

An Exploratory Study to Assess the Level of Pain and Problems Faced during Menstruation among Nursing Students at Rajiv Gandhi College of Nursing, Jammu

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Abstract: *Menstrual dysfunction is a frequent young teenage complaint. Young girls frequently have menstrual problems. Periods can be irregular, painful or heavy bleeding, particularly in the first few years after menarche. Serious disease is uncommon, and menstrual periods improve with age. During the menstruation they faced various problems like physical and psychological. An exploratory study to assess the level of pain and problems faced during menstruation among nursing students. The study was at Rajiv Gandhi College of Nursing, Jammu. A total of 84 study samples were enrolled using purposive sampling technique. Research instrument consisted in three parts; part-A: socio demographic profile, part-B: Problem faced during menstruation and part-c Numeric pain rating scale. After informed consent, data were collected through self administration method. Where p value > 0.05 hence all these demographic variables are non-significant with level of pain.*

Keywords: Menstruation, pain, problems

1. Introduction

Adolescence is a fascinating and puzzling time in a person's life, full with opportunities and challenges. Only infancy can compare to its rapid growth and change. As children get older, many aspects of their growth and development are controlled by biological systems. Puberty is a transitional stage between childhood and maturity, during which a person's growth accelerates, their sexual organs mature, and their cycle of ovulation begins. Adolescent gynecological problems are different from those that affect women of all ages. In part, this is because of the unique, age-specific character of the challenges, as well as the associated with physical and psychological aspects that have a major impact on a person's growth and emotional reconstruction as they move from adolescent to adulthood, this is why. The journey from infancy to adulthood entails substantial changes in physical, sexual, psychological and social development that occur concurrently. Along with chances for growth, this change puts their health and well-being at danger. Disability Adjusted Life Years (DALYs) per 100,000 adolescents due to self-harm, iron deficiency anemia, mental disorders, road traffic accidents, and diarrheal illnesses. Investing in adolescent health pays triple benefits in terms of adolescent health, adult health (by avoiding risk factors for chronic illnesses such as non-communicable diseases), and future generation health. Menstrual dysfunction is a frequent young teenage complaint. Young girls frequently have menstrual problems. Periods can be irregular, painful, and/or heavy, particularly in the first few years after menarche. Menstrual periods can be irregular, and periods can be unpleasant or excessively heavy (menorrhagia) (dysmenorrhea). Serious disease is uncommon, and menstrual periods improve with age. Reassurance and basic guidance, such as the judicious use of mild analgesics, can frequently alleviate symptoms. General practitioners are well equipped to provide this type

of treatment, and referral to a specialist is typically unnecessary. Menstrual dysfunction is uncommon; nonetheless, it can have a major impact on daily activities and result in school absence. Numerous therapy methods are safe for teenagers to utilize, however their efficacy is extrapolated from adult research. Dysmenorrhea appears to be increasing in prevalence in the population; such discomforts would have an adverse effect on female productivity. Thus, a comprehensive school education programme on menarche and menstrual problems may assist girls in coping more effectively and seeking appropriate medical attention.⁵

In India, women and girls are restricted during menstruation, and the practice of excluding menstrual women and girls from participating in different activities persists.

2. Material and Methods

An exploratory study to assess the level of pain and problems faced during menstruation among nursing students. The study was at Rajiv Gandhi College of Nursing, Jammu. A total of 84 study subjects were enrolled using purposive sampling technique. Research instrument consisted in three parts; part-A : socio demographic profile, part-B: Problem faced during menstruation and part-c Numeric pain rating scale. After informed consent, data were collected through self administration method.

3. Results

Section I: Finding related to the socio-demographic profile of Nursing Students to assess the level of pain and problems faced during menstruation.

Volume 11 Issue 6, June 2022

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Section II: Finding related to Level of Pain during menstruation among nursing students at Rajiv Gandhi College of Nursing.

Section III: Finding related to assess the problems faced during menstruation among nursing students.

Section IV: Finding related to association between level of pain with their selected variables.

Table 1: Socio-demographic Profile of Nursing Students to assess the level of pain and problems faced during menstruation.

