ORIGINAL RESEARCH PAPER
Volume - 10 | Issue - 06 | June - 2021 | PRINT ISSN No. 2277 - 8179 | DOI : 10.36106/ijsr
INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH

PREVALENCE OF MENSTRUAL IRREGULARITIES AMONG ADOLESCENT GIRLS IN TRIVANDRUM DISTRICT-A SCHOOL BASED STUDY

Nursing

Saranya. S.R Msc (N), Saraswathy College of Nursing, Trivandrum, Kerala.

ABSTRACT

The purpose of the study was to assess the prevalence of menstrual irregularities among adolescent girls in Trivandrum district. This study was based on Peplau's middle-range theory of interpersonal relations. The research design adopted for the study was Cross sectional research design. 220 adolescent girls who fulfilled the inclusion criteria were selected for the study. Cluster sampling technique was used to select the samples. The tool used to assess the prevalence of menstrual irregularities was self administered questionnaire. The study was conducted in Government Vocational High School, Parassala. The result shows that, out of 220 samples, 20% had amenorrhea, 10% had oligomenorrhea, 15% had menorrhagia, 40% had dysmenorrhea, and 15% had polymenorrhea and there was an association between the prevalence of menstrual irregularities among adolescent girls and their selected demographic variables. The study concluded that, dysmenorrheal is more prevalent among adolescent girls which negatively affect the daily activity of them.

KEYWORDS

Assess; Prevalence; Menstrual irregularities; Adolescent girls.

INTRODUCTION

Adolescence is a period in which an individual undergoes enormous physical and psychological change. This is characterized by acceleration of physical growth, psychological and behavioral changes thus bringing about transformation from childhood to adulthood.

For most women, a normal menstrual cycle ranges from 21 to 35 days. However, 14% to 25% of women have irregular menstrual cycles, meaning the cycles are shorter or longer than normal; heavier or lighter than normal; or experienced with other problems, like abdominal cramps. Irregular cycles can be ovulatory, or anovulatory.

The most common menstrual irregularities are amenorrhea or absent menstrual periods, oligomenorrhea or infrequent menstrual periods, menorrhagia or heavy menstrual periods. Dysmenorrhea or painful periods, and polymenorrhea or frequent menstrual periods occurring less than 21 days apart. Sometimes anovulatory bleeding and menorrhagia are grouped together, and require different diagnostic testing.

A study was conducted in the year 2012 to assess the menstrual problems among the female junior college students in rural area of Sangli district at Maharashtra. Stratified random sampling technique was used to select 186 adolescent girls. A cross sectional study design was used in their study. A self-administered questionnaire was used to collect the data. The result showed that, out of 186 samples, 42.5% had dysmenorrhea, 17.7% had amenorrhea, and 19.9% had menorrhagia. The study concluded that, menstrual problems are present among majority of the adolescent girls, which highlights the need for proper professional counseling.

Many of the adolescent girls were observed with menstrual irregularities such as amenorrhea, oligomenorrhea, menorrhagea, dysmenorrhea, and polymenorrhea. This is one of leading cause of school absenteeism. Hence the researcher selected these topics to assess the prevalence of menstrual irregularities among adolescent girls in selected schools.

MATERIALS AND METHODS

The purpose of the study was to assess the prevalence of menstrual irregularities among adolescent girls in Trivandrum district. This study was based on Peplau's middle-range theory of interpersonal relations. The research design adopted for the study was Cross sectional research design. 220 adolescent girls who fulfilled the inclusion criteria were selected for the study. Cluster sampling technique was used to select the samples. The tool used to assess the prevalence of menstrual irregularities was self-administered questionnaire. The study was conducted in Government Vocational High School, Parassala in Kerala state. Data collection period was about one month. After getting approval from Institute's Ethics Committee, the written permission was obtained from the concerned authority of the selected school, and assent was obtained from the parents of the participants. The investigator introduced herself to the participants and objectives of the study was explained to them. The self administered questionnaire was distributed to the adolescent girls to identify the prevalence of menstrual irregularities.

RESULTS

a. Demographic data of subjects

With regard to age in years, a majority (60%) of samples belongs to the age group of 15-19 years. Age at menarche, a majority (50%) of samples belongs to the age group of 10-14 years. With regard to religion, a majority (45%) of samples was Christian With regard to educational status; a majority (43%) of samples had high school education. Monthly income (in rupees), a majority (50%) of samples had a monthly income (in rupees) of 10001-15000 rupees. With regard to type of family, a majority (80%) of samples belongs to nuclear family. With regard to area of residence, a majority (90%) of samples were from rural area. With regard to family history of menstrual irregularities, a majority (68%) of samples had history of menstrual irregularities.

b. Prevalence of menstrual irregularities

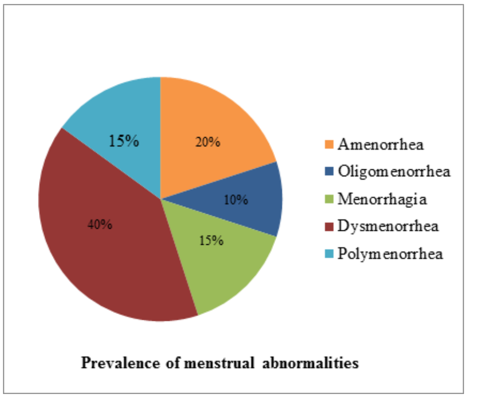

Figure 1: Percentage distribution of samples according to menstrual irregularities

Distribution of samples according to menstrual irregularities shows that, 20% had amenorrhea, 10% had oligomenorrhea, 15% had menorrhagia, 40% had dysmenorrhea, and 15% had polymenorrhea.

