ISSN 2349-7823

International Journal of Recent Research in Life Sciences (IJRRLS)
Vol. 5, Issue 1, pp: (13-17), Month: January - March 2018, Available at: www.paperpublications.org

The Prevalence of Menstrual Abnormalities among Students of S.G.R.D College of Nursing, Vallah, Sri Amritsar, Punjab

Rajbir Kaur

Assistant Professor, Department of OBG (N), CON, SGRD, University of Health Sciences & Research Centre

Abstract: **Menstrual Abnormalities are major social and medical problem for women and account for highest percentage of gynecological visit. The study was aimed to evaluate the prevalence of menstrual abnormalities among students of S.G.R.D College of Nursing, Vallah. The study has been conducted on 200 students of SGRD College of Nursing at Vallah, Amritsar. The objective of the study was to assess the prevalence of menstrual abnormalities among nursing students. The study was conducted in college of nursing of SGRDIMSR ,Vallah, Amritsar & 200 students were selected .The sample was selected by using systematic random sampling technique. The students were assessed regarding menstrual abnormalities with self administered questionnaire. The study result showed mean age at menarche was 14 -16 years .Irregular menstrual cycle were found in 30 students (15%).Polymenorrhea was reported in 18 students (9%) and Oligomenorrhea was reported in 12 students (6%). Shortened menstrual bleeding was found in 8 students (4%) and Menorrhagia among 2 students (1%). Heavy menstrual flow reported in 11 students (5.5%) . Dysmenorrhea was present in 173 students (86.5%) ranging from grade 1 to grade 3, among which 77 (38.5%) rarely required analgesics and 15 (7.5%) always required analgesics for dysmenorrhea and 108 (54%) do not require analgesics at all. Metrorrhagia was reported in 40 students (20%). Further for the association between menstrual abnormalities and selected socio-demographic variables.**

Keywords: **Assess, Abnormalities, Nursing, Prevalence Students.**

1. INTRODUCTION

Menstrual abnormalities are becoming an important area of concern nowadays as they constitute a very large number of population seeking gynecological attentions because they are very distressing to women's daily life. Menarche is the most important step in the pubertal growth of a girl. The age of menarche is generally between 10-16 years; however it may vary depending on Geographic variation, environmental condition, nutritional status etc. [1]Menstrual problems are very common especially in late adolescence [2]. Dysmenorrhea is the commonest problems, among all other menstrual problem in adolescents. [3,4] Similarly amenorrhea, abnormal/excessive uterine bleeding, Medical students are at high risk for developing menstrual irregularities due to stressed lifestyle, irregular food and exercise habits and quality of life and cause absenteeism from college, limitations in social and daily activities. Food high in salt, sugar, fat or calories and low nutrient content is called junk food. Hence, it is important to evaluate the present situation of eating habits, lifestyle and estimate their influence on menstrual disorders. The aim of this study was therefore to evaluate the prevalence of menstrual abnormalities among nursing students.

OBJECTIVES:

- To assess the prevalence of menstrual abnormalities among nursing students.
- To find out the association of menstrual abnormalities with selected socio demographic variables.

ISSN 2349-7823

International Journal of Recent Research in Life Sciences (IJRRLS)
Vol. 5, Issue 1, pp: (13-17), Month: January - March 2018, Available at: www.paperpublications.org

2. MATERIAL & METHOD

A descriptive study was used to study prevalence of menstrual abnormalities among the students. A total of 200 students were selected from SGRD College of Nursing, Vallah, Amritsar from April to July 2015. Simple Random Sampling Technique was adopted to select the sample for study. The randomization of the students was done by odd and even number. Students who were willing to participate in the study were included. Self-Structured Questionnaire was prepared on the basis of --Review of literature and Expert opinion. Section A consists of 11 items of demographic variables i.e. age, gender, race, marital status, dietary habits, BMI etc. Section B consists of various menstrual abnormalities questions and for each questionnaire, options were given and only one correct answer was to be ticked. The data obtained was processed in MS Excel sheet. The statistical analysis was performed using the software STRATA.

3. RESULT

The result was computed using statistics into three sections -

SECTION- A: Distribution of socio demographic variables of the subjects.

SECTION- B: Distribution of the menstrual abnormalities among the students of SGRD College of Nursing.

SECTION C: Association of Menstrual Abnormalities with selected demographic variables.

SECTION- A: Distribution of socio demographic variables of the subjects.

