

Stress and Coping Strategies among Adolescent Girls Regarding Menstruation in Selected Schools, Guwahati, Assam

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Abstract:

Introduction: Adolescence is a significant period in the life of a female. One of the major changes occurs among adolescence girl is menstruation.^[1] Menstruation, or a period, is the monthly shedding of the uterine lining (endometrium) through vaginal bleeding, this process is part of a woman's menstrual cycle, recurring series of changes that prepare the body for potential pregnancy.

Objectives:

To objectives were to assess the level of Stress and Coping Strategies, determine the correlation between Stress and Coping Strategies and identify associations between knowledge and selected demographic variables.

Methods: A descriptive quantitative approach and a cross-sectional research design was adopted for the study. The study was conducted at 4 conveniently selected High Schools Guwahati Assam. A total of 262 adolescent girls were selected by using consecutive sampling technique. Data were collected using Premenstrual Syndrome Scale (PMSS) and Self structured checklist scale. Descriptive and inferential statistics (correlation and chi-square) were used.

Results:

- Majority 199 (75.96%) of the adolescent girls had mild stress, 19 (7.25%) had moderate stress and 44 (16.79%) of adolescent girls had no stress and none of them have received severe and Very Severe stress, with mean score of stress 52.568 and SD of 15.01.
- Majority 160 (61.06%) of the adolescent girls had average coping strategies, 62 (23.66%) had poor coping strategies and 40 (15.28%) of adolescent girls had good with mean score of 14.320 and SD of 2.753.
- There was a negative correlation ('r' -0.014) between Stress and Coping strategies regarding menstruation among adolescent girls.
- Significant associated was found between Stress level and demographic variables, i.e. area of residence ($\chi^2=6.03$, and p value=0.04).

- Significant Association was found between Coping strategies and demographic variables i.e. age ($\chi^2 = 33.16$, p value=0.001), education ($\chi^2 = 21.86$, p value=0.001), age of menarche ($\chi^2 = 13.15$, p value=0.041), duration of flow, ($\chi^2 = 21.67$ and p value=0.001).

Conclusion: The findings of the study, shows that Menstruation-related stress is prevalent among adolescent girls, but its intensity can be significantly reduced through effective coping strategies.

Keywords: Stress, Physiological stress, Psychological stress, Behavioural stress, Coping Strategies, Menstruation, Adolescent girls.

INTRODUCTION

Menstruation despite being a natural phenomenon this has always been surrounded by secrecy and myths in many. The adolescence girls experience many problems during menstruation, some of the common problem faced by the adolescence are dysmenorrhea, menorrhagia, less blood flow, irregular menstruation. Pre-menstrual Syndrome/Premenstrual exacerbation of psychological illness, psychological problem like irritability aggression, tension, depression, mood swings, feeling out of control, emotional instability feeling lazy and tired easily increased appetite. Physical symptoms that often are swelling and pain in the breast, dysmenorrhea, headache, backache, aches, fainting are the most common symptom which lead to psychological stress. Throughout the developing world girls face hardships surrounding menstruation often resulting in poor emotional wellbeing and missing school. Majority of the problem are managed by using home remedies and some adolescence girl consult doctor. Even if there are previously identified effective coping mechanisms for premenstrual syndrome like regular exercise, taking rest, massage, listening to music, hot drink, taking analgesics, and taking a hot shower.

[3]

NEED OF THE STUDY

There are about 1.2 billion adolescences worldwide and one in every five people in the world is an adolescent. Worldwide, the most common menstrual disorders were dysmenorrhea (95%), and premenstrual syndrome (87%). A total of 82% had mild to moderate stress, 10% had high stress, and 8% had low stress.

Based on a review of the literature and the investigator's observed that menstruation problem have major impact on adolescent girls. During this period, adolescent girls face different physical, social and mental problems. Thus, the purpose of the study is to examine challenges and establish ways of coping with menstrual problem among adolescent girls and menstruation health can be improve. which will ultimately trickle down to improving the economic standing of nations in the next generation.

