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“A Study To Evaluate The Effecting Of Acupressure On Reliving On Menstrual Cramps Among Adolescent Girls Of Selected High School To A View To Develop Informational Booklet At Rural Areas Of Vijayapura District”.

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Abstract :

Background: Good health enables people to achieve their potential, helps build a stronger society and fuels the economy. It is the most precious asset we have, both as individuals and as a society. Good physical and mental health is an important enabler of positive community and family life.¹ Menstruation, or period, is normal vaginal bleeding that happens as part of a woman's monthly cycle. Many women have painful periods, also called dysmenorrhea. The pain is most often menstrual cramps, which are a throbbing, cramping pain in your lower abdomen. You may also have other symptoms, such as lower

back pain, nausea, diarrhea, and headaches. Period pain is not the same as premenstrual syndrome (PMS). PMS causes many different symptoms, including weight gain, bloating, irritability, and fatigue. PMS often starts one to two weeks before your period starts.²

Aim of Study : To Assess The Level Of Pain Of Menstrual Cramps Among Adolescent Girls Of Selected High School at Rural Areas.

Material and Methods: True Experimental Research Design (one group pre test and post test design) With Quantitative Research Approach. For this study, sample was High schools Girls at selected areas of Vijayapur. The sample was selected using purposive sampling technique. The sample size was 60. The sample size was calculated based on studies of previous findings (95% confidence level and 5% confidence interval. The tool for data from the study participants of Two (2) parts Part I : Selected demographic variable Part II : Standard Pain score Level

Findings of the study : The present Study shows the number of respondents and the percentage distribution of their menstrual pain : the result shows that (70%) Subjects had severe pain and (8.33%) had moderate level of pain and (13%) had mild level of Menstrual pain. The effectiveness of acupressure on reliving of menstrual cramps .The table shows that the calculated table value is (3.7556) and P value is (0.0004) that Hypothesis is accepted/significant.

Key words : Acupressure, menstrual cramps, high school girls, Informational Booklet

Introduction :

Dysmenorrhea, also known as painful menstruation, has been a source of concern among many adolescent females and has been reported to adversely affect the quality of life of adolescents if not properly managed. Majority of menstruating between ages 12–15 years. Dysmenorrhea is prevalent among 69.8% of the respondents, absent in 18.4% and sometimes occurs in 11.8%. Menstrual pain affects routine work (37.8%), sleep (29.2%), and 33.8% withdraw socially during menstruation. The approaches used during dysmenorrhea include diversional therapy (59.7%), hot water bottle technique (41.8%), medications (49.4%), lower back and abdomen massage (25.9%), herbs (24.2%) and breathing exercise (11.8%). There was a significant relationship between age and the prevalence of dysmenorrhea ($p = 0.000$).³ Dysmenorrhea, or menstrual pain, is the most common menstrual symptom among adolescent girls and young women. Prevalence rates vary but range from 50% to 90% 1. Because of the high prevalence of dysmenorrhea in adolescents and the extent of its potential daily interference, obstetricians–gynecologists should be prepared to diagnose and treat this condition.⁴ It is based on the traditional medicine practice of acupuncture (AK-yoo-PUNK-cher). With acupressure, you put pressure on certain places on your body. These places are called acupoints (AK-yoo-poynts). Pressing these acupoints can help your muscles relax and improve your blood flow. Between the thumb and index finger, on the webbing. The pressure point Hegu is a quick remedy for any form of pain, in this case, menstrual cramps. LI4 pressure application relaxes muscles, improves blood flow, and reduces tension, which usually enhances the experience of pain.⁵

Material and Methods: True Experimental Research Design (one group pre test and post test design) With Quantitative Research Approach. For this study, sample was High schools Girls at selected areas of Vijayapur. The sample was selected using purposive sampling technique. The sample size was 60. The sample size was calculated based on studies of previous findings (95% confidence level and 5% confidence interval. The tool for data from the study participants of Two (2) parts Part I : Selected demographic variable Part II : Standard Pain score Level. The intervention is given to the participants after 3 days of pre test. The 45 minutes time took for the intervention to deliver, the Acupressure and Information Booklet to the participates after the intervention, the after 3 week the post test is collected. The duration was took for delivering the intervention is 45 minutes

Results :

The below table reveals that the distribution of frequency and percentages of subjects according to their age in years, age of menarche, course of study, family income, regularity of menstruation, problem associated with menstruation cramp, duration of menstruation, interval of menstruation, using home remedies for reliving the pain.

