

A Descriptive Study to Assess the Knowledge Regarding Premenstrual Syndrome and Coping Behaviour among Nursing Students of Selected Nursing College of District Solan Himachal Pradesh with View to Develop an Informational Booklet

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Abstract: *Premenstrual syndrome is a group of changes that can affect you on many levels. They can be physical, emotional, or behavioral. The changes come 1-2 weeks before your period. Once your period starts or soon after it starts, they'll go away. Objectives: to assess the knowledge regarding premenstrual syndrome and coping behaviour among nursing students, to find out the association between the knowledge regarding premenstrual syndrome and coping behaviour with their selected socio-demographic variables, to determine the co-relationship between the knowledge regarding premenstrual syndrome among nursing students., Methodology: A descriptive study was conducted in 2021 in selected Nursing College of District Solan (H. P) sample of 100 nursing students were selected by using convenient sampling technique. Result: The findings show the knowledge score was 15.12 ± 4.086 and respectively coping behaviour score shows that 13.05 ± 1.940 . There was significant association between the knowledge regarding premenstrual syndrome with their selected socio-demographic variables (age in year, academic status of the student) and for the coping behaviour there is significant association between the coping behaviour regarding premenstrual syndrome with their selected socio-demographic variable (Age in menarche, area of resident). There was a significant co relationship between the knowledge regarding premenstrual syndrome and coping behaviour among the nursing students (correlation 0.315, t value 0.197 and p value $p < 0.001$). Conclusion: The present study was concluded that the majority of nursing students had moderate adequate knowledge and good coping behaviour regarding premenstrual syndrome.*

Keywords: Assess knowledge, premenstrual symptoms, coping behaviour, Informational booklet

1. Introduction

Premenstrual syndrome is a combination of emotional, physical, psychological, and mood disturbances that occur after a woman's ovulation, typically ending with the onset of her menstrual flow. Premenstrual syndrome is the primary reason for women to get away from school or college. (3) Premenstrual syndrome is a very common condition its symptoms affect more than 90 % of menstruating women. (3) Pre-menstrual syndrome (PMS) is cyclic group of symptoms that occur in women typically between ovulation and the onset of the period involving women's emotional, physical, behavioral and social health. Affected age group is between 12 to 50 years of age. The term coping generally refers to strategies which reduce stress. The strategies including consuming sweets, hot packs, and sleeping, resting, massage, having showers and taking pain killers were the most commonly identified coping strategies. It is not known if healthcare professionals (HCPs) use coping mechanisms to deal with premenstrual syndrome in this region. (6)

2. Need of the Study

Adolescence itself is a period of growth and development and requires special attention to maintain and promote health and wellbeing. In India there is no specific adolescent development programme. Their healthcare needs are served through school health services. Here the

community health nurse plays a vital role. She has a major responsibility towards health promotion and development.

(1) Considering the above factors, the investigation felt that there is a need of identifying the premenstrual problem experienced by the adolescent girls and the assess their knowledge regarding measure to reduce premenstrual syndrome, as it is important to develop the awareness and healthy attitude to reduce the severity of premenstrual problem among adolescent girls. (8)

An adolescent experiences and undergoes remarkable dynamic anatomical, physiological and psychological changes during this phase. The result is that during this disability and hormonal depression, young women are drawn into a whirl wind of depression. Hence this vulnerable phase of life requires special attention by health care providers who can help to create awareness among young females on comprehensive measures to reduce premenstrual syndrome in their child bearing age. This is in turn helps to prevent the negative impact on the quality of life of women. (15)

Objectives of the Study:

1. To assess the knowledge regarding premenstrual syndrome and coping behaviour among nursing students.

- To find out the association between the knowledge regarding premenstrual syndrome and coping behaviour with their selected demographic variables.
- To determine the co-relationship between the knowledge regarding premenstrual syndrome among nursing students.
- To develop and disseminate the informational booklet on premenstrual syndrome and coping behaviour.

Hypothesis:

H₁ There will be significant association between knowledge score regarding premenstrual syndrome and coping behaviour scores among nursing students with their selected socio-demographic variables. **H₂** There will be significant co-relationship between the knowledge regarding premenstrual syndrome and coping behaviour among the nursing students.

