



PREVALENCE OF DYSMENORRHEA SYMPTOMS AMONG ADOLESCENT GIRLS AT KARAIKAL

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ABSTRACT

Background: Assess the prevalence of dysmenorrheal symptoms among adolescent girls **Materials and Methods** Non – experimental descriptive research design was used in the study. 60 adolescent girls were selected using random sampling technique from karaikal region . The demographic data and clinical data were collected using structured questionnaire to assess the prevalence of dysmenorrheal symptoms among adolescent girls. **Results:** shows that 63.3% girls have mild symptoms, 26.7% girls have moderate symptoms and remaining 10% girls have severe symptoms. Chi –square assessment on association between dysmenorrheal symptoms among adolescent girls with selected demographic variables shows that there was significant association between prevalence of dysmenorrhea symptoms with their religion, type of family, age at menarche, family income per month at 5%($p<0.05$). **Conclusions:** The findings of the study conclude that majority of the girl's having mild dysmenorrhea symptoms.

Keywords: prevalence , dysmenorrheal, adolescent girls,

INTRODUCTION: Adolescent period is a special period in the life of women. It is a time of moving from the immature childhood into the maturity of adulthood. Adolescent period is characterized by marked physiological changes, development of sexual characteristics, efforts toward the construction of identity.

Menarche is the onset of menstruation and it is one of the most significant milestones in a woman's life. The mean age at menarche varies from population to population and is known to be a sensitive indicator of various characteristics of population including nutritional status, geographical location, environmental conditions and magnitude of socioeconomic inequalities in a society.

Dysmenorrhea also known as painful periods are menstrual cramps, is pain during menstruation. It usual onset occur around the time that menstruation begins symptoms typically last less than 3 days. The pain usually in the pelvis or lower Primary dysmenorrhea symptoms may begin a day or so before the menstrual flow begins. The symptoms of primary dysmenorrhea includes physical symptoms as lower abdominal cramps, back ache, head ache, leg cramps, physiological symptoms as dizziness, profuse sweating, gastrointestinal symptoms as nausea, vomiting, diarrhea or constipation, functional symptoms as difficult to concentrate, school absenteeism It has a direct negative impact on social, academic and sports activities of many female adolescents. Secondary dysmenorrhea is the menstrual pain caused by any anatomic or macroscopic pelvic pathology.

Dysmenorrhea complications are pain consists of suprapubic cramping and/or aching radiating down the anterior thighs and to the lumbosacral region, often accompanied by vomiting, fatigue, back pain, headaches, dizziness and diarrhea.

OBJECTIVES OF THE STUDY:

1. To assess the descriptive study to assess the prevalence of dysmenorrhea symptoms among adolescent girls`
2. To determine the association between dysmenorrhea symptoms among adolescent girls with selected demographic variables.

METHODS AND MATERIALS:

Non –experimental descriptive research design was used in the study.60 adolescent girls were selected using random sampling technique from Murugathalachi school in karaikal. The demographic data and clinical data were collected using structured questionnaire to assess the prevalence of dysmenorrhea symptoms among adolescent girls

DISCUSSION:

The incidence of severe backache and scanty bleeding was higher among early adolescents (11-14 years). Menstrual irregularities and skin diseases were prevalent across all age groups. Menstrual cramps known as dysmenorrhea affected 20-90% of adolescent girls. Many teenagers with severe cramps suffer for years.

Chuamoor, K et al(2012) to determine the prevalence of dysmenorrhea, impact on daily activity, quality of life and knowledge of management among nurses. The study samples included 493 female nurses from Thailand and the prevalence of mild,

Singh, A. (2010) undertook a cross sectional descriptive study to evaluate the dysmenorrhea and its effect on their regular activities. 107 female medical students were selected .The result revealed that the prevalence of dysmenorrhea was 73.83%, 4.67% had severe dysmenorrhea. The average duration between two periods and the duration of menstrual flow were 28.34 (+/-7.54) days and 4.5 (+/-2.45) days .Among female medical students who reported dysmenorrhea, 31.67% and 8.68% were frequently missing college & classes respectively

RESULT:

The result shows that (63.3%) were had mild symptoms, (26.7%) were had moderate symptoms and (10%) were had severe symptoms

