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A STUDY TO ASSESS THE EXISTING KNOWLEDGE ON PREMENSTRUAL SYNDROME AMONG ADOLESCENT GIRLS IN SELECTED SCHOOLS, PUDUCHERRY.

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ABSTRACT

Premenstrual syndrome (PMS) is an entity characterized by the presence of psychiatric symptoms such as mood swings, depression, loss of confidence, anxiety and irritability, without any underlying psychiatric disorder, accompanied by physical symptoms and typical complaints include bloatedness and mastalgia encountered at the luteal phase of the menstrual cycle (LPMC), that deteriorates the well-being of the women and then subsides or disappears with menstruation. Symptoms occur mostly in women of 25-35 years old, although it may be observed at any age between adolescence and menopause. The study was conducted to assess the existing knowledge on premenstrual syndrome among adolescent girls at at Government girls higher secondary school Thiruvandarkoil, Puducherry. By using convenience sampling technique 60 sample was selected for the present study. All of the adolescent girls were secondary 60(100%) educational status. Most of the adolescent girls were had Previous knowledge about premenstrual syndrome 48(80%). The demographic variable Residency and Number of siblings had shown statistically significant association between the levels of knowledge with premenstrual symptoms among adolescent girls with their selected demographic variables. The many of the adolescent girls 32 (53.3%) had Inadequate level of knowledge and 28(46.7%) had moderate level of knowledge and the mean and standard deviation the level of knowledge with premenstrual symptoms among adolescent girls is (8.55±2.664) respectively.

Keywords: premenstrual syndrome, adolescent girls, existing knowledge.

INTRODUCTION

"JUST BEFORE THEIR PERIOD WOMEN BEHAVE LIKE A MEN DO ALL THE TIME."

-Robert A. Heinlein

Premenstrual syndrome (PMS) is an entity characterized by the presence of psychiatric symptoms such as mood swings, depression, loss of confidence, anxiety and irritability, without any underlying psychiatric disorder, accompanied by physical symptoms and typical complaints include bloatedness and mastalgia encountered at the luteal phase of the menstrual cycle (LPMC), that deteriorates the well-being of the women and then subsides or disappears with menstruation. PMS affects a huge proportion of women at reproductive age and is characterized by the cyclic recurrence of a range of symptoms during the LPMC (2,3,4). Symptoms occur mostly in women of 25-35 years old, although it may be observed at any age between adolescence and menopause.

Prevalence and knowledge of PMS were systematically reviewed. In all 18 articles from the year 2008-2019 that were reviewed has shown there are more than 50% of adolescent girls suffering from PMS in each study and pertaining to the knowledge result shows that girls have a lack/little knowledge on what PMS is, and during an intervention of any sort results show that there was an improvement in the knowledge of the girls after the intervention was implemented, displaying the effectiveness of educational programs regarding PMS and how it increase knowledge regarding PMS. PMS is highly prevalent among female students.

REVIEW OF LITERATURE

Navdeep Kaur et.al., (2017), the study was to determine the prevalence of premenstrual syndrome (PMS) among adolescent girls and to associate the PMS with demographic variables, quantitative approach and non-experimental descriptive research design was used. The data collection included three parts. Part A: Demographic variables, Part B: Clinical variables, and Part C: A structured questionnaire to assess the prevalence of PMS among adolescent girls. A total of 100 students who fulfilled the inclusion criteria, the study was conducted at SRM College of Nursing, SRM University, Kattankulathur.

STATEMENT OF THE PROBLEM

A Study to assess the existing knowledge on premenstrual syndrome among adolescent girls at selected schools, Puducherry.

OBJECTIVES

- To assess the level of knowledge regarding premenstrual syndrome among adolescent girls at selected schools.
- To associate the knowledge regarding premenstrual syndrome among adolescent girls with their selected demographic variables.

MATERIALS AND METHODS

The research approach used for this study was quantitative research approach. A descriptive research design was used to assess Level of knowledge with premenstrual syndrome at Government girls higher secondary school Thiruvandarkoil, Puducherry. By using convenience sampling technique 60 sample was selected for the present study. The period of data collection was one weeks. The tool consist of demographic data, knowledge questionaire to assess the factors associated with premenstrual syndrome. The outcome of study was evaluated by using descriptive and inferential statistics. It deals with research approach, research design, setting of the

study, population, sample, sample size, sampling technique, criteria for sample selection, plan for data collection and tools andinstruments.

RESEARCH SETTING

The study will be 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: Demographic Variables: Age, Religion, Education, Socio economic status, Type of school, No of siblings, Residence, Previous history of PMS, Knowledge about PMS

Section B: Questionnaire regarding to assess the existing knowledge towards on premenstrual syndrome among adolescent girls In this study was knowledge questionnaire used, consists of 25 items.