Fig 1.Table- Frequency and percentage distribution of study subjects by their demographic variables of students

N = 200

Demographic Variables	**Frequency (f)**	**Percentage (%)**	**Mean**	**SD**
Age in (years)				
18-20	63	31.5		
21-23	106	53	1.8300	0.67333
≥24	31	15.5		
BMI				
<18.5 (underweight)	51	25.5		
18.5- 24.9 (normal)	134	67	1.8250	0.56210
25-29.9 (overweight)	14	7		
≥30 (obese)	1	0.5		
Marital status				
Married	15	7.5	1.9250	0.26405
Unmarried	185	92.5		
Residence				
Rural	138	69	1.3100	0.46365
Urban	62	31		
Dietary habits				
Vegetarian	154	77	1.2250	0.43047
Non-vegetarian	46	23		
Habits of consuming junk food				
No	43	21.5	1.2150	0.41185
Yes	157	78.5		
If yes, frequency				
1 day/week	95	47.5		
2-3 days/week	48	24	1.2865	0.79014
4-7 days/week	14	07		
History of dieting for weight reduction				
Yes	46	23	1.7700	0.42189
No	154	77		

ISSN 2349-7823

International Journal of Recent Research in Life Sciences (IJRRLS)
Vol. 5, Issue 1, pp: (13-17), Month: January - March 2018, Available at: www.paperpublications.org

History of any disease No h/o thyroid disorder h/o blood disorder any other	 161 14 04 11	 80.5 07 02 5.5	1.2814	0.75959
Family history of any menstrual abnormality Yes No	 25 175	 12.5 87.5	1.8889	0.34579
Getting treatment for any menstrual abnormality Yes No	13 187	6.5 93.5	1.9350	0.24714

SECTION- B: Distribution of the menstrual abnormalities among the students of SGRD College of Nursing.

Menstrual abnormalities of the students and shows that most of the students 117 (58.5%) were had their menarche till the age of 14–16 years and 75 (37.5%) achieved menarche at the age of 11-13 years , remaining 7 (3.5%) attained menarche at and after 17 years only 1 (.5 %) achieve menarche at or less than 10 years of age. Majority of students 162 (81%) were having normal duration of menstrual flow i.e. 3-5 days and 28 (14%) were having duration of menstrual flow of 5-7 days and remaining 8 (4%) were having ≤2 days of menstrual flow (Hypomenorrhea) and 2 (1%) were having ≥8 days of menstrual flow i.e. Menorrhagia . Among all 170 (85%) were having normal cycle length i.e. 21 -35 days and 18 (9%) were having short interval between menstrual cycle i.e. of ≥20 days (Polymenorrhea) and 12 (6%) were having ≤35 days i.e. Oligomenorrhea. More than half i.e.128 (64%) were having moderate amount of menstrual flow and remaining 61 (30.5 %) were having mild amount of menstrual flow and only few 11 (5.5%) were having heavy amount of menstrual flow. Among all 124 (62%) were having grade 1 type of Dysmenorrhea and 44 (22%) were having grade 2 Dysmenorrhea and 28 (14%) were having grade 0 and remaining 5 (2.5%) were having severe i.e. grade 4 Dysmenorrhea. About half of the students 108 (54%) do not required any kind of analgesics for relieving menstrual pain and 77 (38.5%) of them rarely required some kind of analgesics while 15 (7.5%) always required analgesic for relieving symptoms of dysmenorrhea. Majority of students 160 (80%) were not having metrorrhagia only few students i.e. 40 (20%) were having off schedule bleeding or uterine bleeding or spotting (Metrorrhagia) in between periods.

