



DESCRIPTIVE STUDY TO ASSESS THE PRACTICE OF WOMEN ON MANAGEMENT OF DYSMENORRHEA IN SELECTED AREAS OF D&NH

Priya Sharma

Assistant Professor, Community Health Nursing , SVBCON, Silvassa, DNH

Hetal Patel*

M.Sc. Nursing Student, Community Health Nursing , SVBCON, Silvassa*Corresponding Author

Sujeeta Malik

Nursing Tutor, Community Health Nursing, MANC, Bahadurgarh, Haryana

ABSTRACT

Menstrual problem is a common health problem among females in their reproductive years. Dysmenorrhea typically presents as cramp pain along the midline of the lower abdomen. Pain may be accompanied by complaints of diarrhea, nausea, vomiting, fatigue, dizziness, headache, and backache.¹ The pain mostly affects their normal daily activity and quality of life depending on its duration and severity.² The purpose of the study is to assess practices regarding management of dysmenorrhea among women. A Quantitative research approach was used. Overall results showed that majority 60% of samples belong to 15- 19 years. The women has less practice in management of dysmenorrhea. Thus the study suggested that practice of using home remedies during dysmenorrhea is effective to relieve the pain.

KEYWORDS : Practice, Dysmenorrhea, Women

I. INTRODUCTION

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. Of these, dysmenorrhea is one of the common problems experienced by many adolescent girls.³ Dysmenorrhea typically presents as cramp pain along the midline of the lower abdomen. Pain may be accompanied by complaints of diarrhea, nausea, vomiting, fatigue, dizziness, headache, and backache.⁴ Most women experience some pain during menstruation. This pain most times affects their normal daily activity and quality of life depending on its duration and severity. There are various strategies used in menstrual pain management which differ with individuals.⁵ Adekunbi A Foretime, et al. conducted a descriptive study to assess the knowledge, attitude, and healthcare-seeking behavior towards dysmenorrhea among female students of a Private University in Ogun State, Nigeria. Total 315 female students were randomly selected to participate in the study. Participants were given structured questionnaire to complete. Data collected were analyzed using Statistical Package for Social Sciences (SPSS) 16.0. Statistical significant tests were conducted using chi-square. Dysmenorrhea was reported in 78.1% (242/310) with majority ignoring the pain, less than average 40.6% (126/310) of the participants had high knowledge about dysmenorrhea and 63.5% (197/310) had negative attitude towards dysmenorrhea. Major effects of dysmenorrhea included restriction from physical activities in 77.2% (187/242) and social withdrawal in 59.1% (143/242). Findings revealed a statistically significant relationship between the age of respondents and their healthcare-seeking behavior towards dysmenorrhea ($P < 0.01$). Findings from this study indicate the need to design regular reproductive health programs for female undergraduates including information on how to monitor and manage menstrual problems.⁶ The present study aimed to evaluate the practice of women on management of dysmenorrhea in selected village of Dadra and Nagar Haveli.

OBJECTIVES:

The objectives of the study were to:

1. assess the prevalence of dysmenorrhea among women.
2. determine the home care practices of women in management of dysmenorrhea

II. METHODOLOGY

RESEARCH APPROACH

In this study a quantitative research approach was used to assess the practices of girls and advices provided by services

providers in management of dysmenorrhea.

RESEARCH DESIGN

A descriptive research design was adopted to assess the practice of women on management of dysmenorrhea.

STUDY SETTING

The study was conducted in Dadra and Nagar Haveli. The study group was selected from Vasona village.

POPULATION

The population for the study consists of women having pain during menstruation in the age group of 15-45 years.

SAMPLE

In this study, samples were women in the age group of 15-45 years in selected village of Dadra and Nagar Haveli.

SAMPLE SIZE

The present study the sample size was 30 women in the age group of 15-45 years having a pain during menstruation.

SAMPLING TECHNIQUE

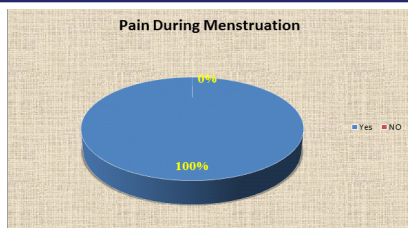
The present study adopted convenient sampling techniques to select women in the age group of 15-45 years of age group.

DESCRIPTION OF TOOL

- The data collection tool involves the two parts as follows:
- PART 1: Screening Criteria and Demographic Variables: Screening Criteria and Demographic Characteristics will be adopted by the investigator for the purpose of collecting background information of the sample. Screening criteria consist of one item is do you have pain during menstruation. Demographic Variables consist of seven items such as age in years, religion, age at menarche, menstrual regularity, if yes duration of cycle, how long you suffer from dysmenorrhea, how menstruation effect your daily activities
- PART 2: checklist on practice of management of dysmenorrhea: It contains the checklist on practice of management of dysmenorrhea. The tool has 4 categories includes hygiene, food performances, other practices, other practice on AYUSH.

II. RESULT

This section deals with the description of screening criteria and demographic variables of girls and women which is explained in frequency and percentage distribution and presented in figure and tables.