SCORING INTERPRETATION:

SCORE	LEVEL OF KNOWLEDGE
0 - 8	Inadequate knowledge
9 - 16	Moderate knowledge
17 - 25	Adequate knowledge

RESEARCH APPROACH

It is the basic procedure for conducting the study. A research approach tells us, what data to collect and how to analyse it. Then it is also suggests possible conclusion to be drawn from the data. A quantitative research approach was selected for the present study.

RESEARCH DESIGN

It is a set of logical steps taken by the researchers to assess the research problem. The designdepends upon the level of inquiry of the researches and determines the method uses to obtain sample, collect data, analyse and interpret results. A descriptive research design was adapted forthis study.

SETTING OF THE STUDY

The study was conducted at govt girls higher secondary school thiruvandarkoil Puducherry.It comprises of 5kms from Sri Manakula Vinayagar Nursing College and it takes 15 minutes to go and conduct the research.

POPULATION

The population is refered to a group of all elements, like individual or object that are available inthe same geographical area. Population is all the adolescent girls between 13 to 18 Years of age.

SAMPLE

Sample is selected proportion of the defined population. It is the subject of the population. Sample of the study comprises all the adolescent girls studying at government girls higher secondary school thiruvandarkoil, Puducherry.

SAMPLE SIZE

Sample size is reffered to the number of sampling unit included in this study. Sample size is the number of subjects involved in the study. Sample size consists of 60.

SAMPLING TECHNIQUE

Sampling is defined as the process of selecting a representative segment of the population under the study. Convenience sampling technique was used for the present study.

CRITERIA FOR SAMPLE SELECTION

Inclusion criteria

- ➢ Adolescent girls between13 to 18 Years of age.
- ➢ Adolescent girls who are all available at the period of data collection.
- ➢ Adolescent girls who are all willing to participate in the study.
- ➢ Adolescent girls who are all studying at government girls higher secondary school.
- ➢ Adolescent girls those who attained menarche.

Exclusion criteria

- ➢ Adolescent girls those who are all not willing to participate in the study.
- ➢ Adolescent girls those who are all absent to school during the period of data collection.

RESULT

The findings reveals that Out of the 60 adolescent girls who were interviewed, Most of the adolescent girls 51 (85%) of study population were in the age group are 16 to 18 years. Part of a group of the adolescent girls were Urban 36 (60%). Part of a group of an adolescent girls were had Family history of premenstrual syndrome 43 (71.7%). Most of the adolescent girls were had Previous knowledge about premenstrual syndrome 48 (80%). Many of the adolescent girls 32 (53.3%) had Inadequate level of knowledge and 28(46.7%) had moderate level of knowledge. The demographic variable, Residency and Number of siblings had shown statistically significant association between the levels of knowledge with premenstrual symptoms among adolescent girls with their selected demographic variables.

Frequency and percentage wise distributeon of demographic variable among adolescent girls.

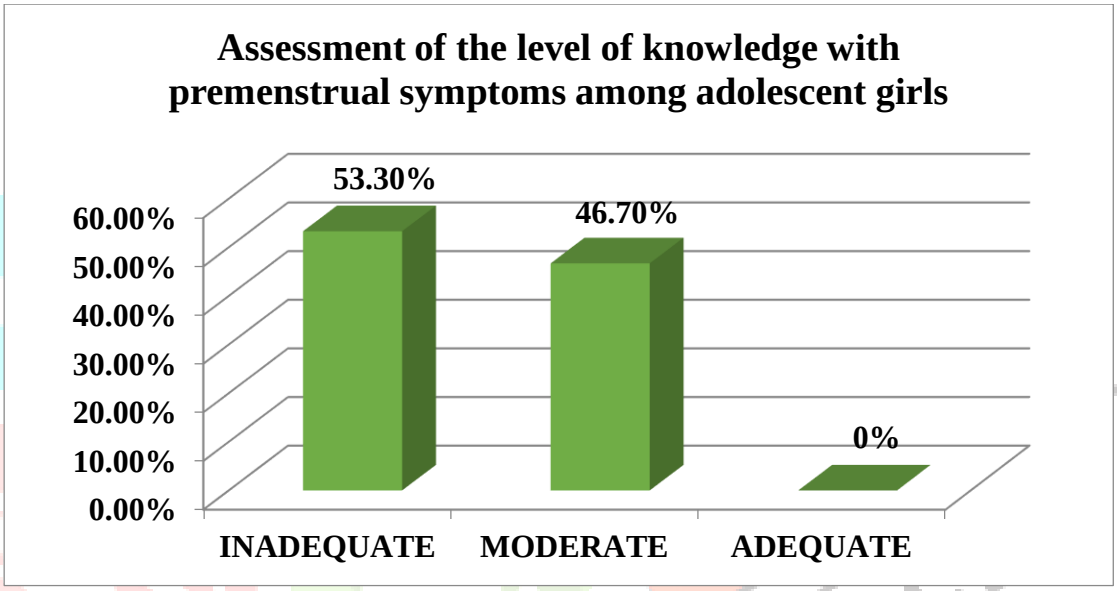
(N=60)

