
Assess the Prevalence and Knowledge on Premenstrual Syndrome and Management among Adolescents in Selected Schools of Kothamangalam

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ABSTRACT

Premenstrual syndrome is a common ailment among adolescent girls. Knowledge regarding the management of premenstrual syndrome is important for reducing the prevalence of the condition. Aim; To assess the prevalence and knowledge regarding the management of premenstrual syndrome among adolescents and to find out the association between the knowledge scores and selected demographic variables. Materials and methods; A non-experimental descriptive study was conducted among 70 adolescents at selected schools in Kothamangalam. The data were analyzed using descriptive and inferential statistics. . The study was concluded that majority of the samples (74.28%) have poor knowledge, (25.71%) have average knowledge and none of them had good knowledge. Assessment of prevalence of premenstrual syndrome shows, 47.14% have moderate symptoms, 31.42% have mild symptoms and 21.42% have severe symptoms. There is no significant association between knowledge and selected socio demographic variables. Hence H₀ is accepted.

INTRODUCTION

Premenstrual syndrome is defined as cyclic appearance of one or more of many symptoms in the luteal phase of each menstrual cycle, severe enough to disturb lifestyle or work, with an entirely symptom-free period for the rest of the cycle. Premenstrual syndrome is defined as regular premenstrual physical or emotional symptoms that interfere with daily living and functioning at home and work.

REVIEW OF LITERATURE

Ligy N was conducted a study to assess the prevalence of premenstrual syndrome and knowledge regarding premenstrual syndrome and its management among girls in a selected College, Kottayam. There is a significant association between prevalence of PMS is 73%. Socio-demographic variables have an influence on prevalence of PMS and knowledge regarding PMS and its management[1].

A descriptive study was conducted to find out knowledge and prevalence regarding premenstrual syndrome among adolescent students of a selected school in Morang District, Nepal. Statistically, a significant association was found between the knowledge of premenstrual syndrome and prevalence of premenstrual syndrome and family history. Bijaya S and Unmona was conducted a study to assess the prevalence and knowledge of premenstrual syndrome among the adolescent girls in selected schools of Guwahati, Assam. There is no association were found between prevalence and demographic variables, physical symptom (breast tenderness) was associated with pre-menstrual problems faced.[3]

MATERIALS AND METHODS

A quantitative approach was used in this study. A research design selected for the research study was A non-experimental descriptive design. The study was conducted in St George's Higher Secondary School Kothamangalam. Tools used are: socio demographic proforma, premenstrual syndrome scale and structured questionnaire to assess the prevalence and knowledge of premenstrual syndrome among adolescents.

DATA COLLECTION PROCEDURE

The study was conducted in a selected schools at Kothamangalam, dated from, after gaining the permission from the authority. The investigators selected samples by purposive sampling. After explaining the purpose of the study and getting informed consent 60 samples were selected according to the eligibility criteria and data was collected using the tools. All the subjects who participated in the study were co-operative.

RESULT

Majority of the samples (74.28%) have poor knowledge, (25.71%) have average knowledge and none of them had good knowledge. Assessment of prevalence of premenstrual syndrome shows, 47.14% have moderate symptoms, 31.42% have mild symptoms and 21.42% have severe symptoms. There is no significant association between knowledge and selected socio demographic variables. Hence H₀ is accepted.

DISCUSSION

The findings of the study were discussed in the terms of objectives and comparisons was made with other study findings. The present study was undertaken to assess the prevalence and knowledge on premenstrual syndrome and management among adolescents. The finding of the study was discussed with reference to related literature and have been organized under the following headings. The present study showed that there is no significant association between knowledge and selected socio-demographic variables.

FUTURE SCOPE

1) Nursing service

Nurses can assess the prevalence of premenstrual syndrome and to promote a healthy life style of the adolescents. This study can be used as an information illustration for nurses who working in educational setup.

2) Nursing education

The result of the study can be used by a nurse educator as informative illustration to the nursing students while teaching a topic on premenstrual syndrome.

3) Nursing research

This study can be utilized by subsequent researchers for their reference and further study.

LIMITATIONS

- The study limited to 70 samples selected by convenient sampling technique.
- Students of 11th and 12th grade were selected.

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