# A STUDY TO ASSESS THE ASSOCIATED FACTOR ON PREMENSTRUAL SYNDROME AMONG ADOLESCENT GIRLS IN SELECTED SCHOOLS, PUDUCHERRY.

Ms. M.Amirthavarshini 1, Mrs.N.Valarmathi  2, DR.G.Muthamilselvi3

1 IV year B.Sc.,(N), Department of Obstetrics and Gynecological Nursing, SMVNC, Puducherry – 605 107

2Associate Professor,Department of Obstetrics and Gynecological Nursing,SMVNC, Puducherry – 605107

3Principal, Sri ManakulaVinayagar Nursing College, Puducherry – 605 107

**ABSTRACT**

BACKGROUND OF THE STUDY:

Premenstrual syndrome (PMS) is the emergence of periodic one or more symptoms of symptoms before menstruation and in the first few days of menstruation. Lifestyle is one of the series of factors that affect the health of people. Activity, smoking, and food intake are factors associated with lifestyle, and evidence suggests that women and girls with PMS do not have an adequate life span. The aim of this study was to determine the factors associated with PMS in female high school students.The global incidence of premenstrual syndrome is 47.8% (95% CI: 32.6-62.9). The incidence of premenstrual syndrome varies in different countries. For instance, the incidence of premenstrual syndrome was reported as 12.2% in France and 98.2% in Iran. The lowest prevalence of PMS

Premenstrual Syndrome (PMS) is a collection Iof physical, cognitive, affective and behavioral cyclically occurring symptoms during the luteal phase of the menstrual cycle and resolve at or within a few days after the onset of menstrual flow. Though more than 200 symptoms have been known to occur, the most frequently occurring symptoms include headache, fatigue, bloating, backache, breast tenderness, food cravings, fatigue, anxiety, irritability, social withdrawal and depression. Premenstrual syndrome for most women started at their age of menarche.  Educational status shows 60 (100%) were Higher secondary.  Based

on family history of premenstrual syndrome 42 (73.3%) were present with PMS. According the previous knowledge about PMS 47(78.3%) were have previous knowledge about PMS.  Adolescent girls 46(76.7%) had moderate risk level of factors associated with premenstrual symptoms and 14(23.3%) had high risk level of factors associated with premenstrual symptoms.  Mean (14.92) and  standard deviation (3.038)  of adolescent girls regarding level of factors associated  on prevalance rate.  Association shows significant relationship with  the demographic variables. Age (p=0.044)  , types of family (p=0.006) and No of siblings ( p=0.001) had  shown statistically significant association between the level of the factors associated with premenstrual symptoms among adolescent girls with their selected demographic variables respectively.

**Keywords:** premenstrual syndrome, adolescent girls, associated factors.

## INTRODUCTION

Premenstrual Syndrome (PMS) is a collection of physical, cognitive, affective and behavioral cyclically occurring symptoms during the luteal phase of the menstrual cycle and resolve at or within a few days after the onset of menstrual flow. Though more than 200 symptoms have been known to occur, the most frequently occurring symptoms include headache, fatigue, bloating, backache, breast tenderness, food cravings, fatigue, anxiety, irritability, social withdrawal and depression.

Premenstrual syndrome for most women started at their age of menarche. More than 90% of females all over the world experience these symptoms during their child bearing age. However, a more severe form of Premenstrual Syndrome (PMS), premenstrual dysphoric disorder (PMDD), which leads a significant loss of function due to unusually severe symptoms occurs in 2–6% of women. According to a cross sectional study in Jimma University, 99.9% students had at least one premenstrual symptom in many of their cycles. Various socio-biological and psychological factors such as hormonal change, diet and lifestyle have been proposed to cause PMS.

## STATEMENT OF THE PROBLEM

A Study to Assess the Factors Associated with Premenstrual Syndrome Among Adolescent Girls in Selected Schools at Puducherry.

## OBJECTIVES

- To   assess the factors associated with premenstrual symptoms among adolescent girls.
- To associate the factors associated with premenstrual symptoms among adolescent girls with their selected demographic variables

## METHODOLOGY

The research approach used for this study was quantitative research approach. A descriptive research design was used to assess Factors Associated with premenstrual syndrome at Government higher secondary school Thiruvandarkoil Puducherry. By using convenience sampling technique 60 sample was selected for the present study. The period of data collection was 2 weeks. The tool consist of demographic data, observational

checklist to assess the factors associated with premenstrual syndrome. The outcome of study was evaluated by using descriptive and inferential statistics.

## RESEARCH SETTING:

The study was conducted at Government girls higher secondary school Thiruvandarkoil, Puducherry. By using convenience sampling technique 60 sample was selected for the present study

## DESCRIPTION OF TOOL:

The tool used for this study consists of 2 sections namely,

**Section A:** It consists of Demographic information such as Age, Religion, Education, socio economic status, type of school, no of siblings, residence, previous history of PMS, knowledge about PMS.

**Section B:** To assess the level of factors associated with premenstrual syndrome among adolescent girls. By using observational check list questionnaire was used, it consists of 25 items such as following.

