurs in luteal phase of menstruation cycle. **Aim:** this study is aimed to identify Premenstrual syndrome and their management adopted by adolescent girls studying in selected high school at jabalpur (M.P) India and to find out various factors associated with it. **Material And Methods:** a survey research approach with descriptive research design and purposive sampling technique were used to select 60 student adolescent girls from selected school at Jabalpur, MP, India. A self-structure was used to identify premenstrual syndrome and its management adopted by the subjects. descriptive and inferential statistics were used for data analysis. questionnaire is used in this study. **RESULTS:** majority of adolescent girls have premenstrual syndrome. the findings of the study shows most premenstrual syndrome were among age group 15-17 years (45%) and most of them were vegetarian (61.6%).on dividing symptoms to different category, maximum 29.6% scored for reproductive symptoms andc minimum 15.5% for GI symptoms. management adopted maximum 7.5% scored for dietary habit symptoms and minimum 4.28% scored for psychosomatic symptoms. sociodemographic variables i.e age 13-19 years ($\chi^2=10.23\%$, $DF=5$ i.e significant) and dietary habits ($\chi^2=0.6190$, $DF=5$ i.e NS). **Conclusion:** This study shows that there is a significant relationship between demographic variables age and premenstrual syndrome but there is no relationship between premenstrual syndrome and dietary habits of adolescent girls of the study.

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KEYWORDS: identify, Premenstrual syndrome, adolescent girls, management

INTRODUCTION

Adolescence is a distinct and dynamic phase of development in the life of an individual. It is a period of transition from childhood to adulthood and is characterized by spurts of physical, mental, emotional and social development. WHO consider the adolescence to be the period between 10 and 19 years of age which generally encompasses the time of onset of puberty to the legal age. In India, the adolescent population constitutes more than one fifth 23% of the total population. It is estimated that there are almost 200 million adolescents in India between that there age group of 10-19 year. It is expected that there age group will continue to grow reaching over 2/4 million by 2020.

The onset of adolescence is usually associated with the commencement of puberty and the appearance of secondary sexual characteristics. During this phase time from childhood to adolescents are often confused about physical and emotional changes in their bodies and feel hesitate and embarrassed to discuss them with anyone. Therefore adolescent is a critical period which influences ones reproductive health and wellbeing throughout life. Menstruation is a normal physiological cycle, common to all female in the reproductive age group. premenstrual syndrome is a recurrent disorder that occurs in the luteal phase of menstruation cycle.

Psychological and behavioral changes that interrupt interpersonal relationship and disrupt the lives of affected adolescent girls. Historically physicians at the Age of Hippocrates were aware that some women had symptoms prior to menstruation. Some women have a sense of heaviness similar to that which occurs in the eight month of pregnancy. Lumbago, chills, Fabric reactions, severe headache, ringing in the ears, heat in the spinal column. Premenstrual syndrome has both behavioral and physiological symptoms. The incidence of premenstrual syndrome can be considered quite high. it has been estimated that as many as 30% of women experience varying degree of symptoms from cycle to cycle and throughout life. Therapy is aimed of correcting specific symptoms. As many as 90% of all will have to with the aches, pain and emotional stress of premenstrual syndrome at some time during their reproductive year while 30-40% of all women will have symptoms of premenstrual syndrome including abdominal bloating, acne, anxiety, backache, breast tenderness, sweating, cramps, depression, food craves, fainting, spells, fatigue, headache, insomnia, altered sex drive, swelling of the fingers and ankles and personality changes such as drastic mood swings, outbursts of anger, violence and thoughts of suicide. it is estimated that about 95 % of women in their reproductive years experiences premenstrual syndrome at some points. between 10-47 % of these women will experiences severe symptoms to the extent that they are considered asyndrome. in india adolescent girls forms nearly 21.4 % of total population. this needs special attention, because of the turmoil an adolescent faces different stages of development different circumstances, different needs, and diverse problems. Various health agencies working towards the a Promotion of reproductive health of the adolescent girls, like UNICEF and UNFPA. Teenage may be difficult for both teens and parents. All the physical changes during puberty can make adolescent feel awkward and unsure of them. This is particularly true for a oe when it comes to menstruation for a girl, getting her first period is a physic milestones and a

high sign of becoming a woman but it become confusing and scary, when she encourages certain problems and symptoms collectively called as premenstrual syndrome. Adolescent period is highly energetic and active period. During this period, adolescent want to engage themselves in many actives but due to monthly menstruation problem in girls it leads to depression and inactivity in them. It is observed that most of the adolescent girls experience premenstrual problems during early stage of adolescence. They experience many psychological and physical symptoms, which they not able to manage completely. It impacts on their academic performance like ability to concentrate in study, classes missed and school absents. Most of the girls are unaware of the causes and management of these symptoms so investigator feels the need for identifying the frequency of the problems related to premenstrual syndrome in adolescent girls and effects of these problems in their daily routine.

