

Assess the Knowledge through Structured Teaching Program Regarding Premenstrual Syndrome among Adolescent Girls

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Abstract

Premenstrual Syndrome (PMS) is a common condition among adolescent girls, characterized by various physical, emotional, and behavioural symptoms occurring before menstruation. Despite its prevalence, awareness and understanding of PMS remain limited, particularly among adolescent girls. A lack of knowledge can lead to misconceptions and inadequate management of the symptoms, and collect the 50 samples selected by using purposive sampling. There was significant improvement in the knowledge of Adolescence girls following the administration of structured teaching program on Premenstrual Syndrome. The majority of respondent 90% had inadequate knowledge on Pre-menstrual syndrome.

Keywords: Premenstrual syndrome, Adolescence girl, PMDD.

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1. INTRODUCTION

BACKGROUND

Premenstrual Syndrome (PMS) is a common condition among adolescent girls, characterized by various physical, emotional, and behavioural symptoms occurring before menstruation. Despite its prevalence, awareness and understanding of PMS remain limited, particularly among adolescent girls. A lack of knowledge can lead to misconceptions and inadequate management of the symptoms, affecting the overall well-being and academic performance of these girls.

Need for the study

Menarche and menstruation are important aspects of women's life. The early menstrual cycle of adolescent girls may be anovular, irregular but are not devoid of problems for them. Adolescent girls experience Premenstrual symptoms seven to ten days before the onset of bleeding. These include irritability, malaise, headache, acne, abdominal pain etc.

The menstruation in majority of women is asymptomatic, apart from vaginal bleeding. However some may have pain in the abdomen with or without gastrointestinal upsets like anorexia and vomiting.

The need for safe and secure pre-menstrual syndrome and its management is universal. Premenstrual syndrome 67% and dysmenorrhea 33% were perceived by the study subjects as the most distressing problems associated with menstruation. The most common effect of menstrual problems on daily routine reported by the study subjects, was in the form of prolonged resting hours (54%) followed by inability to study (50%). More than half (52%) of the subjects discussed their problems with their mother and 60% of the study subjects opted for allopathic treatment for their menstrual problem and Premenstrual dysphonic disorder (PMDD) have been shown to adversely affect health related quality of life.

Review of Literature

A survey was done on the prevalence of Pre menstrual syndrome in Dammam. Self report questionnaire used for survey of eligible young women (n=464). Women were asked about the frequency of symptoms during the previous six months. Pre menstrual symptoms was experienced puffy face, tender/painfully engorged breast and depression and tension. Of these 61(36%) had severe abdominal pain, 68(39%) moderate and 42(24.5%) mild, while 29 (11.7%) had no abdominal pain discomfort. Most of these who reported severe lower abdominal pain have depression/tension (85.7%). In conclusion the study reported a prevalence of pre

menstrual by 448 women (96.6%), and 176(37.5%) had a high severity score. Pre menstrual symptoms frequency was significantly associated with mental history of pre menstrual syndrome, self perception of mental stress, physical activity, consumption of sweet tasting foods, and coffee, but these factors only explained 14% of variability in the multiple regression model, women with PMS might eliminate sweet tasting food and caffeine containing beverages, particularly coffee from their diet. Women who eat this food items frequency had higher Pre menstrual symptoms scores than those who consume less.

Problem Statement

A Study to assess the knowledge through structured teaching program regarding premenstrual syndrome among adolescent girls.”

Objectives of the study

- 1) To assess the knowledge of adolescent girls regarding Pre menstrual syndrome.
- 2) To evaluate the effectiveness of the structured teaching program in improving knowledge about Pre menstrual syndrome.
- 3) To assess the knowledge of management in the prevention of Pre menstrual syndrome.
- 4) To assess the base line knowledge level or adolescent girls regarding (PMS) before the structured teaching program.
- 5) To assess the knowledge and attitude of adolescent girls regarding Pre menstrual syndrome by conducting pre-test and post-test.

