



A Study to Assess the Level of Knowledge on Home Remedies of Dysmenorrhoea Among Adolescent Girls at Vengad Higher Secondary School, Kannur

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Abstract

Adolescence is a period from childhood to adulthood and is characterized by a spurt in physical, endocrinal, emotional and mental growth, with a change from complete dependence to relative independence. The period of adolescence for a girl is a period of physical and psychological preparation for safe motherhood. A Study to assess the level of knowledge home remedies of dysmenorrhoea among adolescent girls at Vengad Higher Secondary School. The Research Approach was Quantitative and Research design was descriptive. The Sample study were adolescent girls between age 14 -16 . 100 samples were selected based on inclusion and exclusion criteria . Baseline data administered to collect information and knowledge questionnaire was provided to assess the level of knowledge . The collected data was analysed by using descriptive and inferential statistics . Chi square test were used to find out the association . The results concluded that level of knowledge on home remedies of dysmenorrhoea .So,these kind of information regarding home remedies for dysmenorrhoea should be taught to their teachers,parents and community health workers to teach their students, and people thereby improve overall health.

Keywords: Level of knowledge, Home Remedies , dysmenorrhoea , Adolescent Girls

INTRODUCTION

Adolescence is a period from childhood to adulthood and is characterized by a spurt in physical, endocrinal, emotional and mental growth, with a change from complete dependence to relative independence. The period of adolescence for a girl is a period of physical and psychological preparation for safe motherhood. As the direct reproducers of future generations, the health of adolescent girls influences not only their own health,

but also the health of the future population. Almost a quarter of India's population comprises of girls below 20 years. The prevalence estimates range from 25 to 90% among women and adolescents. Studies from India reported the prevalence range between 50 to 87.8. Other studies reported that dysmenorrhea affects up to 90% of women of childbearing age to varying degrees. Pain is significant in 5-20% who report severe dysmenorrhea or pain that prevents them from participating in their usual activities. More than 50% of postpubescent menstruating women are affected by dysmenorrhea, with 10-12% of them having severe dysmenorrhea with incapacitation for 1-3 days each month. In Kerala a cross sectional study conducted between 2019 to 2020 estimated that 72.51% adolescents were suffering from dysmenorrhea.

NEED FOR THE STUDY

One of the major physiological changes that take place in adolescent girls is the onset of menarche, which is associated with dysmenorrhea, excessive bleeding, and irregular menstruation. Of this dysmenorrhea is one of the common problems experienced by many adolescent girls. Dysmenorrhea is the occurrence of painful cramps during menstruation. It is called "primary" when there is no specific abnormality and "secondary" when the pain is caused by an underlying gynaecological problem. Dysmenorrhea is one of the most common complaints in adolescents, and may affect more than half of the menstruating women. It can disrupt the personal life [1] so it is considered as a public health problem associated with substantial economic loss related to work absence. The incidence has shown that the prevalence of dysmenorrhea worldwide is with rates ranging from 15.8 to 89.5%, with higher prevalence rates reported in adolescent population. In Asia, overall 74.5% of the girls who had reached menarche had dysmenorrhea; 51.7% of these girls reported that it affected

OBJECTIVES

- 1) To assess the level of knowledge on home remedies of dysmenorrhea among adolescent girls at Vengad Higher Secondary, Kannur.
- 2) To find the association between knowledge on home remedies of dysmenorrhea and selected demographic variables among adolescent girls at Vengad Higher Secondary, Kannur.
- 3) To prepare an informative video on home remedies of dysmenorrhea among adolescent girls at Vengad Higher Secondary, Kannur

HYPOTHESIS

H₁ There will be significant difference between level of knowledge on home remedies of dysmenorrhea and Selected demographic variables

H₂ There will be no significant difference between level knowledge on home remedies of dysmenorrhea and selected demographic variables.