3. Methodology

Non Experimental descriptive study design with Quantitative research approach. Non-probability convenient sampling technique used to select sample of 100 from selected nursing college of district Solan, (H. P). The tool comprised of three sections: section A included questions regarding socio-demographic variables of the data was collected by using demographic Performa, structured knowledge questionnaire and coping strategies. The selected socio-demographic variables are age (in years), age of menarche (in year), length of menstrual cycle, academic status of the students, religion, area of residence, type of family, education status of mother, occupation of the mother, education of father, occupation of the father, family income per monthly and source of information regarding premenstrual syndrome. Section B included self-structured questionnaire which consists of 28 questions regarding premenstrual syndrome. Section C was coping strategies used for premenstrual syndrome. To ensure the validity of tool; it was submitted to 10 experts. The data obtained was analyzed by using descriptive and

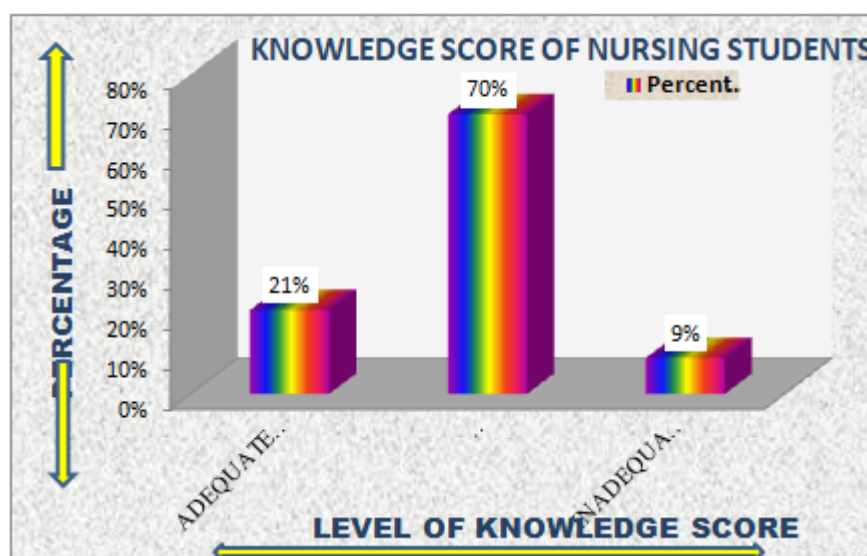
inferential statistics, Mean and Standard deviation, Karl Pearson coefficient test, Chi square.

4. Results

Frequency and percentage wise distribution of subject according to their socio demographic variables revealed the major findings that out of 100 nursing students were;

- 53% were in the age group of 20-22 years, 48% of the subject had their length of menstrual cycle in 5-6 days while 45% of the subject had their length of menstrual cycle in 3-4 days.
- 44% of the subject had their academic education status is GNM (N) 3RD year, 29% had GNM (N)-1st year, while GNM (N)-2nd year had 27 %
- As far religion was concerned 98 % of the nursing students were from Hindu families.
- Majority of subject were residing in rural area that is 65%
- Majority of 65 % of nursing students were from the nuclear family.
- 33 % of the subject mothers had their qualification as Higher Secondary school, 24 % had secondary, 15% had primary while only 14 % were no formal education.
- Majority 82 % were house maker
- 43 % of the subject father had their qualification as Higher Secondary school, 26 % had secondary, 15% had primary while only 4 % were no formal education.
- Majority 34 % were private employee.
- The family income of majority (32%) of the study subject were 15, 000/-20, 000/
- Majority of subject (33%) had their source of information regarding premenstrual syndrome by their family.

Section-II: This section deals with the assessment of the knowledge score of nursing students regarding premenstrual syndrome (N=100)



According to this figure the knowledge score of the nursing students that is 21% of nursing students having

adequate knowledge, 70% having moderate adequate knowledge and only 9% having inadequate knowledge.

Table 4.2: Mean, Standard Deviation and mean percentage of knowledge score regarding premenstrual syndrome among nursing students

Descriptive Statistics	Mean	SD	Mean %
Knowledge Score	15.12	4.09	54%

(N=100)

