

Effectiveness of Ginger Powder on Dysmenorrhea Among Adolescent Girls Residing in Girls Hostel



Nursing

KEYWORDS :

Ms. S. Shanu

Bsc(N) IV Year Saveetha College Of Nursing

Ms S .Kalabarathi

M.Sc(N) Prof. OBG Nursing Saveetha College Nursing

ABSTRACT

Dysmenorrhea refers to the occurrence of painful menstrual cramps of uterine origin. It is a common observation that every women experience one or other type of menstrual problems in her lifetime the prevalence of menstrual disorder has been recorded as high as 87%. Objectives 1.assess the level of pain among adolescent girls. 2. assess the effectiveness of ginger powder on dysmenorrhea.3. associate the level of pain with the selected demographic variable Methodology This study was quasi experimental study .the data was collected by pain scales The sample size consists of 30 adolescents girls. sampling techniques used for this study was simple random sampling. Result :The result shows the among 30 adolescent girls in experimental group, 18(60) are suffering from worst possible pain and 11(37) are suffering from moderate pain.

Introduction

Adolescence in girls has been recognized as a special period which signifies the transition from girlhood to womanhood. One of the major physiological changes that take place in the adolescent girls is the onset of menarche, which is often associated with problems of irregular menstruation, excessive bleeding and dysmenorrhoea. Primary dysmenorrheal is menstrual pain without organic disease and secondary dysmenorrheal is menstrual pain associated with an identifiable disease.

Statement of The Problem

Effectiveness of ginger powder on dysmenorrhea among adolescent girls residing in girls hostel at saveetha university Chennai

Objectives

1. To assess the level of pain among adolescent girls
2. To assess the effectiveness of ginger powder on dysmenorrheal
3. To associate the level of pain with the selected demographic variable

Research Methodology

Approach And Design- quantitative approach ,quasi experimental one group pre-test, post -test design

Setting- girls residing in hostel at saveetha university

Sample- adolescents

Sample size-30

Sampling technique- simple random sampling

Criteria for Sample Selection

Inclusion Criteria

1. Adolescents who are staying in girls hostel of SEC
2. Adolescents who are suffering from dysmenorrheal
3. Adolescents who are available during the period of data collection
4. Adolescent who have regular menstrual cycle

Exclusion Criteria

1. Not willing to participate in this study
2. Suffering with gynecological disorder and undergoing treatment
3. Who Are under hormonal therapy

Data Collection Tool

Part 1: demographic data

PART -2: (numerical pain scale)

Score is interpreted as

No pain- 0-4

Moderate pain- 5-7

Worst pain -8-10

Table-1 Frequency and percentage of distribution demographics variable for adolescent girls in experimental group

S.no	Demographics variable	Frequency	Percentage
1	Age		
	a) 17-18yrs	07	23.3%
	b) 19-20yrs	16	53.3%
	c) 21-22yrs	07	23.3%
2	Education		
	a) B.E (1yrs)	06	20%
	b) B.E (2yrs)	11	36.6%
	c) B.E(3yrs)	07	23.3%
	d) B.E(4yrs)	06	20%
3	Religion:-		
	a)Hindu	17	56.6%
	b)Muslim	08	26.6%
	c)Christian	05	16.6%
4	Dietary pattern		
	a)non-vegetarian	28	93.3%
	b)vegetarian	02	6.6%
5	Duration of menstrual		
	a) 28 days	10	33.3%
	b) 25 days	17	56.6%
	c) 35 days	03	10%
6	Menstrual flow		
	a) 2 to 8 days	14	46.6%
	b) 4 to 6 days	16	53.3%
	c) 5 to 7 days	00	-
7	Treatment for dysmenorrheal		
	a) Yes	24	20%
	b) No	06	80%
8	Usually take		
	a) Analgesics	11	36.6%
	b) Ayurveda	06	20%
	c) Take warm bath & rest	12	40%
	d) None	01	3.3%
9	Stay away from college		
	a) yes	24	80%
	b) no	6	20%
10	Take leave during menstruation		
	a) 1 days	25	83.3%
	b) 2 days	-	-
	c) more than 2 days	1	3.3%
	d) none	4	13.3%

Table-2 pre-test score on dysmenorrheal pain among adolescent in experimental group

Level of pain	Frequency	Percentage
No pain	01	3.3%
Moderate pain	11	37%
Worst pain	18	60%

Table-3 post-test score on dysmenorrheal among adolescent in experimental group

Level of pain	Frequency	Percentage
No pain	11	37%
Moderate pain	18	60%
Worst pain	00	00%

Table -4 Effectiveness of ginger powder among adolescent in experimental group

S.N	Experimental group	Mean	SD	Paired t-test
1	Pre-test	7.8	2.96	t=14.1 P<0.001 df= 29 S*
2	Post-test	2.8	2.51	

The major findings of the study

From the study findings after ginger powder The post test result show worst pain no significant, moderate pain(18), no pain(11). this study show is post test SD is 2.51 paired t test at the p value <0.001.

Conclusion

The study shows effective of the ginger powder on dysmenorrhea it reduces the pain and thus ginger powder is effective on dysmenorrhea

REFERENCE

1. A.S Adeyemi and D.A.Adekanle(2007), "management of dysmenorrheal among medical student the international journal of gynecology and obstetrics vol no-7 2. Alaettin unsal et al (2010) "prevalence of dysmenorrheal and its effect on quality of life Uppsala journal of medical sciences 3. Defiary s.n (2008) of obstetrics and gynecology luck more b publication 4. Dutta d.c (2009) textbook of obstetrics Calcutta new central book agency 5. Hiralal konar giti ozgoli (2010) comparison of effect of ginger ,mefenamic acid and ibuprofen on women with dysmenorrheal journal and complementary medicine 6. Jacob a (2008) text book of obstetrics and gynecology London :mosby Elsevier publication 7. John b (200) recent advances in obstetrics and gynecology Tokyo Churchill