A STUDY TO ASSESS THE KNOWLEDGE REGARDING AWARENESS OF DYSMENORRHEA AND ITS HEALTH-SEEKING BEHAVIOR AMONG THE ADOLESCENT GIRLS OF SELECTED SCHOOLS

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Abstract

Introduction: Menstruation, or period, is normal vaginal bleeding that occurs as part of a woman's monthly cycle. Menstruation is a natural process in the girl's life. The pain, also known as dysmenorrhea or period pain, ranges from dull and bothersome to severe and extreme. Dysmenorrhea is the most common gynecologically problem which affects most of students in their academic performances and their daily activities. Aim of the study: Aim of this study was to assess knowledge regarding awareness on Dysmenorrhea and its health-seeking behaviour and to develop pamphlet. Material and Methods: Quantitative research approach in that descriptive study method was used to assess knowledge regarding Dysmenorrhea and its health seeking behaviours among adolescent's girls. Study was conducted in selected schools of Mangrol, district Surat Gujarat. A purposive sampling technique was used to select 100 adolescent Girls at selected schools of Mangrol. Structured knowledge questionnaire was prepared to assess the knowledge regarding Dysmenorrhea and its health seeking behaviours. Data was analysed using descriptive and inferential statistics. Result: The result of the study has revealed that majority of respondents 70% had moderately adequate knowledge, 6% respondents had adequate knowledge and 24 % had inadequate knowledge regarding dysmenorrhea and its health seeking behaviour. Findings of the chi square value were showing that there was no any association between demographic variable and knowledge with age, age of menarche, regularity of menses, duration of menses, residence, stream regarding dysmenorrhea and its health seeking behaviour. Conclusion: It was concluded on the basis of the findings of this study that majority of the adolescent girls had average knowledge about dysmenorrhea and its health seeking behaviours

Keywords: *knowledge, dysmenorrhea, health-seeking behaviour, adolescent girls, pamphlet*

INTRODUCTION

Menstruation, or period, is normal vaginal bleeding that occurs as part of a woman's monthly cycle. Menstruation is a natural process in the girl life. A girl attains menarche at the average age of 12-14 years but the girl can begin menstruating as early as 8 years of age or as late as 16 years of age. The reproductive cycle or menstrual cycle comprises of menstrual phase, follicular phase, ovulatory phase and the luteal phase. The pain, also known as dysmenorrhea or period pain,

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ranges from dull and bothersome to severe and extreme. Menstrual cramps tend to begin after ovulation, when the ovaries release an egg that travels down the fallopian tube. Pain can affect the lower abdomen and lower back. In about 10% of people who menstruate, the discomfort is severe enough to affect their daily life for 1–3 days each month. Dysmenorrhea can cause a substantial burden on individuals and communities. There is no data on the prevalence of dysmenorrhea in India. Dysmenorrhea is the most common gynecological problem which affects most of the students in their academic performances and their daily activities. Globally, the prevalence of dysmenorrhea ranges, 16–91% and 10–20% of them suffer from severe dysmenorrhea, which is the leading cause of recurrent School absenteeism, loss of class concentration, not actively participate in class, unable to study and do homework, fall from exam and limited activity. According to Int J Women's Health Published online 12 Apr

STATEMENT OF THE STUDY
"A descriptive study to assess the knowledge regarding awareness of dysmenorrhea and its health-seeking behavior among the adolescent girls of selected schools of Mangrol district Surat, Gujarat with a view to developing a pamphlet."

OBJECTIVES OF THE STUDY
1. To assess the knowledge regarding dysmenorrhea and its health-seeking behavior.
2. To determine health seeking behavior of students towards dysmenorrhea.
3. To determine the association between knowledge regarding dysmenorrhea and health-seeking behavior with selected demographic variables.
4. To develop a pamphlet regarding awareness of dysmenorrhea and its health-seeking behavior.

