

## “A Cross Sectional Study To Assess The Knowledge Regarding Homecare Management Of Primary Dysmenorrhea Among Adolescents Girls Of Selected Institute Of Parul University”

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### ABSTARCT

**Introduction:** Adolescence is a transition period from childhood to adulthood and is characterized by a spurt in physical, endocrinal, emotional, and mental growth, with a change from complete dependence to relative independence. The period of adolescence for a girl is a period of physical and psychological preparation for safe motherhood. As the direct reproducers of future generations, the health of adolescent girls influences not only their own health, but also the health of the future population. Dysmenorrhea is a medical condition of pain around the pubic bone and in the lower abdomen during menstruation. **Method:** This study was conducted at Parul University, Vadodara. A total 200 of adolescent girls at age group of 17-21years by using convenient non-probability sampling technique. To collect data questionnaire method was used including multiple choice questions. Questions are based on socio-demographic variables such as age of menarche, Diet and duration of menstrual pain. Checklist for homecare management also included. **Result:** In this study, 21.5% of girls having good practice, 65.5% are having average practice and 13% adolescent girls having the poor practice regarding homecare management of dysmenorrhea. **Conclusion:** The study concluded that minimum score was 5.06

with standard deviation was 1.643 regarding homecare management of Primary Dysmenorrhea with their socio demographic variables. Result showed that socio-demographic variables such as type of diet, BMI and duration of menstrual pain of adolescent girls were non-significant at  $p < 0.05$  level with level of knowledge regarding homecare management of primary dysmenorrhea and age of menarche of adolescent girls was statistically found significant at  $p < 0.05$  level.

## INTRODUCTION

Adolescence is a transition period from childhood to adulthood and is characterized by a spurt in physical, endocrinal, emotional, and mental growth, with a change from complete dependance to relative independence.

The period of adolescence for a girl is a period of physical and psychological preparation for safe motherhood. As the direct reproducers of future generations, the health of adolescent girls influences not only their own health, but also the health of the future population. Dysmenorrhea is a medical condition of pain around the pubic bone and in the lower abdomen during menstruation. It is one of the most frequent gynecological diseases which 50% of women of childbearing age suffer.

Primary dysmenorrhea refers to painful menstrual periods in the absence of any underlying pathology while secondary dysmenorrhea is painful menstruation associated with a pelvic pathology, such as endometriosis. Most of the home remedies for menstrual cramps are centered on dilating the blood vessels and easing the muscles. The prevalence of dysmenorrhea in adolescent girls was found to be 79.67%. Most of them, 37.96%, suffered regularly from dysmenorrhea severity.

Primary dysmenorrhea (PD) is defined as recurrent, crampy pain occurring with menstrual cycle without having any pelvic pathology. The symptoms of primary dysmenorrhea usually start first six months after menarche. Adolescent girls experience sharp, intermittent spasmodic pain usually concentrated in the suprapubic part. Pain might radiate to the back of the legs or the lower back. In the Primary dysmenorrhea the adolescent suffers from symptom like mood swings, malaise, back pain headaches, nausea and vomiting during menstruation are reported with dysmenorrhea.

## NEED FOR THE STUDY

The wellbeing of adolescent girls influences not only their personal health, but also the health of the upcoming population. As the direct reproducers of future generation, almost a quarter of India's population comprises of girls below twenty-one years. One of the major physiological changes that take place in adolescent girls is the onset of menarche, which is often associated with problems of irregular menstruation, excessive bleeding, and dysmenorrhea. The health of adolescent girls influences not only their own health, but also the health of the future population.

A national survey conducted among adolescent girls showed that 40% of the students frequently missed their school and college because of severe menstrual cramps. Dysmenorrhea is responsible for significant absenteeism from work and it is the most common reason for school absence among adolescents.