Figur.1. Diagrammatic presentation of samples based on screening criteria (Prevalence of Dysmenorrhea).

Table1. Frequency and distribution of samples based on socio demographic variables N = 30

S. No.	CATEGORIES	Frequency	Percentage
1	Age in years (a) 15-19 (b) 20-45	18 15	60% 40%
2	Religion (a) Hindu (b) Christian (c) Muslim	30 0 0	100% 0 0
3	Age at menarche (a) 12 (b) 13 (c) 14 (d) 15 (e) > 15	10 7 5 6 2	33.33% 23.33% 16.66% 20% 6.66%
4	Menstrual regularity (a) Regular (b) Irregular	24 6	80% 20%
5	If yes, duration of cycle? (a) < 21 days (b) 21-33 days	0 30	0 100%
6	How long you suffer from dysmenorrhea? a) Starts before menstruation, continues up to 24 hours of menstruation b) Start with the onset of menstruation continues up to 48 hours c) Start before menstruation, continues throughout menstruation d) Starts after 24 hours of menstruation and continue throughout the menstruation	24 4 1 1	80 % 13.33% 3.33% 3.33%
7	How menstruation affect your daily activities? a) Limitation in daily living activities b) Absenting from class c) Remain isolated d) Nil	26 1 0 3	86.66% 3.33% 0 10%

Table 2. Frequency and percentage distribution of samples according to practice on management of dysmenorrhea. N= 30

S. NO.	CATEGORIES	YES		NO	
		F	%	f	%
A.	HYGIENE				
	On practicing cloth				
1.	Are you using cotton cloth for menstruation?	5	16.66%	0	0
2.	Are you using same cloth for whole day?	1	3.33%	4	13.33%

3.	Are you reusing cloth during menstruation?	5	16.66%	0	0
	On practicing pad				
4.	Are you using sanitary pad for menstruation?	25	83.33%	0	0
5.	Are you washing your hand after changing pad?	25	83.33%	0	0
6.	Are you using same pad for whole day?	0	0	25	83.33%
7.	Are you changing pad 3-4 times a day?	18	60%	12	40%
8.	Are you throwing pad in the open place?	0	0	25	0
B.	FOOD PERFORMANCES				
1.	Are you taking hot drinks before and during menstrual period?	6	20%	24	80%
2.	Are you adding lemon in hot water to drink during dysmenorrhea?	0	0	30	100%
3.	Are you taking balanced diet during menstrual pain?	26	86.67%	4	13.33%
4.	Are you drinking green tea when menstrual pain occur?	0	0	30	100%
5.	Are you drinking garlic tea during dysmenorrhea?	5	16.66%	25	83.33%
6.	Are you using ginger during menstrual pain?	16	53.33%	14	46.67%
8.	Are you consuming vegetables juice in management of dysmenorrhea?	3	10%	27	90%
9.	Are you eating papaya during menstrual pain?	21	70%	9	30%
10.	Are you avoiding spicy food during dysmenorrhea?	4	13.33%	26	86.67%
11.	Are you drinking milk during menstrual pain?	2	6.67%	28	93.33%
C.	OTHER PRACTICES				
1.	Are you ignoring pain?	20	66.67%	10	33.33%
2.	Are you going hospital when dysmenorrhea occurs?	0	0	30	100%
3.	Are you taking medication during dysmenorrhea?	9	30%	21	70%
4.	Do you prefer pharmacist for medication?	9	30%	21	70%
5.	Are you taking adequate rest and sleep?	30	100%	0	0

6.	Are you practicing regular physical exercise?	0	0	30	100%
7.	Are you taking hot bath during dysmenorrhea?	17	56.67%	13	43.33%
8.	Are you experience hot water can relieve menstrual pain?	17	56.67%	13	43.33%
9.	Which will you prefer first from following during menstrual pain at home? a) hot water pack b) rest c) exercise d) message	0 30 0 0	0 100% 0 0	30 0 30 30	100% 0 100% 100%
10.	Are you doing message during dysmenorrhea?	1	3.33%	29	96.67%
D.	OTHER PRACTICE ON AYUSH				
1.	Are you doing yoga during dysmenorrhea?	0	0	30	100%
2.	Are you using herbal drugs during dysmenorrhea?	0	0	30	100%
3.	Do you use Ayurveda medication for management of dysmenorrhea?	0	0	30	100%
4.	Are you using mint paste during menstrual pain?	0	0	30	100%
5.	Do you use aromatic oil for message on abdomen during menstrual pain?	0	0	30	100%

practices towards dysmenorrhea among female students in South-West Nigeria International Journal of Health & Allied Sciences Vol. 4 Issue 2 Apr-Jun 2015, DOI: 10.4103/2278-344X.

IV. CONCLUSION

Discomfort related to menstruation due to pain has a strong impact on their routine life. Backache, nausea, irritability, anxiety, body ache, tension and less physical activity were the common symptoms experienced by women in the study.

The present study result suggested that practice of using home remedies during dysmenorrhea is effective to relive the pain.

V. REFERENCES

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