

A Descriptive Study to Assess the Prevalence of Primary Dysmenorrhea and Its Impact on Activities of Daily Living among Nursing Students At Himalayan School of Nursing, Kalaamb, District Sirmour, H.P

Aarushi Kashyap¹, Anjana Sharma²

¹Nursing Student, Mata Padmawati College of Nursing, Nahan, Himachal Pradesh, India

²Assistant Professor, Mata Padmawati College of Nursing, Nahan, Himachal Pradesh, India

Abstract

A descriptive study to assess the prevalence of primary dysmenorrhea and its impact on activities of daily living among nursing students of (GNM 1st and GNM 2nd)Year at Himalayan School Of Nursing Kala Amb, District Sirmour, H.P. The research project was undertaken by Group – B for the partial fulfillment of the requirement of the diploma of general nursing midwifery of HPNRC 2024. The present study was conducted with the **objectives** To study the prevalence of primary dysmenorrhea among the Nursing Students of GNM 1st and GNM 2nd Year, To find out the association of dysmenorrhea activities of daily living such as dietary pattern, laundry, extra curriculum activities, clinical duties, To find out the association between the prevalence score regarding primary dysmenorrhea among the nursing students with socio demographic variables.

The conceptual framework of the study was based on OMER'S THEORY. Tool for data collection consist of 3 sections namely socio-demographic variables, self-structured questionnaire and checklist. Pilot study was conducted to ensure the reliability of tool and feasibility of the study. In this study data collection was carried out during the month of July. Convenience sampling technique was use to select 60 subjects. The gathered data was analyzed by using descriptive and inferential statistics.

Keywords: Prevalence, Himalayan School of Nursing, Primary Dysmenorrhea.

Introduction

Adolescence is a transition period from childhood to adulthood and is characterized by a spurt In physical, emotional developmental growth, with a change from complete dependence to relative independence. The world health organization (WHO) defines an adolescent as any person between ages 10-19 .

One of the major physiological changes that take place in adolescent girls is the onset of menarche, which is often associated with problem of irregular menstruation, excessive bleeding and dysmenorrhea. Of these, dysmenorrhea is one of the common problems experienced by many adolescent girls.(2) It is the most commonly reported menstrual disorder more than one half of women who menstruate has pain for 1-2 days each month. Menstrual cramps happen because of contraction in uterus or womb which is a, muscle if it contracts too strongly during your menstrual cycle it can pass against nearly blood supply. This briefly cuts off the supply of oxygen to uterus. It is this lack of oxygen can

cause pain and cramping. The prevalence of dysmenorrhea reported in the literature varies substantially. A great prevalence was generally observed in adolescent girls.(3)

Adolescence is a period of major physical and psychological change, as well as great changes in social interactions and relationships. Improving the health of school-going adolescents increases their enrollments and retention in school, their cognitive achievements, and leads to greater productivity.(17)

Menarche, the onset of menstruation is a hallmark of female pubertal development. It usually happens between the ages of 11- 14 years. Several changes in the physiology as well as in the personal and social world occur as the young adolescent grows.(18) Menstruation is a physiological cyclic function common to all healthy adult females. The initiation of menstruation takes place during early adolescent period.⁷ Yet, in India even the mere mention of the topic has been a taboo in the past and even to this day it is not freely discussed among women. Cultural and social influence appears to come in the way of furthering our knowledge for such bodily functions.(19)

Aim of the study

The aim of the study is to assess the prevalence related to primary dysmenorrhea among nursing students.

Objectives of the study

1. To study the prevalence and activities of daily living regarding primary dysmenorrhea among nursing students (GNM 1st and GNM 2nd year) at Himalayan School Of Nursing at Kala Amb, District Sirmour, H.P.¶
2. To find out the association between the prevalence score regarding primary dysmenorrhea among the nursing students with socio-demographic variables.
3. To find out the association between activities of daily living regarding primary dysmenorrhea with socio-demographic variables.

Material & Methods

This Descriptive study was conducted at Himalayan School Of Nursing Kala Amb, District Sirmour, Himachal Pradesh, 2024 among the Nursing Students of GNM 1st and GNM 2nd Year. The conceptual framework of the study was based on OMER'S THEORY. Tool for data collection consist of 3 sections namely socio-demographic variables, self structured questionnaire and checklist. Pilot study was conducted to ensure the reliability of tool and feasibility of the study. In this study data collection was carried out during the month of July 2024. Convenient sampling technique was used to select 60 subjects. For data collection quantitative research approach was used and the gathered data was analyzed by using descriptive and inferential statistics.

