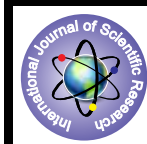


## A Descriptive Study on The Prevalence and Self Medication For Dysmenorrhoea Among B.sc. Nursing Students of N.I.N.E, P.G.I.M.E.R, Chandigarh



### Nursing

**KEYWORDS :** Dysmenorrhoea, Self medication

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### ABSTRACT

*Dysmenorrhoea is a condition characterized by pain during menstruation. Most women experience pain during menstruation while some time it may limit the normal activities, or require medications. Sometimes students take medicine for relieving pain without consulting the physician. A descriptive study was conducted to assess the prevalence of dysmenorrhoea and the practice of self medication during dysmenorrhoea among the nursing students of NINE, PGIMER, Chandigarh. A total of 79 students under B.Sc. Nursing (Basic) 3rd year were selected as the sample. A questionnaire was developed and used as the tool of data collection. It was found that the prevalence of dysmenorrhoea was 76% and 29% of the students indulged in the practice of self medication during dysmenorrhoea. Antispasmodic (78%) were the most common drugs used to relieve dysmenorrhoea followed by Analgesics (22%). One third of the total students (31%) said that self medication made them more cautious, 25.31% are afraid of adverse drug reaction, 24.05% prefer seeking a prescription, 15.18% students are against self medication, 3.19% are confident in self medication.*

### INTRODUCTION:

Menstrual disorders are a common presentation by late adolescence, 75% of girls experience some problems associated with menstruation. Dysmenorrhea is the most common gynaecological disorder among female adolescents, with a prevalence of 60% to 93%. Dysmenorrhea is defined as painful menses in women with normal pelvic anatomy, usually begins during adolescence. It is unusual for symptoms to start within first six months after menarche. Affected women experience sharp, intermittent spasm of pain usually concentrated in the suprapubic area. Pain may radiate to the back of the legs or the lower back. Systemic symptoms of nausea, vomiting, diarrhoea, fatigue, mild fever and headache or light headedness are fairly associated with dysmenorrhoea. Pain usually develops within hours of the start of the menstruation and peaks as the flow becomes heaviest during the first day or two of the cycle.

Human beings have an inherent tendency to use herbs, medications, home remedies etc for treating themselves. They practice self-care. In some instances, they do so through self – medications which is now increasingly being considered as a component of self care. Encouragement of self care is seen as giving patients every opportunity to take responsibility and built confidence in ability to manage their own health. WHO has pointed out that responsible self medication can prevent and treat ailments that do not required medical consultation and provide a cheaper alternative for treating common ailments<sup>[5]</sup>

Responsible self medication during dysmenorrhoea can help, prevent and treat mild pain that do not require medical consultation and reduce the pressure on medical services for the relief of minor pain. Namely, responsible signifies that only appropriate drugs, e.g. over the counter medications should be self medicated and only when really needed. Therefore responsible self medication requires a certain level of knowledge from those who practice it.

In students, self medication begins in early adolescence; often during the middle school years. The results have been similar with both over the counter and prescription medications. Percentage of students self administering medicines increases with increasing age.<sup>(4)</sup>

Research was done on the use of drugs for treating dysmenor-

rhea in Mexican students. The reported prevalence of dysmenorrhea among these women was 67%. Dysmenorrhea was mild in 34%, moderate in 43% and severe in 21% of the dysmenorrheic sample, only 33.5% consulted physician and the most common prescriptions were an over-the-counter medication. On the other hand, self-medication was practiced by 64.9% of the women with dysmenorrhea. Data suggest that dysmenorrheic women use numerous drugs by self-medication for pain but infrequently accessed formal medical care.

There is paucity of studies on self medication among nursing students. Nursing students may differ from general population because they are exposed to knowledge about diseases and drugs. Through this study we tried to explore the prevalence of dysmenorrhea and the practice of self medication during dysmenorrhea among female nursing students of NINE, PGIMER, Chandigarh.

### OBJECTIVES:

- To determine the prevalence of dysmenorrhea among B.Sc. nursing students.
- To assess the practices of self-medication to relieve dysmenorrhea among the B. Sc. Nursing students.