MATERIAL AND METHODS

A survey research approach with descriptive research design and purposive sampling technique were used to select 60 student adolescent girls from selected school at Jabalpur, MP, India. A self-structure was used to identify premenstrual syndrome and its management adopted by the subjects. descriptive and inferential statistics were used for data analysis. questionnaire is used in this study. the study setting was saraswati shishu Mandir higher secondary school Jabalpur, mp, India. the tools developed for the study consist of interview schedule on premenstrual syndrome and its management adopted to reduce premenstrual syndrome. the study was approved by the institutional ethical committee. informed consent was obtained and the confidentiality and anonymity of the participants were maintained collected data was analyzed by inferential statistics. This study shows that there is a significant relationship between demographic variables age and premenstrual syndrome but there is no relationship between premenstrual syndrome and dietary habits of adolescent girls of the study.

Results

Major findings of the study were as follows:

Table: 1 frequency, percentage and distribution of demographic variables.

S.NO	VARIABLES	FREQUENCY	%
1.	AGE		
	13-14 YEARS	19	31.6%
	15-17 YEARS	27	49%
	18-19 YEARS	14	23.3%
2.	DIETARY HABITS		
	VEGETARIAN	27	61.67%
	NON VEGETARIAN	23	38%

Table No: 2 Assessment of Premenstrual Syndrome among Adolescent Girls

S.NO	SYMPTOMS	FREQUENCY	%	MEAN	SD
1.	PSYCHOSOMATIC SYMPTOMS	70	16.67%	1.16	0.901
2.	GI SYMPTOMS	56	15.55%	0.93	0.527
3.	DIETARY HABITS	38	21.15%	0.63	0.334
4.	REPRODUCTIVE SYSTEM	35	29.16%	0.58	0.429
5.	INTEGUMENTARY SYSTEM	29	24.16%	0.48	0.433
6.	MASCULOSKELETAL SYSTEM	65	27.08%	1.083	0.517

Table No: 2, Indicates That Maximum Of Reproductive Symptoms 20.16% Were Among Adolescent Girls And Minimum Of Gi Symptoms 15.5% Seen Among Adolescent Girls.

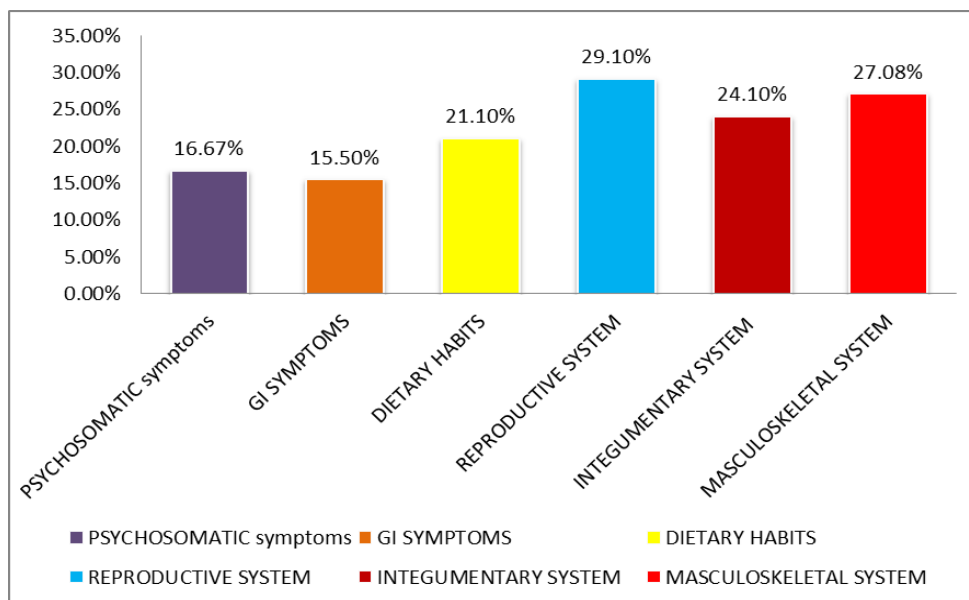


Figure.1 percentage distribution of premenstrual symptoms among adolescent girls

Table: 3 Management Adopted For Premenstrual Syndrome among Adolescent Girls

S.NO	SYMPTOMS	FREQUENCY	%	MEAN	SD
1.	PSYCHOSOATIC SYMPTOMS	72	4.25%	1.2	1.108
2.	GI SYMPTOMS	58	4.6%	0.96	0.549
3.	DIETARY HABITS	36	7.5%	0.6	0.351
4.	REPRODUCTIVE SYSTEM	35	7.29%	0.58	0.67
5.	INTEGUMENTARY SYSTEM	35	6.48%	0.58	0.67
6.	MASCULOSKELTAL SYSTEM	67	6.9%	1.11	0.59