Results

The mean of level of prevalence score 1.30 and standard deviation was 0.530.

The mean of level of activities of daily living 1.377 and standard deviation was 0.5527..

SECTION A – DEMOGRAPHICAL VARIABLE TABLE 1

The study findings of the present study revealed that The participants had mild prevalence score, one third of participants had moderate prevalence score and some Of the participants have severe prevalence score

FREQUENCY AND PRECENTAGE DISTRIBUTION OF SOCIAL DEMOGRAPHIC VARIABLE

N=60

SR. NO.	DEMOGRAPHIC VARIABLE	FREQUENCY (f)	PERCENTAGE (%)
1.	Age of menarche		
a.	10-13 years	8	13.3%
b.	14-17 years	46	76.7%
c.	19-21years	6	10.0%
2.	Religion		
a.	Hindu	53	88.3%
b.	Muslim	6	10.0%
c.	Sikh	1	1.7%
d.	Christian	0	0
3.	Sports activities affect		
a.	Yes	34	56.7%
b.	No	26	43.3%
4.	Family history of dysmenorrhea		
a.	Yes	35	58.3%
b.	No	25	41.7%
5.	Monthly menstruation		
a.	Regular	57	95.0%
b.	Irregular	3	5.0%

TABLE.1:- Table summarizes the demographic characteristic of nursing students (GNM 1st and GNM 2nd) of Himalyan School of Nursing who participated in the study. □ Study finding shows that the majority of study subjects that is 13.63% were under the age group 10-13 years, 76.63% under the age group of 14-17 years, 10% under the age group of 19-21 years.

- Study finding showed that the majority of study subjects that is 88.16% were Hindu, 10% were Muslim, 1.66% were Sikh and 0% were Christian.
- Study finding shows that majority of study subject that is sports activities affect 56.66% were Yes, and 43.33% were No.
- Study finding shows that the majority of study subjects that is family history of dysmenorrhea 58.33% were Yes and 41.66% were No.
- Study finding shows that the majority of study subject that is monthly menstruation 95% were Regular and 5% were Irregular.

