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"AN EXPERIMENTAL STUDY TO ASSES THE EFFECTIVENESS OF ROCKING EXERCISE OF PELVIS IN DYSMENORRHEA AMONG ADOLESCENT GIRLS AT SELECTED SCHOOLS IN AN URBAN AREA OF JABALPUR DISTRICT M.P."

Nursing

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ABSTRACT

Pelvic rocking is the name given to moving the pelvis the front to the back or from an anterior to a posterior pelvic tilt. Pelvic rocking exercises are the exercises which contracts deep abdominal muscles and buttocks by taking deep breath, so that a small movement takes place inside the uterus. Pelvic rocking exercise is an effective, simple and non-pharmacological measure to reduce dysmenorrhea among adolescent girls. It does not need any cost and natural method of pain reduction. Present study aimed to assess the effects of pelvic rocking exercises on Dysmenorrhoea among adolescent girls of selected schools in an urban area of Jabalpur District by comparing the scores of pre and post-test intervention. This quantitative research was conducted among 400 adolescent girls (200 control and 200 experimental group). Tools employed were a. socio demographic variables b. numeric pain scale and checklist on sign and symptoms of Dysmenorrhoea. The researcher administered pelvic rock exercises to the samples in experimental group. This therapy was practiced by the samples for one month.The findings showed that there was relief in Dysmenorrhoea discomfort. The study laid the recommendations for further similar studies on larger sample size.

KEYWORDS

Pelvic rock exercises, Dysmenorrhea, Adolescents, Pain, Discomfort etc

INTRODUCTION

Dysmenorrhea is the medical term for pain with menstruation. There are two types of Dysmenorrhea : "primary" and "secondary". Primary Dysmenorrhea is common menstrual cramps that are recurrent (come back) and are not due to other diseases. Pain usually begins 1 or 2 days before, or when menstrual bleeding starts, and is felt in the lower abdomen, back, or thighs. Pain can range from mild to severe, can typically last 12 to 72 hours, and can be accompanied by nausea-and-vomiting, fatigue, and even diarrhea. Common menstrual cramps usually become less painful as a woman age and may stop entirely if the woman has a baby. Secondary Dysmenorrhea is pain that is caused by a disorder in the woman's reproductive organs, such as endometriosis, adenomyosis, uterine fibroids, or infection. Pain from secondary Dysmenorrhea usually begins earlier in the menstrual cycle and lasts longer than common menstrual cramps. The pain is not typically accompanied by nausea, vomiting, fatigue, or diarrhea. In 60-90% of adolescent girls in India, Dysmenorrhoea is a major cause for absenteeism from school or restriction of activities of daily living or social interaction. Exercise today is an integral part of normal life for many women. It is clear that there are many health benefits for women who exercise regularly and in moderation. Exercise improves cardiovascular status, increases bone mineral content; improves dysmenorrhoea and premenstrual syndrome symptoms. Exercise reduces menstrual cramps and improves associated symptoms. Health care providers suggest some forms of aerobic exercises such as pelvic rocking and tilting, walking and bicycling beneficial for dysmenorrhoea .

Today, dysmenorrhoea is a major problem in our country. Most of the adolescent girls are having school or college absenteeism due to dysmenorrhoea and they are unaware about the treatment modalities. There is a lot of literature regarding the treatment of dysmenorrhoea with non pharmacological measures. Pelvic rocking exercise is an effective, simple and non-pharmacological measure to reduce dysmenorrhoea among adolescent girls. It does not need any cost and natural method of pain reduction. Hence, the researcher felt interested and need to conduct the study regarding effectiveness of pelvic rocking exercise on reduction of dysmenorrhoea among adolescent girls.

The researcher had stated research hypothesis to be statistically tested at the 0.05 level of significance. Two hypotheses were stated to test the difference between the Rocking Exercise of Pelvis in Dysmenorrhoea among adolescent girls in experimental group at selected Schools in an urban area of Jabalpur District M.P.

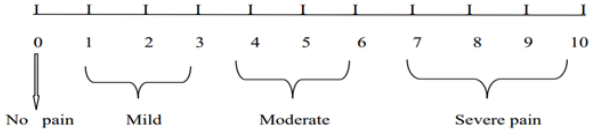
The association hypotheses were laid down for determining the association between the posttest Dysmenorrhoea among adolescent girls at selected Schools in an urban area of Jabalpur District with selected socio- demographic variables.

In the view of the research objectives, Quantitative research approach was used in this study. Pre experimental research design was used. The study was conducted in phases. The study aims to evaluate the outcome of the pelvic rocking exercise on Dysmenorrhea among the adolescent girls aged 12-17 years at selected Schools in an urban area of Jabalpur District M.P. By administering a pretest and also to evaluate the efficacy of intervention employed i.e. pelvic rocking exercises which would be ascertained by conducting a post-test using same tools and then comparing the two scores.

