



A STUDY ON GENITOURINARY HEALTH PROBLEMS AND HEALTH SEEKING BEHAVIOUR AMONG WOMEN IN A SELECTED SETTING OF MANGALURU

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ABSTRACT A descriptive exploratory survey design was carried out among 300 women age group between 35-55 years who were selected by Convenience sampling technique with the purpose to assess the symptoms of Genitourinary Health Problems and Health Seeking Behavior among women and to find out the correlation between symptoms of Genitourinary Health Problems and Health Seeking Behavior. The result shows that more predominant urinary problems were "Get up from night sleep to urinate" (35 %) followed by, Dribbling of urine on cough, weight lifting, laughing etc. (30 %) Persistent urge to urine (30 %). Highest observed genital symptoms were "Itching in the genital area" (19%) followed by Excessive secretions in the vagina (16.7 %). There is a strong positive relation between Genitourinary Health Problems and Health Seeking Behaviour. There is an association between Genitourinary Health Problems and Demographic Variables such as past experience of genitourinary health problems, menopause attainment, and investigation activity.

KEYWORDS : Genitourinary Health Problems; Health Seeking Behaviour; Women.

Introduction:

The genitourinary system or urogenital system is the organ system of the reproductive organs and the urinary system. In addition to causing urinary problems, many of these conditions may also affect the reproductive organs including the uterus, cervix, fallopian tubes, and vagina in women (Pellati D, Mylonakis I, Bertoloni G, Fiore C, Andrisani A, Ambrosini G, & Armanini D., 2008). Genitourinary health problems can be life threatened and also it's a common cause to influence a women to attend the urologist or gynaecologist.

Objectives of the study:

- 1) To identify the Genitourinary Health Problems among women.
- 2) To determine the health seeking behaviour among women.
- 3) To find the correlation between genitourinary health problems and health seeking behaviour
- 4) To find the association of health seeking behaviour with Demographic Variables.

Literature Review:

A correlational study was conducted in china among 3, 023 participants with the objective to identify prevalence, risk factors, of lower urinary tract symptoms. Study result was showing 61.2% reported at least one lower urinary tract symptoms. Nocturia was the most common specific common specific lower urinary tract symptoms. Advanced age, alcohol consumption and smoking were risk factors for lower urinary tract symptoms. Nocturnal enuresis and urge urinary incontinence were the most bothersome in women (Wang Y, Hu H, Xu K, Wang X, Na Y, & Kang X., 2015).

A cohort study conducted among British women. Main objective of the study to examined sexual function throughout menopause and found that vaginal dryness was "strongly associated with both decline in sex life and difficulties with intercourse," including dyspareunia. Although prevalence shows that 17% to 30% of postmenopausal women (Huang A J, Moore E E, Boyko E J, Scholes D, Lin F, Vittinghoff E, & Fihn S D., 2010).

Finally all review of literature shows that genitourinary health problems are more present among women and health seeking behaviour is lacking. So the literature reviews are consistent with the results of the present study.

Research Methodology:

This descriptive explorative survey was conducted in Jeppu PHC, at Mangaluru Karnataka India, by selecting 300 women age group between 35-55 years by using convenient sampling technique.

Instrumentation:

A baseline Proforma of women and symptom checklist were used in this study. Symptom checklist was applied to find out genitourinary

health problems, duration and health seeking behaviour among women age group between 35 -55 years.

Results:

- I. Baseline variables of the subject would be analysed in terms of frequency and percentage.

Table 1: Frequency and Percentage distribution of participants with demographic characteristics. n=300

Sl. No	Variables	Selected Groups	
		F	%
1.	Age in years	Mean 44.57	SD: 6.66
	a. 35-44 years	142	47.34 %
	b. 45- 55 years	158	52.66 %
2.	Religion	215	71.67
	a. Hinduism	25	8.33
	b. Christianity	60	20
3.	Marital Status	286	95.3
	a. Married	14	4.6
4.	Education	62	20.67
	a. No basic education	40	13.33
	b. Primary School	70	23.34
	c. Upper primary education		
	d. High School	78	26
	e. Pre University School	27	9
5.	Occupation	8	2.66
	a. Skilled	292	97.34
6.	Income in Rs.	152	50.66
	a. < 5000	120	40
	b. 5001 -10000	18	6
	c. 10001-15000	10	3.34
	d. 15001-30000	0	0
7.	Past History of GUHP	82	27.34
	a. Past history of GUHP	218	72.66
8.	Menopause	102	34
	a. Menopause attained	198	66
9.	Investigation	36	12
	a. Investigation done	264	88
	b. Investigation not done		

- II. Assessment of symptoms of Genitourinary Health Problems by frequency, percentage.

Section II a: This section deals with the description of Subjects' Symptom Wise frequency and percentage of Urinary Health Problems.

Table 2: -Description of Subjects with Urinary Problems n=300

Sl. No.	Questions	Frequency	%
1.	Burning sensation while passing urine	77	25.7 %
2.	Cloudiness of urine	59	19.7 %
3.	Severe flank pain	70	23.3 %
4.	Pungent smell of urine	37	12.3 %
5.	Difficulty to pass urine	39	13 %
6.	Poor stream of urine	37	12.3 %
7.	Difficulty to initiate urination	24	8 %
8.	Strain to start urination	27	9 %
9.	Supra pubic pain relief after urination	25	8.3 %
10.	Persistent urge to urinate	90	30 %
11.	Sensation of not emptying bladder	53	17.7%
12.	Urinate very frequently	67	22.3 %
13.	Felt to stop and start urination several times	22	7.3 %
14.	Difficulty to postponed urination	56	18.7 %
15.	Get up from night sleep to urinate	105	35 %
16.	Continuous uncontrolled urination	66	22 %
17.	Dribbling of urine on cough, weight lifting, laughing etc.	90	30 %
18.	Leakage of urine before you reach to toilet	43	14.3 %
19.	Stopped to attend social gatherings due to unintentional passage of urine	14	4.7 %

Section II b: This section deals with the description of Subjects' Symptom Wise frequency and percentage of Genital Health Problems.

