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AN EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF ORAL INTAKE OF GINGER POWDER ON MENSTRUAL PAIN PERCEPTION AMONG ADOLESCENT GIRLS OF PEOPLE'S COLLEGE OF NURSING AND RESEARCH CENTRE, BHANPUR BHOPAL



Gyneacology

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ABSTRACT

An experimental study to assess the effectiveness of oral intake of ginger powder on menstrual pain perception among adolescent girls of People's College Of Nursing & Research Centre, Bhanpur, Bhopal. The aim of this study is to assess and treat Dysmenorrhea among college going girls and find out the effectiveness of Ginger Powder among them. The study was conducted in People's College Of Nursing & Research Centre, Bhanpur, Bhopal. A pre experimental group pre test post test design was adopted in the study. A sample consisted 50 adolescent girls of People's College Of Nursing & Research Centre, Bhopal. Purposive sampling technique was used for the selection of samples. The mean score obtained by the sample's in the pre test phase was 5.34 and in the post test phase was 2.58. It had decreased to 2.76 mean post test score 2.58. it is lower than pre test score 5.34 and dispersion of pre test score S.D 2.53635 is less than that of their post test score 1.91759 and computed paired 't' 20.804 is more than tabled value ($t=20.804$) at the level of 0.05.

KEYWORDS

Adolescent girls, Dysmenorrhea

INTRODUCTION

One of the major physiologic changes that takes place in girl's is the attainment of menarche and it is transitional phase of life in girl's. Menstruation is the periodic uterine bleeding that begin with the shedding of secretory endometrial approximately 14 days after ovulation. During this normal physiologic al phenomena most of the girls experience pain & discomfort approximately it is stimulated that 40-50 % women experience dysmenorrhea.

Primary dysmenorrhea is one of the most prevalent gynaecologic disorder affecting more than half of all woman of reproductive age. It usually begins 6-12 months after menarche and its accompanys spasmodic cramping pain in the lower abdomen that can disseminate in the lower back and thighs. As some herbs anti – inflammatory & analgesic Ginger root is used worldwide as auspice & seasoning as well as traditional medicine. Ginger is an important commercial crop grown for its aromatic rhizomes which is used both as a spice and medicine, ginger of commerce is the dried rhizome.

OBJECTIVES

- To assess the symptoms of dysmenorrhea among students before giving ginger powder.
- To provide the ginger powder to students.
- To assess the symptoms after administration of ginger powder.
- To determine association between the symptoms of dysmenorrhea with their socio demographic variables.

METHODOLOGY

A pre experimental group pre test post test design was adopted to assess the effectiveness of oral intake of ginger powder on menstrual pain perception among adolescent girls in People's College Of Nursing

& Research Centre, Bhanpur, Bhopal.

VARIABLES

• DEPENDANT VARIABLES

Dysmenorrhea

• INDEPENDANT VARIABLES

Adolescent girls

DEMOGRAPHIC VARIABLES:- Age in year, year of study, age at menarche, menstrual duration and menstrual cycle.

SETTING

The study was conducted in People's College Of Nursing & Research Centre.

SAMPLE AND SAMPLING TECHNIQUE

Sample in the present study was selected by purposive sampling technique.

SAMPLE SIZE

Total sample size was 50 adolescent girls.

RESULT

Majority of 36(72%) of adolescent girls were in the age 20-22 years, 13(26%) of adolescent girls were in the age of 17-19 years, 1(2%) of adolescent girls were in the age of 20-25 years and 0(0%) adolescent girls belongs to the age group 14-17 years. Majority of adolescent girls 25(50%) are studying in 4th year, 15(30%) adolescent girls are studying in 3rd year, 5(10%) adolescent girls studying in 2nd year and 5(10%) are studying in 1st year. Majority of adolescent girls 37(74%) had occur

menarche at the age of 13-14 years, 9(18%) adolescent girls have occur menarche at age of 15-16 years, 3(6%) adolescent girls have occur at the age of 11-12 years and 1(2%) adolescent girls have a menarche age at above 17 years. Majority of adolescent girls 25(50%) are having menstrual duration for 5 days, 16(32%) adolescent girls are having menstrual duration for 4 days, 9(18%) adolescent girls are having menstrual duration for 3 days and 0(0%) adolescent girls are having menstrual cycle for 2days. Majority of adolescent girls 37(74%) are having menstrual cycle within 28 days, 11(22%) adolescent girls are having menstrual.