HYPOTHESIS

- There are no association between menstrual health problems.
- There exists no significant association between menstrual health problems and duration of menstruation.

2. METHODS AND MATERIALS

RESEARCH APPROACH:

A quantitative descriptive research approach is used for the purpose of the structure teaching programme study is to observe describe and document us but situation as it actually occurs and sometimes as a starting point for hypothesis generation theory development.

This study was able to come by the health problems among the pre-menstrual students having symptoms in Smt. Nagarathamma college of nursing of Bangaluru.

RESEARCH DESIGN:

Research design is an overall plan for obtaining answers to the research questions testing the resource hypothesis.

Research design directs selection of population, sampling procedure, method of measurement of measurement and plan for data collection and analysis.

In this study Structure Teaching Programme survey was adapted, as it describes the health problems among the Adolescent girls having PMS Schematic representation of the design is presented.

VARIABLES:

Variables are the characteristics that vary among the subjects being studied. It is the focus of the study and reflects the empirical aspects of the concepts. being studied, the investigator measures the variable. Variables in the study are: Independent variable: Structured Teaching Programme (STP) on knowledge regarding Prevention of PMS among respondents in ACHARYA POLYTECHNIC, Bengaluru.

Dependent Variables:

Knowledge of respondents regarding Prevention of PMS. Extraneous variables: Demographic characteristics included were Age, Marriage in year, qualification, Family income, marital status, grvida, previous knowledge regarding exposure to any SIDS.

SETTINGS OF THE STUDY:

The setting refers to the physical locations and conditions where data collection takes place. Based on the geographical proximity, feasibility and availability of subjects. The present study on Prevention of PMS was conducted in the ACHARYA POLYTECHNIC COLLEGE, Bengaluru.

POPULATION:

A population is a target group whose members poses specific, attributes that a researcher is interested in studying.

TARGET POPULATION: The target population of this study was 50 Adolescent girls as respondents in Acharya Polytechnic, Bengaluru.

SAMPLING AND SAMPLING TECHNIQUE:

Sample Size

Sample size refers to the number of sampling units included in the study. In other words, the sample size refers to a decision on how many items from the universe are to be subjected for data collection. In this study sample size selected was 50 Adolescent girls as respondents in Acharya Polytechnic, Bengaluru.

Sampling Technique

Purposive sampling technique was used for the selection of samples to evaluate the effectiveness of Structured Teaching Programme on knowledge regarding Prevention of PMS.

CRITERIA FOR SAMPLE SELECTION:

The criteria for sampling selection were mainly depicted under two headings which includes the inclusive criteria.

Inclusion Criteria: Premenstrual girls who are: • Who still did not get the menstrual cycle or the menstruation hasn't started yet.

Section-A: Frequency and percentage distribution of Demographic characteristics.

Table 1.1: Frequency and percentage distribution of respondents according to their age group; N=50

Age [in year]	No.[f]	Percentage [%]
15-17	41	82%
18-20	09	18%

Table 1.1 & Figure 1.1 It is evident from above table that the maximum respondents, 41(82%). Were

from the age group 15-17 years and only 09(18%) were from age group 18-20.

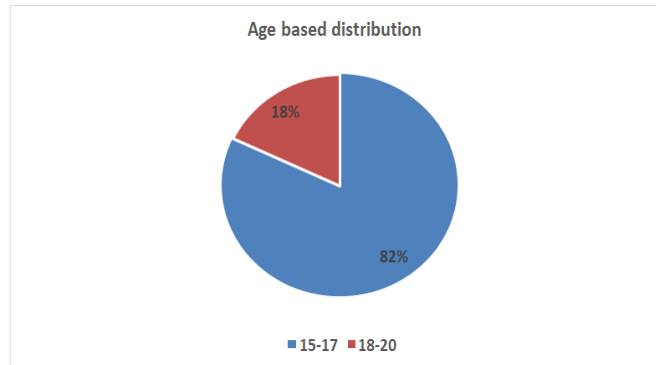


Figure-1.1: Age in years-based percentage distribution of respondents

Table-1.2: Frequency and Percentage distribution of respondents according to Gender; N=50

Gender	No.[f]	Percentage [%]
Female	50	100%
Male	00	00%

The data depicts in Table 1.2 shows that all the respondents 50(100%) were Female.

