

A Descriptive Study to Assess the Knowledge & Attitude Regarding Premenstrual Syndrome of Adolescent Girls From Selected Schools of Ahmedabad, Gujarat

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Abstract

A descriptive study was conducted to assess the knowledge and attitude regarding premenstrual syndrome of adolescent girls from selected schools of Ahmedabad, Gujarat. The main objective of the study was to assess the knowledge and attitude regarding PMS of adolescent girls from selected schools of Ahmedabad, Gujarat. The 'General System Model' adopted from Ludwig Von Bertalanffy was used as the conceptual frame work. A quantitative approach with descriptive study design was used to achieve the objective of the study. The samples consisted of 150 students of selected schools of Ahmedabad. The simple random sampling technique was used to collect the sample. A structured questionnaire was used to assess the knowledge and attitude scale was used to assess attitude regarding premenstrual syndrome among adolescent girls. The tool was validated by the experts. Cronbach alpha was used to establish the reliability of tools. The tool was found to be valid and reliable. Data gathered was analyzed and interpreted using both descriptive and inferential statistics. The study shows 15.5% adolescent girls having adequate, 81% adolescent girls having average and 3.5% having inadequate amount of knowledge regarding premenstrual syndrome and 55.5% adolescent girls having good attitude, 44.5% adolescent girls having average attitude and no participant having poor attitude regarding premenstrual syndrome. There

was positive co-relation between knowledge and attitude regarding premenstrual syndrome among adolescent girls. Based on the findings the following recommendations were proposed for the future research: A similar study can be replicated on a large sample with the similar baseline characteristics.

Keywords: Premenstrual Syndrome; Adolescent.

Introduction

Background of the Study

Health is wealth goes the saying. Health is essential factor for a happy contented life. Based on the ALMA- ATAS declaration, much emphasis is being placed on health promotion and preventive health care. Encouraging people to adopt healthy life style.¹ Adolescent health, around 1.2 billion people, or 1 in 6 of the world's population, is adolescents aging 10 to 19. Most are healthy, but there is still substantial premature death, illnesses can jeopardize not only their current health, but also their health as adults, and even the health of their future children.² Menstruation, the regular discharge of blood and mucosal tissue from the inner lining of the uterus through the vagina. Usually initiating between twelve and fifteen years of age, a point in time known as menarche. The typical length of time

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between the first day of one period and the first day of the next is 21 to 45 days in young women, and 21 to 31 days in adults in an average of about 28 days. And the Bleeding usually lasts around 2 to 7 days.³ The formal medical description of premenstrual syndrome (PMS) The specific term premenstrual syndrome appears to date from an article published in 1953 by Dalton and Green in the British Medical Journal. And the more severe, related diagnosis of premenstrual dysphoric disorder (PMDD) was paper presented at the New York Academy of Medicine by Robert T. Frank titled "Hormonal Causes of Premenstrual Tension".⁴ Premenstrual syndrome (PMS) is a combination of symptoms that many women get about a week or two before their period. Most women, over 90%, say they get some premenstrual symptoms, such as bloating, headaches, and moodiness. For some women, these symptoms may be so severe that they miss work or school, but other women are not bothered in presence of milder symptoms. On average, women in their 30s are most likely to have premenstrual syndrome.⁵

Need of the Study

According to World Health Organization, sadness, loss of confidence, low self-esteem, and less energy are more common among females. In India, about one-fourth (27.7%) of the female population falls in the 15-29 years' age group. This age is a transition phase of life associated with spurt of physical, mental, emotional, and social development. Some degrees of premenstrual problems are experienced especially in the initial years of reproductive life by majority of young women. Epidemiologic surveys have estimated that as many as 80% of women of reproductive age experience some symptoms attributed to the premenstrual phase of the menstrual cycle.

Premenstrual symptoms are experienced by up to 90% of women of child bearing age. A smaller subset meets criteria for premenstrual syndrome (PMS) and less than 10% of them are diagnosed as having premenstrual dysphoric disorder (PMDD) (American Psychiatric Association 2000). The world health organization estimates that 199 million women have premenstrual syndrome as of 2010 (5.8% of the female population) While 80% of menstruating women have experienced at least one symptom that could be attributed to PMS, estimates of prevalence range from as low as 3% to as high as 30%. 30-40% women suffer some impairment of daily activity, 75% women have 0-40% women suffer some impairment of

daily activity, 75% women have some symptoms, 3-8% women have sever, 1 in 6 or 15.00% or 40.8 million people in USA.⁶ In India the prevalence with PMS is 20% of which 8% suffer with severe symptoms. It has also been reported by the same group of authors that 10% of the sufferers were found to have suicidal ideas. Hence, it is important to identify the knowledge and attitude of the adolescent girls regarding premenstrual syndrome among the adolescent girls in the Ahmedabad, Gujarat.

Objectives

1. To assess knowledge regarding Premenstrual Syndrome among adolescent girls in selected schools of Ahmedabad, Gujarat.
2. To assess attitude regarding Premenstrual Syndrome among adolescent girls in selected schools of Ahmedabad, Gujarat.
3. To identify the co-relation between the knowledge and attitude regarding premenstrual syndrome among adolescent girls in selected schools of Ahmedabad, Gujarat.

Assumptions

There will be significantly lesser percentage of total population having adequate knowledge regarding pre-menstrual syndrome.

There will be significant association between demographic variables and the knowledge of premenstrual syndrome among the participants.

