



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

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ABSTRACT:-

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. Educational status shows 60 (100%) were higher secondary. Based on family history of premenstrual syndrome 50 (83.3%) were present with PMS. According to the previous knowledge about PMS 53 (88.3%) had previous knowledge about PMS. Adolescent girls 57 (95%) had moderate level of stress on premenstrual syndrome and 3 (5%) had severe level of stress on premenstrual syndrome. Mean (42.02) and standard deviation (5.70) of adolescent girls regarding level of stress on prevalence rate. Association shows significant relationship with the demographic variables. Age ($p=0.866$), types of family ($p=0.983$) and No of siblings ($p=0.003$) had shown statistically significant association between the level of stress on premenstrual symptoms among adolescent girls with their selected demographic variables respectively.

Keywords: premenstrual syndrome, adolescent girls, level of stress.

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 stress on Premenstrual Syndrome Among Adolescent Girls in Selected Schools at Puducherry.

OBJECTIVES:-

- To assess the stress on premenstrual symptoms among adolescent girls.
- To associate the stress on 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 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: 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: Questionnaire regarding to assess the stress on premenstrual syndrome among adolescent girls. In this study was knowledge questionnaire was used, it consists of 25 items.

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

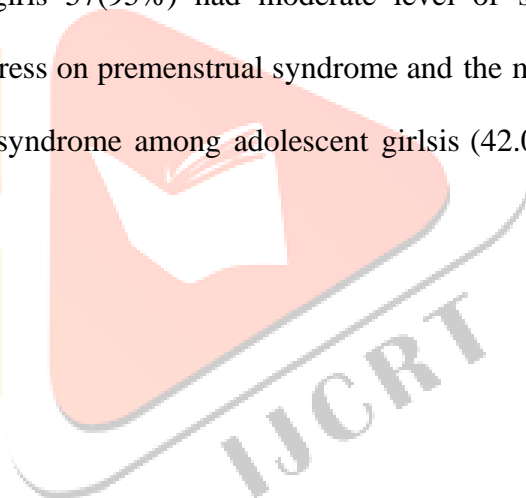
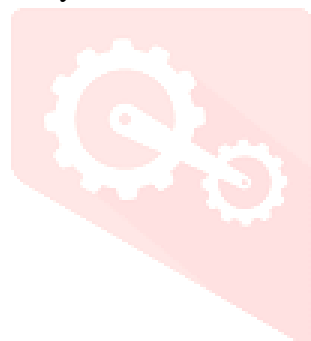
Out of the 60 adolescent girls who were interviewed, Most of the adolescent girls 55(91.7%) of study population were in the age group are 16 to 18 years. Consideration of the adolescent girls were Hindu 58(96.7%). All of the adolescent girls were Secondary in education 60(100%). Majority of the adolescent girls were Urban 39(65%). Many of the adolescent girls were Middle class socioeconomic status 52(86.7%). All of the adolescent girls were Government school 60(100%). Most of the adolescent girls were Nuclear Family 35(58.3%). 33. Greater of the adolescent girls Father's occupation were others 34(56.7%). Larger part of the adolescent girls were 5000 - 10000 in Father's monthly income 50(83.3%). .Many of the adolescent girls were having 2 siblings 25(41.7%). Many of the adolescent girls were having Family history of premenstrual syndrome 50(83.3%). Most of the adolescent girls were having previous knowledge about premenstrual syndrome 53(88.3%) respectively.