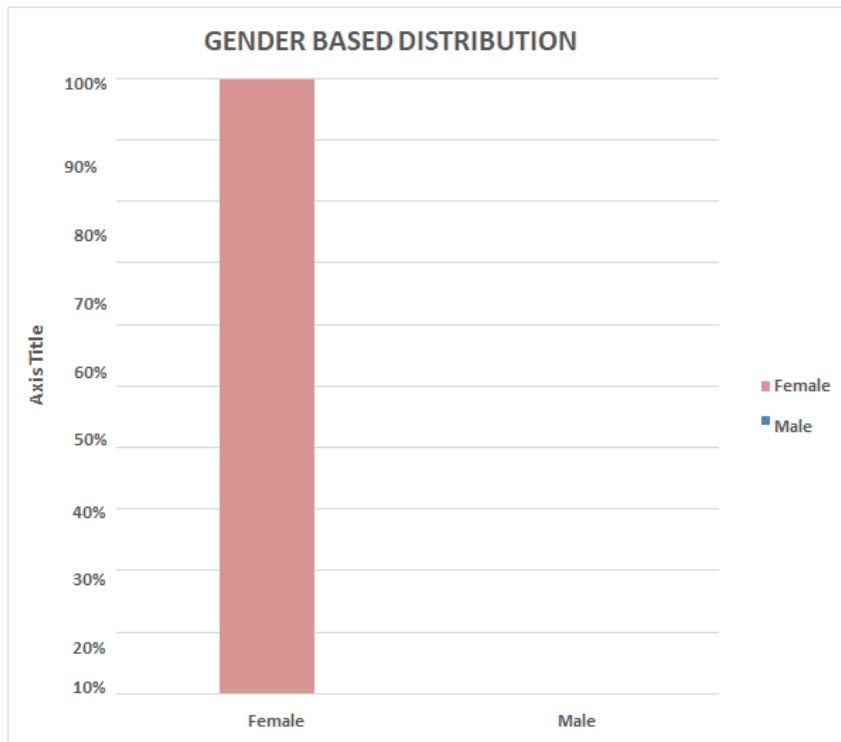


Figure 1.2: Gender based distribution

Table 1.3: Frequency and Percentage distribution of respondents based on type of Family; N=50

Type of Family	No.[f]	Percentage [%]
Nuclear Family	43	86%
Joint Family	07	14%

It is evident from above Table 1.3 that the maximum respondents 43(86%) were from Nuclear. Family and 07(14%) were from Joint family.

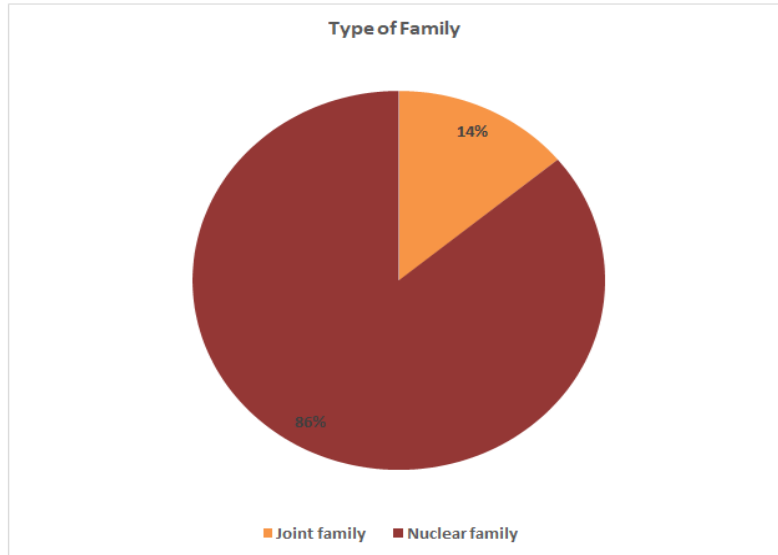


Figure 1.3: Type of Locality based percentage distribution of respondents

Table 1.4: Frequency and Percentage distribution of respondents according to the Religion; N=50

