

A Study to Evaluate the Effectiveness of Pelvic Bridge Exercise on Dysmenorrhea among Adolescent Girls in Selected College at Kanyakumari District

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Abstract: Adolescent is the phase, usually between 10 to 20 years, in which children undergo rapid changes in body size, physiologic and psychological and social functioning. All body dimensions, development and maturation are completed. This is the net result of hormones and social structures designed to foster the transition from childhood to adulthood. Menstrual pain has always been such a big problem for girls everywhere, dysmenorrhea occurs without pelvic pathology affecting about 50% of women. It occurs more frequently in unmarried women. This study done to evaluate the effectiveness of pelvic bridge exercise on dysmenorrhea among adolescent girls in selected college at Kanyakumari District. Dysmenorrhoea is the most common gynaecologic complaint and represents the leading cause of periodic college or school absenteeism. It is one of the common health problems among women during their reproductive years. Pelvic bridge exercise has been found to relieve menstrual discomfort, relieving pain, improving flexibility restoring mobility, increasing circulation in the discs and spinal tissues, releasing the tight back muscles and maintaining good abdominal tone. A purposive sample of approximately 30 adolescent girls was surveyed. In pre test 14(46%) had moderate pain, 10(33.3%) had mild pain, 5(16.6%) had severe pain 1(3.3%) had no pain where as in post test after pelvic bridge exercise 16(53.3%) had mild pain, 11(36.6%) had moderate pain, 2(6.6%) had severe pain 1(3.3%) had no pain. Showed that the pelvic bridge exercise had some effects on dysmenorrhea. the pre-test mean score, Standard deviation of dysmenorrhoea was 5.3, 2.209 and the post-test mean score, Standard deviation was 3,1.89 The obtained 't' value was higher than the table value. Hence, it was significant at 0.05 level. **Conclusion:** It is statistically evidence proved that pelvic bridge exercise was effective in reduction of dysmenorrhea among adolescent girls. This is non-invasive, non pharmacological complementary and alternative therapy to reduce the dysmenorrhea among adolescent girls. It can be done for any settings.

Keywords: Pelvic Bridge exercise, adolescent girls, dysmenorrhea.

1. Introduction

"Pain is inevitable in life but suffering is optional"

- Jon Wickham

According to the World Health Organization [WHO], Adolescent is the period of Life that extends from 10 years to 19 years. The IAP [Indian Academy of Paediatrics] Define adolescent is the period of life between 10 years to 18 years. Arbitrarily, Adolescent is divided in to three phases, early, middle and late adolescence. Early Adolescence refers to age 10 to 13 years, middle adolescence 14 to 16 years and late Adolescence 17 to 20 years. According to the UNICEF [United Nations International Children's Emergency Fund], Adolescence is the sequence of events in which the Individual is transformed into a young adult by a series of biological changes.

Pain during menstruation or dysmenorrhea occurs in 50% of menstruating women and about 10% are incapacitated for 1-3 days each month. Some degree of discomfort is usually experienced by over half of all girls after menarche i.e. onset of menstruation. It has been estimated to be the greatest cause of lost time from work and school. Dysmenorrhea is responsible for significant absenteeism from work and it is the most common reason for school absence among adolescent girls. In India 75% of adolescent girls experience

pain with menstruation. A survey of family practice setting showed a prevalence of 29-44%. In recent times about 88% of adolescent girls suffered from dysmenorrhea.

Pelvic bridge exercise is an effective, simple and non-pharmacological measure to reduce dysmenorrhoea among adolescent girls. It does not need any cost and natural method of pain reduction. Hence, the researcher has interested to do the study regarding the pelvic rocking exercise on reduction of dysmenorrhoea among adolescent girls.

Statement of the Problem

A study to evaluate the effectiveness of pelvic bridge exercise on dysmenorrhea among adolescent girls studying in 1st year BSc Nursing in Dr. Kumaraswami Health Centre College of Nursing, Perumalpuram.

Objectives

- 1) To assess the level of dysmenorrhea among adolescent girls studying in 1st year BSc Nursing in Dr. Kumaraswami health centre college of nursing.
- 2) To evaluate the effectiveness of pelvic bridge exercise on dysmenorrhea among adolescent girls studying in 1st year BSc Nursing in Dr. Kumaraswami health Centre College of Nursing.

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Hypothesis

H₁: There is a significant difference between the pre test and post test level of dysmenorrhea among adolescent girls.

Methods and Analysis

Settings and Design: Quantitative research Mode with descriptive research was used in this present study. The used population of the study was undergraduate students in specific Nursing College. Total participants were 30 the analysis of the data was done on the basis of objectives and hypothesis of the study.

Analysis methods used: The data obtained was analyzed based on objectives and hypothesis by using descriptive and inferential statistics and the hypothesis were tested at 0.005 level of significance.