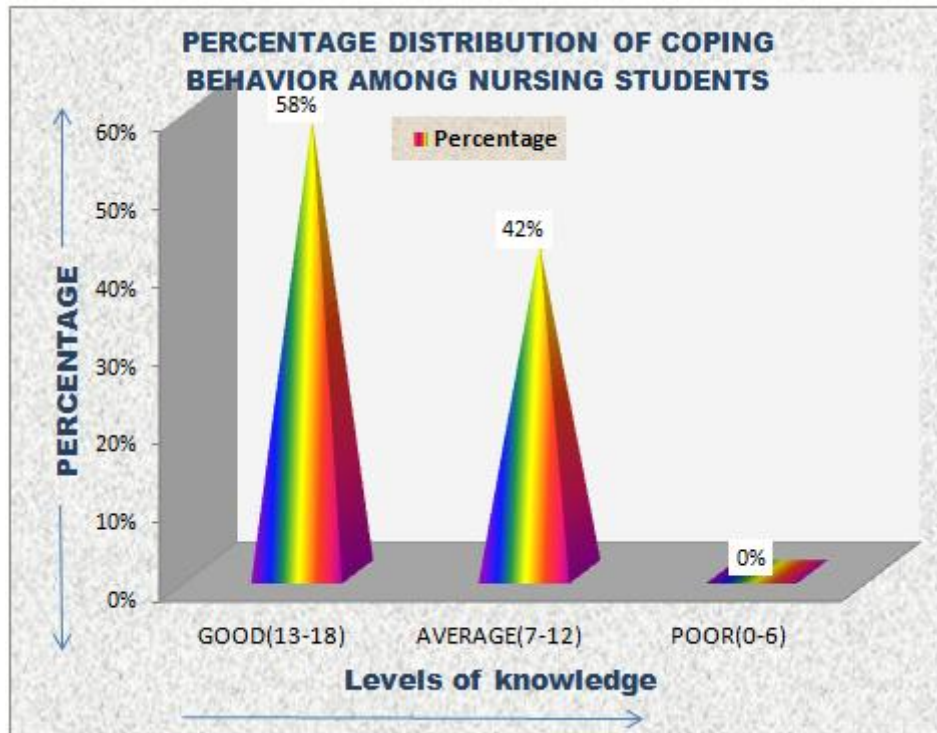
Maximum score = 18, Minimum score= 0

Table 4.2 revealed that the mean knowledge score of nursing student was 15.12±4.09 standard deviation and mean percentage of nursing students was 54.0%. Hence it

can be interpreted that the majority of nursing students were having moderate adequate knowledge.

Section-III: This section deals with the description regarding assessing the coping behaviour regarding premenstrual syndrome among nursing students.

(N=100)



In this above figure shows the criteria percentage of coping behaviour score of the nursing students, on the basis of their level of coping behaviour was done as

follows, scores 13-18 shows the good coping behaviour, scores 7-12 shows the average coping behaviour, and 0-6 shows the poor coping behaviour scores.

Table 4.3: Mean, Standard Deviation and mean percentage of coping behaviour score regarding premenstrual syndrome among nursing students

Descriptive Statistics	Mean	SD	Mean %
Coping Behaviour Score	13.05	1.94	72.5%

(N=100)

Maximum score = 18, Minimum score= 0

This table revealed that the coping behaviour score of nursing student was mean 13.05 ± 1.94 standard deviation and mean percentage of subject was 72.5%. Hence it can be interpreted that the majority of nursing students were having good coping behaviour.

H₁ (a) There will be significant association between knowledge score regarding premenstrual syndrome among nursing students with their selected socio-demographic variables.

The chi square value shows that there is significant association between knowledge score with their selected socio demographic variable i. e. (**age in year, academic status of the student**). The calculated chi square value was more than table value at the 0.05 level of significance. Hence the research hypothesis **H₁** is accepted.

Section-IV: This section deals with the association between the knowledge regarding premenstrual syndrome and coping behaviour scores with their selected socio-demographic variables.

H₁ (b) There will be significant association between the coping behaviour score with the selected socio-demographical variables.

The chi square value shows that there is significance association between the coping behaviour score with their selected socio-demographic variables i. e. (**Age in menarche, area of resident shows the significant variables**). The calculated chi-square values were more than the table value at the 0.05 level of significance. **Hence the research hypothesis H₁ is accepted.**

Section-V: This section deals with the Co-relationship between the knowledge and coping behaviour regarding premenstrual syndrome among nursing students.

H₂ There will be significant co-relationship between the knowledge regarding premenstrual syndrome and coping behaviour among the nursing students.

Karl Pearson coefficient correlation was done to analyze the correlation between the knowledge and coping behaviour. The study findings show that, there was a significant correlation between knowledge and coping behaviour of premenstrual syndrome among nursing students (correlation 0.315, table value 0.197 and $p < 0.001$). It shows that when the knowledge increased coping behaviour also increased.

Hence the research hypothesis H₂ is accepted.

5. Conclusion

The present study concluded that the majority of nursing students had moderate adequate knowledge and good coping behaviour regarding premenstrual syndrome. It has been revealed that there is significant association between knowledge score and coping behaviour score with their selected socio-demographic variables and it has been also found that there will be a significant co-relationship between the knowledge regarding premenstrual syndrome and coping behaviour among the nursing students.

6. Recommendation

On the basis of the findings of the present study the following recommendation are made:

The study can be replied in various settings.

A similar study can be done on large population

An evaluative study can be concluded to investigate the effect of education programmes on knowledge and coping strategies of adolescent girls.

A study can be carried out to assess the knowledge regarding premenstrual syndrome and its coping strategies.

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