

A Descriptive Study to Assess the Knowledge on Severity of Premenstrual Syndrome on UG Student of Nef Institute of Nursing

Ms. Jasmin Ara Begum¹, Dr. Lalita Yadav²

¹(M. Sc.(N), Pediatric/Child Health Nursing Department, P.hD Scholar), Seedling School of Nursing, Jaipur National University. Jaipur.

²Associate Professor (SSN, JNU, JAIPUR)

ABSTRACT

BACKGROUND OF THE STUDY: Premenstrual syndromes are the symptoms which occur during one week before menstruation and sometime symptoms are so severe enough to disturb life cycle of a women. She adopts different method to cope-up with problem.. **Aim:** Assess the premenstrual symptoms and coping behavior among UG Student of NEF Institute Of Nursing. **Method:** A descriptive study was conducted among UG Student of NEF Institute Of Nursing, during the month of August 2025 to assess the premenstrual syndrome among UG Student. A total 50 students from all classes were selected for collection of data for assessment of severity of Premenstrual syndromes. **Results:** Out of 50 UG students, 98% students age group 18-24 years, 68% are belongs to Muslim religion, 36% students family income is 10,000-15,000, 52% student's father occupation is business, 74% student's mothers Occupation is homemaker, 86% students got the previous information of the PMS from the multi media. 40%, 3% and 7% students have average, good and poor knowledge respectively and student's knowledge mean, median and SD is 14.66, 15 and 3.45 respectively. **Conclusion:** This descriptive study provides valuable insights into the knowledge on severity of premenstrual syndrome on UG students. The findings highlight areas of strength and weakness, to enhance knowledge and education.

KEYWORD: Severity, Pre menstrual syndrome, Undergraduate Students

INTRODUCTION

Premenstrual Syndrome (PMS) is a set of physical, emotional and behavioral symptom that start during the week preceding menstruation and are alleviated when the menstrual flow begins. The symptoms present a cyclic and recurrent character with variable in quality and intensity.

World Health Organization has defined adolescence as a period between 10-19 years.

In Indian context, adolescents constitute over 21.4% of the total population and this age group needs special attention because this period is very crucial since these are the formative years in the life of an individual when major physical, psychological and behavioral changes take place and additional roles and responsibilities are expected from them.

OBJECTIVES OF THE STUDY:

1. To assess the Knowledge on severity of premenstrual syndrome on UG Students.

2. To find out the association with selected demographic variables.

REVIEW OF LITERATURE

Dr. Mishra Smita conducted a cross-sectional questionnaire based study via a web based survey on thousand women age group 18-45 years at department of obstetrics and gynecology in All India Institute of Medical Science, New Delhi in 2018. Prevalence of PMS is 79.4% and common symptoms are 85.6% mood swings, 78.3% breast tenderness, 74.9% abdominal pain and 69.2% headache and the severity of PMS are 44.1% mild, 31.4% moderate and 24.5% severe and lastly the factors associated with PMS severity are family history of PMS, stress, poor sleep quality and low socio-economic status.

Shruti V Kam conducted a cross-sectional study in school of Anand District in state of Gujarat, India 2019 on 1702 girls at the age group of 18-23 years. The prevalence of moderate to severe PMS was 19.3%. Almost all 94.8% girls had at least one PMS symptoms with 65.7% having moderate to severe symptoms, 71.2% dysmenorrhea and 15.2% menorrhagia.

RESEARCH METHODOLOGY

Research approach: Quantitative research

Research design: Descriptive Research design.

Variables:

Dependent variables: Knowledge.

Independent variables: UG students (Their characteristics)

1. Demographic variables: The demographic variables are age, religion, Monthly family income, Occupation of the father, Occupation of the mother, Previous information of the PMS

Setting of the study: NEF College, Guwahati.

Population: UG Students.

TARGET POPULATION: UG students of NEF Institute Of Nursing, Guwahati.

ACCESSIBLE POPULATION: 1st year UG students of NEF Institute Of Nursing, Lokhra, Guwahati

Sample size: 50

Sample and sampling technique: Convenient sampling technique

Criteria:

Inclusion Criteria:

- students who are Present on the day of data collection
- Who can understand and speak English

Exclusion Criteria:

- Students who are not willing to participate
- Students who are not present at the time of data collection.