Table 2 shows that there was significant association between prevalence of dysmenorrhea symptoms among adolescent girls with their religion, type of family, family income, age at menarche

Table No: 1 Distribution of prevalence of dysmenorrheal symptoms among adolescent girls

N=60

PREVALANCE OF DYSMENORRHEA SYMPTOMS	FREQUENCY	PERCENTAGE
MILD	38	63.3%
MODERATE	16	26.7%
SEVERE	6	10%

FIGURE -1

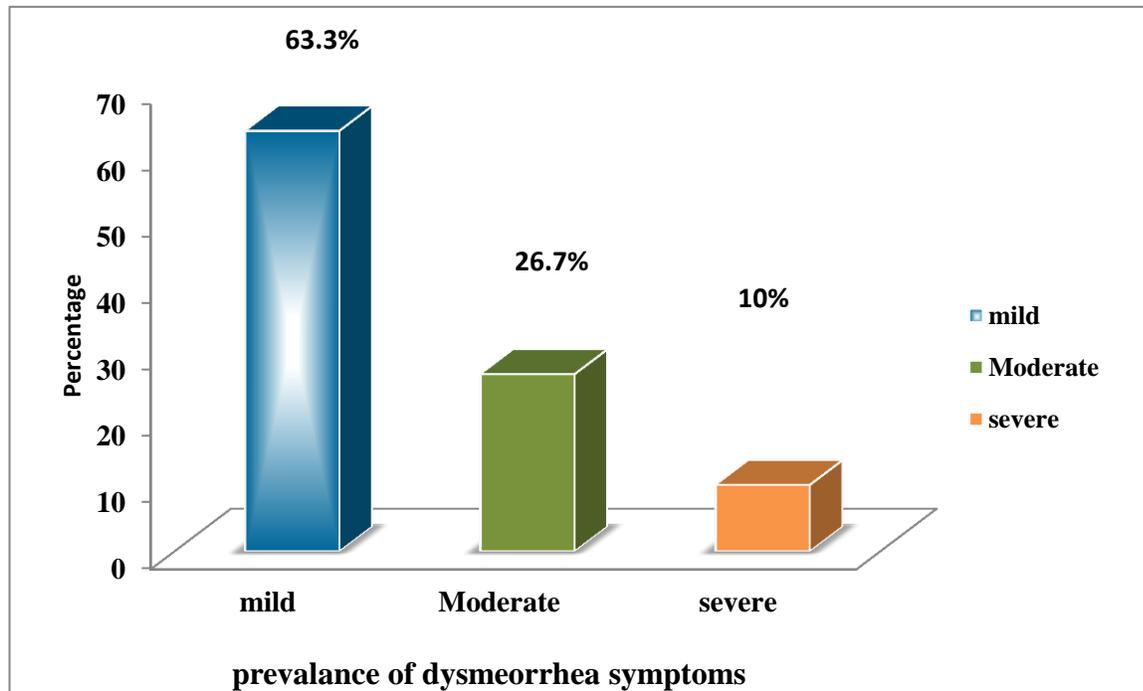


Table 2: association between prevalence of dysmenorrheal symptoms among adolescent girls with selected demographic variables

S.no	Demographic variables	p-value	X2 value	Level of significant
1	Age	6.903	0.141	NS
2	Domicile	0.888	0.641	NS
3	Religion	8.908	0.063	SIGNIFICANT
4	Type of family	5.836	0.054	SIGNIFICANT
5	Family income	8.908	0.063	SIGNIFICANT
6	Family history of dysmenorrhea	3.022	0.221	NS
7	Occupation	1.666	0.797	NS
8	Age at menarche	9.986	0.041	SIGNIFICANT
9	Dietary habit	2.415	0.299	NS
10	Regularity of menstrual cycle	2.647	0.266	NS

Significant at 5% ($p < 0.05$) level

CONCLUSION: analysis and interpretation of collected data to assess the prevalence of dysmenorrheal symptoms among adolescents girls. 63.3% girls had mild symptoms, 26.7% girls had moderate symptoms and 10% girls had severe symptoms. prevalence dysmenorrhea symptoms among adolescent girls have a significant association with their age at menarche, type of family, family income and religion

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