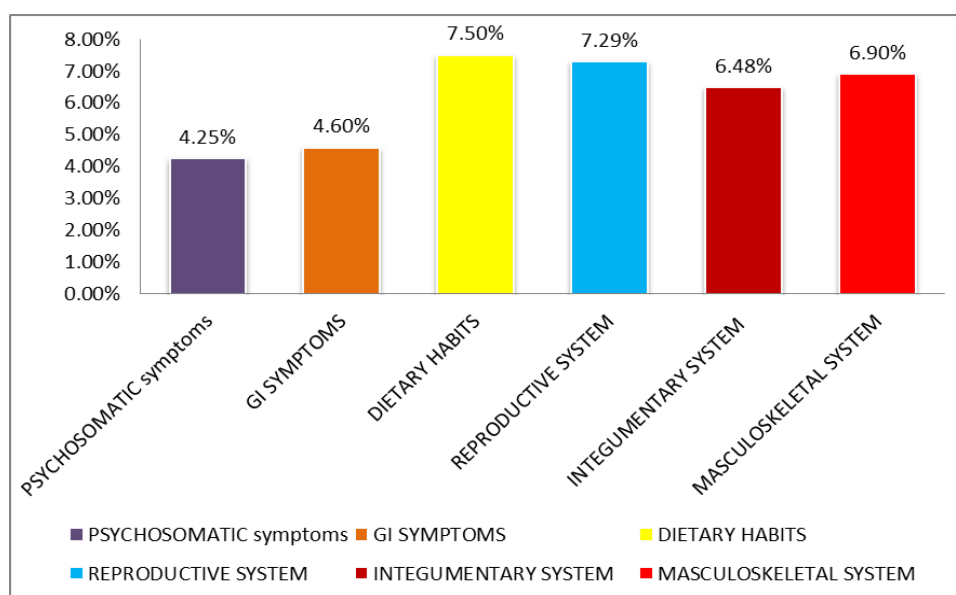


FIGURE NO.2 percentage Distribution of Management Adopted for Premenstrual Symptoms among Adolescent Girls

Table: 4 Association of Level of Premenstrual Syndrome Problems among Adolescent Girls and Their Management Adopted, By the Selected Demographic Variables

S. NO	SYMPTOMS	FREQUENCY	%	MEAN	SD
1.	PSYCHOSOMATIC SYMPTOMS	70	16.67%	1.16	0.901
2.	GI SYMPTOMS	56	15.55%	0.93	0.527
3.	DIETARY HABITS	38	21.15%	0.63	0.334
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TABLE NO.4 REVEALS THAT THE ASSOCIATION BETWEEN PREMENSTRUAL SYNDROMES WITH DEMOGRAPHIC VARIABLES IS STATISTICALLY TESTED BY APPLYING CHI-SQUARE TEST. THE AGE OF ADOLESCENT GIRLS WAS FOUND SIGNIFICANT AND DIETARY HABIT WAS NON SIGNIFICANT.

Discussion

In present study the discussion is based on review and findings of the study. the present study was undertaken to identify the premenstrual syndromes and their management adopted by adolescent girls studying in selected high school at jabalpur. these results were supported by MARY B which found that the frequency of premenstrual syndrome was 53% according to ICD-10 criteria. another study by Mercy & Thanga Ratha, which was conducted on school girls shows that age of girls has significant relationship with the premenstrual problems and the premenstrual problems were significantly related to the educational standards and family knowledge.

IMPLICATION AND RECOMMENDATIONS

In the findings of the study that is being aware of the level of knowledge regarding premenstrual syndrome and their management adopted. it can be used in nursing practice for counselling of the adolescent girls on premenstrual syndrome in schools and communities. health education can be given to the adolescent girls to get relief from premenstrual syndrome. it can be used for various research purposes. a similar study can be replicated on a large scale for more reliability and wider generalization. this study benefits many organization to conduct awareness programs, seminars, workshops etc at community and schools level.

CONCLUSION

The present study noticed that majority of the adolescent girls have premenstrual syndrome. the findings of the study shows –most premenstrual syndrome were among age group 15-17 years (45%) and most of them were vegetarian(61.6%).

On dividing symptoms to different category, maximum 29.6% scored for reproductive symptoms and minimum 15.5% for GI symptoms. Management adopted maximum 7.5 5 scored for dietary habits symptoms (mostly they were taking their favourite

food as management) and minimum 4.285 scored for psychosomatic symptoms. sociodemographic variables i.e age 13-19 years ($\chi^2=10.235$, $DF=5$ i.e significant) and dietary habits ($\chi^2=0.6190$, $DF=5$ i.e NS).

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