



**“AN EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF ROCKING EXERCISE OF PELVIS IN DYSMENORRHEA AMONG ADOLESCENT GIRLS AT SELECTED SCHOOLS IN AN URBAN AREA OF JABALPUR DISTRICT M.P.”**

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**ABSTRACT** Pelvic rocking is the name given to moving the pelvis from the front to the back or from an anterior to a posterior pelvic tilt. Pelvic rocking exercises are exercises that contract deep abdominal muscles and buttocks by taking a deep breath so that a small movement takes place inside the uterus. Pelvic rocking exercise is an effective, simple, and non-pharmacological measure to reduce dysmenorrhea among adolescent girls. It does not need any cost and natural method of pain reduction. The present study aimed to assess the association between the effects of pelvic rocking exercises on Dysmenorrhoea among adolescent girls of selected schools in an urban area of Jabalpur District and their socio-demographic variables. This quantitative research was conducted among 400 adolescent girls (200 control and 200 experimental groups). Tools employed were a. socio-demographic variables b. numeric pain scale and checklist on signs and symptoms of Dysmenorrhoea. The researcher administered pelvic rock exercises to the samples in the experimental group. This therapy was practiced by the samples for one month. The findings showed that there was relief in Dysmenorrhoea discomfort. The study laid the recommendations for further similar studies with a larger sample size.

**KEYWORDS :** Pelvic rock exercises, Dysmenorrhea, Adolescents, Pain, Discomfort, etc.

**INTRODUCTION****Pelvic Rock Exercise.**

These are the exercises that have subtle spinal movements which help in strengthening and supporting the abdomen and low back muscles. Pelvic rocking is the name given to moving the pelvis from the front to the back or from an anterior to posterior pelvic tilt. (By Juan Michelle Martin, orthopedic and pelvic floor physical therapist.

Pelvic rocking is the name given to moving the pelvis from the front to the back or from an anterior to a posterior pelvic tilt. Pelvic rocking exercises are exercises that contract deep abdominal muscles and buttocks by taking a deep breath so that a small movement takes place inside the uterus. Pelvic rocking exercise is an effective, simple, and non-pharmacological measure to reduce Dysmenorrhoea among adolescent girls. It does not need any cost and natural method of pain reduction.

Dysmenorrhea is the medical term for pain with menstruation. There are two types of Dysmenorrhoea: "primary" and "secondary". Primary Dysmenorrhoea is common menstrual cramps that are recurrent (come back) and are not due to other diseases. The pain usually begins 1 or 2 days before, or when menstrual bleeding starts and is felt in the lower abdomen, back, or thighs. Pain can range from mild to severe, can typically last 12 to 72 hours, and can be accompanied by nausea and vomiting, fatigue, and even diarrhea. Common menstrual cramps usually become less painful as a woman age and may stop entirely if the woman has a baby. Secondary Dysmenorrhoea is pain that is caused by a disorder in the woman's reproductive organs, such as endometriosis, adenomyosis, uterine fibroids, or infection. Pain from secondary dysmenorrhoea usually begins earlier in the menstrual cycle and lasts longer than common menstrual cramps. The pain is not typically accompanied by nausea, vomiting, fatigue, or diarrhea.

Today, Dysmenorrhoea is a major problem in our country. Most adolescent girls are having school or college absenteeism due to Dysmenorrhoea and they are unaware of the treatment modalities. There is a lot of literature regarding the treatment of Dysmenorrhoea with non-pharmacological measures. Pelvic rocking exercise is an effective, simple and non-pharmacological measure to reduce Dysmenorrhoea among adolescent girls. It does not need any cost and natural method of pain reduction.

Pelvic rocking exercise has been shown to be the ideal source of exercise for relieving dysmenorrhoea in adolescent girls. The exercise has been helped to relieve a menstrual discomfort through increased vasodilatation and subsequently decreased ischemia, the release of endogenous opiates, specifically beta-endorphins inhibiting the production & release of prostaglandins. This exercise strengthens the muscles of the abdomen and lowers the back. Evidence suggests that dysmenorrhoea can be reduced without medicine intake. The pelvic rocking exercise was very helpful to reduce pain, stimulate blood circulation, and relax the abdominal muscles. And also there is no

complications from the Pelvic rocking exercise.

