

Assess the Effectiveness of Ginger Remedy to Reduce the Dysmenorrhea Among Adolescent Girls Studying in PKR Arts and Science College for Women: Gobichettipalayam, Erode (DT)

A. Tamizharasi

M, Sc [N] Department of OBG HOD, Sree Abirami College of nursing Coimbatore

Abstract: Menstruation is normal physiological cycle common to all female in the reproductive age group. **Objectives:** The objective was to assess the effectiveness of ginger remedy in dysmenorrhoea among adolescent's girls. and the socio demographic variables influencing the occurrence of the dysmenorrhoea. **Materials and Methods:** A quasi experimental study was done in PKR arts and Science College for women. The study population includes adolescent girls age between 18 - 23 years. Random sampling technique was used to select the adolescent girls. the total sample was 50 (25 in experimental group and 25 in control group) A standardized functional pain scale was used to assess the dysmenorrhoea. **Results:** In experimental group in pretest intolerable level of pain was (32%), in worst level of pain was 17 (68%), in post test Tolerable level of pain was 22 (88%), intolerable level of pain was 3 (12%), and in control group the pretest score was in intolerable level of pain was 15 (60%), worst pain level of pain was 10 (40%), and the post score was in intolerable level of pain 11 (44%) and worst pain 14 (66%). There is a significant association between the age and the pain relief of adolescent girls from dysmenorrhoea ($p < 0.37$). **Conclusion:** Dysmenorrhoea is one of the common problems among adolescents, Home remedies such as ginger remedy can be used in all the four modes of nursing intervention to prevent, to promote, to maintain and to modify the dysmenorrhoea in the adolescents.

Keywords: menstruation, dysmenorrhoea, ginger remedy, adolescent girls, pain relief

1. Introduction

Dysmenorrhea is the medical term for menstrual cramps; Pain during the menstruation due to these increased level of prostaglandins in the menstrual fluid. The sign & symptoms are Lower abdominal pain, back ache, Nausea, Vomiting etc.

Around 50 to 60% of female pain in relation to menses. The extent of pain may vary from minor discomfort to sever pain incapacitating the patient from her normal activities. The pain is usually experienced in lower abdomen but may extend to back and thighs.

Ginger has been used for thousands of years in Chinese medicine to treat stomach upset, nausea and diarrhea, Ayurvedic medicine utilizes it for the treatment of arthritis. Other traditional use of ginger includes colds, Fever, Menstrual Cramps and appetite stimulant. Ginger supplements are widely available and include liquid extract, syrup, tea, and capsules.

A Journal of Alternative medicine.21.07.2008

Young individuals aged 10 - 19 comprises over one fifty of one country's population. Adolescent belong to a very vital group because they are the 'entrant' population to parenthood. As young people enter puberty new health concerns arise which are related to their sexual and reproductive maturation.

Health for the million / September – Oct 2006

Menarche is an important, land mark in the process of growth and maturation is a natural and normal physiological process for all healthy girls and women.

2. Review of Literature

O'Connell k. et. al., (2006) conducted a study to assess the both non – Pharmacologic and pharmacologic treatments used by adolescents with dysmenorrhea. A study shown that adolescents with moderate and severe dysmenorrhea reported high morbidity girls, used numerous non – pharmacologic remedies as well as medication for pain but infrequently accessed formal medical care. Medication dosing was of ten subs – therapeutic.

Bieniaz. et. al., (2006) conducted retrospective study regarding causes of menstrual disorder in adolescent girls they given concluded their study like this– menstruation cycles irregularity in the first year after menarche may be a symptom of pathology demanding diagnosis and treatment.

3. Objective

- Assess the pretest and post test level of menstrual pain in the Experimental group and Control group.
- Assess the effectiveness of Ginger remedy in the experimental group.
- Compare the pre test and post test level of menstrual pain in the control group and experimental group.
- Find out the association between pain with selected demographic variables.

Hypothesis

- There is significant difference among the pain before and after giving ginger remedy in experimental group.
- There is a significant relationship between the ginger remedy and level of pain.

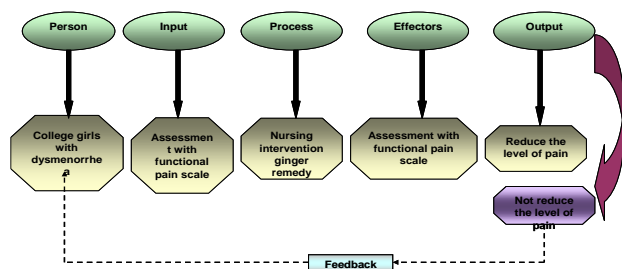
Volume 13 Issue 5, May 2024

Fully Refereed | Open Access | Double Blind Peer Reviewed Journal

www.ijsr.net

- There is association between selected demographic variables and menstrual pain.

Modified Conceptual Framework Sister Callista Roy's Adaptation Model



4. Methodology

Research design

The research design provides an over all or blueprints to cutout the study. The research design used in this study was the true experimental design; " **Two group pre - test, post test design**" was used for assessing the effectiveness of ginger remedy to reduce the dysmenorrhea among adolescent girls.