Religion	No.[f]	Percentage [%]
Hindu	30	60%
Christian	12	24%
Muslim	08	16%
Others	00	00%

It is evident from the above Table 1.4 that the maximum respondents 30(60%) were belongs to Hindu

Religion, 12(24%) were belongs to Christian Religion and 8(16%) were belongs to Muslim Religion.

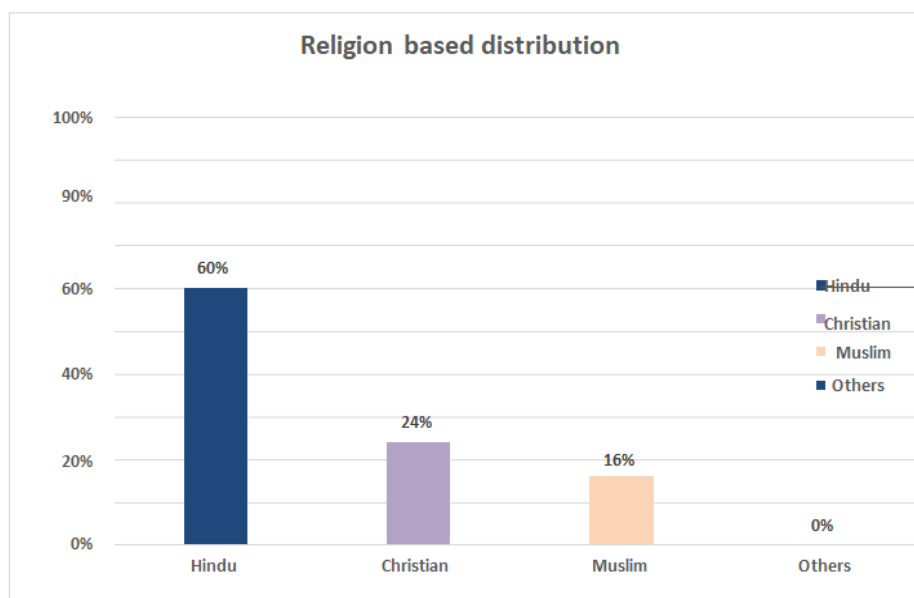


Figure 1.4: Religion based percentage distribution of respondents

Table 1.5: Frequency and Percentage distribution of respondents according to the Family history of Premenstrual Syndrome; N=50

Family history of PMS	No.[f]	Percentage [%]
Yes	03	06%
No	47	94%

It is evident from above table 1.5 that majority 47(94%) were having no family history of PMS and only 3(6%) were having the family history of PMS.

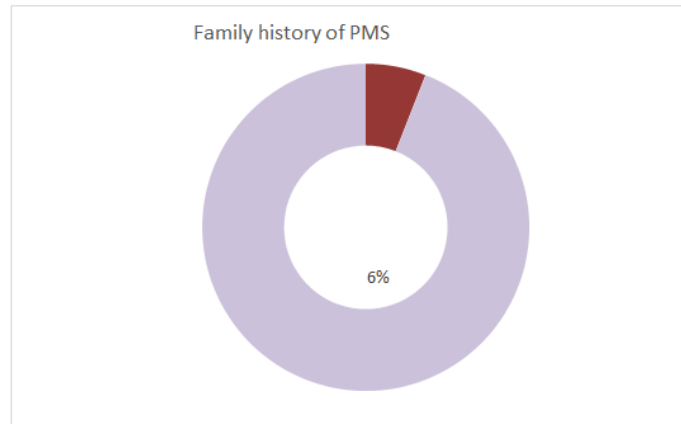


Table-1.5: Family history of PMS based percentage distribution of respondents

Table-2: Frequency and Percentage distribution of respondents according to their previous source of information; N=50

Previous source of information	No.[f]	Percentage [%]
Mass media	21	42%
Journals	13	26%
Others	16	32%
None of the above	00	00%

It is evident from above Table 2 that the maximum respondents, 21(42%) had previous source of information about PMS from Mass media, 13(26%) had

previous source of knowledge about PMS from Journals, 16(32%) had previous source of knowledge about PMS from Other sources.