Association between the menstrual irregularities among adolescent girls and their selected demographic variables.

- There is an association between amenorrhea and their selected demographic variables such as, age in years, age at menarche, monthly income (in rupees), and family history of menstrual irregularities
- There is an association between oligomenorrhea and their selected demographic variable was accepted for variables such as, age in years, age at menarche, monthly income (in rupees), and family history of menstrual irregularities
- There is an association between menorrhagia and their selected demographic variables was accepted for variables such as, age at

menarche, monthly income (in rupees), and family history of menstrual irregularities

- There is an association between dysmenorrhea and their selected demographic variables was accepted for variables such, age in years, age at menarche, monthly income (in rupees),and family history of menstrual irregularities
- There is an association between poymenorrhea and their selected demographic variable was accepted for variables such as, age in years, family history of menstrual irregularities

DISCUSSION

Distribution of samples according to menstrual irregularities shows that, 20% had amenorrhea, 10% had oligomenorrhea, 15% had menorrhagia, 40% had dysmenorrhea, and 15% had polymenorrhea. Similarly, A study was conducted in the year 2018 to assess prevalence of menstrual disorders among adolescent girls in Vhembe district of Limpopo Province at South Africa. Random sampling method was used to select 273 adolescent girls. A quantitative cross sectional study design was used in this study. A self administered questionnaire was used to collect the data. The study result showed that, out of 273 samples, 65% had dysmenorrhea, 25% had polymenorrhea, and 13% had oligomenorrhea. The study concluded that menstrual problems are significant source of morbidity and affect the quality of life and need prior mental preparation and menstrual education so as to exclude other pathological problems.

REFERENCES

1. Adolescent growth and development. [Internet]. [Cited 2019 Feb 14]. Available from: http://vikaspedia.in/health/women-health/adolescent-health-1/management-of-adolescent-health/adolescent-growth-and-development
2. Adolescence. [Internet]. [Cited 2016 Feb 14]. Available from: https:// en.wikipedia. org/ wiki/Adolescence
3. Prabin Kumar Karki, Rani Gupta. Menstrual pattern and disorders among female students of Kathmandu Medical College. International Journal of Contemporary Medical Research. 2017; vol(4): page number [1]. Available from: https://www .ijcmr. com/uploads/7/7/4/6/77464738/ijcmr_1775_v3. pdf
4. Franco Rigon , Vincenzo De Sanctis , Sergio Bernasconi , Luigi Bianchin , Gianni Bona , Mauro Bozzola , Fabio Buzi , Giorgio Radetti, Luciano Tatò, Giorgio Tonini, Carlo De Sanctis and Egle Perissinotto. Menstrual pattern and menstrual disorders among adolescents: an update of the Italian data. Italian Journal of Pediatrics. 2012. Available from: http://www.ijponline.net/content/38/1/38
5. Menstruation. [Internet]. [Cited 2016 Feb 14]. Available from: https://en.wikipedia.org /wiki/Menstruation
6. Menstrual irregularities. [Internet]. [Cited 2015 Feb 14]. Available from:https:// www.nichd.nih.gov/health/topics/menstruation/-conditioninfo/ irregularities
7. Amenorrhea. [Internet]. [Cited 2016 Mar 22]. Available from: https:// en.wikipedia.org/ wiki/Amenorrhea
8. Oligomenorrhea. [Internet]. [Cited 2016 Mar 22]. Available from: https:// en. wikipedia.org/wiki/Oligomenorrhea
9. Menorrhagia. [Internet]. [Cited 2014 Mar 22]. Available from: https:// en.wikipedia. org/wiki/Menorrhagia
10. Dysmenorrhea. [Internet]. [Cited 2015 Mar 22]. Available from: https:// en. wikipedia. org/wiki/Dysmenorrhea
11. Vivek B Waghachavare, Vishwajeet M Chavan, Girish B Dhumale. A study of menstrual problems among the female junior college students from rural area of Sangli District. National Journal of Community Medicine. 2013. Available from: http:// in. www. njcmindia.org
12. Shivani Sinha, Jyoti Prakash Srivastava , Beena Sachan , Raj Bahadur Singh. A study of menstrual pattern and prevalence of dysmenorrheaduring menstruation among school going adolescent girls in Lucknow District Uttar Pradesh India. International Journal of CommunityMedicine and Public Health. 2016. Available from: https://www. ijcmph. com/index.
13. Agarwal A, Venkat A. Questionnaire study on menstrual disorders in adolescent girls in Singapore. Available from: https://www. researchgate.net/.../26709908