Setting:

The study was conducted in the PKR Arts and Science college of women, Gobichetipalayam - Erode - Dist.

Sample size:

The sample used for the study was 50 students who all are having dysmenorrhea, in that 25 students were selected for experimental group and 25 students were selected for control group

Sampling technique:

In this study, probability, "Flip a coin method" sampling technique was used for the selection of the samples. In " **Flip coin sampling technique method**", the researcher selected the subjects who chose "head" of the coin as control group

and those who chose "tail" of the coin were included in the experimental group. As per the procedure 50 samples, i. e 25 students for control group and 25 students for experimental group, drawn in the first year and second year students of P. K. R Arts and Science College for women, Gobi, Erode. DT.

Instruments and Tools

The tool was organized into two sections:

Section - 1:

Socio demographic variables of the students.

Section - II: -

Functional pain scale was used, (2001MAY - JUN, JAM Med Dir. Assot) which consist of description of the functions of the student which can be utilized to assess pain in the student

The total score is five.

Functional pain scale.

- 0: No Pain
- 1: - Tolerable pain does not prevent any activities.
- 2: - Tolerable and pain prevent some activities
- 3: - Intolerable pain does not prevent use of telephone, TV viewing, or reading
- 4: - Intolerable and pain prevents use of telephone, TV viewing, or reading
- 5: - Intolerable and pain prevents verbal communication

Ginger Remedy: -

250mg of ginger is boiling with one cup of water, steep and strained and this was divided in to four equal part and was given 4 times per day.

Data Analysis

- The data analysis consists of three major sections.
- The first is a percentage analysis which will be used to describe demographic variables of sampled respondents.
- The second section includes the descriptive analysis which will describe the average pain level with respect to demographic variables.

Assessment of level of menstrual pain in the control group and experimental group.

| Group | Day | Max | Pre Test | | | Post Test | | | Difference | Paired T | p |
|---------------|-----|-----|----------|------|--------|-----------|------|--------|------------|----------|---------|
| | | | Mean | SD | Mean % | Mean | SD | Mean % | | | |
| Control | 1 | 20 | 13.44 | 1.42 | 67.60 | 14.00 | 1.98 | 70.00 | 2.80 | 1.22 | 0.234 |
| | 2 | 20 | 12.24 | 2.10 | 62.20 | 14.44 | 1.50 | 72.20 | 10.00 | 3.714 | 0.001* |
| Experi Mental | 1 | 20 | 15.52 | 1.56 | 77.60 | 5.80 | 1.50 | 29.00 | 48.60 | 14.128 | 0.000** |
| | 2 | 20 | 15.24 | 1.50 | 76.20 | 6.08 | 2.02 | 30.40 | 45.60 | 11.151 | 0.000** |

Compare the pre test and post test level of menstrual pain in the control group and experimental group.

Association between the levels of Pain and Ginger home remedy Control Group

| Control Group | | | | | | | |
|---------------|---------------|-----|-----------|-----|-------|----|-------------|
| Test | Level of pain | | | | Chi | df | Table Value |
| | Intolerable | | Worst | | | | |
| | Frequency | % | Frequency | % | | | |
| Pre Test | 15 | 60 | 10 | 40 | 1.282 | 1 | 3.841 |
| Post Test | 11 | 44 | 14 | 66 | | | |
| Total | 26 | 104 | 24 | 106 | | | |

Association between the levels of Pain and Ginger home remedy - Experimental Group

| Experimental Group | | | | | | | | | |
|--------------------|---------------|----|-------------|----|-----------|----|--------|----|-------------|
| Test | Level of pain | | | | | | Chi | df | Table value |
| | Tolerable | | Intolerable | | Worst | | | | |
| | Frequency | % | Frequency | % | Frequency | % | | | |
| Pre Test | | | 8 | 32 | 17 | 68 | 41.273 | 2 | 5.999 |
| Post Test | 22 | 88 | 3 | 12 | | | | | |
| Total | 22 | 88 | 11 | 44 | 8 | 16 | | | |

Association between the levels of pain with respect to demographic variables regarding ginger remedies

There is a significant association between the age and the pain relief of adolescent girls from dysmenorrhea ($p < 0.37$) p value is less than 0.05 level.

5. Suggestions

- 1) Various educational programmes like continuing nursing education and staff development.
- 2) Research studies can be conducted on other home remedies for other problems.
- 3) Every health provider must have some knowledge regarding home remedies.

6. Conclusion

- 1) Home remedy that can be used in all the four modes of nursing intervention to prevent, to promote, to maintain and to modify variety of pain in the adolescents.
- 2) In this study showed the effectiveness of ginger remedy. In pretest the most people in the worst level of pain 17 (68%), after giving ginger remedy no one was in the worst level of pain category of the experimental group, so it showed the effectiveness of ginger remedy.
- 3) There is a significant association between the age and the pain relief of Adolescent girls from dysmenorrhea.