



# A STUDY TO ASSESS THE QUALITY OF LIFE IN PREMENSTRUAL SYMPTOMS AMONG ADOLESCENT GIRLS AT SELECTED SCHOOL, PUDUCHERRY

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## ABSTRACT

Premenstrual syndrome is one of the most common disorders of reproductive age that can be seen in different intensities in 90-85% of women. PMS is approximately defined as the group of symptoms occurring only during the luteal phase of a woman's menstrual cycle meaning that occurs 14 day before menstrual period and decrease with the onset of the menstrual. Premenstrual syndrome typically occurs between the ages of 25-45 years. It is accompanied by different symptoms that affect health. The health-related quality-of-life subscales in this study included: general well-being, interface with homework, satisfaction with research and career, control over studying, and stress from university study conditions. We examined the relationship between quality of life and the impact of menstruation on the study environment. Level of quality of life in premenstrual symptoms among adolescent girls. Majority of the adolescent girls 44 (73.3%) had Moderately satisfied quality of life in premenstrual symptoms and 16(26.7%) had Low satisfied quality of life in premenstrual symptoms.The demographic variable, age and Socioeconomic status had shown statistically significant association between the level of quality of life in premenstrual symptoms among adolescent girls with their selected demographic variables.The other demographic variable had not shown statistically significant association between the level of quality of life in premenstrual symptoms among adolescent girls with their selected demographic variables respectively.

**Keywords:** premenstrual syndrome, adolescent girls, quality of life.

## INTRODUCTION

Premenstrual syndrome is one of the most common disorders of reproductive age that can be seen in different intensities in 90-85% of women. PMS is approximately defined as the group of symptoms occurring only during the luteal phase of a woman's menstrual cycle meaning that occurs 14 day before menstrual period and decrease with the onset of the menstrual. Premenstrual syndrome typically occurs between the ages of 25-45 years. It is accompanied by different symptoms that affect health.

Premenstrual syndrome (PMS) is a common gynaecological disorder that usually presents with physical and behavioral symptoms that appear a few days before menstruation and disappear after menstruation. Considerable morbidities associated with PMS have been reported to affect women's daily life and quality of life, and this is particularly true for female students. Students usually neglect the symptoms of PMS; therefore, PMS affects their quality of life (QoL) more than estimated and described. Healthcare providers should be aware of PMS during routine checkups. Women's negative attitudes toward menstruation include irritability, anxiety, fatigue and dysmenorrhea.

## STATEMENT OF THE PROBLEM

A study to assess the quality of life in premenstrual symptoms among adolescent girls at selected school, Puducherry.

## OBJECTIVES

- To assess quality of life with premenstrual symptoms among adolescent girls.
- To associate the quality of life 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 quality of life in 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, rating scale to assess quality of life in 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 level of quality of life in premenstrual syndrome among adolescent girls. In this study rating scale 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**

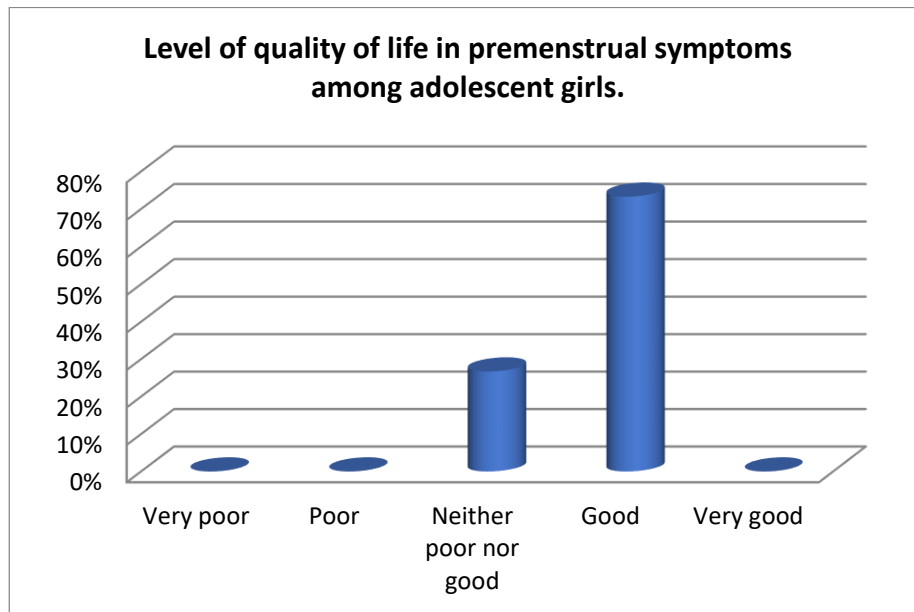
**Table 1:- Frequency and percentage wise distribution of the level of quality of life in premenstrual symptoms among adolescent girls.**

(N = 60)

<b>LEVEL OF QUALITY OF LIFE IN PREMENSTRUAL SYMPTOMS</b>	<b>FREQUENCY (n)</b>	<b>PERCENTAGE (%)</b>
<b>HIGH SATISFIED</b>	0	0
<b>MODERATE SATISFIED</b>	44	73.3
<b>LOW SATISFIED</b>	16	26.7
Total	60	100
<b>Mean+Standard deviation</b>	103.53+11.642	

**Table –1** shows frequency and percentage wise distribution of the level of quality of life in premenstrual symptoms among adolescent girls. Majority of the adolescent girls 44 (73.3%) had Moderately satisfied quality of life in premenstrual symptoms and 16(26.7%) had Low satisfied quality of life in premenstrual

symptoms and the mean and standard deviation the level of quality of life in premenstrual symptoms among adolescent girls is (103.53+11.642) respectively.



Bar diagram represent percentage wise distribution of level of quality of life in premenstrual symptom among adolescent girls

Depicts that the demographic variable, age and Socioeconomic status had shown statistically significant association between the level of quality of life in premenstrual symptoms among adolescent girls with their selected demographic variables. The other demographic variable had not shown statistically significant association between the level of quality of life in premenstrual symptoms among adolescent girls with their selected demographic variables respectively.

## RECOMMENDATION

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 Majority of the adolescent girls 44 (73.3%) had Moderately satisfied quality of life in premenstrual symptoms and 16(26.7%) had Low satisfied quality of life in premenstrual symptoms among adolescent girls.

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