
A STUDY TO ASSESS THE INCIDENCE OF PRE - MENSTRUAL SYNDROME (PMS) AND PRACTICE DURING MENSTRUATION AMONG ADOLESCENT GIRLS AT SELECTED INSTITUTION, SALEM

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ABSTRACT:

Descriptive research design was adopted for the study. The investigator selected 156 samples through non-probability convenient sampling technique . The tool has three parts Section- A consists of Semi structured interview schedule to assess the demographic variables. Section- B was check list to assess Pre Menstrual Syndrome among adolescent girls. Section –C included Rating scale to assess the practice during menstruation among adolescent girls. The results of present study reveals that majority 98(73%) of adolescent girls experience irritability,headache 68(51%), anxiety41(30%), tension 83(62%), depression 51(38%), anger 85(63%), breast tenderness/Pain 49(36%),Impaired work activities 8(51%),and only 35(26%) adolescent girls have confusion as Pre Menstrual Symptoms before their menstruation . 156(100%) of them were having adequate practices during menstruation. There was no significant association found between level of practice during menstruation with their selected demographic variables such as age, and age at menarche, duration of menstruation, menstrual cycle, type of menstrual flow , experience of Pre Menstrual Syndrome, Dysmenorrhoea during menstruation.

Key words: PMS- Pre Menstrual Syndrome, Practices, Menstruation, Adolescent girls.

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INTRODUCTION

Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health. Adolescents experience rapid physical, cognitive and psychosocial growth. This affects how they feel, think, make decisions, and interact with the world around them. Adolescence has been recognized as a special period that requires specific attention as it marks the onset of menarche, an important milestone, and hence good hygienic practices during menstruation are crucial to maintain a healthy life.¹

Menarche is an important landmark in the process of growth and development among adolescent girls. A number of physical, psychological and emotional symptoms occur to the adolescent girls. Pre-Menstrually and during menstruation poor menstrual hygiene in developing countries has been an insufficiently, acknowledged problem.²

Menstrual hygiene deals with a women's special health care needs and requirements during her monthly menstruation or menstrual cycles. This is a matter to be taken into special attention which includes choosing the best period protection or feminine hygiene products, bathing, care of her vulva and vagina, as well as the supported benefits of vaginal douching at the end of each menstrual period. The manner in which a girl learns about menstruation and its associated changes may have an impact on her attitude to event of menarche.⁴

Menstrual hygiene hasn't received much attention because it's an accepted fact that menstruation is normal physiological process in girls. Some girls may experience backache, constipation, premenstrual tension during menstruation. If guidance is given on time, the young girls will clear to cope up with it in a better way. Adolescent girls may exposed to wrong information which contributes to their, misconception, unhygienic practices and fear towards menstruation, menstruation and menstrual practices are still clouded by the taboos and socio cultural restrictions resulting in remaining ignorant of the fact and hygienic health practices.²

Menstrual hygiene refers to the personal hygiene practice during menstruation. A girls need to practice a high level

of personal hygiene during her periods and the personal hygiene starts from the selection of best sanitary products, its proper usage, disposal, body cleanliness, diet, etc. Different menstrual abnormalities are found in different populations, suggesting socio cultural and regional variations. Menstrual abnormalities and disorders are frequently linked to physical, mental, social, psychological and reproductive issues, affecting adolescents' daily lives and their families lives by various psychosocial problems such as anxiety.

Poor menstrual hygiene is one of the major reason for prevalence of Reproductive tract infections in the country and contribute significantly to female morbidity. Lack of knowledge regarding menstruation and menstrual hygiene leads to poor attitude and practice. Nurses are in a position to assess the hygienic practices of adolescent girls and inculcate right practices. This study aims to assess the incidence of Pre Menstrual Syndrome and practices followed during menstruation of adolescent girls which lay's foundation for their good menstrual hygiene practices.

STATEMENT OF THE PROBLEM:

A study to assess the Incidence of Pre Menstrual Syndrome and Practices during menstruation among Adolescent Girls at Selected Institution, Salem.

OBJECTIVES:

1. To assess the incidence of pre menstrual syndrome among adolescent girls.
2. To assess the level of practice regarding menstrual hygiene among adolescent girls .
3. To associate the level of practice regarding menstrual hygiene among adolescent girls, with their demographic variables.

HYPOTHESIS:

H1: There is a significant association between the level of practices during menstruation among adolescent girls with their demographic variables at $p \leq 0.05$ level.

RESEARCH METHODOLOGY:

Quantitative research approach with Descriptive research design, Survey method was adopted for study. Data was collected among 156 adolescent girls studying B. Sc Nursing programme at Sri Gokulam College of Nursing, Salem. They were selected through non probability convenient sampling technique.