Indian journal of community medicine reported prevalence of dysmenorrhea among menstruating women as 63.75%, 57% and 61% at Delhi, Mumbai and Chennai respectively. This study concluded that the use of pharmacological therapy for dysmenorrhea causes various side effects and advices to go for non-pharmaceutical approaches to alleviate the dysmenorrhea which are already exist.

Hence it is important to screen college females for primary dysmenorrhea and provide them with information regarding the disease and to prevent unnecessary suffering and interruption to work routine. After doing the extensive review of literature regarding hot application, the investigator is motivated to undertake the study on effect of hot application on dysmenorrhea among adolescent girls in nursing colleges.

## METHODOLOGY

Methodology is the specific procedures or techniques used to identify, select, process, and analyses information about a topic. In a research paper, the methodology section allows the reader to critically evaluate a study's overall validity and reliability. Methodology indicates the general pattern of organizing the procedure for gathering valid and reliable data for an investigation.

**Study area and period:** This study was conducted at Parul University, Vadodara among adolescent girls in the year 2022.

**Study design:** A cross sectional- descriptive design was adopted to assess the knowledge regarding primary dysmenorrhea among adolescent girls of selected institute of Parul University, Vadodara.

**Population:** Adolescent girls

**Sample:** Sample for the present study included adolescent girls with primary dysmenorrhea.

**Sample size:** 200 adolescent girls

**Sample Technique:** Non probability sampling and convenient sampling method were used.

**Criteria for selected of sample:**

- **Inclusion criteria:**

- ✓ Those girls who are facing the primary dysmenorrhea can be the part of this study.
- ✓ Those girls who at the age of 17 to 21 only they can be the part of this study.
- ✓ Those girls present at time of data collection.

- **Exclusion criteria:**

- ✓ Those girls who have secondary dysmenorrhea and age is less than 17 and more than 21 years.

**Tool and techniques use for data collection:**

- **Tool A:** Demographic variables such as age, education, area of living, socio economic status and age of menarche.
- **Tool B:** Questionnaires to collect data for knowledge regarding Primary Dysmenorrhea.
- **Tool C:** Checklist to collect the data regarding home care management from the sample.

## RESULT

**Socio-demographic characteristics:** In this study, a total of 200 adolescent girls were chosen who were present at that time of study. According to their age, majority 95(47.5%) were in 14-16 years of age followed by 73(36.5%) were in 12-14 years of age and 32(16%) were in 16-18 years of age. Regarding type of diet of adolescent girls, maximum 128(64%) were vegetarian, 44(22%) were non-vegetarian and 28(14%) were mixed diet. With regard to BMI of adolescent girls, majority 115(57.5%) were less than 23, 67(33.5%) were in BMI (23-25) and 18(9%) were in BMI (more than 25). As per duration of menstrual pain among adolescent girls, majority

134(67%) had pain for 24 hours, 56(28%) had pain for 48 hours and 10(5%) had pain for 72 hours. The level of knowledge regarding homecare management of primary dysmenorrheal among adolescent's girl revealed that majority 116(58%) had average knowledge followed by 47(23.5%) had good knowledge and only 37(18.5%) had poor knowledge regarding homecare management of primary dysmenorrhea with median score of 6 and mean knowledge score was 6.65 with standard deviation was 2.066.

**Knowledge regarding homecare management:** The level of practice regarding homecare management of primary dysmenorrhea among adolescent's girl revealed that majority 131(65.5%) had average practice followed by 43(21.5%) had good practice and only 26(13%) had poor practice regarding homecare management of primary dysmenorrhea with median score of 4 and mean knowledge score was 5.06 with standard deviation was 1.643. The association between level of knowledge regarding homecare management of primary dysmenorrheal among adolescent's girl with their selected socio-demographic variables. Result showed that socio-demographic variables such as age of menarche, type of diet, BMI and duration of menstrual pain of adolescent girls were non-significant at  $p < 0.05$  level with level of knowledge regarding homecare management of primary dysmenorrhea.