S. No.	Variables	f	%
1.	Age(in years)		
	17-18	35	41.7
	19-20	21	25.0
	21-22	28	33.3
	Mean SD	19.32±1.757	
2	Course		
	B. Sc Nursing	28	33.3
	GNM	28	33.3
	Post Basic B.Sc Nursing	28	33.3
3	Religion		
	Hindu	21	25.0
	Sikh	28	33.3
	Muslim	35	41.7
4	Type of Family		
	Nuclear Family	63	75.0
	Joint Family	21	25.0
5	Habitat		
	Rural	63	75.0
	Urban	21	25.0
6	Educational status of Father		
	Informal	7	8.3
	Upto Middle	21	25.0
	Secondary	35	41.7
	Higher Secondary	7	8.3
	Graduate	14	16.7
7	Educational Status of Mother		
	Informal	35	41.7
	Upto middle	14	16.7
	Secondary	21	25.0
	Higher secondary	7	8.3
	Graduate	7	8.3
8	Dietary pattern		
	Vegetarian	56	66.7
	Non-vegetarian	28	33.3
9	Family income (Rs/month)		
	≤30000	20	23.8
	31000-40000	8	9.5
	41000-50000	16	19.0
	51000-60000	14	16.7
	>60000	26	31.0
	Mean SD	49797.62±16313.037	

Table 1 depicts the socio-demographic profile of Nursing Students to assess the level of pain and problems faced during menstruation. Out of 84 students; according to their age distribution, 41.7% students were lies between 17–18 year age, followed by 33.3% were lies between 21-22 year age and 25% were lies between 19-20 year. The average age of the nursing students was 19.32 ± 1.757. As per their course; 33.3% students were in B.Sc. Nursing, similarly 33.3% were in Post Basic B.Sc. Nursing and same as 33.3% were in GNM course. As per their religion; 41.7% were Muslim followed by 33.3% were Sikh and 25% were Hindu.

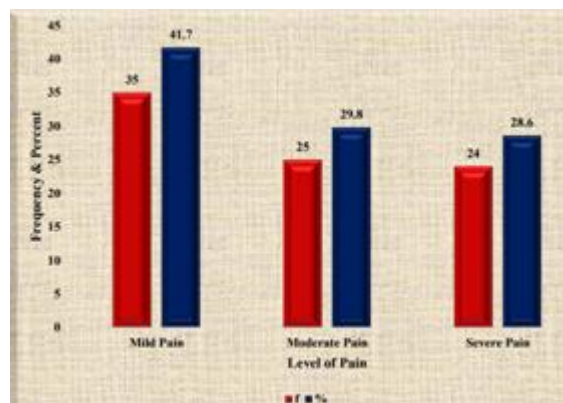


Figure 2: Level of pain during menstruation among nursing students at Rajiv Gandhi College of Nursing.

The present study shows that out of 84 nursing students, level of pain during menstruation among nursing students at Rajiv Gandhi College of Nursing. Out of 84 study subjects; 41.7% nursing students had mild pain followed by 29.8% had moderate pain and 28.6% had severe pain during menstruation. The mean score of pain was 4.75 ± 2.343.

The present study found an association between level of pain and their socio-demographic variables. As result showed that demographic variables like age ($p=0.450$), course ($p=0.631$) religion ($p=0.628$), type of family ($p=0.728$), habitat ($p=0.163$), educational status of father ($p=0.723$), educational status of mother ($p=0.948$), dietary pattern ($p=0.934$), and family income ($p=0.871$) where p value > 0.05 hence all these demographic variables are non-significant with level of pain.

4. Conclusion

The study concluded that the female nursing students had various levels of pain and problems faced like physical symptoms, gastrointestinal, eliminational and psychological at Rajiv Gandhi College of Nursing, Jammu. Nurses' roles are very important to understand, management and prevention of these disorders among nursing students given by educational intervention in future research studies.

Funding

No funding sources Conflict of **interest:** None declared Ethical approval: The study was approved by the Institutional Ethics Committee

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