

“A study to assess the prevalence and knowledge regarding dysmenorrhea among BSc (N) 2nd Semester students with a view to create awareness at selected College of Nursing at Bhilai, Chhattisgarh”

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ABSTRACT

The present study “A study to assess the prevalence and knowledge regarding dysmenorrhea among BSc (N) 2nd Semester students with a view to create awareness at selected College of Nursing Bhilai, Chhattisgarh” was connected as a partial fulfillment of the requirement for the award of the degree of bachelor of science in nursing from PG College of Nursing at Bhilai, Chhattisgarh and Pt. Deendayal Upadhyay Memorial Health Science and AYUSH University of Chhattisgarh, Raipur. **Non experimental descriptive survey research design** was adopted for the study and 50 students studying in PG College nursing Bhilai, were chosen considering the proximity availability of sample through purposive sampling. A self-structured questionnaire was used to assess the prevalence and knowledge regarding dysmenorrhea. Data was analyzed and prevalence of dysmenorrhea revealed that maximum **28(56%)** were having moderate dysmenorrhea, **17(34%)** were having mild dysmenorrhea, **4(8%)** were having severe dysmenorrhea and only **1(2%)** was not having dysmenorrhea at all. Regarding knowledge of dysmenorrhea, it was revealed that maximum number of subjects **38(76%)** were having average knowledge, **7(14%)** was having poor knowledge and **only 5(10%)** were having good knowledge regarding dysmenorrhea.

The study concluded with some recommendation that Dysmenorrhea is a common health problem among graduating students and nurses should educate to reduce the physical and psychological stress that happens to females and their families.

INTRODUCTION

Dysmenorrhea is a medical condition that is characterized by severe uterine pain during menstruation manifesting as cyclical lower abdominal pain. This article provides an overview of primary and secondary dysmenorrhea including the differential diagnosis and management. **Primary dysmenorrhea** is caused due to excessive production of prostaglandin that led uterine contractions.

Secondary dysmenorrhea is caused due to any pathological disease condition such as endometriosis, fibrosis etc. **Dysmenorrhea** is a common complain among adolescent and women of reproductive age. Treatment of dysmenorrhea is aimed at providing symptomatic relief and to inhibit the underlining processes causing the symptoms.

OBJECTIVES

- To identify the socio demographic variables among B.Sc. (N) 2nd semester students.
- To assess the prevalence of dysmenorrhea among B.Sc. (N) 2nd semester students.
- To assess the knowledge regarding dysmenorrhea among B.Sc. (N) 2nd semester students.
- To create awareness regarding dysmenorrhea among B.Sc. (N) 2nd semester students.

ASSUMPTION

- Students may have knowledge regarding Dysmenorrhea

MATERIALS AND METHODS

Keeping in view the objectives of a study, **non-experimental descriptive survey research design** was adopted to assess the knowledge regarding dysmenorrhea and to create awareness. 50 BSc (N) 2nd Semester students of selected College of Nursing, Bhilai, Chhattisgarh, were chosen considering the proximity availability of samples. The tools included socio demographic data, structured **WaLIDD** scale to assess the prevalence of dysmenorrhea and self-structured questionnaires scheduled on assessing the knowledge regarding dysmenorrhea.

S. NO.	WaLIDD VARIABLES	SCORES			
1	Affect WORKING ABILITY	Always (3)	Almost Always (2)	Almost Never (1)	None (0)
2	LOCATION of pain	4 sites (3)	2 – 3 sites (2)	1 site (1)	None (0)
3	INTENSITY of pain (Wong – Baker)	Hurts a whole lot – hurts worst (3)	Hurts a little more – hurts even more (2)	Hurts a little bit (1)	Does not hurt (0)
4	Days of pain	≥ 5 (3)	3 – 4 (2)	1 – 2 (1)	0 (0)

