



“A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING HOME MANAGEMENT OF DYSMENORRHEA AMONG NURSING STUDENTS OF NEMCARE INSTITUTE OF NURSING SCIENCES, MIRZA, KAMRUP(R), ASSAM.”

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ABSTRACT **Background of the study:** Dysmenorrhea means painful menstruation. most of the adolescent girls and women suffers from dysmenorrhea every month. Treatment of dysmenorrhea includes analgesics and few home remedial measure to alleviate the pain. Measures under home remedies includes hot pad application, herbal tea, massage therapy with aromatic oils etc. Adequate knowledge & awareness regarding home management plays a crucial role in reducing menstrual cramps during periods. **Aim:** To assess the level of knowledge and association of knowledge regarding home management of dysmenorrhea with their demographic variables among the nursing students. **Methods:** Quantitative research approach, Descriptive Research Design was adopted in this study, the samples were collected by using total enumerative sampling technique from 239 nursing students. **Results:** Majority, 183(77%) have moderately adequate knowledge followed by 44(18%) adequate and 12(5%) inadequate knowledge regarding home management of dysmenorrhea. **Conclusion:** The study shows that majority of the students have moderately adequate knowledge regarding home management of dysmenorrhea and there is no significant association between knowledge and their demographic variables except there dietary pattern and source of information.

KEYWORDS : Dysmenorrhea, Knowledge, Home Management.

INTRODUCTION:

Dysmenorrhea, a painful menstruation is experienced by most of the women every month around the world. The pain during menstruation, affects 40% to 95% of menstruating women, and has been reported to be the commonest cause of absenteeism among adolescents. Adequate knowledge & awareness regarding home management plays a crucial role in reducing menstrual cramps during periods.

OBJECTIVES:

- To assess the knowledge regarding home management of dysmenorrhea among nursing students of NEMCARE Institute of Nursing Sciences, Kamrup, Assam.
- To determine the association between level of knowledge and selected demographic variables.

Review Of Literature:

1. Sain Priya, Vijayata (2023) conducted a descriptive study to assess the knowledge regarding home management of dysmenorrhea among girls of B.Sc. Nursing 1st Year of Bee Enn College of Nursing, Jammu. The total 50 students were selected through a convenient sampling technique and a knowledge questionnaire was used to assess the level of knowledge regarding home management of dysmenorrhea. The study had shown that a maximum of girls (66%) had moderate knowledge regarding home management of dysmenorrhea, a minimum of 34% were having inadequate knowledge whereas 0% were having adequate knowledge. There was a significant association between knowledge of home management of dysmenorrhea with their selected socio-demographic variables except for age.

2. Kumari S et al conducted a Cross Sectional Study to assess the knowledge regarding home management of primary dysmenorrhea among 200 adolescent's girls of selected Institute of Parul University in 2022 by using convenient non-probability sampling technique.

The study 21.5% of girls having good practice, 65.5% are having average practice and 13% adolescents' girls having the poor practice regarding home management of dysmenorrhea. 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 home management of primary dysmenorrhea and age of menarche of adolescent girls was statistically found significant at $p < 0.05$ level.

Research Methodology

Research Approach: Quantitative research approach.

Research Design: Descriptive Research Design.

Setting: NEMCARE Institute of Nursing Sciences, Mirza, Kamrup, Assam.

Population: Nursing Students

Target population: All the nursing students in NEMCARE Institute of Nursing Sciences, Kamrup, Assam.

Accessible population: All the female students who agreed to filled up the questionnaire during data collection procedure.

Sample: All the nursing students of NEMCARE Institute of Nursing Sciences, Kamrup, Assam who will fulfil the inclusion criteria.

Sample size: 239 nursing students who meet the inclusion criteria and are available during data collection procedure.

Sampling technique: Total Enumerative Sampling technique.

Inclusion Criteria

Nursing Student who-

- Are female.
- Are willing to give the consent to participate in the study.
- Are available during data collection procedure.

Exclusion Criteria

Nursing students those are who were male and who are seriously ill.

Demographic variables

Age, religion, academic year and course, residence, family, dietary pattern, education qualification of mother, experiencing dysmenorrhea or not, any awareness programme undertaken on home management of dysmenorrhea or not, source of information regarding home management of dysmenorrhea.

Research variables

Knowledge regarding home management of dysmenorrhea among nursing students.

Data collection tools and technique

Structured Questionnaire was used to assess the level of knowledge and the technique was self-report.

Scoring key:

Structured Questionnaire consists of 15 items of multiple-choice questions (MCQs) with 3 options including one correct answer. Correct answer was given a score of “one” and the wrong answer was

given a score of “zero”.

The knowledge score was divided into three equal parts of the total score of 15(fifteen):
Inadequate knowledge (<5)

Moderately adequate knowledge(5-10)
Adequate knowledge(>10)

Ethical Considerations

- Approval obtained from institutional ethical committee of NEMCARE Institute of Nursing Sciences.
- Verbal and written consent was obtained from the participants of the study after explaining purpose of the study.

Content Validity of the tool:

The prepared tool along with the statement and objectives was submitted to 3 experts:1 Nursing experts from Medical Surgical Nursing and 2 Nursing experts from the field of Obstetrical and Gynaecological Nursing for establishing the content validity.

