ORIGINAL RESEARCH PAPER

Obstetrics & Gynaecology

A STUDY TO ASSESS THE KNOWLEDGE REGARDING DYSMENORRHEA AMONG NURSING STUDENTS IN INSTITUTE OF NURSING UNIVERSITY REGIONAL CENTRE, SHRI GOINDWAL SAHIB, TARN TARAN.

KEY WORDS: Dysmenorrhea, menstruation, Knowledge, Nursing students.

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ABSTRACT

Dysmenorrhea is painful menstruation and is more prevalent complaint in women. About 40% have complaint of dysmenorrheal among whom 10% were unable to do daily activities between one to three days per month. **Aim:** To assess the knowledge regarding dysmenorrhea among nursing students. **Methods:** Non experimental descriptive research design was used to assess the knowledge regarding dysmenorrheal among nursing students at Institute of Nursing University Regional Centre, Shri Goindwal Sahib and 60 nursing students were selected by using non-probability convenient sampling technique. A self structured knowledge questionnaire was used as a tool to collect information regarding dysmenorrhea. Data collected after taking consent from samples. **Results :-** The study revealed that out of 60 nursing students, 36 nursing students (60%) had moderately adequate knowledge, 21 nursing students (35%) had adequate knowledge and 3 nursing students (5%) had inadequate knowledge regarding dysmenorrhea. **Conclusion:** It was concluded that there is association with selected demographic variables, hence study revealed that age affects the knowledge regarding dysmenorrhea.

INTRODUCTION:

A menstrual cycle is a concurrent series of changes in the endometrium layer of the uterus that prepare the uterus for the arrival of a fertilized ovum that will develop there until birth of the baby.1 Menarche is the first menstrual cycle, or first menstrual bleeding, in females. Menarche means "month" and "beginning". 2 Dysmenorrhea [pain during menstruation] is most prevalent complaint in women. Its symptoms include crampy lower abdominal pain radiating to some other places [eg. legs] with moderate to severe intensity, it may be accompanied by such systemic symptoms as nausea, vomiting, diarroheal and fatigue. This pain begins at 20 years of age or three years after menarche and usually there is no pelvic pathology.3 Primary 0r spasmodic due to excessive prostaglandins and secondary or congestive due to outlet obstruction are the main two types of dysmenorrohea.6 Depression and anxiety also exacerbate dysmenorrhea.7 Various diagnostic tests are used such as History taking, Abdominal examination, Vaginal examination, Laparoscopy, Diagnostic laparotomy, Pelvic ultrasound :- To detect tumor, endometriosis and cyst.

Despite an area of sophisticated drugs diagnostic tests dysmenorrhea remains the leading cause of school absences among the teenage girls. Only a small percentage of Teenage girls affected actually seek medical treatment, nonsteroidal anti-inflammatory drugs like norproxen and ibuprofen which block the effects of pain producing prostaglandins and are more effective than other pain killers like paracetamol.

Dysmenorrhea, known as Menstrual cramps, affects 20 to 90% of adolescent girls. Many teenagers with severe Menstrual cramps suffer for years before they seek medical treatment because they think that painful periods are just a part of growing up. It is difficult to detect exactly how prevalent this condition is, because there is wide variations in the definition of this condition . Some consider dysmenorrhea to be any menstrual pain at all, While others say it is excessive cramping that causes a women to miss school or work. Mexico city 19.8% of women were absent from work due to dysmenorrhea.

The data of certain studies showed that avoidance of the foods containing arachidonic acid such as dairy products, animal fat and decreasing the consumption of salt in period of menstruation can reduce the pain of dysmenorrhea. A study in Shahrias,Tehran revealed that there was a significant difference between physical activity and primary dysmenorrheal.

Most studies particularly in traditional societies, besides insufficient knowledge was their mother data of the study in Nigeria showed that the knowledge score of adolescents about dysmenorrhea was insufficient and their was unsuitable practice.

METHODS AND MATERIALS:

Inclusive criteria

Nursing students were in the age group 18-25 years of females.

Nursing student who were studying in a Institute of Nursing University Regional Centre Shri Goindwal Sahib of district Tarn Taran, Punjab.

Student who were willing to participate in the study.

Exclusive Criteria

Student were not in the age group 18-25 years.
Student who were not willing to participate in the study.

Research Design:

Quantitative, descriptive design was used to assess the knowledge regarding dysmenorrhea among 60 purposively selected nursing students in institute of nursing university regional centre, Shri Goindwal Sahib, Tarn Taran. The structured knowledge questionnaire consists of 2 parts :- Part

A:- It was dealing with demographic variables which includes age, residential, place, age of menarche, previous knowledge, source of information.

Part B:- It was dealing with Self structured questionnaire with the knowledge regarding dysmenorrhea.

Score interpretation:

Self structured knowledge questionnaire was used to assess the knowledge of nursing students regarding dysmenorrhea. It consists of 21 items of objective type questions related to dysmenorrhea. All the items were given equal score. Each correct answer was given a score of 1 and wrong answer given a score of 0.

Scoring	Results
Score (0 – 7)	Inadequate Knowledge
Score (8 – 14)	Moderately Adequate knowledge
Score (15 – 21)	Adequate Knowledge

Ethical consideration

Approval of research and ethical clearance was taken from ethical committee of Institute of Nursing University Regional centre Shri Goindwal Sahib,Tarn Taran.