All this made the researcher choose the best suitable intervention i.e. Rocking Exercise of Pelvis in Dysmenorrhoea among adolescent girls. The present study aimed to study the association of socio-demographic variables with the pre-interventional Dysmenorrhoea among the control and experimental group.

Undesirable way of life, nutritional pattern, unhealthy lifestyle, deficient family support, and absence of mindfulness lead to Dysmenorrhoea among adolescent girls. Therefore, Research scholars thought to train the samples in the technique of Rocking Exercise of Pelvis so that they can easily get over their discomfort.

Subsequently, the research scholar has decided to go with consider various socio-demographic variables of adolescent girls under the study to develop assumptions. In this way, research scholars orchestrated the Rocking Exercise of Pelvis in Dysmenorrhoea among adolescent girls.

This is little effort made by research scholars to uncover 300 adolescent girls and their issues related to Dysmenorrhoea.

The researcher utilized a Quantitative research approach and data were collected. The pre-existing level of Dysmenorrhoea among adolescent girls studying at selected schools of Jabalpur was studied before the implementation of the intervention. The intervention was the pelvic rock exercises, after its implementation post-test was taken to assess the effectiveness of the intervention program. Experimental design is used in the study.

O1: Pretest samples before administering the pelvic rock exercises

X: Administration of pelvic rock exercises.

O2: Post testing of the experimental group after administration of the pelvic rock exercises

**Limitations Of The Study****Primary limitations of the study**

- 1] This study set is restricted to adolescent girls aged 12-17 years
- 2] Findings apply just to samples under study.
- 3] Samples under study are the individuals who will participate in the study.
- 4] Samples under study might be pre-busy with other work.
- 5] Samples under study might be on crisis leave or excursion during information assortment.

**Secondary limitations of the study**

- 1) Assessment of knowledge was finished by a survey prepared for it rather than perception technique.
- 2) This research incorporates a modest number of samples just 400. This modest number of samples set boundaries for speculation of study.

- 3) Tool or instruments utilized for information assortment were not normalized tools or instruments.
- 4) It was designed by the research scholar himself for the reason for momentum study dependent on goals to be accomplished.

In this study, non-probability convenience sampling was used to select 400 adolescent girls (200 in the control and 200 in the experimental group) who fulfilled the inclusion criteria. In this study,

**Consideration Criteria-**

- 1] Adolescent girls who were of 12-18 years old.
- 2] Adolescent girls with a regular menstrual cycle.
- 3] Adolescent girls who had Dysmenorrhea during each menstrual period.
- 4] Adolescent girls who were available during the data collection period.

**Avoidance Criteria-**

- 1] Adolescent girls with irregular menstrual periods.
- 2] Adolescent girls who were following any other pharmacological drugs.
- 3] Adolescent girls who got married.

**Ethical and legal aspects of the study**

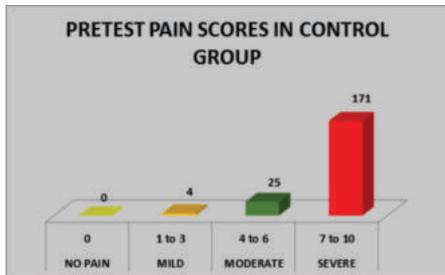
1. The written permission was obtained to conduct the study from the administrative authorities of the selected schools prior to data collection.
2. The purpose of the study was explained in detail to the parents of participants included in the study and informed consent was obtained from the parents of the participant for their willingness to participate in the study.
3. The parents of the participants may refuse to participate in the study at any time.
4. The intervention will not cause any harm to the sample.
5. Confidentiality and anonymity of the information provided by the sample were maintained.

To start with the investigation the researcher prepared a checklist of signs and symptoms of dysmenorrhea and used a numeric pain scale. These tools were administered to 400 samples divided into two groups control and experimental. The findings of the pretest showed :

**Pretest Pain Scores**

**Control Group**

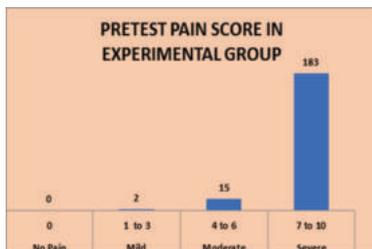
The study included 200 teenage females in the control group. It reveals that the majority of those investigated a maximum of 171 [85.5%] have severe pain, 25 [12.5%] have moderate pain, and 4 [2%] have mild pain. The calculated mean is 7.9325 and sd 1.4368.



