

A Study to Assess Modalities Used To Relieve Menstrual Discomfort by Adolescent Girls in Selected Schools of Pune City

Rupali Chaugule

Associate Professor, SMBT College of Nursing, Dhamangaon, Nashik, Maharashtra, India

Abstract: *The purpose of the present study was to assess modalities used to relieve menstrual discomfort by adolescent girls in selected schools of Pune city. A descriptive research design was used. In the present study non-probability purposive sampling technique was used to select 100 samples. Investigators identify and assess modalities used to relieve menstrual discomfort by adolescent girls with the help of self administered check list. Findings of the study include 35 (35%) of them had back ache during menstruation and 65 (65%) of them did not have 75 (75%) of them had abdominal pain during menstruation and 25 (25%) of them did not have. Association between modalities and selected demographic variables of adolescent girls was assessed by using ANOVA. Experiencing backache was found to have marginally significant association with modalities. The findings concluded that the assessment developed by the researcher was found that there is a beneficial use of different modalities by adolescent girls to relieve menstrual discomfort.*

Keywords: Adolescence girl, menstrual discomfort, Modalities

1. Introduction

Adolescence is a period of transition between childhood and adulthood, a time of profound physical and emotional changes. During this period, a girl reaches physical and sexual maturity. Several physiological and psychological changes make this age group vulnerable.

Adolescence is a culturally rather than a biologically defined phase of development of an individual. It represents a period of growth and change in nearly all aspects of the child's physical, mental, biological, social and emotional life. It is a time of new experiences, new responsibilities, and new relationships with adults as well as peers. (Gallatian 1999), As per WHO, 2002, incidence of dysmenorrhoea of sufficient magnitude with in capacitation in India is about 5 to 10 %. (D C Dutta, Text book of Gynecology) 5 to 10% young girls get menstrual colicky pain at hypogastrium starting on the 1st day of menses interfering with their daily activities. (C S Dawn, Textbook of Gynecology, Contraception & Demography 13th edition).

The onset of menstruation is physiological and psychological milestone in a woman's reproductive life. The direct impact of psychological and physiological events during menarche on subsequent menstrual and reproductive events (Barclay 1982).

Menstrual discomfort is common among women of reproductive age and can be debilitating. The accuracy of self-report of menstrual discomfort is unknown. Information regarding menstrual difficulties for adolescents with developmental disabilities and their families is limited.

2. Literature Survey

A study on "relationship among exercise, stress and dysmenorrhoea" conducted on 176 student nurses at Medical College; Augusta, Georgia revealed that exercise relieves

the stress that may intensify the dysmenorrhoea. Student nurses completed a questionnaire as a general health survey that contained these measures. The analysis demonstrated that regular exercise lessens the menstrual symptoms, perceived stress and mood. (William et al, 2004).

A descriptive, cross-sectional study on "Assessing knowledge, attitudes and behaviour of adolescent girls in suburban districts of Tehran about dysmenorrhoea and menstrual hygiene" was conducted on 250 female students aged 115-18 years, using a cluster random sampling method. The aim of the study was to assess the knowledge, attitude and behaviour in regard to dysmenorrhoea and menstrual hygiene among the adolescents, in Tehran, the capital of Iran. Data was collected through a questionnaire of 44 items. 77% of subjects claimed that they had adequate knowledge about dysmenorrhoea. (Mohammad poueslami, 2002).

A study on "Menstruation: symptoms, management and attitudes in university students" conducted on 130 students. Data was collected through a questionnaire. Severe symptoms occurred in 23% of the women. Premenstrual symptoms were irritability, moodiness, breast tenderness, and skin changes during menstruation. Dysmenorrhoea was the most important symptoms. Although only 17.68% of the women consulted a physician during the 2 years preceding the study, 47.1% used medication for the symptoms. Fear of consulting the physician for these symptoms was documented. (Cronje H S, 2004).

In this survey, the objectives was to evaluate the prevalence of dysmenorrhoea and determine its effect on health-related quality of (HRQoL) among a group of female university students approximately two-thirds of the women (66.2%) described their dysmenorrhoea is still an important public health problem and that these female students in rural areas experience severe or moderate dysmenorrhoea, which may have a negative effect on HRQoL, social environment, work, and psychological status. (Burnett et al. July 1, 2009, Unsal A.),

This study demonstrated therapeutic benefits of behavioral techniques in providing menstrual cramp relief. It is assumed that environmental and psychological factors play a part in causing dysmenorrhoea. Therefore physical and cognitive procedures focusing on coping strategies for symptoms but with no effect on the underlying processes could provide relief for some women. These strategies are applied by professionals. (**Menstrual Cramp Relief A helpful guide 2007**).