TABLE:- 1

S no	Socio demographic variables	Frequency f (%)
1	Age in year	0(0%)
A	14-17 year	13(26%)
B	17-19 year	36(72%)
C	20-22 year	1(2%)
D	23-25 year	
2	Year of study	
A	1st	5(10%)
B	2nd	5(10%)
C	3rd	15(30%)
D	4th	25(50%)
3	Age at menarche	
A	11-12 year	3(6%)
B	13-14 year	37(74%)
C	15-16 year	9(18%)
D	Above 17	1(2%)
4	Menstrual duration	
A	2 days	0(0%)

B	3 days	9(18%)
C	4 days	16(32%)
D	5 days	25(50%)
5	Menstrual cycle	
A	15 days	0(0%)
B	21 days	2(4%)
C	28 days	37(74%)
D	36 days	11(22%)

Table.2: Analysis of significance difference between pre test and post test intensity of pain score regarding dysmenorrhea among adolescent girls.

Paired Samples Statistics						
	Mean	N	Std. Deviation	T	Df	Result
PRE TEST	5.3400	50	2.53635	20.804	49	S
POST TEST	2.5800	50	1.91759			

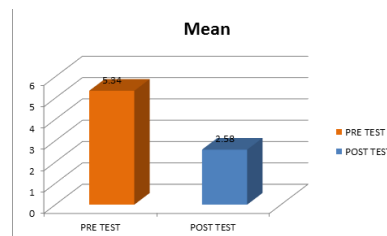


Figure .1 : The data depicted in the table.2 explain the effectiveness of oral intake of ginger powder through pre and post test difference .The level of pain before giving ginger powder was 5.3400 and after giving ginger powder was 2.5800.

Table. 3: Association between dysmenorrhea starts and pre test pain score regarding dysmenorrhea .

Dysmenorrhea start	Before menses	During menses	After menses	All the above	Chi square	Df	P value	Result
Severe	6	13	1	4				
Moderate	6	3	3	1	1.50	6	0.1722	NS
Mild	3	8	2	0				

Table.4: Association between aggravation of pain and pretest pain score regarding dysmenorrhea .

	morning	evening	afternoon	Full day	Chi square	df	P value	Result
Severe	2	2	0	20				
Moderate	3	2	0	8	13.8	6	0.032	S
Mild	5	2	2	4				

Table. 5: Association between severity of pain and pre test pain score regarding dysmenorrhea .

Severity of pain	sitting	standing	Lying	Walking	Chi square	df	P value	Result
Severe	8	11	3	3				
Moderate	2	4	1	6	6.31	6	0.389	NS
mild	2	6	1	4				

Table. 6: Association between dysmenorrhea occur later in life and pretest pain score regarding dysmenorrhea.

Dysmenorrhea occur later in life	1st level	2nd level	3rd level	4th level	Chi square	Df	P value	Result
Severe	14	3	2	0				
Moderate	4	8	5	1	13.5	6	0.036	S
Mild	4	5	2	2				

Table.7: Association between location of pain and pre test pain score regarding dysmenorrhea.

Location of pain	Lower abdomen pain	Lumber area	Pubic area	All the above	Chi square	Df	P value	Result
Severe	16	3	0	5				
Moderate	4	3	3	3	9.21	6	0.162	NS
Mild	7	2	3	1				

CONCLUSION:-

- The level of pain before giving ginger powder was 5.3400 and after giving ginger powder was 2.5800.
- Dysmenorrhea starts and pre test pain score regarding dysmenorrhea was non significantly associated with dysmenorrhea among adolescent girls.
- Aggravation of pain and pre test pain score regarding dysmenorrhea was significantly associated with dysmenorrhea among adolescent girls.
- Severity of pain and pre test pain score regarding dysmenorrhea was non significantly associated with dysmenorrhea among adolescent girls.
- Dysmenorrhea occur later in life and pretest pain score regarding dysmenorrhea was significantly associated with dysmenorrhea among adolescent girls.

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