



A STUDY TO ASSESS THE ANXIETY TOWARDS ON PREMENSTRUAL SYNDROME AMONG ADOLESCENT GIRLS AT SELECTED SCHOOL PUDUCHERRY.

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ABSTRACT:-

The term premenstrual syndrome has been used for many years to describe disturbances of mood or physical symptoms occurring regularly 7–10 days before menses and remitting during menses. The Diagnostic and Statistical Manual of Mental Disorders (DSM III-R) Included PMS among the „proposed Diagnostic Categories Needing Further Study“ under the Name of Late Luteal Phase Dysphoric Disorder (LLPDD) and established among its diagnostic Criteria the need for daily prospective symptoms self-ratings during at least two cycles for Confirmation. In this paper, we discuss anxiety level of the adolescent girls about premenstrual syndrome. The main study was conducted at government girl’s Higher Secondary school Thiruvandarkoil, Puducherry. The period of data collection was 1 week, and the data were collected from the 60 adolescent’s girls by using questionnaires and anxiety scale. Convenience sampling technique was used. The findings shows that Majority of the adolescent girls 50(83.3%) had Moderate level of anxiety towards on Premenstrual Syndrome and 14(23.3%) had low level of Anxiety towards on Premenstrual Syndrome and the mean and standard deviation the level of Anxiety towards on Premenstrual Syndrome among adolescent girls is (10.75+2.096) Re The study shows that Majority of the adolescent girls have moderate level of Anxiety..

INTRODUCTION:-**ANXIETY IS THE DIZINESS”**

Soren Kierkegaard

The term premenstrual syndrome has been used for many years to describe disturbances of Mood Or physical symptoms occurring regularly 7-10 days before menses and remitting during Menses. The Diagnostic and Statistical Manual of Mental Disorders (DSM III-R) included PMS Among the ‘proposed Diagnostic Categories Needing Further Study’ under the name of Late Luteal Phase Dysphoric Disorder (LLPDD) and established among its diagnostic criteria the need for daily Prospective symptoms self-ratings during at least two cycles for confirmation. The more recent Fourth edition of DSM maintained PMS among the categories needing further study, adding the New category of Premenstrual Dysphoric Disorder (PMDD). PMDD is distinguished from PMS in Several respects: It requires at least one mood symptom; the Symptoms must be severe enough to Cause functional impairment, and they must not be a mere Exacerbation of another psychiatric disorder.

REVIEW OF LITERATURE:

Reem Abu Alwafaet.al., (2021), conducted a cross-sectional study the prevalence PMS at An-Najah National University in Palestine. A sample of 398 female students was randomly selected to participate in the study Arabic Premenstrual Scale (A-PMS) was used for PMS. Data was analysed by one-way ANOVA & chi square tests. The 398 participants (100%) suffered from some kind of PMS symptoms; 398(100%) had physical symptoms, 397(99.7%) had psychological symptoms, 399(85.2%) had behavioural PMS symptoms. Following a diet was significantly related to physical symptoms ($P < 0.05$) & behavioural symptoms ($P < 0.001$).

STATEMENT OF THE PROBLEM:

A study to assess the anxiety towards on premenstrual syndrome among adolescent girls at selected schools, Puducherry.

AIM OF THE STUDY:-

The aim of the study was to assess the anxiety towards on premenstrual syndrome among adolescents’ girls.

OBJECTIVE:-

- To assess the anxiety towards on premenstrual Symptoms among adolescent girls.
- To associate the anxiety towards on premenstrual symptoms 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 the anxiety towards on 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, Modified anxiety scale to assess the anxiety towards on premenstrual syndrome. The outcome of study was evaluated by using descriptive and inferential statistics.

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 anxiety towards on premenstrual syndrome among adolescent girls in this study was anxiety questionnaire used, consists of 25 items.

SCORING INTERPRETATION:

LEVEL OF KNOWLEDGE	SCORING
Low LEVEL	1-8.
Moderate level	9-16.
High level	17-25

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 Design depends upon the level of inquiry of the researches and determines the method uses to obtain sample, collect data, analyses and interpret results.

A descriptive research design was adapted for this study.

RESEARCH SETTING:

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

POPULATION:

The entire groups of people or objects to which the researcher wishes the study findings. Population is all the adolescent girls between 13 to 18 Years of age.

SAMPLE:

Sample of the study comprises all the adolescent girls studying at government girl's higher secondary school thiruvandarkoil, Puducherry.

SAMPLE SIZE:

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 girl's between 13 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 girl's 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.

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 anxiety towards on premenstrual Syndrome among adolescent girls in this study was anxiety questionnaire used, consists of 25 items.