HYPOTHESIS
H1: There is no significant association between the knowledge regarding dysmenorrhea and its health- seeking behavior among adolescent and the selected demographic variable

DELIMITATION:
1. The study is delimited to selected schools of Mangrol.
2. The study is delimited to girls of 11th and 12th standard students of selected schools of Mangrol.
3. The study is delimited to assess the knowledge of 11th 12th-standard girls regarding dysmenorrhea among adolescent girls.

RESEARCH METHODOLOGY:
Research approach: Quantitative research approach
Research Design: Exploratory descriptive non- experimental research design

Research Setting: Selected schools of Mangrol, Surat

Sample Size: 100 adolescent girl students
Sampling technique: Non-probability purposive sampling technique

Criteria for sampling selection:
Inclusive criteria:
1. Who are studying in schools of Mangrol.
2. Who are willing to participate in the study.

3. Who will be available at time of data collection period.

Exclusive criteria:
*   Those students who were on leave during the time of study
*   **Development of data collection tool:**

*   The development of tool is a step by step procedure in order to make the tool. The following steps are adopted prior to the development of the tool:

*   1) Review of the literature. 2) Expert opinion 3) Tool validation.

*   **Description of tool:**

*   **SECTION A: SOCIO DEMOGRAPHIC DATA**

*   This section consisted of item describing the socio demographic variables of adolescents girls such as age, age of menarche, regularity of menses, duration of menses, residence and stream

*   **SECTION B: KNOWLEDGE QUESTIONNAIRE**

*   This section consisted of 30 multiple-choice questions to assess the level of knowledge regarding dysmenorrhea and its health-seeking behavior among 11th & 12th standard of adolescent girls. Each correct response is awarded a score of 1 and an incorrect response with a score of 0.

*   Scoring: The level of knowledge is classified as Poor knowledge below 75, Average knowledge 51-75, and Good knowledge >75

*   **Ethical Consideration :**

*   Formal written permission was obtained from the concerned authorities of selected schools and a consent form were obtained from the samples.

*   **RESULT:**

*   Section A: Socio demographic data was analyzed by using frequency and percentage.

*   Section B: The assessment of the questionnaire on knowledge among adolescent girls were analyzed in terms of frequency, percentage, mean and standard deviation.

*   Section C: Chi-squire test used to analyze the association between the level of knowledge and socio demographic variables

*   **Section A: Analysis and interpretation of the demographic data**

*   Table 1: Distribution of socio-economic variables

Sr. No.	Demographic variables	Frequency	Percentage (%)
1	**Age in Years**		
	14-15	4	4
	16-17	93	93
	18-19	3	3
	Above 19	0	0
2	**Age of menarche (Years)**		
	12-13	17	17
	14-15	80	80
	16-17	3	3
	Above 18	0	0
3	**Regularity of menses**		
	Regular	67	67
	Irregular	16	16
	Sometimes irregular	13	13
	Sometimes regular	4	4
4	**Duration of menses**		
	2-3 days	8	8
	4-5 days	46	46
	6-7 days	46	46
	More than 7 days	0	0
5	**Residence**		
	Urban	0	0
	Rural	100	100
6	**Stream**		
	Arts	34	34
	Science	33	33
	Commerce	33	33

2. **ANALYSIS AND INTERPRETATION OF THE RESPONDENT'S KNOWLEDGE REGARDING DYSMENORRHEA AND ITS HEALTH SEEKING BEHAVIOUR**

Table 2: Distribution of subjects according to level of knowledge.