Table no 1 reveals that frequency, percentage of selected demographic variables according to their responding.

Sr no.	Socio Demographic Variables	characters	Samples	
			Frequency	Percentage
1	Age In Years	14 years	25	41.66
		15 years	20	33.33
		16 years	7	11.66
		17 years	8	13.33
2	Age of Menarche	10 years	1	1.66
		11 years	3	5
		12 yers	9	15
		13 years	27	45
		14 years	16	26.66
		15 years	3	5
		16 years	1	1.66
3	Course of Study	8 std	19	31.66
		9 std	14	23.33
		10 std	27	45
4	Family Income	10,000 -20,000	45	75
		21,000-30,000	14	23.33
		31,000-40,000	0	0
		41,000 & above	1	1.66
5	Regularity of Menstruation	Yes	38	63.33

		No	22	36.66
6	Problem Associated with Menstruation Cramp	Yes	25	41.66
		No	35	58.33
7	Duration of menstruation	3 days	9	15
		4 days	14	23.33
		5 days	27	45
		6 days	10	16.66
8	Interval of Menstruation	Yes	22	36.66
		No	38	63.33
9	Using Home remedies for Reliving Pain	Yes	4	6.66
		no	56	93.33

Table no 1:1 illustrate the percentage wise distribution of sample according to their age.

The above table 1 illustrate the percentage wise distribution of sample according to their age. In that there were 25 (41.66 %) of client were in age group 14 years, 20 (33.33 %) of client were in age group 15 years, 8 (13.33 %) of client were in age group 17 years, 7 (11.66 %) of client were in age group 16 years.

Table no 1:2 illustrate the percentage wise distribution of sample according to their age of menarche.

The above table 1:2 illustrate the percentage wise distribution of sample according to their age of menarche. In that there were 27 (45 %) of client were in age group 13 years, 16 (26.66 %) of client were in age group 14 years, 9 (15 %) of client were in age group 12 years, 3 (5 %) of client were in age group 11 years. 3 (5 %) of client were in age group 15 years. 1 (1.66 %) of client were in age group 10 years. 1 (1.66 %) of client were in age group 16 years.

Table no 1: 3 illustrate the percentage wise distribution of sample according to their Class.

The above table 1:3 illustrate the percentage wise distribution of sample according to their Class. In that there were 27 (45 %) of client were in Class of 10th, 19 (31.66 %) of client were in Class 8th, 14 (123.33%) of client were in Class 9th.

Table no. 1:4 percentage wise distribution of respondent according to their family income

The above graph explains the percentage of respondents according to their family income. In that 45 subjects (75.%) had family income is 10,000 to 20,000/month, 14 (23.33%) samples had family income in between 21,000 to 30,000/month, and 1 (1.66%) students had family income >41,000/annul.

Table no 1:5 illustrate the percentage wise distribution of sample according to their Regularity of Menstruation.

The above table 1:5 illustrate the percentage wise distribution of sample according to their Regularity of Menstruation. In that there were 38 (63.33 %) of client have regularity of their menstruation, were has 22 (36.66 %) of client were Irregularity of Menstruation.

Table no 1:6 illustrate the percentage wise distribution of sample according to their Problems Associated with Menstruation.

The above table 1:6 illustrate the percentage wise distribution of sample according to their Problems Associated with Menstruation. In that there were 35 (58.33 %) of client they don't have Problems with Menstruation, were 25 (41.66%) of client were shows Problems with Menstruation.

Table no 1:7 illustrate the percentage wise distribution of sample according to their Duration of Menstruation.

The above table 1:6 illustrate the percentage wise distribution of sample according to their Duration of Menstruation. In that there were 27 (45 %) of client they have 5 days duration of menstruation, 14 (23.33%) of client were have 4 days of menstrual. 10 (16.66%) of client were have 6 days of menstrual. And 9 (15%) of clients were have 3 days of menstrual duration.

Table no 1:8 illustrate the percentage wise distribution of sample according to their Interval of Menstruation.

The above table 1:8 illustrate the percentage wise distribution of sample according to their Interval of Menstruation. In that there were 38 (63.33 %) of client they don't have Interval of Menstruation, were 22 (36.66%) of client were have Interval of Menstruation.