A prospective cohort study on “Dysmenorrhoea among Japanese women” was conducted using a health diary in a sample of 823 Japanese women. Among the 823 participants (age range 18-51 years), dysmenorrhoea was reported in 15.8% of women in a 1 month study period. Common associated symptoms included headache (10.77%), back pain (6.92%) and fatigue (5.38%). No participant with dysmenorrhoea visited a physician, while 51.5% of the women used self-medication and 7.7% used complementary/alternative medicine. Dysmenorrhoea is significantly associated with younger age and employment status. (**Ohde et al, 2007**).

3. Problem Definition

A study to assess Modalities used to relieve menstrual discomfort by adolescent girls in selected schools of pune

4. Objectives of the Study

- 1) To identify the existing Modalities adopted to relieve menstrual discomfort by adolescent girls.
- 2) To find an association between the Modalities and selected demographic variables.

5. Methods / approach

In this study the researcher has adopted descriptive research design to assess the Modalities used to relieve menstrual discomfort by adolescent girls. Based on the problem statement and objectives of the study. The present study aim to assess the Modalities used to relieve menstrual discomfort by adolescent girls in selected schools of Pune city. The researcher has adopted quantitative research approach. Descriptive research is a non experimental approach to discover new meaning. Descriptive research is a fact finding investigation with adequate intervention here the investigator identifies and assess the Modalities used to relieve Menstrual discomfort by adolescent girls with the help of 14 self administered checklist. The population and sample were adolescent girls who were fulfilling the inclusive and exclusive criteria and sample consisted of 100 adolescent girls. The non probability purposive sampling technique was used. Tool used for data collection include two sections namely demographic variables and self administered checklist is used to assess the Modalities used to relieve menstrual discomfort by adolescent girls.

6. Results

Data analysis and interpretation, various methods has been used by researcher those are descriptive and inferential

statistics were widely used. Frequency and mean percentage were calculated, 14 self administered checklist are analyzed based on response of participants regarding Modalities used to relieve menstrual discomfort. A Structured questionnaire in the form of of checklist used for data collection. The analysis was done with the help of descriptive and inferential statistics.

Sr. No.	Data Analysis	Method	Remark
1.	Descriptive Statistics	Mean, Frequency & Percentage	Description of demographic variables
2.	Inferential Statistics	ANOVA Test	Association between type of Modalities used to relive menstrual discomfort and demographic variables

The analysis of data is organized and presented under the following heading

Section-I: Description of demographic variables.

Section-II: Analysis of Modalities used to relieve menstrual discomfort by adolescent girls.

Section - III: Findings related to association between Modalities used and selected demographic variables.

Section-I: Description of demographic variables.

Table 1: Frequency and percentage wise distribution of samples according to their demographic characteristics, N=100

Sr.No.	Variables	Category	Frequency	Percentage
1.	Age	12 to 13 yrs	27	27%
		13 to 14 yrs	11	11%
		14 to 15 yrs	34	34%
		15 to 16 yrs	28	28%
2.	Standard	10 th standard	49	49%
		9 th standard	11	11%
		8 th standard	4	4%
		7 th standard	36	36%
3.	Family type	Nuclear	61	61%
		Joint	39	39%
4.	Age of Menarche	11 to 12 year	33	33%
		12 to 13 year	22	22%
		13 to 14 year	30	30%
5.	Do you experience back ache during menstruation	Yes	35	35%
		No	65	65%
6.	Do you experience abdominal pain during menstruation	Yes	75	75%
		No	25	25%
7.	Do you experience fatigue during menstruation	Yes	35	35%
		No	65	65%
8.	Do you experience pain in thighs during menstruation	Yes	33	33%
		No	67	67%
9.	Do you experience nausea/vomiting during menstruation	Yes	6	6%
		No	94	94%
10.	Do you experience weakness during menstruation	Yes	41	41%
		No	59	59%

Section-II: Analysis of Modalities used to relieve menstrual discomfort by adolescent girls.

Table 2: Application of Heat on the lower Abdomen, N=100

Modalities used	Never		Sometimes		Always	
	Freq	%	Freq	%	Freq	%
A. Hot water bag	76	76%	21	21%	3	3%
B. Warm towel	100	100%	0	0%	0	0%
C. Electrical heating pad	97	100%	3	3%	0	0%

Section - III: Findings related to association between Modalities used and selected demographic variables.