- **Psychological factor**
- **Physiological factor**
- **Hormonal factor**
- **Emotional factor**

## DATA COLLECTION PROCEDURE

The data collection done with the permission to conduct the study was obtained from Principal of Government girls higher secondary school Thiruvandarkoil, Puducherry. 60 Students were selected by using convenience sampling techniques and according to the inclusion and exclusion criteria and after introducing and explain the purpose of the study. The tool consists of demographic variables and knowledge questions were administered to respondents and data was collected.

## RESULTS

MAJOR FINDINGS OF THIS STUDY

- Out of the 60 adolescent girls who were interviewed, Reveals that out of 60 samples according to their demographic variables in age wise 51 (85%) were between 16 to 18 years. Considering religion 57 (95%) were Hindu. Educational status shows 60 (100%) were Higher secondary. In location of house show that 36(60%) were Urban. Based on type of school 60 (100%) were Govt school. Type of family 42 (70%) were nuclear family. With regards to father's occupation 46(76.6%) were doing other occupation. Based on father's monthly income 54 (90%) were between 5000 to 10000. Regarding siblings 21 (35%) were have only one sibling. Based on family history of premenstrual syndrome 42 (73.3%) were present with PMS. According the previous knowledge about PMS 47(78.3%) were have previous knowledge about PMS.
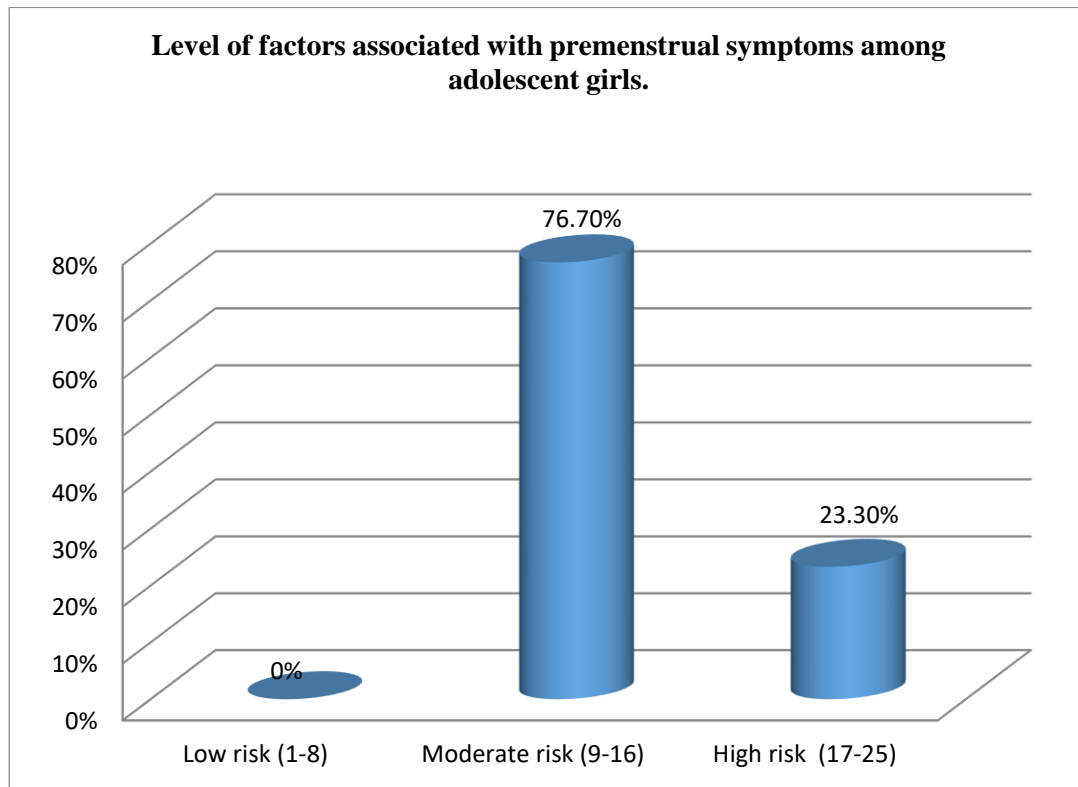
- Adolescent girls 46(76.7%) had moderate risk level of factors associated with premenstrual symptoms and 14(23.3%) had high risk level of factors associated with premenstrual symptoms and the mean and standard deviation the level of factors associated with premenstrual symptoms among adolescent girls

- Mean (14.92) and standard deviation (3.038) of adolescent girls regarding level of factors associated on prevalance rate

- Association shows significant relationship with the demographic variables. Age (p=0.044) , types of family (p=0.006) and No of siblings ( p=0.001) had shown statistically significant association between the level of the factors associated with premenstrual symptoms among adolescent girls with their selected demographic variables respectively.