Table 4: Description of subjects with Genital Problems n= 300

Sl. No	Questions	f	%
1.	Itching in the genital area	57	19 %
2.	Redness in the vulva	12	4%
3.	Presence of blister in the vulva	23	7.7 %
4.	Presence of lump over the vulva	22	7.3 %
5.	Discomfort while walking due to lump	10	3.3 %
6.	Excessive secretions in the vagina	50	16.7 %
7.	Discoloration of secretion (white/pale yellow /grayish in color)	44	14.7 %
8.	Foul smell discharge from genitalia	18	6 %
9.	Experienced vaginal dryness	40	13.3 %
10.	Usage of intra uterine device	7	2.3 %
11.	If yes, increased discharge by using intra uterine device	3	1 %
12.	Pain with birth control measures	2	0.7 %
13.	Pain during sexual intercourse	30	10 %

Section III: Assessment of Health Seeking Behaviour by Frequency and Percentage.

Table 6: Distribution indicates the subjects' Health Seeking Behaviour by frequency and percentage.

Sl. No.	Items	F (No of people affected)		No measure ments(1)		Self administration of medications(2)		Home Remedies(3)		Consulting a doctor(4)	
		F	%	F	%	F	%	F	%	F	%
1.	Burning sensation while passing urine	77	25.7 %	38	12.7 %	0	0	18	6%	21	7.3%
2.	Cloudiness of urine	59	19.7 %	39	13%	0	0	9	3%	11	4%
3.	Severe flank pain	70	23.3 %	39	13%	0	0	12	3.7%	19	6.3%
4.	Pungent smell of urine	37	12.3 %	24	7.7%	0	0	6	2%	7	2.3%

5.	Difficulty to pass urine	39	26	8.7%	0	0	3	1	10	3%
6.	Poor stream of urine	37	25	8.3%	0	0	3	1%	9	3%
7.	Persistent urge to urinate	90	80	26.3 %	0	0	5	1.7%	5	1.7%
8.	Sensation of not emptying bladder	53	51	16.7 %	0	0	1	0.3%	1	0.3%
9.	Urinate very frequently	67	62	20.7 %	1	0.3%	2	1%	2	0.7%
10.	Difficulty to postponed urination	56	50	16.7 %	0	0	3	1%	3	1%
11.	Get up from night sleep to urinate	105	99	33%	0	0	5	1.75 %	1	0.3 %
12.	Continuous uncontrolled urination	66	64	21%	0	0	2	0.7 %	0	0%
13.	Dribbling of urine on cough, weight lifting, laughing etc.	90	87	29%	0	0	3	1%	0	0%
14.	Leakage of urine before you reach to toilet	43	40	13.3 %	0	0	3	1%	0	0%
15.	Itching in the genital area	57	19	6.3 %	1	0.3 %	35	11.7 %	2	0.7 %
16.	Presence of blister in the vulva	23	13	3.7 %	0	0	1	0.3 %	9	3%
17.	Presence of lump over the vulva	22	4	1	0	0	0	0	18	6.3 %
18.	Excessive secretions in the vagina	50	28	9.3 %	0	0	16	5.3 %	6	2%
19.	Experienced vaginal dryness	40	27	9%	0	0	13	4.3 %	0	0

Section IV: To find the Correlation between Genitourinary Health Problems and Health Seeking Behaviour.

There is a strong positive relation between Genitourinary Health Problems and Health Seeking Behaviour.

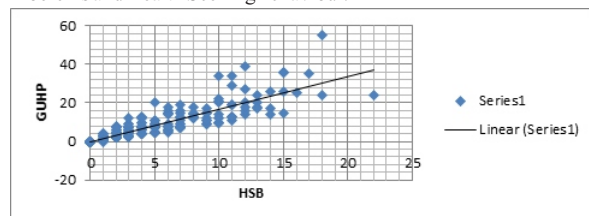


Fig. No 1: Correlation between Genito Urinary Health Problems and Health Seeking Behaviour

Section V: To find the association of Genitourinary Health Problems with Demographic Variables

There is an association between Genitourinary Health Problems and Demographic Variables such as past experience of genitourinary health problems, menopause attainment, and investigation activity. Therefore research hypothesis is accepted.

Discussion:

In presents study shows that Persistent urge to urinate (30%). The findings were supported with the study conducted by Magdalena Lopez, Ana p, and Rodolfo reveals that urge incontinence (11.7%) among women (Lopez M, Ortiz AP, & Vargas R., 2009).

In the present study the health seeking behaviour towards the genitourinary problems the majority of the women were not taken any measurements for the majority of the symptoms. Home remedies used for Itching in the genital area (11.7%), Excessive secretions in the vagina (5.3). Consulting the doctor only with the major symptoms like burning sensation while passing urine (7.3%), and presence of lump over the vulva (6.3%).

In general present study findings were consistent with those of other studies, even when different methods, samples and terminology used. These findings show that health seeking behaviour is lacking towards genitourinary health problems.

Conclusion:

A health status of the genitourinary system in women plays an important role in reproduction as well as elimination process more healthy way. An interruption in any of the system can harm adversely.

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