DATA COLLECTION PROCEDURE

The data collection done with the permission to conduct the study was obtained from authorities of the concerned person of Government Girls Higher Secondary school, Thiruvandarkoil Puducherry. 60 adolescents' girls 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 anxiety scale 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 8 (13.3 %) were between 13 to 15 years, 51 (85%) were between 16 to 18 years, 1(1.76) were between > 18 years. Considering religion 57 (95%) were Hindu 2(3.3%) were Muslim 1(1.7%) was Christian. Educational status shows 60 (100%) were Higher secondary. In location of house show that 36(60%) were Urban, 23 (38.3%) were Rural, 1(1.7%) were slum. Based on type of school 60 (100%) were Govt school. Type of family 42 (70%) were nuclear family, 18 (30%) were joint family. With regards to father's occupation 1(1.7%) was Govt employee, 7 (11.7%) were private employee, 6(10%) were doing own business, 46(76.6%) were doing other occupation. Based on father's monthly income 54 (90%) were between 5000 to 10000, 3(5%) were between 11001 to 15000, 3(5%) were more than 15000. Regarding siblings 21 (35%) were have only one sibling. 18 (30%) were have two siblings, 13 (21.7%) were have three siblings, 3(5%) were have more than three siblings, 5 (8.3%) have no siblings. Based on family history of premenstrual syndrome 42 (73.3%) were present with PMS, 16(26.7 %) were absent with PMS. According the previous knowledge about PMS 47(78.3%) were have previous knowledge about PMS, 13(21.7%) were not having previous knowledge about PMS.

Table shows the Frequency and percentage wise distribution of the level of anxiety towards on Premenstrual Syndrome among adolescent girls.

(N = 60)

LEVEL OF ANXIETY	FREQUENCY (n)	PERCENTAGE (%)
Low level (1-8)	10	16.7
Moderate level (9-16)	50	83.3
High level (17-25)	0	0
Total	60	100
Mean±Standard deviation	10.75±2.096	

Table –2 shows frequency and percentage wise distribution of the level of anxiety towards on Premenstrual Syndrome among adolescent girls. Majority of the adolescent girls 50(83.3%) had moderate level of anxiety towards on Premenstrual Syndrome and 14(23.3%) had low level of anxiety towards on Premenstrual Syndrome and the mean and standard deviation the level of anxiety towards on Premenstrual Syndrome among adolescent girls is (10.75±2.096) respectively.

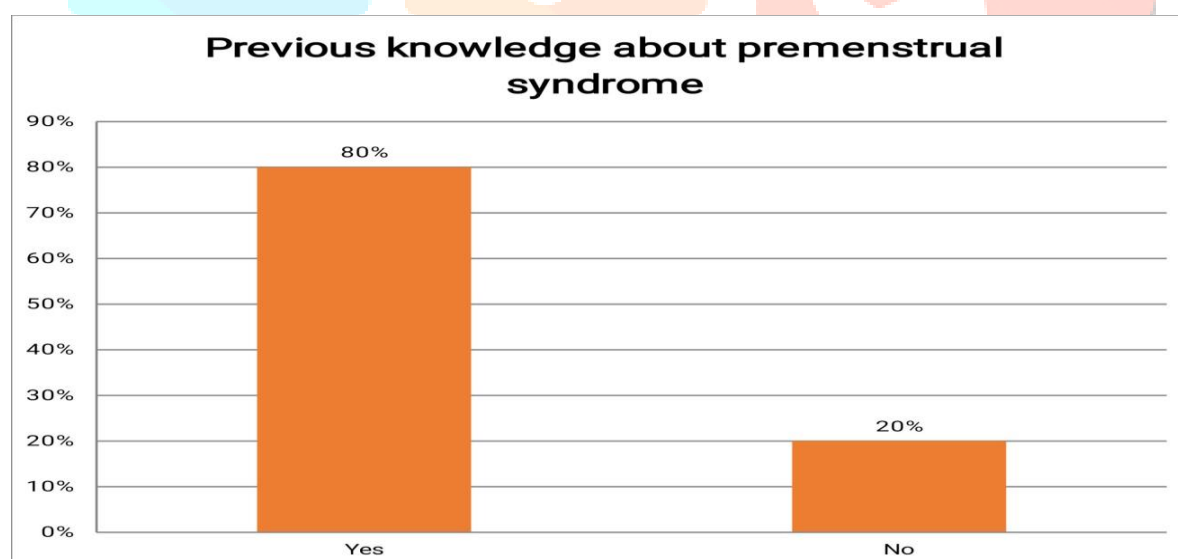


FIGURE 4 : Bar diagram representing percentage wise distribution of previous knowledge about premenstrual syndrome among adolescent girls