Operational Definition

Assess: It refers to act of ascertaining or judge about the premenstrual syndrome among Adolescent girl.

Knowledge: Knowledge is information and understanding regarding a premenstrual syndrome to adolescent girl.

Attitude: A predisposition or a tendency to respond positively or negatively towards a Premenstrual syndrome by adolescent girls.

School: School is defined as an educational institution where groups of pupils pursue defined studies at defined levels, receive instructions from one or more teachers, frequently interact with other officers and employees such as principal, various supervisors/instructors, maintenance staff etc., usually housed in a single building.

Adolescent Girls: The period of life when a girls entered in the age of 14–18, who are studying in 10th to 12th standard, the period from puberty to maturity terminating legally at the age of majority.

Premenstrual syndrome: A varying group of symptoms manifested by some women prior to menstruation that may include emotional instability, irritability, insomnia, fatigue, anxiety, depression, headache, edema, and abdominal pain.

Materials and Methods

Research methodology indicates the general pattern of organizing the procedure for gathering valid and reliable data for an investigation. The content of this chapter includes research approach and its rationale, description of setting and population, description of sample, tool selection, construction, description and rational of the tool, procedure

of data collection, data analysis and statistically methods used.

Results

Study findings are organized and presented under following section:

Section 1: Description of samples based on their personal characteristics.

According to mean percentage of sample characteristics, majority of samples 28.5% were 15 years of age, 39.5% studied 12th standard, 67% from science field of education, 48% having ₹0–20,000 monthly income, 81.5% were vegetarian, 65.5% having junk food in diet once in a week, 77% samples attend menarche at the age of 13–14 years, 89% having 28–30 days of time between two menstrual cycle and 56.5% having 5–7 days of blood flow (Table 1).

Table 1: Description of sample based on their personal characteristics in terms of frequency and percentage (N = 200).

Serial Number	Characteristics	Category	Respondents	
			Frequency	Percentage (%)
1	Age	14 years	5	2.5
		15 years	57	28.5
		16 years	91	45.5
		17 years	43	21.5
		18 years	4	2.0
2	Standard	10 th	29	14.5
		11 th	92	46.0
		12 th	79	39.5
3	Field of education	Science	134	67.0
		Commerce	11	5.5
		Arts	9	4.5
		Others	46	23.0
4	Monthly family income	₹0–20,000 per month	96	48.0
		₹21,000–40,000 per month	68	34.0
		₹41,000–60,000 per month	21	10.5
		₹61,000–80,000 per month	6	3.0
		Above 80,000	9	4.5
5	Type of diet	Vegetarian	163	81.5
		Non-vegetarian	23	11.5
		Vegetarian + eggs	14	7.0
6	Frequency of junk food in diet per week	Once in a week	131	65.5
		Twice in a week	38	19.0
		Three times a week	19	9.5
		More than 4 times a week	12	6.0

Serial Number	Characteristics	Category	Respondents	
			Frequency	Percentage (%)
7	Age at the time of menarche	11-12 years	29	14.5
		13-14 years	154	77.0
		15-17 years	17	8.5
8	Time period between two menstrual cycles	15-27 days	8	4.0
		28-30 days	178	89.0
		31 above days	14	7.0
9	Days of blood flow	2-4 days	66	33.0
		5-7 days	113	56.5
		8-12 days	21	10.5

Section 2: Analysis of knowledge among adolescent girls regarding premenstrual syndrome.

15.5% adolescent girls having adequate, 81%

adolescent girls having average and 3.5% having inadequate amount of knowledge regarding premenstrual syndrome (Table 2).

Table 2: Analysis of knowledge among adolescent girls regarding premenstrual syndrome ($N = 200$).

Knowledge level	Number of respondents	Percentage
Adequate (7-10)	31	15.5
Average (4-7)	162	81.0
Inadequate (1-3)	7	3.5
Total	200	100.0

Section 3: Analysis of attitude among adolescent girls regarding premenstrual syndrome.

55.5% adolescent girls having good attitude,

44.5% adolescent girls having average attitude and no participant having poor attitude regarding premenstrual syndrome (Table 3).

Table 3: Analysis of attitude among adolescent girls regarding premenstrual syndrome ($N = 200$).

Level of attitude	Number of respondents	Percentage
Good (41-60)	111	55.5
Average (21-40)	89	44.5
Poor (12-20)	0	0.0
Total	200	100.0

Section 4: Determination of co-relation between knowledge and attitude regarding premenstrual syndrome.

The determination of relationship between knowledge and attitude regarding premenstrual

syndrome is $r = 0.064$ which is more than 0. Hence, there is positive co-relation between knowledge and attitude regarding premenstrual syndrome (Table 4).

Table 4: Standard deviation, mean and co-relation between knowledge and attitude ($N = 200$).

Variables	Standard deviation	Mean	Co-relation	Result
Knowledge	0.434099	1.95	0.064	Positive co-relation
Attitude	0.498213	2.555		

Discussion

This section evaluated the findings of the present study in the light of previous research studies. The discussion is organized based on finding of the study. The theoretical framework of the present study was based on concept of General System Theory.

Conclusion

The study intends to assess the knowledge and attitude regarding premenstrual syndrome of adolescent girls from selected schools of Ahmedabad, Gujarat. The study reveals that positive co-relation between knowledge and attitude regarding premenstrual syndrome among adolescent girls from selected schools of Ahmedabad, Gujarat.

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