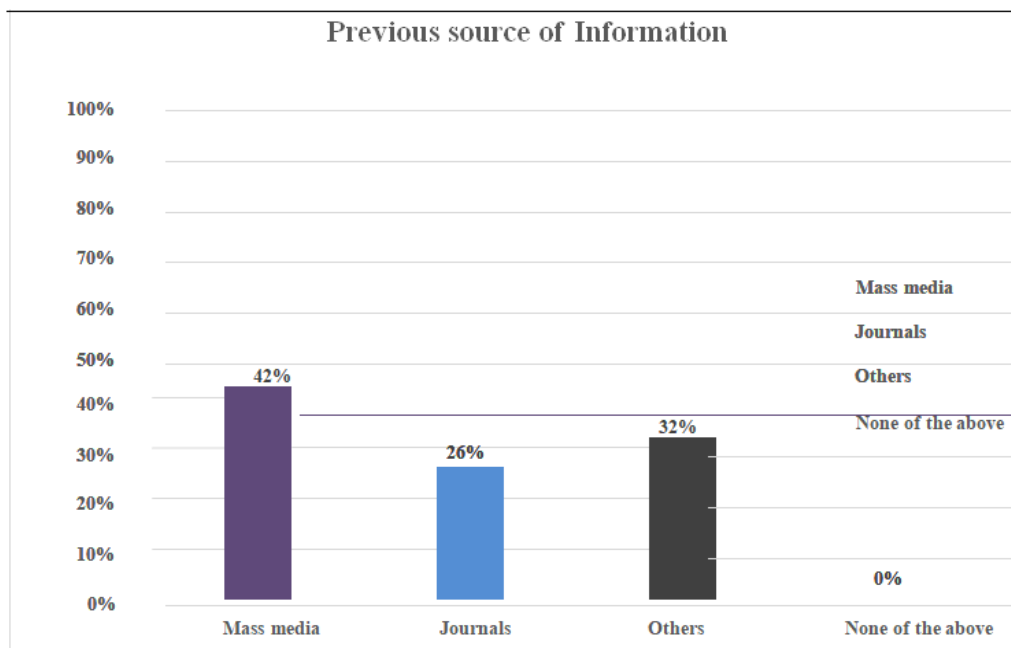


Figure-2: Previous source of information-based percentage distribution of respondents

3. DISCUSSION

The present study was conducted to assess the knowledge on Pre-menstrual syndrome among adolescent girls at Acharya polytechnic college, Bengaluru by using questionnaire.

The aim of the study was conducted to assess the knowledge on Pre-menstrual syndrome among adolescent girls at Acharya polytechnic college. This study motivated the adolence to gain knowledge regarding premenstrual syndrome.

4. CONCLUSION

The Pre-menstrual syndrome is a group of physical and emotional symptoms that starts one to two weeks before menstruation. That resolve with menses. This study motivated the adolence girls to gain knowledge regarding premenstrual syndrome and management.

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Declaration:

Author Contribution:

Mrs. Nagammal: Conceptualization of the study, formulation of report, and information.

Mrs. Suneetha: Data collection, and administration of the knowledge regarding assessment & care.

Mr. Mohammed Niddan: Writing of the manuscript draft, literature review, and manuscript editing.

Ms. Megha: Final review of the manuscript, approval of the final version for submission, and supervision of the overall project.

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Competing Interest: No evidence of any conflict towards to this project

Ethical Clearance: The study was approved by the Institutional Ethics Committee.

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