Description of the Tool:The tool comprises of three sections.

Section –A was semi structured questionnaire which comprises of demographic variables such as age, religion, age of menarche, frequency of menstrual cycle, duration of menstruation, type of menstrual flow throughout menstruation, experiences of pre menstrual syndrome, dysmenorrhea during menstruation and treatment for regularizing menstrual cycle.

Section – B Comprises of check list to assess the symptoms of Pre Menstrual Syndrome. It consists of a list of statements to assess the incidence of premenstrual syndrome among adolescent girls. The statements in the check list for Pre Menstrual Syndrome was scored 1 for Yes and 0 if No.

Section – C Comprises of rating scale to assess practice during menstruation. It consist of 17 self rated practice Statements to assess the practice during menstruation among

adolescent girls. List of statements in the Rating scale was rated as 3 for always, 2 for sometimes and 1 for Never. Level of Practice were scored as inadequate practice(0-7)s ,moderately adequate practice (18-34) and adequate practice(35-51).

Ethical Consideration:

Ethical clearance was obtained from the Institutional Ethical Committee and written informed consent was obtained from the participants. Confidentiality of the information obtained was ensured.

Data Collection Procedure:

After obtaining permission from the concerned authorities of the Institution , the data was collected from adolescent girls of I ,II, III & IV year B.Sc Nursing. Alltheadolescent girls were gathered in a hall. The purpose of the study was explained and instructions were given regarding each sections in the tool. Tool was distributed to the students. It to complete the tool.

RESULTS AND DISSCUSION:

Table.1:Frequency & percentage distribution of of Adolescent girls according to their demographic variables n = 156

S.No	Demographic variables	Frequency	Percentage
1.	Age of the sample		
	a) 18-19 years	42	27
	b) 19-20 years	53	34
	c) 20-21 years	40	26
	d) 21-22 years	21	13
2.	Religion		
	a) Hindu	121	78
	b) Christian	30	19
	c) Muslim	5	3
3.	Age of menarche		
	a) Below 10 years	4	3
	b) Between 10-15 years	123	79
	c) Above 15 years	29	18
4.	Frequency of menstrual cycle		
	a) Less than 25 days	20	13
	b) 25-30 days	111	71
	c) Above 30 days	25	16
5.	Duration of menstruation		
	a) less than 5 days	93	60
	b) More than 5 days	63	40
6.	Type of menstrual flow throughout menstruation		
	a) Normal	120	77
	b) Heavy	26	17
	c) With blood clots	10	6
7.	Did you experience premenstrual symptoms?		
	a) Yes	133	85
	b) No	23	15
7.1	If yes, how many days before menstruation		
	a) One, day	24	18
	b) Two days	72	59
	c) Three – four days	37	28
8.	Dysmenorrhoea during menstruation		
	a) Present	68	44
	b) Absent	88	56

9.	Do you take any medication during menstruation		
	a) Yes	9	6
	b) No	147	94
10	Are you on any treatment for regularization menstrual cycle		
	a) Yes	2	1
	b) No	154	99

Table–2Frequency and percentage distribution of Pre Menstrual Symptoms among Adolescent girls n=156 .

S.No	Symptoms	Frequency	Percentage
1.	Depression	51	38
2.	Headache	68	51
3.	Anxiety	41	30
4.	Tension	83	62
5.	Irritability	98	73
6.	Confusion	35	26
7.	Anger	85	63
8.	Breast tenderness/pain	49	36
9.	Impaired work activities	68	51

n=133

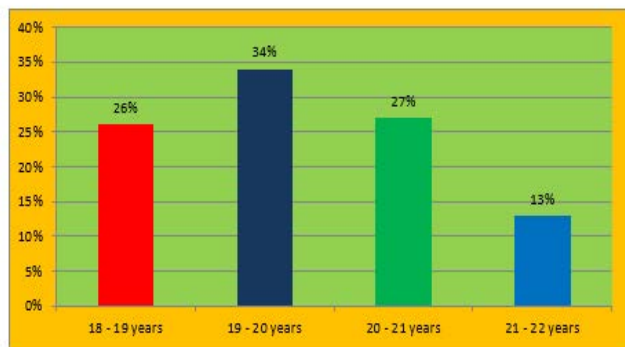


Fig-1 Frequency and percentage distribution of PMS of Adolescent Girls according to their Age

n=156

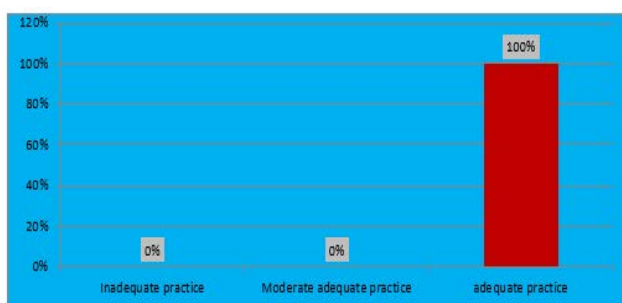


Figure-2 : Frequency and percentage distribution of Adolescent girls according to their level of practice during menstruation.