**Fig No 1 showing distribution of studied adolescent girls in control group as per their pretest pain scores**

**Experimental Group**

Among 200 adolescent girls in experimental group it was seen that among all studied maximum 183 [91.5%] have severe pain, 15 [7.5%] have moderate pain and only 2 [1%] have mild pain. The mean is 22.93 and SD IS 5.93.

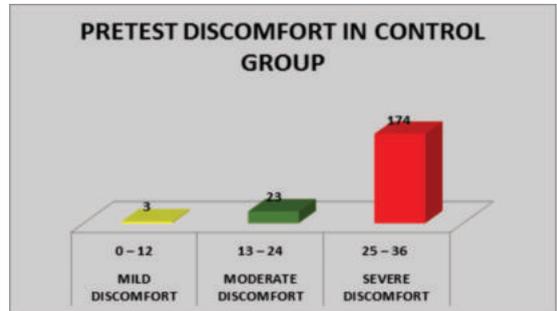


**Fig no 2 showing distribution of studied adolescent girls in experimental group as per their pretest pain scores**

**Pretest Dysmenorrhea Discomfort (signs And Symptoms)**

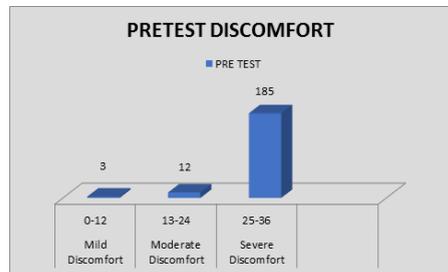
**Control Group**

It shows that among all studied maximum 174 [87%] had severe dysmenorrhea discomfort, 23 [11.5%] had moderate dysmenorrhea discomfort whereas 3 [1.5%] had mild discomfort. Calculated mean is 28.7525 and sd 4.7564.



**Fig no 3 showing distribution of studied adolescent girls in control group as per their pretest discomfort scores**

It shows that among all studied maximum 185 [92.5%] had severe dysmenorrhea discomfort, 12 [6%] had moderate dysmenorrhea discomfort whereas 3 [1.5%] had mild discomfort. The mean is 12.35 and SD is 5.37.



**Fig no 4 showing distribution of studied adolescent girls in experimental group as per their pretest discomfort scores**

Association between pre-test Dysmenorrhea and demographic variables was calculated by Chi square test.

**Association Between Pretest Pain Scores Of Participants And Their Selected Socio Demographic Variables**

**Control Group**

The findings showed that there exists significant association between pretest pain scores and socio-demographic variables like age, monthly family income, religion, education of mother and father, occupation of mother and father, socio economic status, area of residence, dietary pattern, previous knowledge and source of information. Whereas on the other hand socio-demographic variables like Type of family, no of members in the family, no. of siblings were found to be non-significantly associated.

**Experimental Group**

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**Association Between Pretest Discomfort Scores Of Participants And Their Selected Socio-demographic Variables**

**Control Group**

The findings showed that there exists significant association between pretest pain scores and all the undertaken socio-demographic variables like age, monthly family income, religion, education of mother and

father, occupation of mother and father, socio economic status, area of residence, dietary pattern, Type of family, no of members in the family, no. of siblings, previous knowledge and source of information.

### Experimental Group

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Research measure has expanded the creator's knowledge about apparatuses made accessible for adolescent girls to overcome dysmerrahic pain and discomfort. Hence, it is recommended for additional examinations on the subject with inside and out instruments for information assortment and investigation. All things considered, explicit Recommendations were recovered from information assortments related to members' pain and sign and symptoms.

A greater part of adolescent girls was suffering from it. In light of endeavors of research scholar present discoveries of study the, following Recommendation has been made:

- 1) Similar sort of study can be imitated or rehashed by taking a larger number of samples to disperse and sum up discoveries.
- 2) For valuable connection of realities which are found in the study can be done through obvious trial research design.
- 3) Based on the study done, the same sort of study can be directed to investigate the long-run proficiency of abilities embraced by adolescent girls.
- 4) Comparative study can be led by the same theme by contrasting various sorts of samples from various settings.
- 5) Similar report can be driven by taking the same kind of samples in numerous settings for better outcomes.

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