**Table 1:- Frequency and percentage wise distribution of the level of factors associated with premenstrual symptoms among adolescent girls.**

(N = 60)

| LEVEL OF FACTORS ASSOCIATED WITH PREMENSTRUAL SYMPTOMS | FREQUENCY (n) | PERCENTAGE (%) |
|---|---|---|
| Low risk (1-8) | 0 | 0 |
| Moderate risk (9-16) | 46 | 76.7 |
| High risk (17-25) | 14 | 23.3 |
| Total | 60 | 100 |
| Mean±Standard deviation | 14.92±3.038 | |

**Table –1** shows frequency and percentage wise distribution of the level of factors associated with premenstrual symptoms among adolescent girls. Majority of the adolescent girls 46(76.7%) had moderate risk level of factors associated with premenstrual symptoms and 14(23.3%) had high risk level of factors associated with premenstrual symptoms and the mean and standard deviation the level of factors associated with premenstrual symptoms among adolescent girls is (14.92±3.038) respectively.

**Level of factors associated with premenstrual symptoms among adolescent girls.**



Bar diagram represent percentage wise distribution of level of factors associated with premenstrual symptom among adolescent girls

Association shows significant relationship with the demographic variables. Age (p=0.044) types of family (p=0.006) and No of siblings ( p=0.001) had shown statistically significant association between the level of the factors associated with premenstrual symptoms among adolescent girls with their selected demographic variables respectively.

**RECOMMANDATION**

Based on findings of the present study, the following recommendation have been made,

1. The same study can be conducted in community area.
2. The study can be replicated with larger samples for better generalization.
3. This study can be implemented that the various states of India

**CONCLUSION**

This study was assessing the level factor associated with premenstrual syndrome. A descriptive research design was used in this study. The data was collected from 60 samples. The study reveals among adolescents girls most of them have moderate level of factors 46(76.7%) , high level of factors 14(23.3%) leading with moderate level of factors associated with premenstrual syndrome among adolescents girls.

## BIBLIOGRAPHY:

## BOOK REFERENCE:

1.  D. C. Dutta is the author of text book of gynecology published by Jaypee Brothers Medical Publication (p) Ltd, 5th edition.

2.  V G Padubidri and Ela Anand is the manual for Gynecology published by Elseiver Publication; 2005.

3.  Jones Studd is the author of progress in Obstetrics and Gynecology by Elseiver Publication; volume 16

4.  Sisir K Chattopadhayay and M Narayanasamy is the author of textbook of Gynecology for undergraduate 1st edition 2006

5.  Carr Ricciotti and Freud Kahan is the author of Obstetrics and Gnyecology published by Jaypee Brothers

6.  Shirish N Daftary and Shyam N Desai is the author of Obstetrics and Gnyecology – 3 published by Wolters Kluwers.

7.  Shirish N Daftary and Ameet Patki is the author of Reproductive and Endocrinology and Infertility by BI publishers; 2009

8.  Stead and Kaufman and stead Suarez is the author of First Aid for Obstetrics and Gnyecology published by Wolters Kluwers.

9.  Thomas J Bader is the author of Obstetrics and Gnyecology Secrets by Elseiver Publication; 3rd edition.

10. Callahan Caughey is the author of Obstetrics and Gnyecology published by Wolters Kluwers; 4th edition.

## JOURNAL REFERENCE:

1.  Premenstrual symptom patterns and behavioral risk factors in young women: a cross-sectional study. Quintana-Zinn FA, Whitcomb BW, Ronnenberg AG, et al. J Womens Health (Larchmt) 2017;26:1099–1105.

2.  Perception of premenstrual syndrome and attitude of evaluations of work performance among incoming university female students. Cheng SH, Sun ZG, Lee IH, et al. Biomed J. 2015;38:167–172

3.  Prevalence of premenstrual syndrome in Pakistani women. Shershah S, Morrison JJ, Jafarey S. J Pak Med Assoc. 1991;41:101–103.

4.  Premenstrual syndrome and premenstrual dysphoric disorder among Jordanian women. Hamaideh SH, Al-Ashram SA, Al-Modallal H. J Psychiatr Ment Health Nurs. 2014;21:60–68.

5.  Prevalence and predictors of premenstrual syndrome among college–aged women in Saudi Arabia. Rasheed P, Al-Sowielem L. Ann Saudi Med. 2003;23:381–387.

6.  A prospective study of caffeine and coffee intake and premenstrual syndrome. Purdue-Smithe AC, Manson JE, Hankinson SE, Bertone-Johnson ER. Am J Clin Nutr. 2016;104:499–507.

7. Pal SA, Dennerstein L, Lehert P. J Pak Med Assoc. Vol. 61. Pakistan Medical Association; 2011. Premenstrual symptoms in Pakistani women and their effect on activities of daily life; pp. 763–768.

8. A population-based survey of Asian women's experience of premenstrual symptoms. Dennerstein L, Lehert P, Keung LS, et al. Menopause Int. 2010;16:139–145.

9. Premenstrual syndrome: frequency and severity in young college girls. Tabassum S, Afridi B, Aman Z, et al.  J Pak Med Assoc. 2005;55:546–549.

10. Global epidemiological study of variation of premenstrual symptoms with age and sociodemographic factors. Dennerstein L, Lehert P, Heinemann K. Menopause Int. 2011;17:96–101.

**NET REFFERENCE:**

www. Wikipedia. com
www. medscape.com
www. ncbi.nim.gov/pubmed.com
www. surgicalcriticalcare.net
www.emro.who.com