SL. NO.	DEMOGRAPHIC VARIABLES	FREQUENCY (N)	PERCENTAGE (%)
1	**Age**		
	a) 13 to 15 years	8	13.3
	b) 16 to 18 years	51	85
	c) > 18 years	1	1.7
2	**Religion**		
	a) Hindu	56	93.3
	b) Muslim	3	5
	c) Christian	1	1.7
	d) Others	0	0
3	**Educational status**		
	a) Primary	0	0
	b) secondary	60	100
	c) Diploma	0	0
	d) Degree	0	0
4	**Residency**		
	a) Urban	36	60
	b) Rural	23	38.3
	c) Slum	1	1.7
5	**Socioeconomic status**		
	a) Low class socioeconomic status	4	6.7
	b) Middle class socioeconomic status	55	91.7
	c) High class socioeconomic status	1	1.6
6	**Type of school**		
	a) Government school	60	100
	b) Private school	0	0

	c) Government aided private school	0	0
7	**Type of family**		
	a) Nuclear family	39	65
	b) Joint family	21	35
	c) Broken family	0	0
	d) Reconstituted family	0	0
8	**Father's occupation**		
	a) Government employee	1	1.7
	b) Private employee	7	11.6
	c) Own business	6	10
	d) Others	46	76.7
9	**Father's monthly income**		
	a) 5000 - 10001	54	90
	b) 11001 – 15000	3	5
	c) > 15001	3	5
10	**Number of siblings**		
	a) 1	22	36.7
	b) 2	17	28.3
	c) 3	13	21.7
	d) > 3	3	5
	e) None	5	8.3
11	**Family history of premenstrual syndrome**		
	a) Yes	43	71.7
	b) No	17	28.3
12	**Previous knowledge about premenstrual syndrome**		
	a) Yes	48	80
	b) No	12	20

Frequency and percentage wise distribution of level of knowledge with premenstrual syndrome among adolescent girls. (N=60)

LEVEL OF KNOWLEDGE	FREQUENCY (n)	PERCENTAGE (%)
INADEQUATE	32	53.3
MODERATE	28	46.7
ADEQUATE	0	0
Total	60	100
Mean±Standard deviation	8.55±2.664	



Association between the Residency and Number of siblings regarding the levels of knowledge with premenstrual syndrome among adolescent girls with their selected demographic variables.

RECOMMENDATION:

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

- The same study can be conducted in school settings.
- The study can be replicated with larger samples for better generalization.
- The study can be implemented at the various states of India.

CONCLUSION:

This study was assessing the level of knowledge with premenstrual syndrome. A descriptive research design was used in this study. The data was collected from 60 samples. The study many of the adolescent girls 32 (53.3%) had Inadequate level of knowledge and 28(46.7%) had moderate level of knowledge and the mean and standard deviation the level of knowledge with premenstrual symptoms among adolescent girls is (8.55±2.664) respectively.

NURSING IMPLICATION

- ✓ The present study can help the adolescent girls in Government Girls Higher Secondary School Thiruvandarkovil to enrich their attitude towards premenstrual syndrome.
- ✓ The findings of the study has implication for Nursing administration, Nursing service, Nursing research and Nursing education.

NURSING ADMINISTRATION

- ✓ The nurse administrator should take active participation in making necessary policies to implement the nursing care services related to existing knowledge towards premenstrual syndrome among adolescent girls.

NURSING SERVICES

- ✓ Nurse as a counsellor and educator should provide adequate counselling regarding existing knowledge towards premenstrual syndrome among adolescent girls. Nurse should be polite and approachable in communicating with others.

NURSING EDUCATION

- ✓ Adolescent girls should be provided with adequate knowledge regarding premenstrual syndrome
- ✓ Nursing educator should strengthen the evidence based nursing practices among the undergraduateand postgraduate nursing students.

NURSING RESEARCH

- ✓ The findings of the study help the nurses and nursing students to develop the inquiry by providing baseline. The general aspects of the study result can be made by further replication of the study.
- ✓ Different studies have to be conducted in future to evaluate the existing knowledge on premenstrual syndromeamong adolescent girls.
- ✓ The researcher should conduct periodic review of research findings and disseminate the findingsthrough conferences, seminars, publications in journals and in the world wide

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