RESEARCH METHODOLOGY

RESEARCH APPROACH: Quantitative research approach

RESEARCH DESIGN: Correlational research design

SETTING OF THE STUDY: Narangi High School, Pup Guwahati Adrasha High School, Nand English High School No-2 Birkuchi and Bonda Anchalik High School Guwahati.

POPULATION: All early Adolescent Girls

TARGET POPULATION: Early Adolescent Girls studying in selected Schools of Guwahati assam.

ACCESSIBLE POPULATION: Early Adolescent Girls who are studying in 4 selected Schools of Guwahati, Assam who are available on the day of data collection

SAMPLE AND SAMPLE SIZE: Early adolescent between the age group of 10-14 studying in selected schools, Guwahati, Assam. Sample size is 262.

SAMPLING TECHNIQUE: Non-Probability Consecutive Sampling technique

TOOLS FOR DATA COLLECTION: Demographic Performa, Premenstrual Syndrome Scale (PMSS), Self Structure Checklist regarding Copping Strategies during Menstruation.

DATA ANALYSIS: Descriptive and inferential statistics.

RESULTS: SPSS 18 VERSION.

Table 1
Frequency and percentage distribution overall level of stress regarding menstruation among adolescent girls.
n =262

Level Of Stress	Frequency(f)	Percentage (%)	Mean	SD
No Stress	44	16.79		
Mild stress				
(<41-80)	199	75.96		
Moderate Stress				
(81-120)	19	7.25	52.568	15.018
Severe Stress				
(121-160)	-	-		
Very severe	-	-		
Total	262	100		

The data presented on the table 1 depicts that majority i.e.199 (75.96%) of the adolescent girls had mild stress, 19 (7.25%) had moderate stress and 44 (16.79%) of adolescent girls had no stress, and none of them have received severe and Very Severe with mean score of 52.568 and SD of 15.018

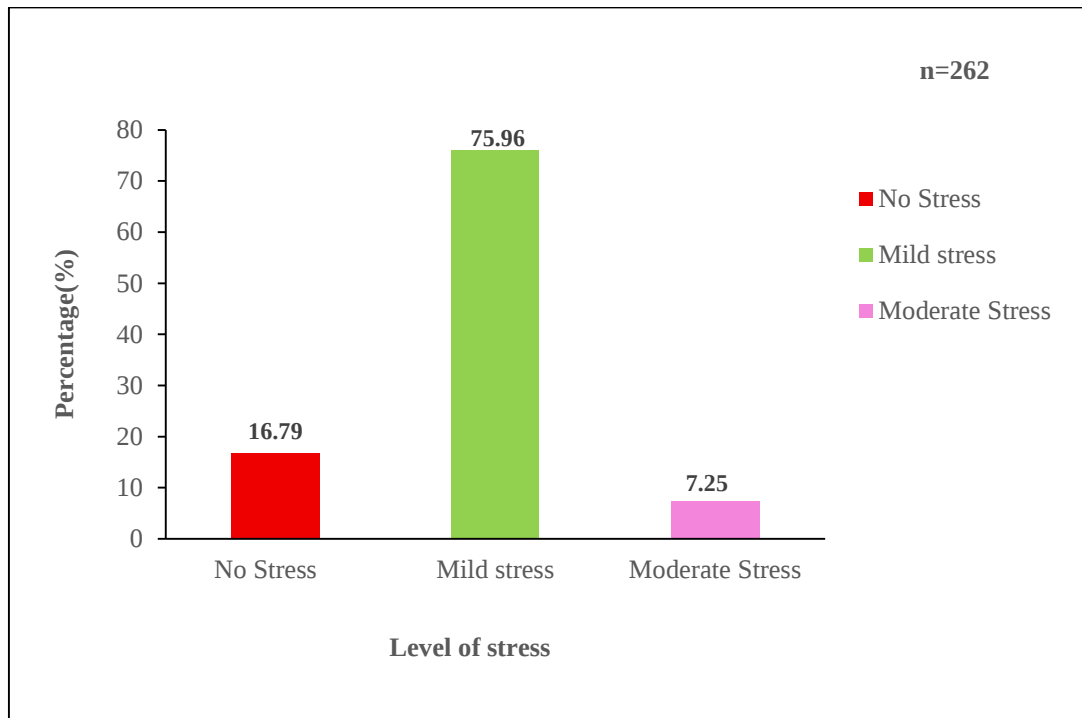


Figure 1: Bar diagram showing distribution of overall level of Stress regarding menstruation among Adolescent Girls