SECTION B – FINDINGS AND FIGURES RELATED TO SAMPLE CHARACTERISTICS

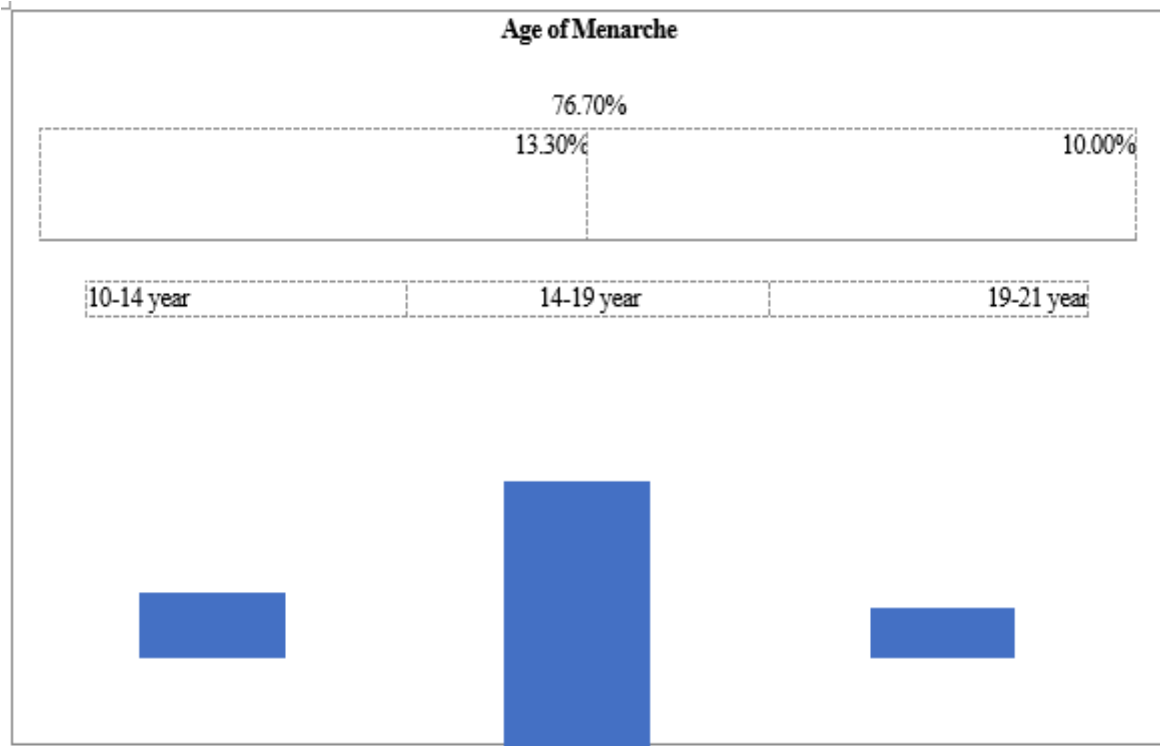


FIGURE.1:- Distribution of sample according to the age of the study subjects.

Study finding shows that the majority of study subjects that is 13.30% were under the age group 10-14 years, 76.70% under the age group of 14-19 years, 10.00% under the age group of 19-21 years.

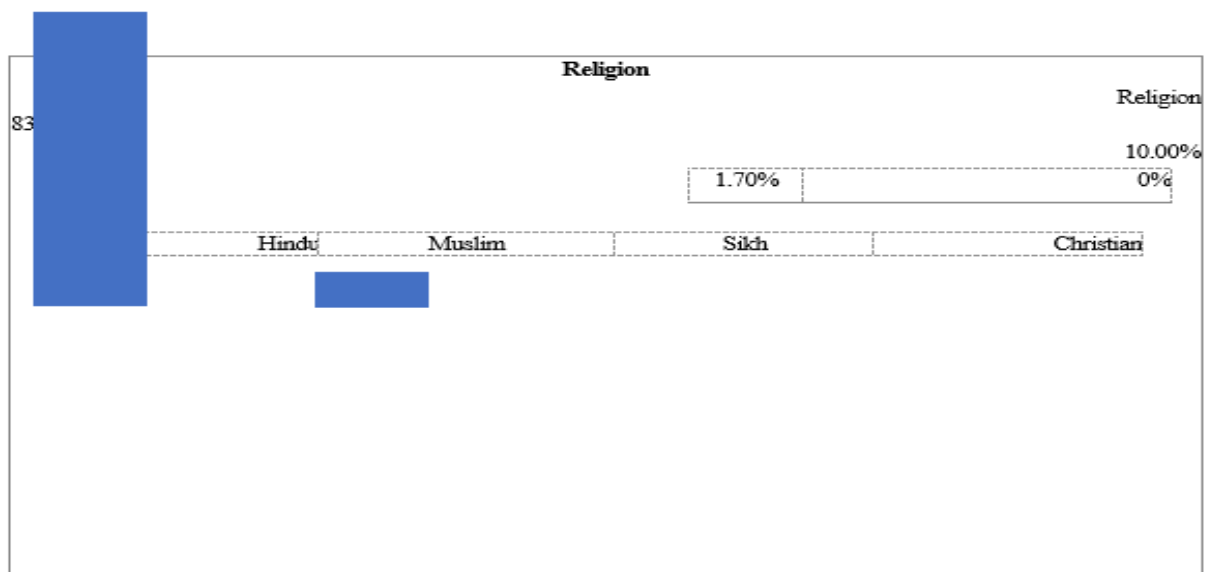


FIGURE.2:- Distribution of sample according to religion of the study subjects.

Study finding showed that the majority of study subjects that is 83.30% were Hindu, 10% were Muslim, 1.70% were Sikh and 0% were Christian.