The present study utilized Experimental design. First, the pre-test to assess the level of Dysmenorrhea among adolescents girls under study was conducted. After that intervention was administered and post-test observations were conducted after three months. The scores of pretest and post test were compared. Individual responses were sought to gain reliable information regarding the topic which may not be widely expressed by the samples.

Sample of adolescents were selected using non-probability purposive sampling technique. The quantitative data was collected using a numeric pain scale and discomfort checklist for assessing level of Dysmenorrhoea among the studied samples. The researcher administered pelvic rock exercises to the samples in experimental group.

NUMERIC PAIN RATING SCALE



The scale is

0 - No pain,
1 - 3 indicates mild pain,
4 - 6 moderate pain,
7 - 10 severe pain.

Checklist on sign and symptoms of Dysmenorrhea

18 – 30 – Mild discomfort
31 - 43 – Moderate discomfort
44 - 56 – Severe discomfort

This therapy was practiced by the samples for one month. Then, the post test was conducted. The tools were validated and found reliable using reliability co-efficient. The data collected was analyzed using descriptive and inferential statistics.

The tool has to be checked for its reliability along with validity. The assessment of reliability is required to ensure that the tool is highly consistent and provides accurate results. Thus, after the validity was obtained, measurement of reliability of the tool was carried prior to utilization in the study.

The reliability was carried out by administering the Pane rating scale to 400 adolescents girls (200 experimental group and 200 control group) The reliability of the tool was calculated by using Split Half Karl Pearson's correlation formula. The reliability co-efficient of scale was found to be 0.74 for checklist. Thus, the tools were reliable and feasible

for administration in the main study. Since the co-efficient for the scale was r > 0.70 the statistically calculated coefficient clearly indicated that the tool prepared to measure Dysmenorrhea among adolescent girls was found to be reliable and suitable for further study.

The socio-demographic variables of the samples selected were studied with the help of frequency and the percentage. The study included 200 teenage females in the control group. It reveals that the majority of those investigated maximum 171[85.5%] have severe pain, 25 [12.5%] have moderate pain, 4[2%] have mild pain. Calculated mean is 7.9325 and sd 1.4368. Among 200 adolescent girls in experimental group it was seen that among all studied maximum 183[91.5%] have severe pain, 15 [7.5%]have moderate pain and only 2[1%] have mild pain. The mean is 22.93 and SD IS 5.93. A post test was conducted after one month implementation of pelvic rock exercises to experimental group. It showed that among all studied maximum 69[34.5%] have mild pain, 60 [30%]have moderate pain,39[19.5%] have no pain and only 32[16%] have severe pain. The mean is 35.78 and SD is 3.75. The distribution of 200 adolescent girls in experimental group showed that among all studied maximum 183[91.5%] have severe pain, 15 [7.5%]have moderate pain and only 2[1%] have mild pain whereas among all studied maximum 69[34.5%] have mild pain, 60 [30%]have moderate pain,39[19.5%] have no pain and only 32[16%] have severe pain. The calculated mean difference of is 38.3 standard deviation 14.9 and calculated 't' value 35.67 is greater than table value (1.96) at 0.01 level significance and df = 299, hence significance difference is found between attitude score in test . This proves effectiveness of intervention. Findings related to distribution of studied adolescent girls in terms of pretest dysmenorrhea signs and symptoms showed that among all studied maximum 174[87%] had severe dysmenorrhea discomfort, 23 [11.5%] had moderate dysmenorrhea discomfort whereas 3 [1.5%] had mild discomfort. Calculated mean is 28.7525 and sd 4.7564. In experimental group maximum 185 [92.5%] had severe dysmenorrhea discomfort, 12 [6%]had moderate dysmenorrhea discomfort whereas 3 [1.5%]had mild discomfort. The mean is 12.35 and SD is 5.37. In posttest it shows that among all studied maximum 115 [57.5%] had mild dysmenorrhea discomfort, 68 [34%]had moderate dysmenorrhea discomfort whereas 17 [8.5%]had severe discomfort. The mean is 16.42 and SD is 3.98. After conducting pretest intervention was given to the samples and thereafter posttest was conducted. The mean difference of pretest and post test is 4.07 standard deviation 3.32 and calculated 't' value 24.27 is greater than table value (1.96) at 0.01 level significance and df = 199, hence significance difference is found between attitude score in test . This proves effectiveness of intervention.

CONCLUSION

Along these lines the study infers that the pelvic rocking exercises was found to be effective in soothing the pain and discomfort of adolescent girls.

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