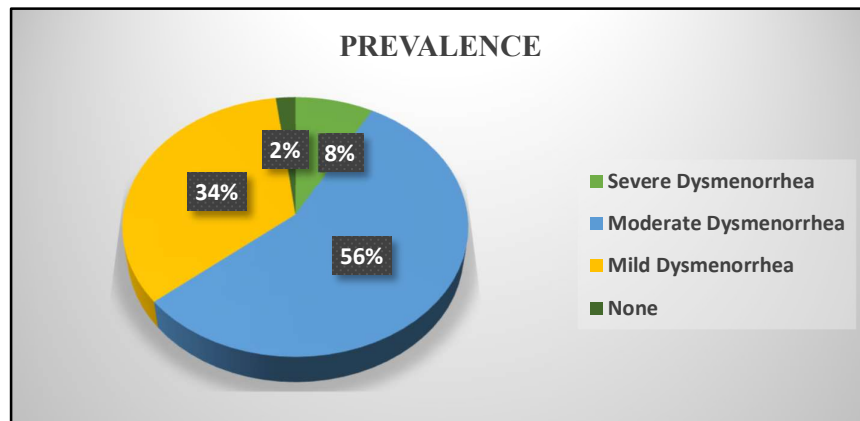
Abbreviation: WaLIDD means Working ability, Analgesic requirement, Location, Intensity, Days of pain, Dysmenorrhea.

Notes: Score: 0 without dysmenorrhea, 1–4 mild dysmenorrhea, 5–7 moderate dysmenorrhea, 8–12 severe dysmenorrhea.

RESULTS

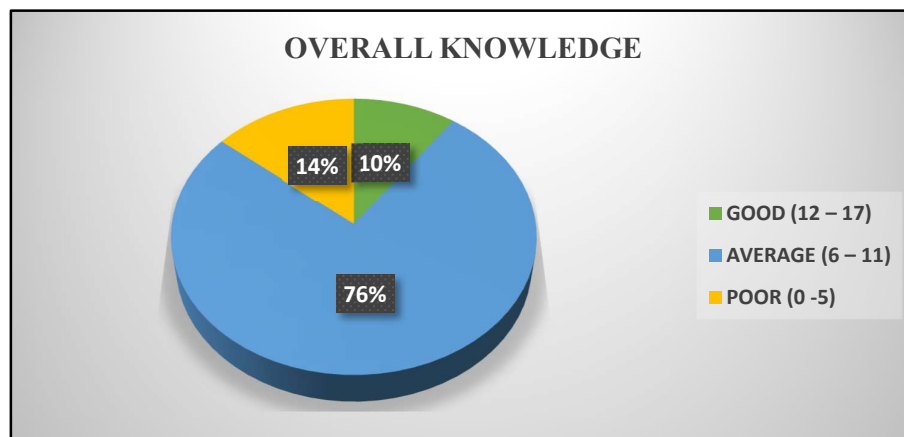
DISTRIBUTION OF SUBJECTS ACCORDING TO PREVALENCE OF DYMENORRHEA

CATEGORY	FREQUENCY (f)	PERCENTAGE (%)
Severe Dysmenorrhea	04	08
Moderate Dysmenorrhea	28	56
Mild Dysmenorrhea	17	34
None	1	02
TOTAL	50	100



DISTRIBUTION OF SUBJECTS ACCORDING TO KNOWLEDGE REGARDING DYSMENORRHEA

CATEGORY	FREQUENCY (f)	PERCENTAGE (%)
GOOD (12 – 17)	05	10
AVERAGE (6 – 11)	38	76
POOR (0 -5)	07	14
TOTAL	50	100



CONCLUSION

- Analysis of sociodemographic variables depicted that maximum 42 subjects were in the age group of 18-20 yrs, 32 subjects had family income between 25000/- to 50000/-, 24 subjects father were farmers, 28 subjects mothers were housewife, 46 students were aware of dysmenorrhea and they got information from personal experience.
- The analysis related to prevalence of dysmenorrhea depicts that maximum 28 (56%) were having moderate dysmenorrhea, 17 (34%) were having mild dysmenorrhea, 4 (8%) were having severe dysmenorrhea and only 1 (2%) was not having dysmenorrhea.
- The analysis related knowledge regarding dysmenorrhea depicts that maximum 38 (76%) were having average knowledge, 7 (14%) were having poor knowledge, and 5 (10%) were having good knowledge regarding dysmenorrhea.

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