Tools and techniques: Structured Knowledge Questionnaire was used to assess the Knowledge.

Scoring key: The correct answer was given score of 1(one) and wrong score 0 (zero). The total score was 30 for structured knowledge questionnaire.

Category of Knowledge level:

Good knowledge (score 3):21-30

Average knowledge (score 2):11-20

Poor knowledge (score 1): 1-10

Content validity of the tool: The prepared Structured Knowledge Questionnaire along with the problem statement and objectives was submitted to four (4) nursing experts: 2 nursing experts in the field of Obstetrics & Gynecological Nursing & 2 Nursing experts in the field of Community Health Nursing for establishing the content validity.

RESULTS:

Table-1: FREQUENCY AND PERCENTAGE DISTRIBUTION OF SOCIO DEMOGRAPHIC VARIABLES

Sl. No.	Demographic data	Data group	Frequency (N=50)	Percentages
1	Age	18-24years	49	98%
		25-31 years	1	2%
		32-38 years	0	0%
		≥39 years	0	0%
2	Religion:	Hindu	8	16%
		Muslim	34	68%
		Christian.	8	16%
		Others.	0	0%
3	Monthly family income	10,000 - 15,000	18	36%
		15,001-20,000	6	12%
		20,001- 30,000	15	30%
		≥ 30,001	11	22%
4	Occupation of the father	Service	7	14%
		Business	26	52%
		Daily wage worker	10	20%
		Others	7	14%
5	Occupation of the mother	Service	3	6%
		Business	3	6%
		Daily wage worker	7	14%
		Home maker	37	74%
6	Sources of previous information of the PMS	a) Multi media	12	86%
		b) Relatives	19	14%
		c) Peer groups	4	0%
		d) Health Workers	15	0%

Table-2: FREQUENCY AND PERCENTAGE DISTRIBUTION ACCORDING TO THE LEVEL OF KNOWLEDGE

Si. No.	Knowledge level	Frequency of knowledge scores	Percentage (%)	Mean	Median	Standard Deviation
1	Good Knowledge	3	6%			