## DISCUSSION

### **The first objective was assess the knowledge about adolescent girls of selected institutions of Vadodara's**

In this study the level of knowledge regarding homecare management of primary dysmenorrhea among adolescent's girl revealed that majority 116(58%) had average knowledge followed by 47(23.5%) had good knowledge and only 37(18.5%) had poor knowledge regarding homecare management of primary dysmenorrhea with median score of 6 and mean knowledge score was 6.65 with standard deviation was 2.066.

### **The second objective was assess the homecare management of primary dysmenorrhea related the adolescent girls of selected institute of nursing**

Practice regarding homecare management of primary dysmenorrhea among adolescent's girl revealed that majority 131(65.5%) had average practice followed by 43(21.5%) had good practice and only 26(13%) had poor practice regarding homecare management of primary dysmenorrhea with median score of 4 and mean knowledge score was 5.06 with standard deviation was 1.643.

**The third objective was find association between the primary dysmenorrhea related homecare management with their sociodemographic variable among adolescent girls of selected institute of Vadodara.**

Result showed that socio-demographic variables such as age of menarche, type of diet, BMI and duration of menstrual pain of adolescent girls were non-significant at  $p < 0.05$  level with level of knowledge regarding homecare management of Primary Dysmenorrhea.

The association between level of practice regarding homecare management of Primary Dysmenorrhea among adolescent girl with their selected socio-demographic variables. Result showed that age of adolescent girls was statistically found significant at  $p < 0.05$  level with practice regarding homecare management of primary dysmenorrhea, other socio-demographic variables such type of diet, BMI and duration of menstrual pain of adolescent girls were non-significant at  $p < 0.05$  level of practice regarding homecare management of Primary Dysmenorrhea.

The similar study done by the dr. Kalabarathi S and miss. Monika C. on the August 2019 in Tamil Nadu. They Assess the knowledge and practice regarding home care management of dysmenorrhea among adolescent's girls. A quantitative descriptive research design was adopted and the data was collected, organized and analyzed in term of descriptive statistics. The Result of the study shows that only 2 girl (13.33%) who had adequate knowledge, and majority of them 38 [63.33%) had moderate knowledge 33.33% had inadequate knowledge. There is no statistically significant association with demographic variables such as education, types of family, dietary pattern, treatment for dysmenorrhea and various treatments such as pain killer, warm water bath and other. Result showed that age of menarche of adolescent girls was statistically found significant at  $p < 0.05$  level with practice regarding homecare management of primary dysmenorrhea, other socio-demographic variables such type of diet, BMI and duration of

menstrual pain of adolescent girls were non-significant at  $p < 0.05$  level with level of practice regarding homecare management of primary dysmenorrhea.

## CONCLUSION

The study concluded that 21.5% of adolescent girls are having good practice, 65.5% are having average practice and 13% adolescent girls are having the poor practice regarding homecare management of dysmenorrhea. Minimum score obtained is 26 and maximum score 131 with the median score of 4 and mean score was 5.06 with standard deviation was 1.643.

## RECOMMENDATION

- The similar study can be conducted on the experimental study with the pretest and posttest to assess the effectiveness of home remedies.
- A study can be conducted by using different homecare remedies.
- A study can be conducted by including additional demographic variables.
- A similar study can be conducted to assess the effectiveness of one particular home remedies.

## LIMITATION

- The study did not use control group because the approach was descriptive only.
- Sample was selected only from the Parul university, Vadodara, Gujarat. Hence the generalization can only be made for the sample studies.
- Those girls who at age of 17 to 21 only they can be the part of this study.
- Those girls who are facing the primary dysmenorrhea can be the part of this study. <sup>[38]</sup>

## ETHICAL CONSIDERATION

The ethical consideration was obtained from ethical committee from Parul University, Vadodara. The purpose of the study was briefly explained to the respondents and verbal consent was obtained. (Approval number: PUIECHR/PIMSR/00/081734/4306)

**BUDGET:** Self

**CONFLICT:** No conflict.

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