

ASSESSING THE KNOWLEDGE REGARDING THE IMPACT OF STRESS ON MENSTRUAL IRREGULARITY AMONG UNIVERSITY GIRLS

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ABSTRACT

Stress can be state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. When you're stressed out, the hormones produced by your body in a stressful situation can trigger a variety of physical and emotional responses. may feel sick, anxious, worried, or nervous, or become tense, angry, short-tempered. Menstrual irregularities may occur with other symptoms depending on the underlying this disease, disorder, or condition. For example, menstrual irregularities due to a pelvic infection may be associated with fever and painful sexual intercourse. Objective: The objective of the study is to assess knowledge regarding stress and impact of stress on menstrual irregularity. To find out associations between knowledge score and demographic variable. Method and materials: The research approach is quantitative, having 300 samples and the study design is descriptive. The research area consist of Parul University and target population is University girls. The tools and technique consist of non-probability convenient technique. Results: For socio-demographic data, the girls are majorly in the age group between 18-22 years 276(92%) and day scholars 188(62.7%) their parents are majorly involved in business 131(43.7%) and are living in a joint family 161(53.7%) with the monthly income of 10,000-15,000 96(32%). Majority of the girls are having good knowledge 172(57.3%) related to menstrual irregularity and its impact on mental health, there were 101 girls having average knowledge which constituents 33.7% and only 9% of girls were having poor knowledge which makes up about 27 samples. Conclusion: The conclusion of this study to assess knowledge of University Girls Students were analyzed to observe the Impact of Stress on Menstrual Irregularity among University Girls Students, it is



considered that knowledge of University Girls Students of 18–35 years age groups are more effective in the increasing of having a stress 276 (92.0%) of the population of university girls' students. There will be no significant association between knowledge score regarding Impact of Stress on Menstrual Irregularity among University Girls Students with their selected demographic variables is accepted.

Keywords: knowledge, stress, menstrual irregularity, University girls.

INTRODUCTION

Stress can be state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. When you're stressed out, the hormones produced by your body in a stressful situation can trigger a variety of physical and emotional responses. may feel sick, anxious, worried, or nervous, or become tense, angry, short-tempered. menstrual period Normal menstruation can last from 2 to 7 days and can happen every 21–35 days However, 14–25 percent of women have irregular menstrual cycles, which means their periods are heavier or lighter than usual, longer than 35 days or shorter than 21 days, Menstrual irregularities may occur with other symptoms depending on the underlying this disease, or condition. For example, menstrual irregularities due to a pelvic infection may be associated with fever and painful sexual intercourse. Menstrual irregularities Burning with urination. Difficulty getting pregnant or infertility. Lower back pain. fever. And nausea vomiting. painful bowel movement.

OBJECTIVE:

- To assess the knowledge regarding stress.
- To assess the knowledge related to impact of stress on menstrual irregularity.
- To find out associations between knowledge score and demographic variable.

ASSUMPTION:

- There may be impact of stress on menstrual irregularity among university girls' students.
- There may be lack of knowledge related to effect of stress on menstrual irregularity.

MATERIALS AND METHODS:

This study used a Quantitative research Approach. Having a research design which is descriptive design. The setting consists of Parul university. The target student of the study is University girls. The inclusion criteria of our study are University girls having above 20-28 age who are willing to participate in the study, whereas the exclusion criteria are those who are not available at a time of data collection and participants who have impact of stress on menstrual irregularity among university girls' students. The sample size for this study was 300. And the sampling technique is non – probability convenient Technique. The tools and technique consist of Section A: Socio-demographic Data, Section B: Knowledge Data Questionnaire. The pilot study has been conducted on 10% of the students of our main study in selected Parul university. Data collection has been done by using validated and reliable tools. Data was analyzed by using

both descriptive and inferential statistics, wherever required the data has been shown in graphical representation. Ethical permission has been taken from the institutional ethical committee and the approval number is PUIECHR/PIMSR/00/081734/5414.

RESULTS:

The data are presented under the following headings:

- **SECTION 1:** Socio- Demographic Data
- **SECTION 2:** Self structured Questionnaire to assess the level of knowledge regarding on stress and knowledge related on menstrual irregularity.

SECTION 1: SOCIO – DEMOGHAPHIC DATA

1.This was reported that 276 (92.0%) of the population of University Girls Students were more frequently belonged to the age between **18-22 years** and that followed by the age group of **23-27 years** consisted of 22 (7.33%) University Girls Students.

This was also noticed that 2 (0.7%) of the population of University Girls Students were more frequently be longed to the age between **28-33 years**.

2.Figures in table indicated that major part (188, 62.7%) of population of University Girls Students found to be day scholars.

Rest, 112 (37.3%) University Girls Students found to be hostlers also participated in the present study.