Table 3: Shows that those who experience Backache have Higher Score, N=100

Experience backache	Average score
Yes	14.26
No	12.91

7. Discussion

The findings of the study have been discussed with reference to the objectives of the study and other study findings

Findings of section - I shows that 34 (34%) of the samples were from age group 14-15 years, 28 (28%) of them were from age group 15-16 years, 27 (27%) of them were from age group 12-13 years and remaining 11 (11%) of them were from age group 13-14 years 49 (49%) of them were from 10th standard, 36 (36%) of them were from 7th standard, 11 (11%) of them were from 9th standard and remaining 4 (4%) of them were from 8th standard.

61 (61%) of them were from nuclear family and 39 (39%) of them were from joint family. 33 (33%) of them were having age of menarche 11-12 years, 30 (30%) of them were having 13-14 years, 22 (22%) of them were having 12-13 years age of menarche and remaining 15 (15%) of them were having 14-15 years age of menarche 35 (35%) of them had backache during menstruation and 65 (65%) of them did not have 75 (75%) of them had abdominal pain during menstruation and 25 (25%) of them did not have

Findings of section - II shows that 21% of the samples sometimes and 3% of them always use hot water bag for application of heat on lower abdomen. Only 3% people sometimes use electrical pad to apply heat on lower abdomen.

Findings of section - III shows that the association between Modalities and selected demographic variables of adolescent girls was assessed by using ANOVA. Experiencing backache was found to have marginally significant association with Modalities.

8. Conclusion

The following conclusions were drawn from the findings of the study. Self administered checklist developed for the assessment of the Modalities used to relieve menstrual discomfort by adolescent girl. These findings concluded that the assessment developed by the researcher was found that

there is a beneficial use of different Modalities by adolescent girls to relieve menstrual discomfort.

9. Future Scope

Nursing Practice

Menstrual discomfort is one of the common complains among the adolescent girls. It is typically first present in the adolescents. It has significant impact on the social and academic performance and daily activities. Educational programs regarding preparation and management of menstrual disorders can be planned by nursing personnel.

Nursing Education

Menstrual discomfort is one of the major causes for absenteeism. Adoption of suitable Modalities is one of the simple and non-pharmacology measures to reduce the menstrual pain. Educational program regarding menstruation and menstrual disorders like dysmenorrhoea can be arranged at school and college level.

Nursing Administration

As an administrator, a nurse can arrange in service education programs for students and staff nurses regarding use of suitable Modalities during menstrual discomfort. She can encourage the staff to educate the clients to use Modalities whenever they come across the clients with menstrual discomfort in hospitals, communities and other settings.

Nursing Research

Menstrual discomfort is the most common gynecological problem among adolescents. Therefore it is necessary to conduct extensive research in this field, using variety of settings and population. Research can be done to find out more Modalities used by adolescents with menstrual discomfort.

References

- [1] www.pubmed.com
- [2] Dutta D.C, text book of gynecology, 5th edition. 2008, new central book agency publication, Kolkata, India, Pg 174-180.
- [3] Dawn C.S, text book of gynecology, contraception and demography, 13th edition, 2003, Dawn book publishers, Kolkata, India, Pg 77-79
- [4] www.pubmed.com
- [5] William P. Roger P, 2004, "Relationship among exercise, stress and dysmenorrhoea", journal of behavioral medicine, 2004; 12 (6); 569-586.
- [6] Mohammad poueslami; "Assessing knowledge, attitudes and behaviour of adolescent girls in suburban districts of Tehran about dysmenorrhoea and Menstrual hygiene; journal of international women's studies, May 2002; 9 (2); 33.
- [7] Cronje H S, "Menstruation: symptoms, management and attitude in university students", journal of women's health 2003; 38 (3): 34-35.
- [8] www.pubmed.com
- [9] Barrete, Menstrual cramps (Dysmenorrhoea) for teenagers, Nightingale Nursing Times, 2007; 13 (9): 36-37.

[10] Ohde Tokuda Y et al. Dysmenorrhoea among Japanese women” International Journal of Gynaecology and Obstetrics, Jan, 2008; 100 (1): 13-17.

Author Profile



Mrs. Rupali Chaugule is working as Associate Professor, Department of Obstetric and Gynaecology in SMBT College of Nursing, Dhamangaon, Nashik, Maharashtra.