

# A Study to Assess the Quality of Life of the Adolescent Girls with Gerd Studying in Selected Arts and Science College at Kattumannarkoil, Cuddalore District

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## 1. Introduction

Around 4.5/1000 persons in the UK and 5.4/1000 persons in the US suffer from GERD each year. The prevalence of GERD in Western populations varies from 10percent to 20percent. GERD signs appear at least once a day in 7percent, a week in 20 percent, and a month in 44percentof the adult populationof the United States. Nonetheless, researchdefiningthe GERD epidemiology in South - East Asia and for that issuein India arescarce; and conventionallyGERD was considered to be unusualin the emerging nations, conversely, investigationsin the populationof multiethnic demonstratedthat the people of Indian origin had a greater probabilityof GERD than ethnic Malay as well as Chinese. Furthermore, research conducted in India indicates the GERDprevalence in India is probably to vary from 8percent to 19percent, which is similar to prevalence rates reported in western nations.

## Statement of the Problem

A study to evaluate the Quality of life of the Adolescent Girls with GERD studying in selected Arts and Science College at Kattumannarkoil, Cuddalore District.

## Objectives

- 1) To Determine the GERD by using the Salivary pH test among the subjects.
- 2) To Assess the quality of life of the subjects using GERD – HRQOL.
- 3) To determine the relationshipbetween the level ofLifeQuality of Adolescent girls with GERD with itschosen Demographic Variables.

## 2. Methodology

### Study Approach

- Quantitative approach

### Study Setting

- The study was conducted in the Arts & Science department, MRK Arts and Science College, Kattumannarkoil, Tamilnadu.

### Sampling Technique

- Convenience Sampling.

### Inclusion criteria

Adolescent girls studying in Arts & Science College, Kattumannarkoil.

- Between the age of 18 to 21 years.
- Able to speak, read and understand both Tamil or English.
- Willing to participate.

### Exclusion Criteria

Adolescent girls

- Who has other illnesses such as Hypothyroidism and Hyperthyroidism?
- Who has treatment for Gastro - Esophageal Reflux Disease?
- Absent on the day of data collection.

### Data Collection Procedure

Seeking approval from the institutional human ethics committee. After gettingformal permission from the educational institution. Selection and enrollment of study subjects based on Inclusion criteria and Exclusion criteria. A detailed explanation will be given to the subjects about the purpose of the research and get consent from subjects. Data were collected by interview method.

### Description of the data collection instrument

#### Determination of GERD by Saliva pH test among study participants, N = 50

S. No.	Saliva pH test	Frequency (n)	Percentage (%)
1.	GERD saliva pH below 6	16	32%
2.	GERD saliva pH above 5	34	68%

The table shows the determination of GERD among study participants. Nearly 16 (32%) of the subjects had a saliva pH below 6. On the other hand, 34 (68%) of the subjects had a saliva pH above 5.

**Evaluate the level of Quality of Life of Adolescent girls with GERD, N = 16**

GERD, N = 10				
S. No.	Level of GERD		Frequency (n)	Percentage (%)
1.	Mild	50%	1	6.25%
2.	Moderate	79%	3	18.75%
3.	Severe	89%	8	50%
4.	Very Severe	100%	4	25%
Total			50	100%

The table indicates the level of life Quality of Adolescent girls with GERD. Nearly, 1 (6.25%) of the subjects had a mild level of Quality of Life regarding GERD. A total of 3 (18.75%) of the subjects had a moderate level of Life Quality regarding GERD. Nearly 8 (50%) of the subjects had a severe level of Quality of Life regarding GERD. Nearly 4 (25%) of the subjects had a very severe level of Life Quality regarding GERD.

**Relationship between the level of Life Quality of the Adolescent girls with GERD with their chosen Demographic Variables, N = 16**

S. No	Demographic Variables		Level of GERD										Chi – Square	Inference
			None		Mild		Moderate		Severe		Very Severe			
			F	%	F	%	F	%	F	%	F	%		
1.	Education	a. I - year – Under Graduate	0	0	0	0	0	0	0	0	0	0	9.833 df = 4	S
		b. II - year – Under Graduate	1	6.25	4	25	1	6.25	1	6.25	1	6.25		
		c. III - year – Under Graduate	3	18.75	3	18.75	1	6.25	0	0	1	6.25		
2.	Type of Family	a. Nuclear Family	3	18.75	4	25	1	6.25	1	6.25	1	6.25	18.534 df = 4	S
		b. Joint Family	1	6.25	2	12.5	1	6.25	1	6.25	1	6.25		
		c. Single Parent	0	0	0	0	0	0	0	0	0	0		
		d. Extended	0	0	0	0	0	0	0	0	0	0		
3.	Educational status of the mother	a. Primary School	3	18.75	1	6.25	1	6.25	0	0	1	6.25	18.028 df = 8	S
		b. Secondary School	1	6.25	3	18.75	1	6.25	1	6.25	1	6.25		
		c. Higher Secondary School	0	0	2	12.5	0	0	1	6.25	0	0		
		d. Diploma, Graduate or more	0	0	0	0	0	0	0	0	0	0		

The table shows a relationship between the level of Life Quality of Adolescent girls with GERD with their chosen “Demographic Variables”.

There was no substantial correlation found between the Life Quality level of the Adolescent girls with GERD such as Age, Religion, Family income per month, Mother Occupational status, Father Educational status, Father Occupational status, Residential Area.

There was a substantial correlation found between the level of Life Quality of the Adolescent girls with GERD such as Education, Family Type, Mother educational status.

### 3. Conclusion

GERD is a main Digestive Health Problem and affects 30% of Indian people. There are many risk factors that cause the occurrence and recurrence of GERD. Lifestyle modification is one of the major causes of GERD. In the case of Adolescence, the increased level of Estrogen and Progesterone will cause Lower Esophageal Sphincter relaxation and increase the incidence of GERD. The result reveals that adolescent girls are prone to develop GERD and it is influenced by demographic factors.

### References

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