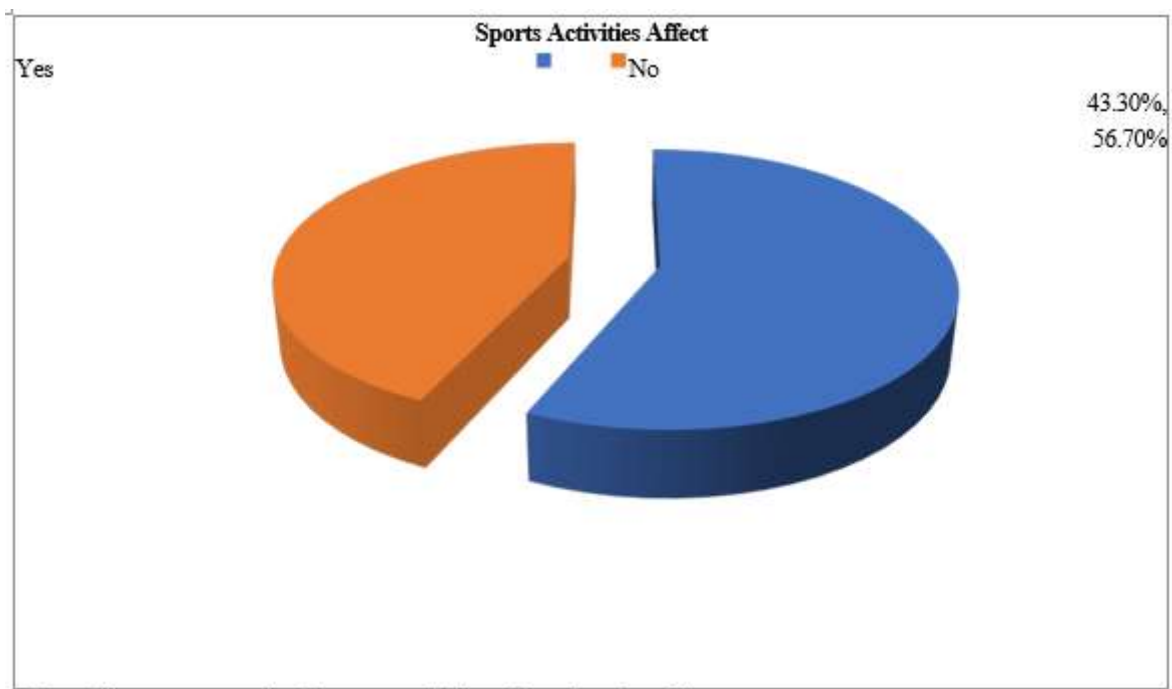


FIGURE .3:- A column diagram presenting the sports activities affect of study subjects.

Study finding shows that majority of study subject that is sports activities affect 56.70% were Yes, and 43.30% were No.

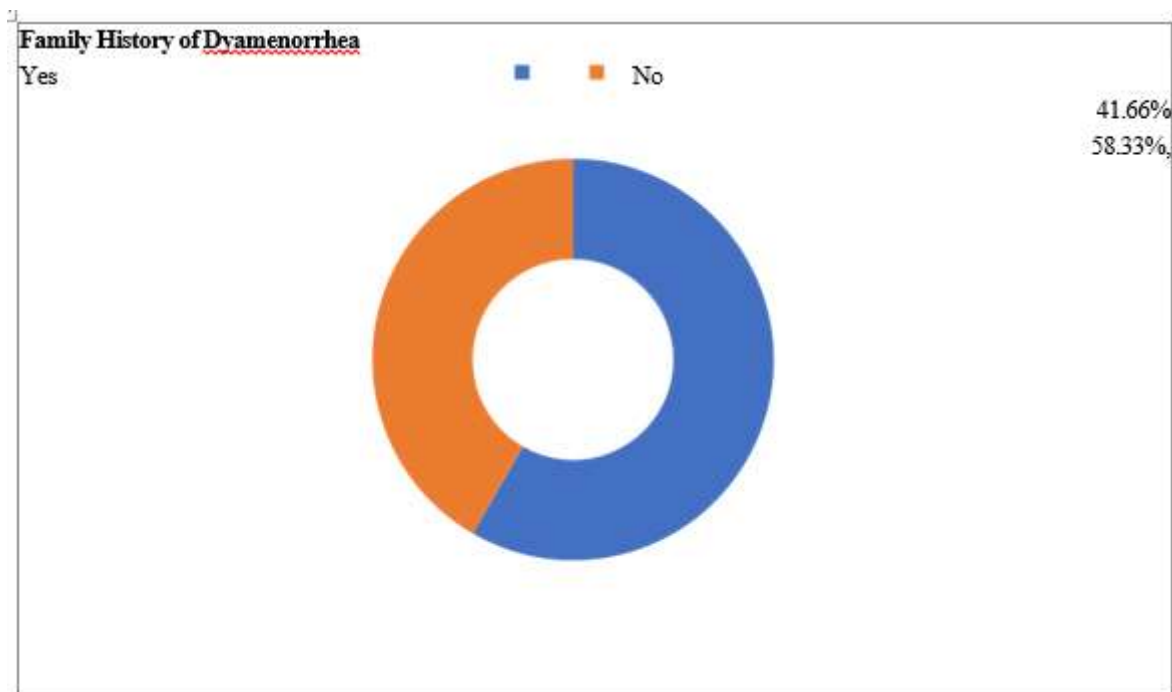


FIGURE.4:- A pie diagram shows the percentage distribution of family history of dysmenorrhea of the study subjects.