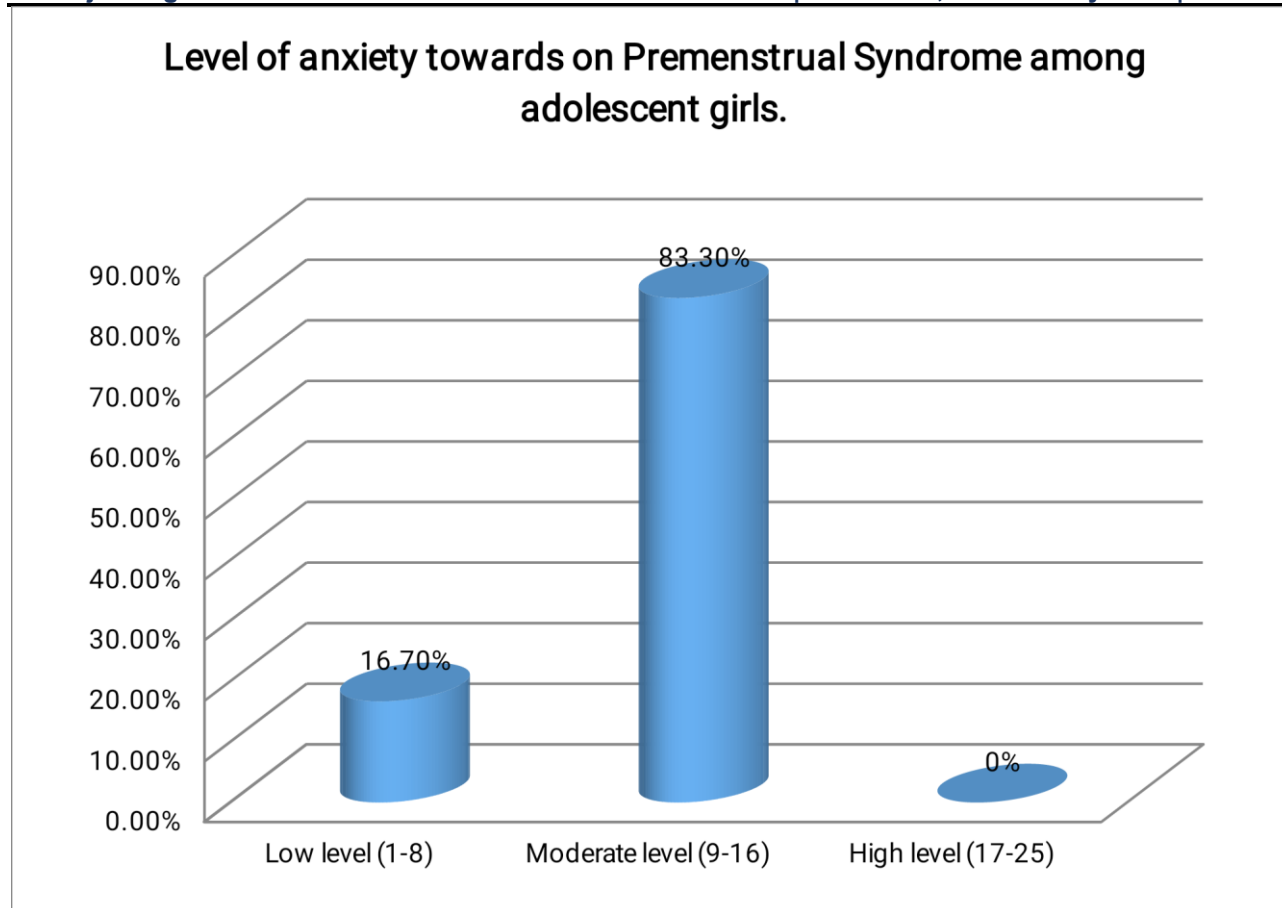


FIGURE 5: Bar diagram representing percentage wise distribution of level of anxiety towards on premenstrual syndrome among adolescent girls.

CONCLUSION AND RECOMMENDATIONS:

This study was assessing the anxiety towards on 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 anxiety towards on premenstrual syndrome 50 (83.31%) and low level of anxiety towards 14 (23.3%) leading with moderate anxiety towards on premenstrual syndrome among adolescents girls.

NURSING IMPLICATION;

The present study can help the adolescent girls in govt hr. sec school thiruvandarkoil to enrich their knowledge regarding anxiety towards on premenstrual syndrome. The findings of the study have implication related to nursing administration, nursing service, nursing research and nursing education

NURSING ADMINISTRATION:

Nurse administrator can make necessary policies to implement the nursing care services anxiety towards on premenstrual syndrome among adolescent girls

NURSING SERVICES:

Nurse as a counsellor and educator should provide adequate knowledge regarding anxiety towards on 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 anxiety towards on premenstrual syndrome
- Nursing educator should strengthen the evidence based nursing practices among the undergraduate and postgraduate nursing students.

NURSING RESEARCH:

- The findings of the study help the nurses and 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 future to evaluate the factors associated with premenstrual syndrome among adolescent girls.
- The researcher should conduct periodic review of research findings and disseminate the findings through conferences, seminars, publications in journals and in the World Wide Web.

RECOMMENDATIONS FOR THE STUDY:

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.

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