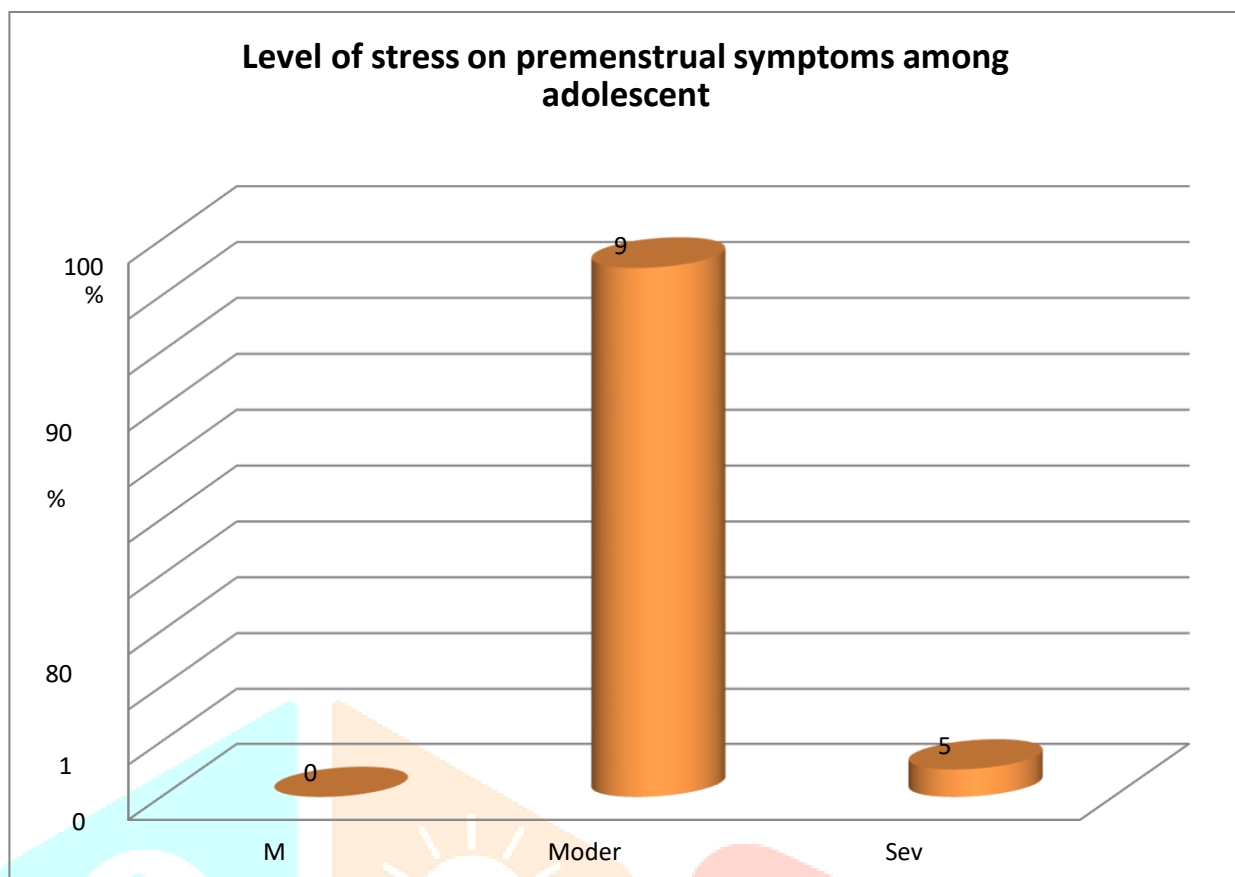
Table 1:- Frequency and percentage wise distribution of the level of stress on premenstrual symptoms among adolescent girls.

(N = 60)

LEVEL OF STRESS ON PREMENSTRUAL SYNDROME	FREQUENCY (n)	PERCENTAGE (%)
Mild	0	0
Moderate	57	95
Severe	3	5
Total	60	100
Mean±Standard deviation	42.02±5.70	

Table –1 shows frequency and percentage wise distribution of the level of stress on premenstrual syndrome among adolescent girls. Majority of the adolescent girls 57(95%) had moderate level of stress on premenstrual syndrome and 3(5%) had severe level of stress on premenstrual syndrome and the mean and standard deviation the level of stress on premenstrual syndrome among adolescent girls (42.02±5.70) respectively.





The bar diagram representing percentage wise distribution on level of stress on premenstrual syndrome among adolescent girls.

Association shows significant relationship with the demographic variables. Age ($p=0.866$) types of family ($p=0.983$) and No of siblings ($p=0.003$) had shown statistically significant association between the level of stress on premenstrual syndrome among adolescent girls with their selected demographic variables respectively.

RECOMMENDATION 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.
- 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 57(95%) had moderate level of stress on premenstrual syndrome and 3(5%) had severe level of stress on premenstrual syndrome and the mean and standard deviation the level of stress on premenstrual syndrome among adolescent girls is (42.02±5.70) respectively

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