Study finding shows that the majority of study subjects that is family history of dysmenorrhea 58.33% were Yes and 41.66% were No.

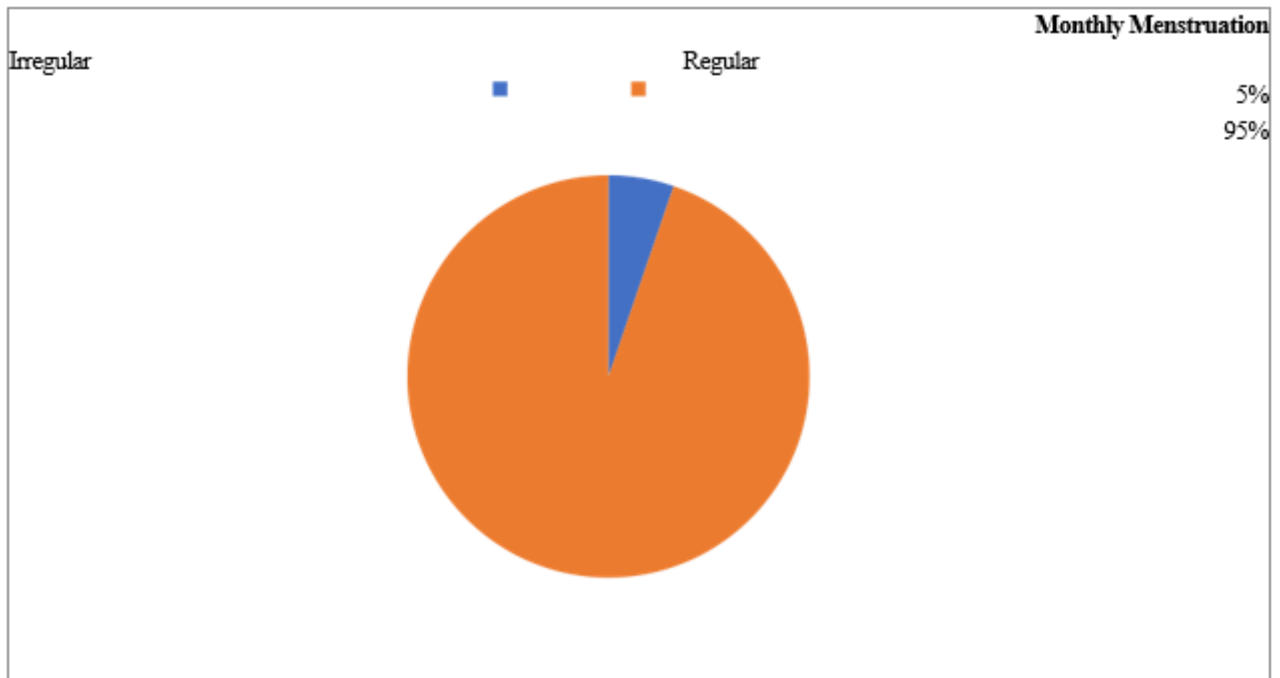


FIGURE.5:- A column diagram presenting the monthly menstruation of study subjects.

Study finding shows that the majority of study subject that is monthly menstruation 95% were Regular and 5% were Irregular.