### MATERIALS AND METHODS:

The study was conducted at the National Institute of Nursing Education, PGIMER, Chandigarh in the month of March 2011. The 3<sup>rd</sup> year Basic B.Sc. Nursing students were selected as sample by purposive sampling technique. Sample size was 79. The students get the admission in B. Sc. Nursing after the completion of their 10+2 medical stream. The study population includes all the B.Sc. nursing students of NINE, PGIMER, Chandigarh. A questionnaire was developed after extensive literature review, consulting guide and other experts at the collage. Written permission for conducting the study was obtained from the Principal, N.I.N.E. Informed written consent was obtained from each subject. Anonymity and confidentiality of the subjects was maintained. Data was collected by giving the research questionnaire to the students.

### FINDINGS:

The result of observation was calculated by finding out the frequency and percentage.

**Table 1: Age of Students**

Sr. No	Age of the Student	Number of Subjects	Percentage
1	19 to 20 years	45	56%
2	21 to 22 years	33	43%
3	23 to 24 years	1	1%

Table 1- depicts that more than half of the subjects lie between the age group of 19 to 20 years and 43% subject lie between 21yr to 22yr while minimum subjects lie between age group of 23 to 24 years.

**Table 2: Age of Menarche**

Sr. No	Age of Menarche	Number of Subject	Percentage
1	12-13 years	26	33%
2	14-15 years	48	61%
3	16-17 years	5	6%

Table 2- depicts the age of attaining menarche of the subjects. Near about two third of the subjects attained menarche at 14 to 15 years of age, followed by 12 to 13 years (33%) and the least number of subjects (only 6%) attained menarche at the age of 16 to 17 years.

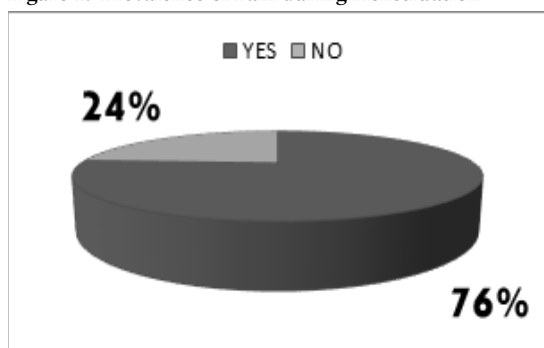
**Figure 1: Prevalence of Pain during Menstruation**

Figure 1- depicts prevalence of pain during menstruation among the subjects. More than third forth of the subject i.e. 60 (76%) experience pain during menstruation and 19(24%) do not experience pain.

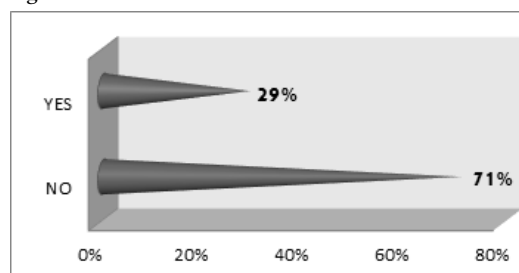
**Figure 2: Practice of Self Medication**

Figure 2 -depicts the practice of self medication during dysmenorrhoea among all subjects. More than two third i.e. 56(71%) do not practiced self medication and 23(29%) practice self medication during dysmenorrhoea.

**Table 3 : Type of Medicine Taken During Dysmennorhea**

SR NO	MEDICINE CONSUMED	NUMBER OF RESPONDENTS	PERCENTAGE
1	Analgesics	5	22%
2	Antispasmodics	18	78%

**Table 3-** Depicts the distribution of respondents on the basis of type of medicine taken during dysmenorrhea. Majority of subjects i.e. 18 (78%) consume antispasmodics and only 5 subjects use analgesics (22%).

### DISCUSSION:

In this study, 76% of the students experienced pain during menstruation and 29 % of total subjects practice self medication for relief of pain. Antispasmodic have been reported to be the most commonly used group of drugs followed by analgesics during dysmenorrhea. Studies on self medication have reported various prevalence figures, ranging from 26.2 % (AP Martins and colleagues) to as high as 92% (Abahussain E and co, Kuwait).

### RECOMMENDATION:

So this study can be recommended to carry out among the students of other courses. Such type of study can be done on the large sample also.

### CONCLUSION:

The study population in this study consisted of Basic B.Sc. nursing student. These are youngsters with shared educational background who were being exposed to the medical knowledge and an access to variety of drugs as well. The study result shows that the prevalence of dysmenorrhoea is common among the nursing students. Most of the students experienced mild to moderate type of pain during menstruation. Some of the students prefer for home remedies like hot fomentation, rest, hot drinks and other practices, others would prefer to do self medication for relieving of pain. In this study many of the respondents correctly perceived self medication as time-saving and economical, doing away with the need to go to the doctor for minor pain and providing quick, easy and convenient relief.

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