Analysis And Interpretation Of Data

Table no. 1: Demographic variables its frequency and percentage.

Demographic Variables			
Variables		**F**	**%age**
Age (in years)	18 - 20	49	81.67%
	Above 20	11	18.33%
Religion	Sikh	45	75%
	Hindu	14	23.33%
	Muslim	-----	-----
	Christian	1	1.67%
Class	1st year	45	75%
	2nd year	2	3.33%
	3rd year	13	21.67%
	4th year	-----	-----
Residence	Rural	47	78.33%
	Urban	13	21.67%
Marital Status	Married	1	1.67%
	Unmarried	59	98.33%
Age of Menarche	Below 13	5	8.33%
	13 or Above	55	91.67%
Duration	< 5 Days	45	75%
	>= 5 Days	15	25%
Source of information	Family	45	75%
	Peer group	12	20%
	Mass media	3	5%
	Any Other	------	-----

Table 1: depicts that most common participated age group was 18-20 years (87.67%), 75% were first year students, 21% were from urban area, 75% were sikh religion, 91% were age of menarche 13 years or above, duration of menses were less than 5 days in 75% and 75% students were received information from the family.

Table no. 2: Frequency and Percentage of knowledge regarding dysmenorrhea among nursing students. N = 60

Frequency and percentage of knowledge score		
Level of Scores	Frequency (f)	Percentage (%)
Inadequate (Scores 0-7)	3	5%
Moderately Adequate (Scores 8-14)	36	60%
Adequate (Scores 15-21)	21	35%

In table no.2: the result revealed that out of 60 nursing students, 36 students (60%) were having moderately adequate knowledge, 21 students (35%) were having adequate knowledge and 3 students (5%) were having inadequate knowledge.

Table no. 3 :- Chi square test showing association between knowledge score. N = 60

Demographic variables		Association with Knowledge Score			
Variables	**Options**	**Chisquare value**	**df**	**p value**	**Result**
Age (in years)	18 – 20	6.013	2	5.99	S
	Above 20				
Religion	Sikh	5.429	6	12.6	NS
	Hindu				
	Muslim				
	Christian				
Class	1st year	11.766	6	12.592	NS
	2nd year				
	3rd year				
	4th year				
Residence	Rural	4.264	2	5.991	NS
	Urban				
Marital Status	Married	1.239	2	5.991	NS
	Unmarried				
Age of menarche	Below 13	0.063	2	5.991	NS
	13 or above				
Duration	< 5 days	2.766	2	5.991	NS
	> 5 days				
Source of Information	Family	0.574	6	12.592	NS
	Peer				
	Mass media				
	Any other				

Significant at 0.05 level, S*- Significant.

Table no. 3 shows the chi square test association between knowledge score. This table describe association between knowledge score and selected demographic variables**:-** age, religion, class, residence, marital status, age of menarche, duration and source of information.

To associate we had selected age, class, age of menarche, and duration of menstruation.

- **Association of age with knowledge regarding dysmenorrhea:-** Age group was divided into two categories that were 18 – 20 years and above 20 years. In age group of 18 – 20 years, 2 students were having inadequate knowledge, 33 students were moderately adequate knowledge and 14 students were adequate knowledge. The chi square was selected to check the association the calculated value was 6.013 and tabulated value was 5.991 and hence it was positive association with knowledge regarding dysmenorrhea.
- **Association of class with knowledge:-** Class was divided into four categories 1st year, 2nd year, 3rd year and 4th year. Most of 1st year students had moderately adequate knowledge, 2nd year students also have moderately adequate knowledge and most of the 3rd year students had adequate knowledge regarding dysmenorrhea. Chi square calculated value was 11.766 and tabulated value was 12.592, hence there was no association of class with knowledge.
- **Association with age of menarche with knowledge:-** It was divided into two categories below 13 years and 13 years or above. Most of the students had age of menarche 13 years or above. In this variable majority of students were moderately adequate knowledge. Chi square calculated value was 0.063 and tabulated value was 5.991, therefore there was no association of this variable.
- **Association of duration of menstruation with knowledge:-** Duration of menstruation was divided into two < 5 days and => 5 days. Most of the students had < 5 days duration. Chi square calculated value was 2.766 and thus there was no association of this variable.

The result revealed that out of 60 nursing students, 21 students (35%) were adequate knowledge, 36 students (60%) were moderately adequate knowledge, and 3 students (5%) were inadequate knowledge. This was supported by the study conducted by Ritika Negi, Jyotshana Kumari as this study shows knowledge score which having adequate knowledge of the nursing students that is 21%, 70% having moderate adequate knowledge and only 9% having inadequate knowledge. Hence there was positive association of age with knowledge regarding dysmenorrheal which is supported by the study conducted among 310 girls on menstrual characterstics and prevalence of dysmenorrhea among college going girls in Medical college, Hospital and Research centre, Indore, Madhya Pradesh, India.[4]

CONCLUSION:

The study concluded that most of the nursing students had moderately adequate knowledge regarding dysmenorrheal and there was significant association with the knowledge score and the age of the nursing students.

Conflicts of interest: none.

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