TABLE 2 FREQUENCY AND PERCENTAGE DISTRIBUTION OF PREVLANCE QUESTION

SR. NO	QUESTION	NONE		MILD		MODERATE		SEVERE	
		F	%	f	%	f	%	F	%
1	How much pain do you feel during dysmenorrhea.	2	3.3	22	36.7	22	36.7	14	23.3
2	How much affect your mood during dysmenorrhea.	0	0	22	36.7	27	45.0	11	18.3
3	At what level affect your academic performance during dysmenorrhea.	7	11.7	22	36.7	22	36.7	9	15.0
4	At what level your daily activity gets affected by dysmenorrhea.	5	8.3	21	35.0	26	43.3	8	13.3

5	How much affect your appetite during the dysmenorrhea.	6	10.0	16	26.7	29	48.3	9	15.0
6	What is the level of your discomfort affect during dysmenorrhea.	6	10.0	18	30.0	19	31.7	17	28.3
7	At what level your sleep pattern will be affected by dysmenorrhea.	10	16.7	14	23.3	25	41.7	11	18.3
8	Do you have the symptoms of constipation or diarrhea.	32	53.3	12	20.0	13	21.7	3	5.0
9	Do your attendance is affected during dysmenorrhea.	16	26.7	17	28.3	18	13.0	9	15.0
10	What is the severity of nausea and vomiting during dysmenorrhea.	35	58.3	11	18.3	7	11.7	7	11.7
11	What is the flow of blood during dysmenorrhea.	3	5.0	7	11.7	38	63.3	12	20.0
12	Do you home remedies use during the dysmenorrhea.	22	36.7	23	38.3	12	20.0	3	5.0
13	How much your daily activities are affected during dysmenorrhea.	10	16.7	16	26.7	25	41.7	9	15.0
14	Any medication taken for dysmenorrhea.	38	63.3	10	16.7	9	15.0	3	5.0
15	What is the intensity of pain on 1st and 2nd day during dysmenorrhea.	4	6.7	10	16.7	27	45.0	19	31.7

TABLE NO, 3 MEAN AND STANDARD DEVIATION OF THE LEVEL OF PREVELANCE SCORE

N=60

Characteristics	Mean	Standard Deviation	Maximum	Minimum
Prevalence score	1.30	0.530	45	0

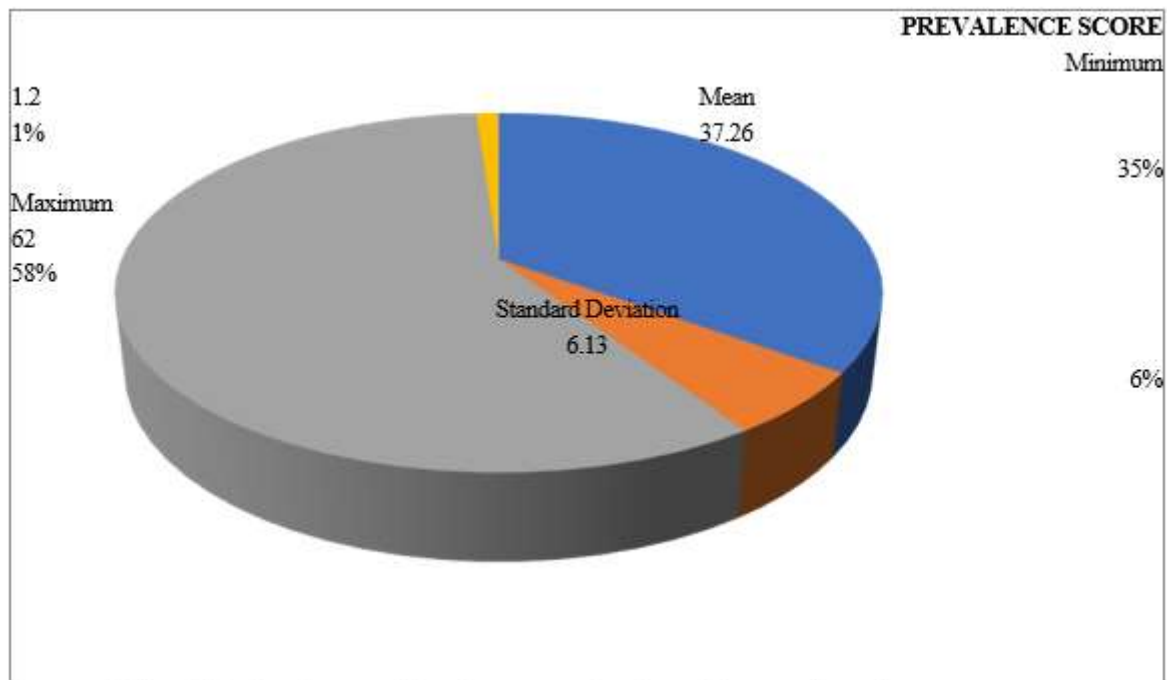


Table no.2 Depicts that range of prevalence score of nursing students regarding primary dysmenorrhea. Maximum score was 62 and Minimum score was 1.2. Total mean Prevalence score was 37.26 and standard deviation was 6.13.

