



**‘A DESCRIPTIVE STUDY TO IDENTIFY KNOWLEDGE REGARDING
PREMENSTRUAL SYNDROME (PMS) AMONG ADOLESCENT GIRLS STUDYING AT
SEVENTH DAY ADVENTIST HIGH SCHOOL, KOLHAPUR WITH A VIEW TO
DEVELOP AN INFORMATIONAL BOOKLET’.**

Obstetrics & Gynaecology

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ABSTRACT

Background: Adolescence is a period of transition from childhood to adulthood, occurring between the ages of 10 and 19 years. Menstrual complications are considered to be the main gynaecological problem, among others, particularly in adolescent females. Premenstrual syndrome (PMS) refers to a group of expectable physical, cognitive, affective, and behavioural symptoms that are observed cyclically during the luteal phase of the menstrual cycle and resolve immediately in a few days at the beginning of menstruation.

Aim : A descriptive study to identify knowledge regarding Premenstrual syndrome (PMS) among adolescent girls studying at Seventh Day Adventist High School, Kolhapur.

Methodology : Non experimental, Descriptive research study was conducted at Seventh Day Adventist High school, Kolhapur city to identify knowledge regarding Premenstrual syndrome (PMS) among adolescent girls. The non-probability, purposive sampling technique was used and 100 samples were selected as per inclusion criteria. The data was collected by using selected sociodemographic variables and structured knowledge questionnaire. Chi-square test was used to find out an association between knowledge scores of samples with their selected socio-demographic variables.

Results : Majority of the samples 76 (76%) had average knowledge while minimum 10 samples (10%) had good knowledge and 14 samples (14%) had poor knowledge. There was no significant association between knowledge scores and selected socio-demographic variables at $p < 0.05$ level of significance.

Conclusion : The present study revealed that overall knowledge of adolescent girls regarding Premenstrual syndrome was average and it need to improve.

KEYWORDS

Premenstrual syndrome, Adolescent girls

INTRODUCTION :

Menstruation is a normal physiological phenomenon in a every women's life. But majority of the women's are facing gynecological problem that is menstrual problem. Many studies reveals that mostly adolescent girls are suffering with premenstrual syndrome especially during the 1st phase menstruation and disappear rapidly after the onset of menstruation. Adolescence is a period of transition from childhood to adulthood, occurring between the ages of 10 and 19 years. The significant happening in a girl's life is menarche. Menstrual complications are considered to be the main gynaecological problem, among others, particularly in adolescent females. Premenstrual syndrome (PMS) refers to a group of expectable physical, cognitive, affective, and behavioural symptoms that are observed cyclically during the luteal phase of the menstrual cycle and resolve immediately in a few days at the beginning of menstruation.

Monthly PMS lasts for 6 days up until menopause. During a women's reproductive years they experience an estimated amount of severe symptoms for 3000 days. Epidemiological surveys report says 80% of women reproductive age group have some symptoms attributed to premenstrual phase of menstrual cycle. Though it affects such a vast majority of women in reproductive age group, the degree of distress varies with each individual. About 80% of women report mild degree of distress, 20-40% report moderate degree of distress and in 10% of women distress is severe enough subsequent in poor quality of life.

Today, research on women's health has greatly improved. PMS is a common health problem in women in reproductive age and defined as a collection of emotional symptoms, with or without physical symptoms, related to a woman's menstruation cycle. The prevalence of PMS has been reported in 20 to 32 % of premenopausal and 30-40% of the reproductive female population.

MATERIAL AND METHODS:

Non experimental, Descriptive research study was conducted at Seventh Day Adventist High school, Kolhapur city to identify knowledge regarding Premenstrual syndrome (PMS) among adolescent girls. The non-probability, purposive sampling technique was used and 100 samples were selected as per inclusion criteria. The tool was developed into two section, Section A- Selected Sociodemographic variables, Section B: Structured knowledge questionnaire.

Total six selected socio – demographic variables were used in the study and those were, Age in years, Standard of studying, Religion, Type of family, Habitat, Source of information. Research investigators introduced self and established rapport with the adolescent girls. Informed consent was obtained from them after explaining the purpose and objectives of the study. The data was collected on 13/04/2021. The structured knowledge questionnaire was filled by the adolescent girls. Classification of knowledge scores done by using arbitrary method and frequency, percentage, mean, median, mode, standard deviation and range. Chi-square test was used to find out an association between knowledge scores of samples with their selected socio-demographic variables.