Table 2: Frequency and percentage distribution of level of Coping regarding Menstruation among Adolescent girls.

n =262

Level Of Coping	Frequency(f)	Percentage (%)	Mean	SD
Poor (<7)	62	23.66		
Average (8-9)	160	61.06	14.320	2.753
Good (10-20)	40	15.28		
Total	262	100		

The data presented on the table 2 depicts that majority i.e.160 (61.06%) of the adolescent girls had average coping strategies, 62 (23.66%) had poor coping strategies and 40 (15.28%) of adolescent girls had good with mean score of 14.320 and SD of 2.753

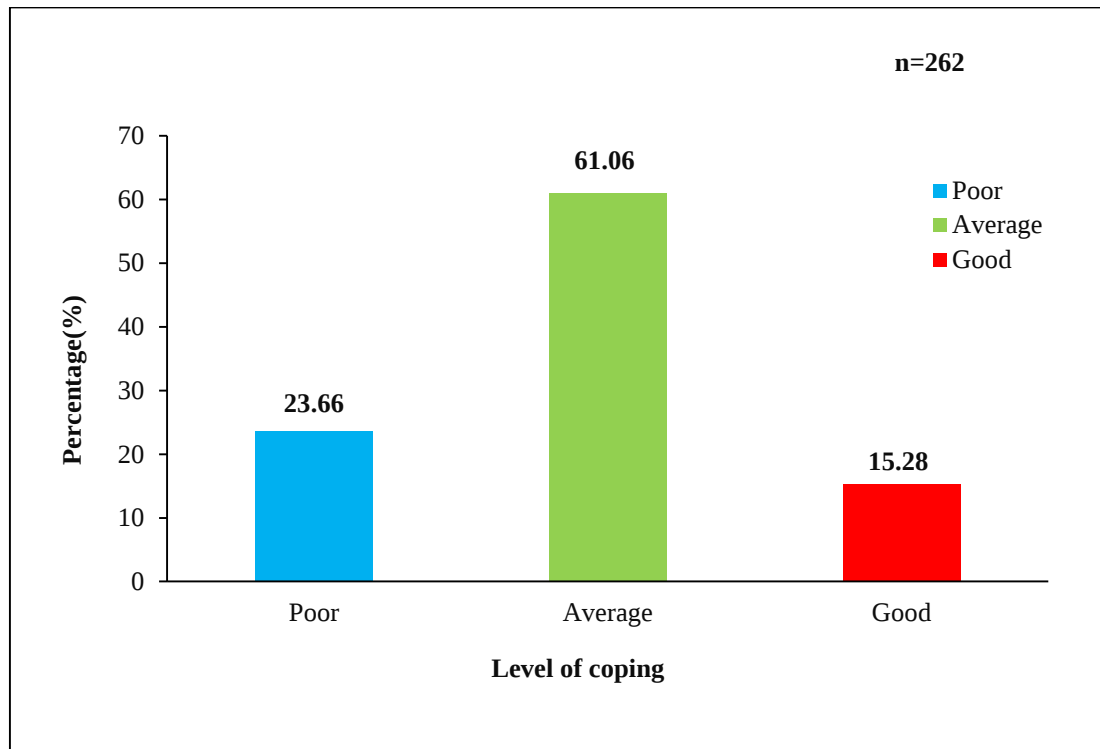


Figure 2: Bar diagram showing distribution of level of Coping regarding menstruation among Adolescent Girls

Table 3

**Correlation between stress and coping strategies regarding menstruation among adolescent girls.
n=262**

Variables	Mean	SD	'r' Value	'p' Value
Stress	52.569	15.0188	-0.014	0.82
Copping	13.202	2.0736		

*** $p < 0.5$ level of significance**

Data presented on the table 3 depicts the values of 'r' -0.014 and 'p' 0.82 which indicate negative correlation between Stress and Coping strategies regarding menstruation among adolescent girls and was found to be statistically no significant at $p < 0.05$ level of significance. Thus, the null hypothesis H_{01} is rejected for this section.