TABLE 4 FREQUENCY AND PERCENTAGE DISTRIBUTION OF ACTIVITIES OF DAILY LIVING

SR. NO	Activities of daily living	MILD		MODERATE		SEVERE	
		F	%	f	%	F	%
1	ACADEMICS:- a)DAILY STUDY SCHEDULE b)EXAMINATIONS	27	45.0	27	45.0	6	10.0
2	DIETARY PATTERN	26	43.3	28	46.7	6	10.0
3	SLEEPING PATTERN	26	43.3	22	36.7	12	20.0
4	HOUSE HOLD ACTIVITIES:- a)CLEANING b)COOKING c)LAUNDARY	23	38.3	26	43.3	10	16.7
5	CLINICAL DUTIES	25	41.7	29	48.3	6	10.0

6	ACTIVITIES EXTRACURRICULAR	35	58.3	13	21.7	12	20.0
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TABLE NO.5 MEAN AND STANDARD DEVIATION OF THE LEVEL OF ACTIVITIES OF DAILY LIVING
N=60

Characteristics	Mean	Standard Deviation	Maximum	Minimum
Activities of daily living	1.377	0.5527	18	06

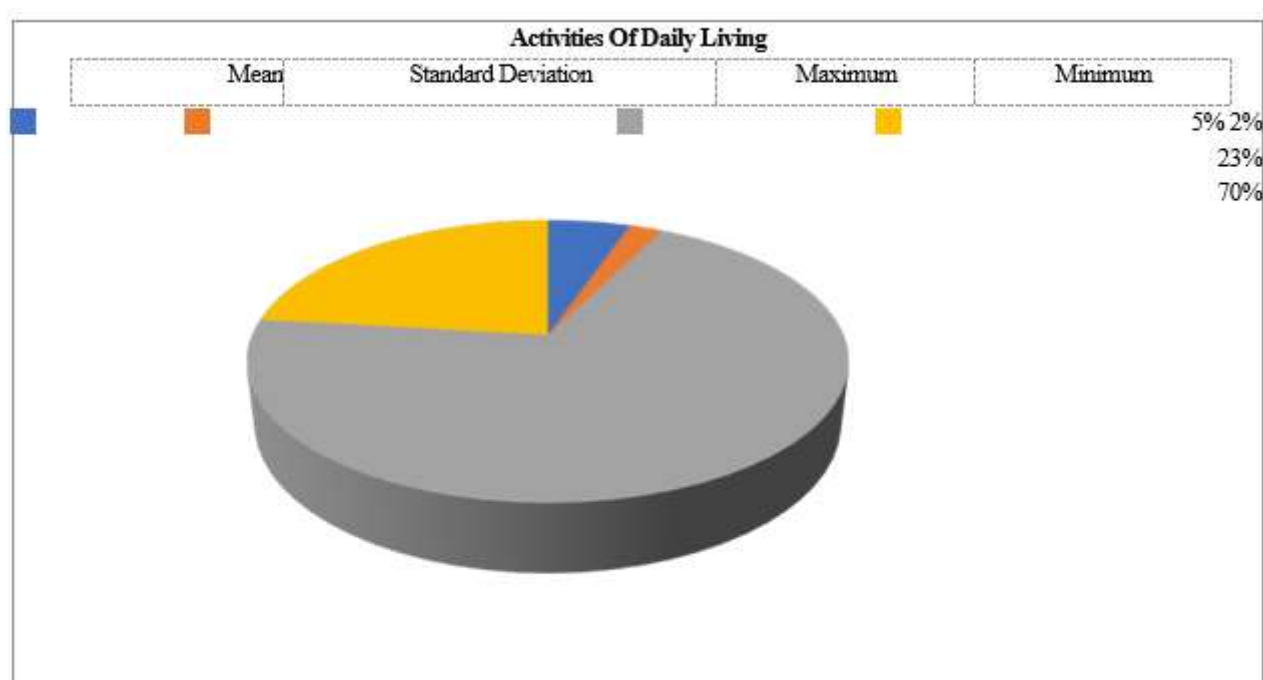


Table no.3: Depicts that range of activities of daily living among nursing students regarding primary dysmenorrhea. Maximum score was 18 and Minimum score was 06. Total mean score of activities of daily living was 1.377 and standard deviation was 0.5527.