2	Average Knowledge	40	80%	14.66	15	3.45
3	Poor Knowledge	7	14%			
	Total	50	100%			

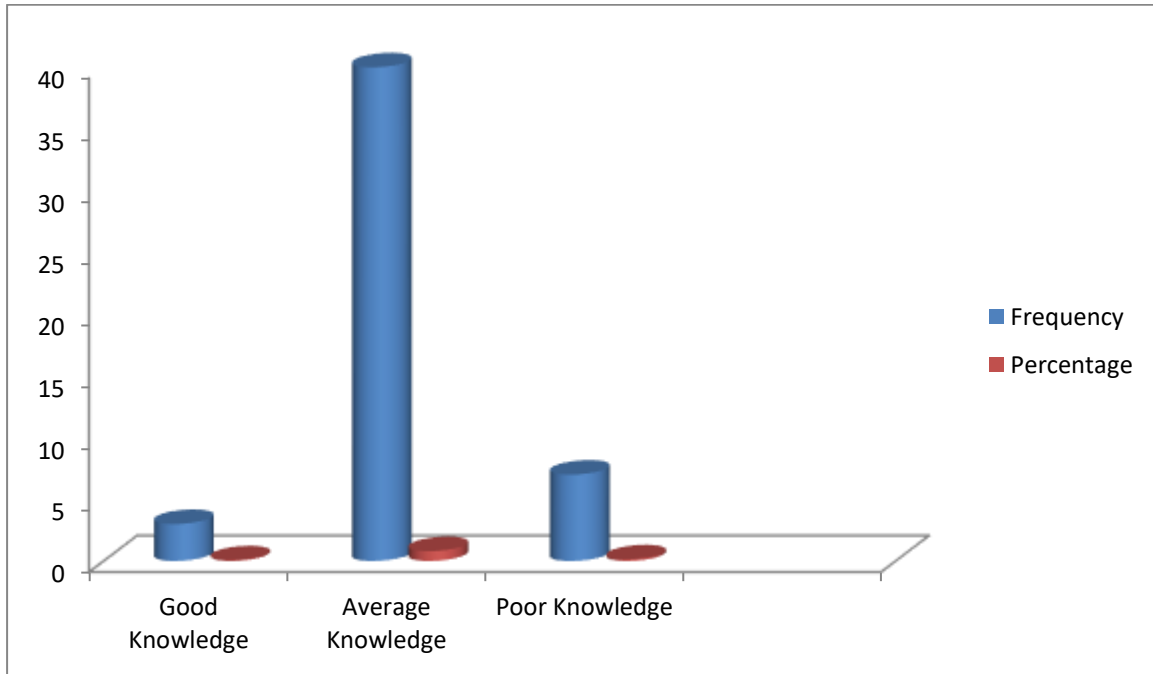


FIGURE-I: BAR DIAGRAM SHOWING FREQUENCY & PERCENTAGE DISTRIBUTION KNOWLEDGE SCORE

TABLE- IV: ASSOCIATION OF KNOWLEDGE OF UG STUDENTS WITH SELECTED DEMOGRAPHIC VARIABLES

Sl. No.	Demographic data	Data group	Good Knowledge	Average Knowledge	Poor Knowledge	Table Value	Chi Square	df	Remark
1	Age	18-24	3	39	7	5.991	0.255	2	NS
		25-31	0	1	0				
		32-38	0	0	0				
		≥39	0	0	0				
2	Religion	Hindu	0	8	0	9.488	3.707	4	NS
		Muslim	3	26	5				
		Christian	0	6	2				
		Others	0	0	0				
3	Monthly family income	10,000-15,000	0	15	3	12.592	7.976	6	NS
		15,001-20,000	1	3	2				
		20,001-	1	12	2				

		30,000							
		>30,001	1	10	0				
4	Occupation of the father	Services	0	6	1	12.59 2	1.47	6	NS
		Business	2	20	4				
		Daily wage worker	1	8	1				
		Other	0	6	1				
5	Occupation of the mother	Services	1	2	0	12.59 2	6.89	6	NS
		Business	0	2	1				
		Daily wage worker	0	6	0				
		Home maker	2	30	6				
6	Sources of previous information of the PMS	Multi media	0	10	1	12.59 2	5.621	6	NS
		Relatives	3	15	3				
		Peer group	0	3	0				
		Health worker	0	12	3				

CONCLUSION:

The study revealed that UG students have varying levels of knowledge about the severity of premenstrual syndrome. The findings suggest that educational interventions are necessary to improve students' understanding of PMS symptoms, management, and impact on daily life. Based on the study's results, it is recommended that universities incorporate PMS education into their health education programs to empower students with accurate knowledge and promote healthy lifestyles.

My study found that only 6% of UG students have good knowledge, 80% of UG students have average knowledge and 14% of UG students have poor knowledge. Given these findings, we recommend developing targeted educational programs to improve student's knowledge and awareness of PMS.

REFERENCES:

1. Sharma KS. Nursing research and statistics USA: Elsevier; 2012
2. Polit DF, Beck CT. Nursing research: Generating and assessing evidence for nursing practice, 9th ed. Philadelphia: Wolters Kluwer Health;2012
3. Sharen A. Brundha MP. Palati S. Priyadharshini R. Knowledge and awareness on premenstrual symptoms- a cross sectional survey. J Pharm Res Int. 2021;33(60B):4014-24
4. Mohib, A., Zafar, A., Najam, A., Tanveer, H., & Rehman, R. (2018). Premenstrual syndrome: existence, knowledge, and attitude among female university students in Karachi. Cureus, 10(3), 2285- 2290.
5. Direkvand-Moghadam, A., Sayehmiri, K., Delpisheh, A., & Kaikhavandi, S. (2014). Epidemiology of premenstrual syndrome (PMS)-a systematic review and meta-analysis study. Journal of clinical and diagnostic research: JCDR, 8(2), 106-109.
6. Erbil, N., & Yücesoy, H. (2023). Premenstrual syndrome prevalence in Turkey: a systematic review



and meta-analysis. *Psychology, Health & Medicine*, 28(5), 1347-1357.