MATERIALS AND METHODS

Quantitative Study Descriptive Design was adopted to assess the level of knowledge on home remedies of dysmenorrhoea among Adolescent girls . The Study was conducted for Adolescent girls of age group of 14 -16 years at Vengad Higher Secondary School ,Kannur .100 Students of 8,9,10 standards was taken as Samples . The tool used were Questionnaire for assessing knowledge regarding home remedies for dysmenorrhoea and a Video to provide knowledge regarding home remedies for dysmenorrhoea .Convenient Sampling was used .Questionnaire consists of Section A Demographic Variables and Section B includes Questionnaires to assess the

level of knowledge . Content Validity was explained by panel of seven experts from Nursing, Obstetrician and Gynaecological nursing and Statistician .The reliability of the questionnaire was tested using the Splithalf method which yielded a reliability 0.9 indicating high internal consistency .

A Pilot study was conducted to assess the feasibility of the Study. The investigators conducted the Pilot Study at VengadHigher Secondary School and 10 samples were selected

ANALYSIS

Table 1 Frequency and Distribution of Demographic Variable
= 100

N

S.NO	Demographic Variables	Frequency (f)	Percentage (%)
1	Age in Years		
	a) 14 years	54	54
	b) 15 years	44	44
	c) 16 years	2	2
2	Age of Menarche		
	a) ≤ 12	47	47
	b) 13	30	30
	c) 14	17	17
	d) 15	6	6
3	Type of residency		
	a) Rural	86	86
	b) Urban	14	14
4	Mother's Education		
	a) < 10	21	21
	b) SSLC	43	43
	c) Degree	36	36

TABLE 2 ASSOCIATION BETWEEN DYSMENORRHOEA AND DEMOGRAPHIC VARIABLES

N = 100

Demographic Variables	Table Value	df	Chi square
1. Age in Years a) 14 b) 15 c) 16	12.59	6	4.56
2. Age in Menarche a) ≤ 12 b) 13 c) 14	16.92	9	12.56

d) 15			
Type of residency		3	4.5
c) Rural	7.28		
d) Urban			
Mother's Education	12.59	6	12.08
a) < 10			
b) SSLC			
c) Degree			

***Significant NS- Not Significant**

Significant association was not found between age in years and level of knowledge on home remedies of dysmenorrhoea. Since the calculated value (4.56) was lesser than table value (12.59) test was significant at 0.05 levels.

Significant association was found between age at menarche and level of knowledge on home remedies of dysmenorrhoea. As the calculated value (20.56) was greater than table value (16.92) test was significant at 0.05 levels

Significant association was not found between type of residence and level of knowledge on home remedies of dysmenorrhoea. As the calculated value (4.5) was lesser than table value (7.28) test was significant at 0.05 levels

Significant association was not found between mother's education and level of knowledge on home remedies of dysmenorrhoea. Since the calculated value (12.08) was lesser than table value (12.59) test was significant at 0.05 levels.

LEVEL OF KNOWLEDGE ON HOME REMEDIES OF DYSMENORRHOEA

Frequency and percentage distribution of subjects based on severity of dysmenorrhoea score among 100 Adolescent girls, shows 1% (Poor Knowledge), 33% (Average Knowledge), 64% Good Knowledge, 2% (Excellent Knowledge)

NURSING IMPLICATIONS

NURSING EDUCATION

Non-pharmacological measures for reducing severity of dysmenorrhoea especially fenugreek seeds consumption helps to reduce absenteeism among Nursing Students and thereby quality of living. Conferences, Seminars and workshops can be held for nurses to update their knowledge on non pharmacologic measures. The School Curriculum should include knowledge about dysmenorrhoea and its non pharmacological management especially fenugreek seeds consumption. Provide training to School teachers regarding home remedies for dysmenorrhoea.

NURSING PRACTICE

Nurses are important part of health care delivery system. So, every nurse must update knowledge on daily basis. Provide education to the nurses working in hospital and community about non pharmacologic measures

for dysmenorrhoea through continuing education programme. Knowledge of nonpharmacological measures for a disease or symptoms helps to improve autonomy of the nurses. Conduct health education about the topic effect of fenugreek seeds consumption on Dysmenorrhoea and to be included in School health Programmes.

NURSING ADMINISTRATION

The Collaboration with education department, conduct education programmes for the nurses, mothers, students regarding the home remedies for dysmenorrhoea among adolescent girls.

Declaration of Conflicting Interests

The authors declare no potential conflicts of interest with respect to the research, authorship and publication of this article.

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