2. Findings of the Study

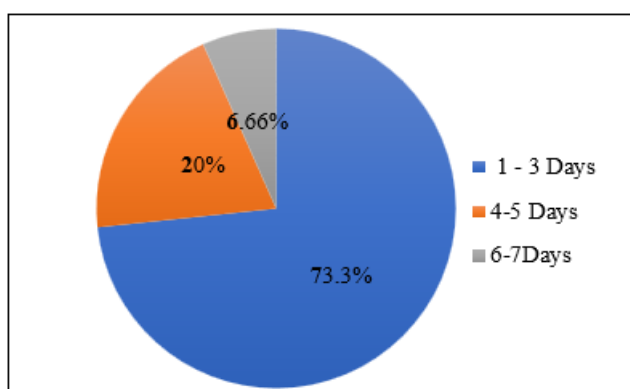


Figure 1: Frequency and percentage distribution of pain duration

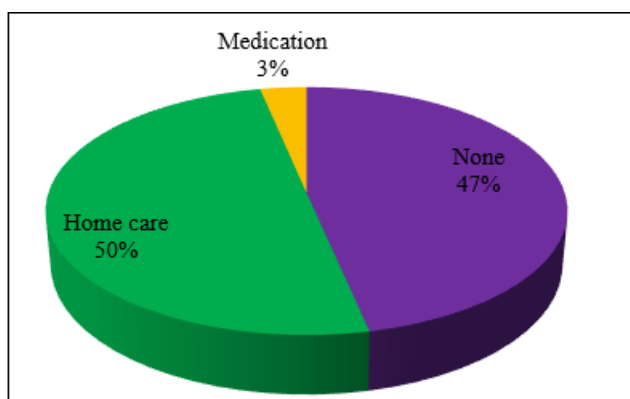


Figure 2: Frequency and percentage distribution of use of pain control measures

Table 1: Distribution of the sample Based to demographic variables
N=30

Variables	Frequency	Percentage
Age in years		
18	27	90%
19	03	10%
20	0	0%
Pain Duration		
1-3 Days	22	73.3%
4-5 Days	06	20%
6-7 Days	02	6.7%
Level of Pain		

Mild	10	33.3%
Moderate	16	20%
Severe	04	6.7%
Age of menarche		
11-12 Yrs	11	36.6%
13-15 Yrs	17	56.7%
Above 15 Yrs	02	6.6%
Family Status		
Low class	00	0
Middle Class	30	100%
High Class	00	0
Menstrual Period		
Regular	25	83.3%
Irregular	05	16.7%
Flow of Menstruation		
Mild	05	16.7%
Moderate	23	76.7%
Severe	02	6.6%
Other Symptoms during Menstruation		
None	19	63.35
Vomiting	05	16.7%
Others	06	20%
Previously to experience of dysmenorrhea		
Yes	24	80%
No	06	20%

Table 1 shows that, among 30 samples, 27 (90%) belongs to 18 years, 3 (10%) belongs to 19 years. With regard to Pain duration 1- 3 Days 22 (73.3%), 4- 5 Days 06 (20%), and 6-7 Days 02(6.7%). Regarding previous experience of dysmenorrhea 24 (80%) had Past history, 06(20%) had No experience of dysmenorrhea.

Table 2: Frequency and percentage distribution of pre test and Post test level of dysmenorrhea, (N=30)

Level of pain	Pre test		Post test	
	Frequency	Percentage	Frequency	Percentage
None	1	3.3%	1	3.3 %
Mild	10	33.3%	16	53.3%
Moderate	14	46.6%	11	36.6%
Severe	5	16.6%	2	6.6%

Based on table 2 in pre test 14(46%) had moderate pain, 10(33.3%) had mild pain, 5(16.6%) had severe pain 1(3.3%) had no pain where as in post test after pelvic bridge exercise 16(53.3%) had mild pain, 11(36.6%) had moderate pain, 2(6.6%) had severe pain 1(3.3%) had no pain.

Table 3: Comparison of Mean, Standard deviation and 't' value of pre and post- Test score of effectiveness regarding pelvic bridge exercise, N=30

Test	Mean	SD	Paired t test
Pre test	5.3	2.209	t= 5.39 (s)
Post test	3	1.89	

Table – 3 revealed that, the pre-test mean score, Standard deviation of dysmenorrhoea was 5.3, 2.209 and the post-test mean score, Standard deviation was 3,1.89 The obtained 't' value was higher than the table value. Hence, it was significant at 0.05 level.

3. Implications of the Study

Nursing Administration

Nurse administrators can provide an opportunity for nurses to attend pelvic rocking exercise training programme to teach adolescent girls in reduction of dysmenorrhoea. Nurse administrators can conduct in-service education programme on effective management of dysmenorrhoea by providing pelvic rocking exercise.

Nursing Education

Nursing curriculum should concentrate in alternative therapies for dysmenorrhoea which can be incorporated with routine practices. Nurse educators should evaluate their student's level of dysmenorrhoea periodically and encourage them to do pelvic rocking exercise regularly.

Nursing Practice

The nurse can teach the benefits of pelvic rocking exercise to reduce dysmenorrhoea among adolescent girls in clinical and community settings. Workshops, lectures and discussion programmes can be arranged in sub centre and primary health centre for educating the adolescent girls on reduction of dysmenorrhoea.

4. Conclusion

Pelvic bridge Exercise is a physical exercise that can be used to reduce dysmenorrhoea by strengthening the abdominal muscles and smoothing the blood circulation. The present study concluded that, pelvic rocking exercise helps to reduce the level of dysmenorrhoea among adolescent girls. The overall experience of conducting the study is a novel experience for the researcher in the field of nursing research.

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