

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON HOME REMEDIES FOR DYSMENORRHEA AMONG ADOLESCENT GIRLS IN DEPARTMENT OF NURSING, SRI PADMAVATI MAHILA VISVAVIDYALAYAM, TIRUPATI.

**Nursing**

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ABSTRACT

Background Of The Study: Dysmenorrhea means the pain in the lower abdomen before or during menstruation. The pain sometimes radiates to the lower back or thigh, other symptoms may include nausea, loose stools, sweating and dizziness during menstrual cycle. The prevalence of dysmenorrhea worldwide ranges from 15.8 -89.5% with higher prevalence rate reported in adolescent girls.

Objectives :

1. To assess the pre-test level of knowledge among adolescent girls regarding home remedies for dysmenorrhea.
2. To assess the effectiveness of structured teaching program on home remedies for dysmenorrhea.
3. To find out the association between level of knowledge on dysmenorrhea among adolescent girls and selected demographic variables.

Methodology : One group pre test post test design is used to assess the effectiveness of structured teaching program on home remedies for dysmenorrhea among adolescent girls in Department of Nursing, Sri Padmavati Mahila Visvavidyalayam, Tirupati. 50 adolescent girls were selected by purposive sampling. Pre test conducted using structured questionnaire and structured teaching program was given. Post test test was done after one week. The data was analysed using descriptive and inferential statistics. **The Major Findings Of The Study:** The results showed that 33 (66%) had average knowledge, 13(26%) had poor knowledge and 4(8%) had good knowledge regarding dysmenorrhea. The obtained p-value -21.238 is significant at < 0.05 level which indicates that there is effectiveness in structured teaching program. **Conclusion:** The study concluded that there is significant relationship between level of knowledge on home remedies for dysmenorrhea and demographic variables like educational status and BMI. Educational programs should be implemented to improve the knowledge on dysmenorrhea and home remedies to reduce dysmenorrhea.

KEYWORDS

Dysmenorrhea, adolescent girls, knowledge and home remedies.

INTRODUCTION:

Dysmenorrhea is a common gynecological problem in women of all ages. Dysmenorrhea means the pain in the lower abdomen before or during menstruation. Dysmenorrhea can occur a few days prior to menstruation as well as during menstruation but normally subsides following menstruation. The pain sometimes radiates to the lower back or thigh, other symptoms may include nausea, loose stools, sweating and dizziness during menstrual cycle. The prevalence of dysmenorrhea worldwide ranges from 15.8 -89.5% with higher prevalence rate reported in adolescent girls.

Dysmenorrhea can be classified into two types i.e. primary dysmenorrhea and secondary dysmenorrhea. Primary dysmenorrhea which usually starts within seven years after first onset of menstruation involves no physical or pathological abnormality. It is due to hormones like prostaglandins which are produced naturally in the body. Secondary dysmenorrhea has an underlying pathological cause such as endometriosis, pelvic inflammatory disease, uterine fibroids or uterine polyps. The common type of dysmenorrhea is primary dysmenorrhea among adolescent girls.

METHODOLOGY:

One group pre test post test design is used to assess the effectiveness of structured teaching program on home remedies for dysmenorrhea among adolescent girls in Department of Nursing, Sri Padmavati Mahila Visvavidyalayam, Tirupati. 50 adolescent girls were selected by purposive sampling. Pre test conducted using structured questionnaire and structured teaching program was given. Post test test was done after one week. The data was analysed using descriptive and inferential statistics.

VARIABLES:

Independent variable: Structured teaching programme is the independent variable in the study.

Dependent Variable: Knowledge of adolescent girls on home remedies for dysmenorrhea is the dependent variable in the study.

Description Of Tool:

Section - 1: It includes socio-demographic data.

Section – 2: It includes checklist to assess symptoms of dysmenorrhea.

Section – 3: Structured questionnaire to assess knowledge regarding anemia.

RESULTS AND DISCUSSION:

The results showed that out of 50 adolescent girls 33 (66%) had average knowledge, 13 (26%) had poor knowledge and only 4 (8%) had good knowledge on home remedies for dysmenorrhea in pre test.

Table-1: Frequency And Percentage Distribution Of Pre-test Level Of Knowledge

S. No.	Pre-test scores	Frequency	Percentage
1.	Poor knowledge	13	26%
2.	Average knowledge	33	66%
3.	Good knowledge	4	8%

Pertaining to effectiveness of structured teaching programme on home remedies for dysmenorrhea among adolescent girls, the p-value is observed as 0.00 which is interpreted as significant at $p < 0.05$ after applying paired t-test.

Table-2: Effectiveness Of Structured Teaching Program On Home Remedies For Dysmenorrhoea

	N	Mean	Standard deviation	T- Value	P- Value
Pre-test Scores	50	12.72	4.199	-21.238	0.000
Post-test Scores	50	24.58	2.051		

With Regard to the association between demographic variables and Knowledge on Dysmenorrhea among adolescent girls, there is significant relationship between level of Knowledge on home remedies for dysmenorrhea and demographic variables like Educational status and BMI.

Table-3: Association Of Level Of Knowledge On Dysmenorrhea Among Adolescent Girls And Demographic Variables

S. No.	Demographic Variables		Chi – Square	
			Cal	P Value (<0.05%)
1.	Age	18 years	2.636	0.853 NS
		19 years		
		20 years		
		Above 21 years		
2.	Religion	Hindu	1.913	0.752 NS
		Muslim		
		Christian		
		Any other		
3.	Educational Status	1 st year	14.027	0.029 S

		2 nd year		
		3 rd year		
		4 th year		
4.	Family income per month in rupees	<1500	6.424	0.377 NS
		1500-5000		
		5001-9000		
		>9000		
5.	Family history of Dysmenorrhea	Yes	0.469	0.791 NS
		No		
6.	BMI	Thin <18	15.076	0.001 S
		Moderate 18-24		
		Obese >24		
7.	Type of Diet	Vegetarian	0.526	0.769 NS
		Mixed		
8.	Age at Menarche	< 12 years	4.359	0.628 NS
		12 -13 years		
		14 -15 years		
		> 15years		
9.	Period of Cycle	15-20 days	5.686	0.459 NS
		21-28 days		
		29-35 days		
		>35 days		
10.	Duration of Menstruation	<3 days	5.269	0.510 NS
		3-4 days		
		5-6 days		
		>6days		
11.	Number of soaked pads per day	<2pads	3.364	0.762 NS
		2-3 pads		
		4-5 pads		
		>5pads		
12.	Dysmenorrhea started from	First menstruation onwards	7.784	0.254 NS
		Within an year after menstruation		
		After one year		
		After two or more years		
13.	Day of menstruation with dysmenorrhea	One day before onset of menstruation	3.358	0.763 NS
		On the first day		
		On the second day		
		Throughout menstruation		
14.	Any known medical problems	Anemia	8.174	0.226 NS
		Endometriosis		
		Other problems if present specify		
		None		

CONCLUSION:

The conclusion drawn from the study was that there was effectiveness of structured teaching programme on home remedies for dysmenorrhea and there is need to increase awareness programs on home remedies for dysmenorrhea among the adolescent girls.

RECOMMENDATIONS:

- The study recommended to implement health education strategy related to home remedies for dysmenorrhea to improve knowledge and practices.
- The similar study can be conducted among reproductive age group members.
- The similar study can be conducted on large number of samples.

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