3.Occupation of parents of 102 (34.0%) University Girls Students found to be agriculture Occupation of parents of 131 (43.7%) University Girls Students found to be business, Occupation of parents of 44 (14.7%) University Girls Students found to be daily wages and Occupation of parents of 23 (7.7%) University Girls Students found to be service.

4.The type of family of major part (161, 53.7%) of population of University Girls Students was more frequently from joint family, (135 45.0%) of population of University Girls Students was more frequently from nuclear family.

Further, this was detected that type of family of few 4 (1.3%) University Girls Students were joint used to live in extended family.

5. Analysis indicated that family income of 96 (32.0%) University Girls Students found to be between 10000 to 15000/-, family income of 71 (23.7%) University Girls Students found to be between 15000 to 30000/-, family income of 90 (30.0%) University Girls Students found to be between 30001 to 50000/-, and family income of 43 (14.3%) University Girls Students found to be between 50001 to 65000/-

SOCIO DEMOGRAPHIC DATA		FREQUENCY(N)	PERCENT (%)
Age of students	18-22 Years	276	92.0
	23-27 Years	22	7.3
	28-33 Years	2	0.7
	More than 34 years	0	0.0
Types of living	Day scholar	188	62.7
	Hostlers	112	37.3
Occupation of parents	Agriculture	102	34.0
	Business	131	43.7
	Daily wages	44	14.7
	Service	23	7.7
Type of Family	Nuclear family	135	45.0
	Joint family	161	53.7
	Extended	4	1.3
Family income	10000 to 15000	96	32.0
	15000 to 30000	71	23.7
	30001 to 50000	90	30.0
	50001to 65000	43	14.3
Total	-	300	100.0

SECTION 2: KNOWLEDGE DATA

Categories to judge the improvements in knowledge of University Girls Students about Impact of Stress on Menstrual Irregularity have allocated based on total score (300, 100.0%) measure on scale which further divided into three parts.

The knowledge of University Girls Students was found at a good level which can be easily measured by analyzing the test scoring. However, major part of the population of University Girls Students noted with good knowledge about Impact of Stress on Menstrual Irregularity.

The 27 (9.0%) University Girls Students observed with poor (0-10) knowledge about Impact of Stress on Menstrual Irregularity. Further, analysis indicated that population of University Girls Students (101, 33.7%) identified with average (11-20) knowledge about Impact of Stress on Menstrual Irregularity, population of University Girls Students (172, 57.3%) identified with average (21-30) knowledge about Impact of Stress on Menstrual Irregularity.

Knowledge Score (Baseline)	Knowledge Category	Frequency (N)	Percent (%)
0-10	Poor	27	9.0
11-20	Average	101	33.7
21-30	Good	172	57.3

The association isn't significant (insignificant) for 4 degrees of freedom at the 0.05 level of significance.

There is a statistically no significant association seen between knowledge grade and the age ($\chi^2=2.99$, $df=4$, $P>0.05$, Not Significant), showing that knowledge grade is independent of the age of the University Girls Students.

Moreover, the statistical agreement showed that that age of University Girls Students wasn't the significant factor that influenced the knowledge levels about Impact of Stress on Menstrual Irregularity at baseline stage.

Age of University Girls Students	Knowledge score Category			Total
	0-10 (Poor)	11-20 (Average)	21-30 (Good)	
18-22 years	25	91	160	276
23-27 years	2	10	10	22
28-33 years	0	0	2	2
More than 34 years	0	0	0	276
Total	11	49	0	300
$\chi^2_4 = 2.99; p > 0.05$ (Insignificant)				

In most university girls' students' participants were having good knowledge (57.3%), average knowledge (33.07%) and poor knowledge (9.0%) regarding stress on menstrual irregularity of among university girls.

CONCLUSION:

The conclusion of this study to assess knowledge of University Girls Students were analyzed to observe the Impact of Stress on Menstrual Irregularity among University Girls Students, it is considered that knowledge of University Girls Students of 18–35 years age groups are more effective in the increasing of having a stress 276 (92.0%) of the population of university girls' students. There will be no significant association between knowledge score regarding Impact of Stress on Menstrual Irregularity among University Girls Students with their selected demographic variables is accepted.

DECLARATION:

Conflict of Interest:

The authors have confirmed that there are no conflicts of interest between any of the authors.

Author's Contribution

Ethical permission, data collection, data analysed done by corresponding author and Supervision, guidance, validation done by secondary author.

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Ethics Statement:

Ethical permission has been taken from the institutional ethical committee and the approval

number is PUIECHR/PIMSR/00/081734/5414.

Informed Consent:

All samples had voluntarily taken part in the research. Before gathering data, the permission was taken from the participants.

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