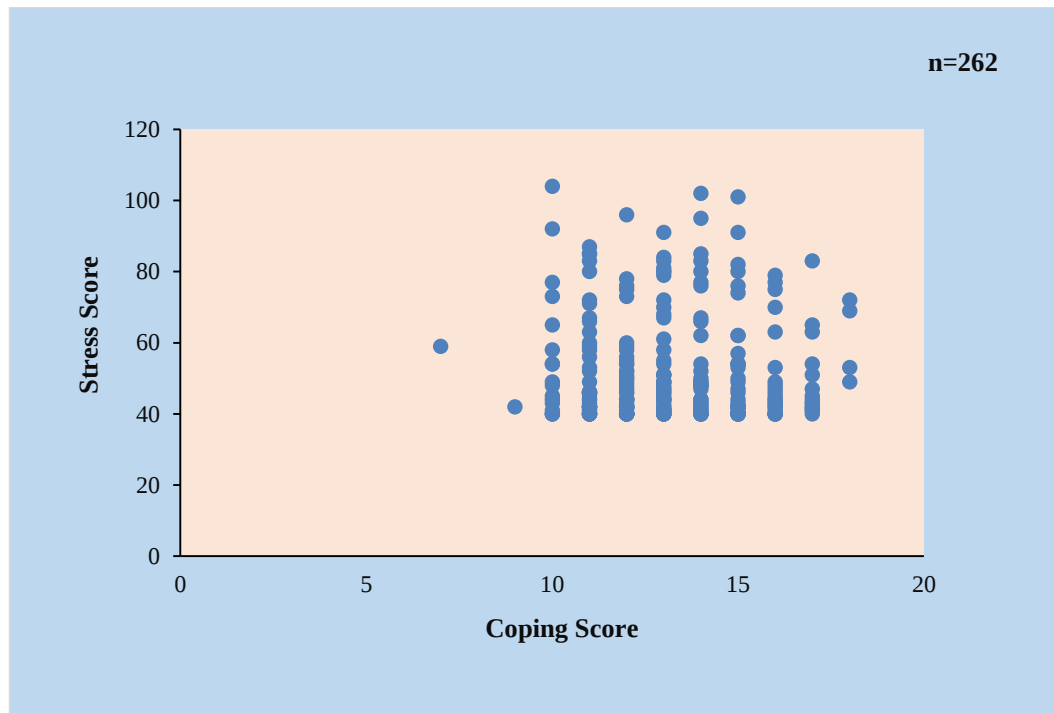


Figure 3: Scatter diagram showing correlation between Stress and Coping Strategies regarding Menstruation among Adolescent

In the figure 3 the scatter dots in the diagram tend to cluster around a line that slopes downward from left to right. This indicates that the value of the variable on the x-axis increases and, on the y-axis, tends to decrease. This reveals there a negative correlation between stress level and coping strategies among adolescent girls in relation to menstruation. This suggest that as the effectiveness or frequency of coping strategies increases, the perceived stress related to menstruation tends to decrease. Conversely, girls who practice fewer or less effective coping strategies are more likely to report higher levels of stress. This inverse relationship indicates the importance of developing and promoting healthy coping mechanisms to better manage menstrual related stress among early adolescent girls.

CONCLUSION:

The findings revealed that in overall stress, majority i.e. 199 (75.96%) had mild stress 19 (7.25%) had moderate stress and 44 (16.79%) with the higher mean value in physiological stress i.e. (23.45) comparing to psychological stress and behavioral stress and regarding coping strategies majority i.e.160 (61.06%) of the adolescent girls had average coping, 62 (23.66%) had poor coping strategies and 40 (15.28%) of adolescent girls had good coping strategies. Therefore, the investigator felt that more importance should be giving by equipping early adolescent girls with accurate through assessing, providing information, health education, supportive intervention, raising awareness and promoting positive health practices in the school and society can contribute for better management of the changes which will occur.

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