Table no 1:9 illustrate the percentage wise distribution of sample according to their Using Home remedies for reliving pain.

The above table 1:8 illustrate the percentage wise distribution of sample according to their Using Home remedies for reliving pain. In that there were 56 (93.33 %) of client they don't use any kinds of home remedies, were 4 (6.66%) of client were uses home remedies for reliving the menstrual cramps.

Table no. 2 Pre test Existing Level of menstrual Cramp (pain)

Sr no	Categories	F	%	Mean
1	Severe	42	70	6.083333333
2	Moderate	5	8.333333	
3	Mild	13	21.66667	

Table no: 2 . Depicts the percentage wise distribution of pre test menstrual cramp (pain).

The above Table shows the number of respondents and the percentage distribution of their menstrual pain : the result shows that (70%) Subjects had severe pain and (8.33%) had moderate level of pain and (13%) had mild level of Menstrual pain

Table no. 3 Post test Existing Level of menstrual Cramp (pain)

Sr no.	Categories	F	%	Mean
1	severe	11	18.33333	3.15
2	moderate	11	18.33333	
3	mild	38	63.33333	

Table no: 3 Depicts the post test level of menstrual pain among the Subjects.

The Table shows the level of menstrual pain Subjects had after post test and the results shows that (18.33%) had severe pain (18.33%) had moderate pain and (63.33%) had mild pain.

Table no. 4 Effectiveness of acupressure on reliving of menstrual cramps.

Pain Level	Mean	Median	Mode	T Value	P value	Significance
Pre Test	6.0833	7	8	3.7556	0.0004	significant
Post test	3.15	2.5	2			

The table shows the effectiveness of acupressure on reliving of menstrual cramps .The table shows that the calculated table value is (3.7556) and P value is (0.0004) that Hypothesis is accepted/significant.

Table no 5 Association between menstrual pain score with selected demographic variables

Sr no	Demographic variables	Df	Chi Square	Table value	P value	Significance
1	Age in Years	3	0.1456	7.815	0.9858	NS
2	Age of Menarche	6	0.5718	12.592	0.9969	NS
3	Course of study	3	0.0699	7.815	0.9952	NS
4	Family Income	2	0.6840	5.991	0.7103	NS
5	Regularity of Menstruation	1	0.7342	3.841	0.3915	NS
6	Problem Associated with Menstruation Cramp	1	0.0077	3.841	0.9300	NS
7	Duration of Menstruation	3	0.0044	7.815	0.9999	NS
8	Interval of Menstruation	1	0.7342	3.841	0.3915	NS
9	Using Home remedied for reliving of pain	1	0.9449	3.841	0.3310	NS

Table 5 : Association between menstrual pain score with selected socio-demographic variables.

The above table shows the association between menstrual pain score with selected socio-demographic variables and the results show that there is no significant association between menstrual pain score and selected sociodemographic variables.

Age in years:

The calculated value is 0.14 (p value is 0.98) which is less than the table value that shows there is no significant difference between age in years and menstrual pain score

Age of menarche:

The calculated value is 0.57 (p value is 0.99) which is less than the table value that means there is no significant association between age of menarche and menstrual pain score.

Course of study:

The calculated value is 0.069 (p value is 0.99) which is less than the table value that means there is no significant association between course of study and menstrual score.

Family income:

The calculated value is 0.68 (p value is 0.71) which is less than the table value which means there is no significant association between family income and menstrual pain score.

Regularity of menstruation:

The calculated value is 0.73 (p value is 0.39) which is less than the table value which means there is no significant association between regularity of menstruation and menstrual pain score.

Problem associated with menstruation cramp:

The calculated value is 0.007 (p value is 0.93) which is less than the table value that means there is no significant association between the problems associated with menstrual cramp and menstrual pain score.

Duration of menstruation:

The calculated value is 0.004 (p value is 0.99) which is less than the table value that shows there is no significant association between duration of menstruation and menstrual pain score.

Interval of menstruation:

The calculated value is 0.734 (p value is 0.391) which is less than the table value that shows there is no significant association between interval of menstruation and menstrual pain score.

Using home remedies for pain relief:

The calculated value is 0.944 (p value is 0.331) which is less than the table value that means there is no significant association between using home remedies on relief of pain and menstrual pain score.

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