TABLE NO. 6 ASSOCIATION OF PREVALENCE SCORE AND ITS IMPACT ON ACTIVITIES OF DAILY LIVING REGARDING PRIMARY VARIABLE. N=60

DYSMENNORHEA WITH SELECTED SOCIO-DEMOGRAPHIC					
S.NO.	SOCIO-DEMOGRAPHIC VARIABLES	Chi 2 value	Df	p- value (p<0.05)	Significant/Non significant
1.	AGE	3.110	4	0.540	Not significant
2.	RELIGION	0.842	4	0.933	Not significant
3.	SPORTSACTIVITIES AFFECT	5.697	2	0.058	Not significant
4.	FAMILYHISTORYOF	0.076	2	0.963	Not significant

	DYSMENORRHEA				
5.	MONTHLY MENSTRUATION	1.148	2	0.563	Not significant

Table- 4 :- Association of activities of daily living level score with Socio-demographic variables.
N=60

S.NO.	SOCIO- DEMOGRAPHIC VARIABLES	Chi 2 value	Df	p- value (p<0.05)	Significant/Non significant
1.	AGE	4.311	4	0.366	Not significant
2.	RELIGION	1.655	4	0.799	Not significant
3.	SPORTS ACTIVITIES AFFECT	5.525	2	0.063	Not significant
4.	FAMILY HISTORY OF DYSMENORRHEA	4.862	2	0.088	Not significant
5.	MONTHLY MENSTRUATION	1.700	2	0.427	Not significant

Discussion

This chapter deals with the detailed discussion of the study findings interpreted from the statistical analysis. The findings are discussed in relation to the objectives, need of the study and related available literature. The aim of the study was to prevalence of primary dysmenorrhea among the nursing students of GNM (1st year and 2nd year) in Himalayan School of Nursing Kala Amb. A non-experimental design was applied. Structured Questionnaire and Pain Rating scale were used to assess the prevalence of primary dysmenorrhea. Data was collected from 60 students. Throughout the study due care was taken to minimize bias and enhance the validity of study findings. Discussion was based on standard analysis, current trends and previous researches.

The findings of present study are given below:

Section A:-

It revealed that the majority of subjects are 13.3% were under the age group 10-13 years, 76.7% under the age group of 14-17 years, and 10.0% under the age group of 19-21 years. Majority of study subjects that is 83.3% were Hindu, 10.0% were Muslim, 1.7% were Sikh and 0% were Christian. Majority of study subject that is sports activities affect 56.7% were Yes, and 43.3% were No. Majority of study subjects that is family history of dysmenorrhea 58.3% were Yes and 41.7% were No. Majority of study subject that is monthly menstruation 95.0% were regular and 5.0% were Irregular. The majority of study subjects that is 26.66% had information from mass media, 6.66% had information from interaction with health care personnel, 3.33% had information from friends and family members, and 13.33% had information from books, journals, and articles.

Section B:

- The mean of level of prevalence score 1.30 and standard deviation was 0.530.
- The mean of level of activities of daily living 1.377 and standard deviation was 0.5527.

Conclusion

The prevalence of primary dysmenorrhea among female students found to be high. Irregular monthly menstrual cycle and positive family history of dysmenorrhea are determinant factor of primary dysmenorrhea. Absenteeism from school was the main impact of primary dysmenorrhea. Hence, researching primary dysmenorrhea significantly improves its impact by educating females about the management of primary dysmenorrhea.

A descriptive study was conducted to assess the prevalence of primary dysmenorrhea. The conceptual framework of present study based on OMER'S theory. The term conceptual model is synonymous with such terms as conceptual frame work and conceptual system. A conceptual theory is defined as a that patients are better able to recover if they maintain some independence over their own self care. A total 60 students those fulfilling the inclusive and exclusive criteria were selected by convenience sampling technique. Data was collected from 60 nursing students (GNM 2nd and GNM 3RD year) at Himalayan School of Nursing Kalaamb, District Sirmour, H.P.

The study findings of the present study revealed that the participants had mild prevalence score, one third of participants had moderate prevalence score and some of the participants had severe prevalence score

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