Table I: Frequency and percentage distribution of nursing students based on demographic variable

Demographic Variables		Frequency	Percentage (%)
1. Age in years	a)17-18	28	12
	b)19-20	95	40
	c)21-22	116	48
2. Religion	a) Hinduism	184	77
	b) Islamic	43	18
	c)Christianity	12	5
	d)Others	0	0
3. Academic year & course	a) B.Sc. Nursing 1st Semester	10	4
	b) B.Sc. Nursing 3rd Semester	43	18
	c)B.Sc. Nursing 2nd year	44	19
	d)B.Sc. Nursing 3rd year	15	6
	e) B.Sc. Nursing 4th year	12	5
	f) GNM 1st year	52	22
	g) GNM 2nd year	41	17

	h) GNM 3rd year	22	9
4. Dietary pattern	a) Vegetarian	20	9
	b) Non vegetarian	219	91
5. Family	a) Nuclear	206	86
	b) Joint	33	14
6.Residence	a) Rural	158	66
	b) Urban	48	20
	c) Semi urban	33	14
7.Education of the mother	a) No Formal Education	8	3
	b) Primary Education	32	13
	c)Secondary Education	37	16
	d)Higher Secondary Education	100	42
	e)Graduation & above	62	26
Qualification (Mother)	Illiterate	1	2
	Literate	59	98

Table II: Frequency and percentage distribution of nursing students based on level of knowledge regarding home management of dysmenorrhea.

Knowledge in Percentage (f)	Frequency	Percentage (%)	Mean	SD
Adequate knowledge	183	77	8.8	2.03
Moderately Adequate Knowledge	44	18		
Inadequate Knowledge	12	5		

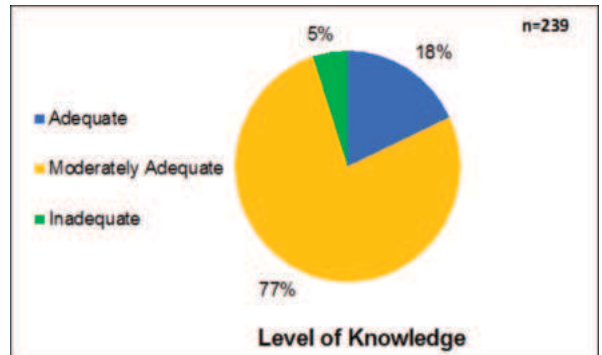


Figure I: Percentage distribution of the nursing students according to their level of knowledge.

Table III: Association of knowledge regarding home management of Dysmenorrhea among nursing students with demographic variables

SL. NO	Variables	Categories	Level of knowledge						Chi-square	Df value	P value	Remarks
			Adequate N=44		Moderate N=183		Inadequate N=12					
			F	%	F	%	F	%				
1	Age	17-18	6	13.63%	19	10.38%	3	25%	2.948	4	0.566	NS*
		19-20	18	40.90%	73	39.89%	5	41.66%				
		21-22	20	45.45%	91	49.72%	4	33.33%				
2	Religion	Hindu	37	84.9%	137	74.86%	10	83.4%	2.547	4	0.225	NS*
		Muslim	6	13.63%	36	19.67%	2	16.7%				
		Christian	1	2.27%	10	5.46%	0	0%				
3	Academic year and course	Bsc 1st sem	3	6.81%	7	3.82%	0	0%	22.127	14	0.076	NS*
		Bsc 3rd sem	8	18.18%	37	20.21%	0	0%				
		Bsc 2nd year	6	13.63%	37	20.21%	2	16.7%				
		Bsc 3rd year	1	2.27%	11	6.2%	1	8.4%				
		Bsc 4th year	2	4.54%	10	5.46%	0	0%				
		Gnm 1st year	17	38.63	31	16.93%	4	33.4%				
		Gnm 2nd year	3	6.81%	36	19.67%	2	16.7%				
		Gnm 3rd year	4	9.10%	14	7.6%	3	25%				
4	Residence	Rural	25	56.81%	126	68.85%	7	58.4%	2.547	4	0.636	NS*
		Urban	16	36.36%	32	17.48%	1	8.4%				
		Semi urban	3	6.81%	25	13.7%	4	33.4%				

5	Family	Nuclear	38	86.36%	158	86.33%	11	91.7%	0.278	2	0.870	NS*
		Joint	6	13.63%	25	13.66%	1	8.4%				
6	Dietary pattern	Veg	5	11.36%	10	5.46%	4	33.4%	12.811	2	0.001	N*
		Non-veg	39	88.63%	173	94.53%	8	66.7%				
7	Educational qualification of mother	No formal education	0	0%	7	3.82%	1	8.4%	4.934	8	0.764	NS*
		Primary education	7	15.90%	28	15.30%	1	8.4%				
		Secondary education	19	43.18%	78	42.62%	4	33.4%				
		Higher secondary education	10	22.72%	49	26.77%	4	33.4%				
		Graduation & above	8	18.18%	21	11.47%	2	16.7%				
8	Experience dysmenorrhea during menstrual period	Yes	34	77.27%	135	73.77%	11	91.7%	2.051	2	0.358	NS*
		No	10	22.72%	48	26.22%	1	8.4%				
9	Awareness programme	Yes	23	52.27%	96	52.45%	8	66.7%	0.929	2	0.628	NS*
		No	21	47.72%	87	47.54%	4	33.4%				
10	Sources of information	Mother	23	52.27%	115	62.84%	4	33.4%	17.781	8	0.006	S*
		Friends & relatives	2	4.5%	17	9.28%	2	16.7%				
		Health care professional	9	20.45%	23	12.56%	6	50%				
		Mass media	10	22.72%	28	15.30%	0	0%				

CONCLUSION:

- The study shows that majority of the students 183(77%) are having adequate knowledge regarding home management of dysmenorrhea and there is no significant association between level of knowledge and demographic variables except for dietary pattern and source of information with the level of knowledge.
- Basic knowledge on home management of dysmenorrhea plays a vital role in maintaining highest level of health during those painful days.
- Therefore, more emphasis should be given on health teaching regarding home management of dysmenorrhea to the nursing students as well as the adolescents school going children irrespective of their gender.

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