Distribution of adolescent girls according to demographic variables.

Majority of adolescent girls 53(34%) belongs to the age group of 19-20 years, 121(78%) adolescent girls, belongs to Hindu religion, Majority 123(79%) have attained menarche at age between 10 – 15 years, 111(71%) of them have 25 – 30 days menstrual cycle, and 93(60%) of adolescent girls have less than 5 days of menstruation and 120(77%) of adolescent girls have normal menstrual flow,

The majority 133(85%) of adolescent girls having Pre Menstrual Syndrome and 23(15%) of adolescent girls not having Pre Menstrual Syndrome. Only 68(44%) of adolescent girls having dysmenorrhea during menstruation and 147 (94%) have not taken medication during menstruation, only 2 (1%) of adolescent girls are taking treatment for regularization of menstrual cycle and majority 154 (99%) of adolescent girls are not taking treatment for regularization of menstrual cycle .

The first objective of the study was to assess the incidence of pre menstrual syndrome among adolescent girls.

Study reveals that majority of 98(73%) Adolescent girls experiences irritability and only 35(26%) adolescent girls have confusion as Pre Menstrual Symptoms before their menstruation. and the majority 44(34%) of adolescent girls having Pre Menstrual Syndrome were belonging to the age group of 19 – 20 years. Thus , it revealed that adolescent girls have higher incidence of Pre Menstrual Syndrome .

The second objective of the study was to assess the level of practice regarding menstrual hygiene among adolescent girls .

Study findings reveals that all the sample 156(100%) adolescent girls have adequate practice and none of them have inadequate or moderately adequate practice during menstruation. Hence hypothesis H_1 was retained.

The third objective of the study was to associate the level of practice during menstruation among adolescent girls with their demographic variables.

Chi – square find out the association between the level of practice during menstruation among Adolescent girls with their demographic variables. There was no association found between the level of practice during menstruation with their selected demographic variables such as age, religion, age of menarche, frequency of menstrual cycle, duration of menstruation and type of menstrual flow . Hypothesis H_1 was rejected

NURSING IMPLICATIONS:

Nursing Practice:

Nursing personnel have to impart health education, demonstration, guidance and counselling to adolescent girls regarding personal hygiene, diet, daily activities and pain management during menstruation.

Nursing Research:

The findings of the study helps the nurse researcher to explore the menstrual Practices during menstruation followed by adolescent girls. Nurse Researcher can utilize the findings of the research to educate the public.

Nursing Education:

Various Education programmes like seminars and conferences can be organized to nursing students from first year in order to promote their knowledge and practices during menstruation .

Recommendation:

- 1) A similar study can be done for large number of samples to generalize the findings.
- 2) A study can be done to assess the effectiveness of structured teaching programmed on practice during menstruation among adolescent girls .

CONCLUSION:

Globally, approximately 52% of the female population (26% of the total population) is of reproductive age. Most of these women and girls will menstruate each month for between two and seven days . Menstruation is a natural part of the reproductive cycle, in which blood is lost through the vagina . However , in most parts of the world , it remains taboo and is rarely talked about . As a result , the practical challenges of

menstrual hygiene are made even more difficult by various socio – cultural factors . Poor hygiene and inadequate self care practices are major determinants of morbidity and other complication among this age group.

This study was conducted to assess the incidence of Pre Menstrual syndrome and practice during menstruation among adolescent girls in Sri Gokulam College Of Nursing, Neikkarapatti, Salem. The majority 133 (85%) of adolescent girls having experiences the Pre Menstrual Syndrome . The majority 44(34%) of adolescent girls having Pre Menstrual Syndrome were belonging to the age group of 19- 20 years. All the samples, 156(100%) of adolescent girls were practicing adequate practice during menstruation .And there was no significant association between the level of practice during menstruation among adolescent girls with their demographic variables.

Ethical Clearance: Taken from Institutional Ethical Committee.

Source of Funding: Self

Conflict Of Interest: Nil.

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