N=100

SR. NO.	LEVEL OF KNOWLEDGE	SCORE	FREQUENCY	PERCENTAGE (%)
1	Good knowledge >75%	21-30	6	6%
2	Average adequate 50-75%	11-20	70	59%
3	Poor knowledge <50%	1-10	24	35%
TOTAL			100	100

Fig 1: Diagram showing the distribution of sample according to level of knowledge
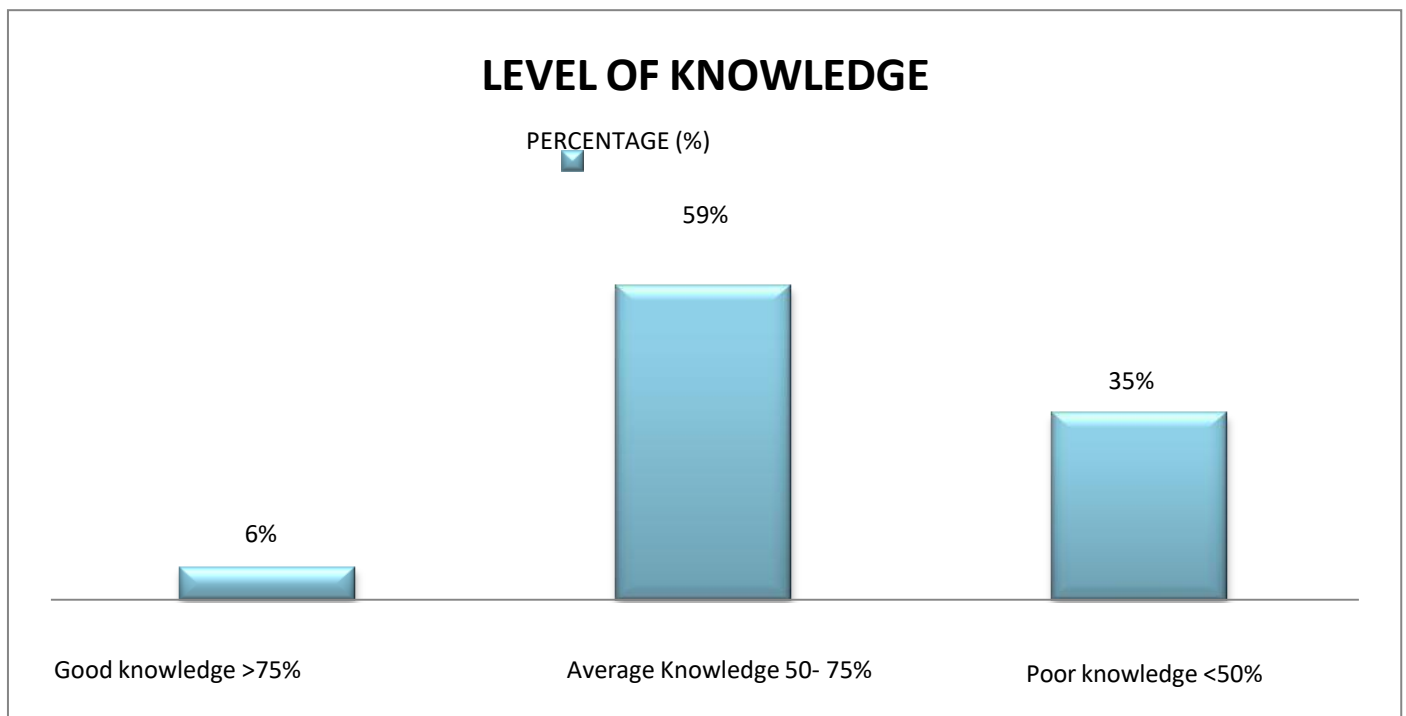

Table 2 & Fig: 1 shows the knowledge level of adolescent girls regarding dysmenorrhea and its health-seeking behavior. Out of 100 respondents, only 6% had adequate knowledge whereas 59% had adequate knowledge and 35% had poor knowledge regarding dysmenorrhea and its health-seeking behavior

Recommendations

- A similar study can be conducted on a large sample size in order to generalize for a larger sample.
- Comparative study can be conducted by using various other complementary andalternative therapies to find out the effectiveness in reducing menstrual pain.
- Similar study can be conducted in a different population.
- A similar study can be conducted in community area among the girls andwomen of community.

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