RESULTS:

Majority of sample 42(42%) belonged to the age group of 16 years and minimum 05 (05%) belonged to 17 years of age group. Majority of sample 55(55%) belonged to the 10th class and minimum 45(45%) belonged to 9th class. Majority of sample 70(70%) belonged to Hindu religion and minimum 3(3%) belonged to other religion. Majority of sample 63(63%) belonged to nuclear family while minimum 37(37%) belonged to joint family. Majority of sample 77(77%) were from urban area of residence while minimum 23(23%) were from rural area of residence. Majority of sample 32(32%) had received information from friend and minimum subjects 19 (19%) had received information from other sources.

Table 1: Findings related to frequency and percentage distribution of knowledge scores of samples regarding pre-menstrual syndrome among adolescent girls. n=100

Knowledge Scores	Frequency <i>f</i>	Percentage %
Good (17-24)	10	10%
Average (09-16)	76	76%
Poor (00-08)	14	14%

Table 1: Indicated that,

Majority of the samples 76 (76%) had average knowledge and minimum 10 samples (10%) had good knowledge and 14 samples (14%) had poor knowledge.

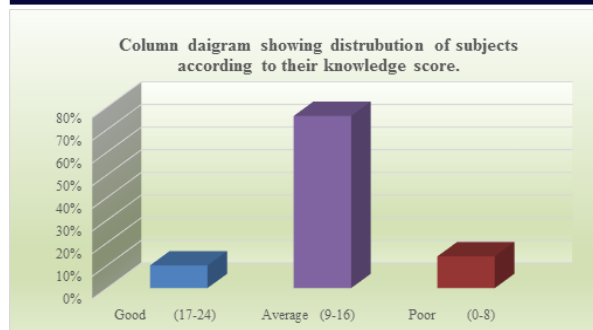


Table 2: Findings Related To An Association Between Knowledge Scores Of Samples With Their Selected Socio Demographic Variables. n = 100

Sr No.	Variables	Scores			Chi- square values		df
		Good	Average	Poor	Calculated	Tabulated	
1	Age						
	13-14	08	43	02	4.83	5.99	2
	16-18	6	33	08			
2	Standred in studying						
	a) 8 th	02	13	02	2.18	9.49	4
	b) 9 th	03	23	07			
	c) 10 th	05	40	05			
3	Religion						
	a)Hindu	03	52	11	7.29	12.59	6
	b)Christain	02	08	01			
	c)Muslim	03	08	01			
	d)Other	02	08	01			
4	Type of family						
	a) Nuclear family	05	44	09	0.48	5.99	2
	b) Joint family	05	32	05			
5	Habitat						
	a)Rural	04	19	05	1.44	5.99	2
	b)Urban	06	57	09			
6	Sources of information						
	a) Any family members	02	22	02	3.82	12.59	06
	b)Friends	03	19	05			
	c)mass media	08	20	02			
	d)Any other	02	15	05			

Table 2 : Indicated that,

There was no significant association between knowledge scores and selected socio-demographic variables like Age in years [$\chi^2_{cal}= 4.83, \chi^2_{tab}= 5.99$],Standard of studying [$\chi^2_{cal}= 2.18, \chi^2_{tab}=9.49$], Religion [$\chi^2_{cal}= 7.29, \chi^2_{tab}= 12.59$], Types of family [$\chi^2_{cal}= 0.48, \chi^2_{tab}=5.99$], Habitat [$\chi^2_{cal}= 1.44, \chi^2_{tab}=5.99$],Sources of information [$\chi^2_{cal}= 3.82, \chi^2_{tab}= 12.59$].The calculated Chi-square values were lesser than tabulated value at $p < 0.05$ level of significance. This indicated that there was no significant association between knowledge scores and selected socio-demographic variables at $p < 0.05$ level of significance.

DISCUSSION :

A non-experimental, Descriptive research design was used for the present study, which consisted a group of 100 subject and that were selected on the basis of the sampling criteria set for the study. Samples were selected by using non probability, purposive sampling technique. Data was collected by using selected socio-demographic variables, structured knowledge questionnaire and attitude scale. The data was collected on the date 13/04/2021. After the data collection an Informational Booklet was developed and provided to the subjects.

In order to fulfil the objectives and test the hypothesis, the data was tabulated and analyzed by using both descriptive and inferential statistics. The descriptive statistics were used that frequency and percentage distribution of subjects characteristics and computation of

mean, median, mode, range and standard deviation of knowledge scores. Inferential statistics were used that chi-square test to find out the association between the knowledge of adolescent girls regarding premenstrual syndrome (PMS) with their selected socio demographic variables respectively.

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