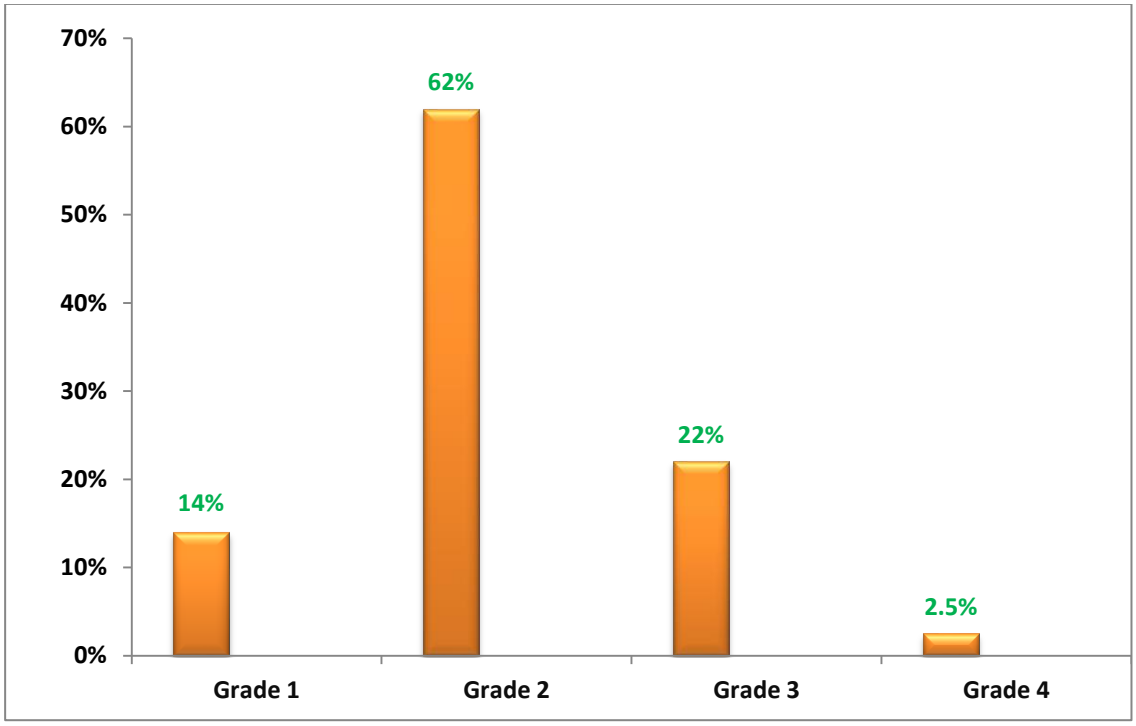

Fig. 1 GRADING OF DYSMENNORHEA AMONG STUDENTS

ISSN 2349-7823

International Journal of Recent Research in Life Sciences (IJRRLS)
Vol. 5, Issue 1, pp: (13-17), Month: January - March 2018, Available at: www.paperpublications.org

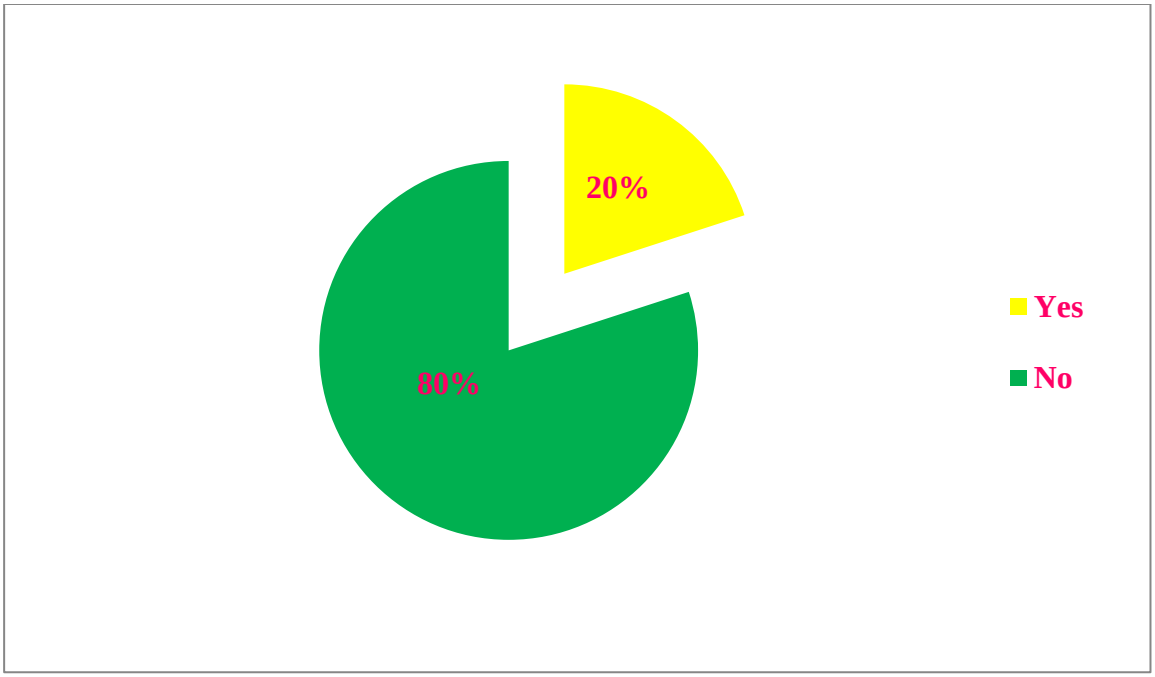

Fig. N Percentage of Metorrhagia Among Students

SECTION C: Association of Menstrual Abnormalities with selected demographic variables:

Association of Age of Menarche with Demographic Variables:

Association of age of menarche with demographic variables of students. Chi square was applied and tests revealed that socio- demographic variables such as age of students, history of any disease have significant association with age of menarche while other variables have no significant association.

Association of Duration of Menstrual Flow with demographic variables:

Dietary habits, history of any disease, habits of consuming junk food,treatment for any menstrual abnormality, family history of any menstrual abnormality have significant association with duration of menstrual flow while other variables have no significant association.

Association of Average Cycle Length with demographic variables:

Dietary habits, frequency of junk food, history of dieting for weight reduction have significant association with average cycle length while other variables have no significant association.

Association of Amount of Menstrual Flow with demographic variables:

BMI, history of dieting for weight reduction, family history of any menstrual abnormality have significant association with amount of menstrual flow while other variables have no significant association.

Association of Dysmenorrhea with demographic variables:

History of consuming junk food, treatment for any menstrual abnormality have significant association with dysmenorrhea while other variables have no significant association.

Association of use of analgesics with demographic variables:

Use of analgesics with history of any disease have significant association while other variables have no significant association.

Association of Metrorrhagia with Demographic Variables:

Marital status have significant association with Metroorrhagia while other variables have no significant association.

4. CONCLUSION, DISCUSSION & USES OF RESEARCH

The studies done by Singh A et.al in New Delhi, India or Zegeye DT et.al in Ethiopia observed the mean age of menarche as 12.5 yrs and 14.8 yrs respectively. [3,5] Similarly Verma et al., (2011) 20 conducted study in Bhavnagar, they observed that mean age of menarche was 14. During this study the observed mean age of menarche was 14.5 yrs. observed difference was probably due to Geographical variation and socio – economic variation in the study subjects. Singh A et.al observed that 73.83% subjects complaining dysmenorrhea.[3] While observed dysmenorrhea in Sharma P et.al study and Zegeye DT et.al study was 67.2% and 72% respectively.[4,5] While in this study, though it was the most common complaint, yet it was reported by 124 (62%) were having grade 1 type of Dysmenorrhea and 44 (22%) were having grade 2 Dysmenorrhea and 28 (14%) were having grade 0 and remaining 5 (2.5%) were having severe i.e. grade 4 Dysmenorrhea. Slap GB (2003) observed that, Problems associated with menstruation affect 75% of adolescent females [7]. Thakre et al observed menstrual problems among 71.8% adolescent girls.[8] However in present study 20% of students were having off schedule bleeding or uterine bleeding or spotting (Metorrhagia) in between periods. Among all 18 (9%) were having short interval between menstrual cycle i.e. of ≥20 days (Polymenorrhea) and 12 (6%) were having ≤35 days i.e. Oligomenorrhea.

Uses of research work:

In Nursing Research:

Nursing research will provide us statistics that will help to take further action to improve and maintain health of female students.

In Nursing Practice:

Health personnel working in gynecological department can play a vital role in promoting menstrual health as well as maintaining their general health and encouraging them to seek medical attention to rule out or treat underlying problem that can interfere with reproductive health of students in later years.

This study concluded that prevalence of menstrual disorders are very common among nursing students. There is need to identify the early menstrual disorder so that these could be managed earlier to prevent further complication, which are responsible for infertility.

ACKNOWLEDGEMENT

I am grateful to the students who participated in this study. I thankful to the statistician for performing the statistical analyses for this study and the ethical review board for providing ethical clearance.

***Source of financial support*- Own Expenses**

REFERENCES

[1] Thomas F, Renaud F, Benefice E, de Meeüs T, Guegan JF: International variability of ages at menarche and menopause: patterns and main determinants. Human Biology 2001,73:271-90.

[2] Ziv A, Boulet JR, Slap GB. Utilization of physician offices by adolescents in the United States. Pediatrics 1999;104:35-42.

[3] Singh A, Kiran D, Singh H, Nel B, Singh P, Tiwari P; Prevalence and severity of dysmenorrhea: a problem related to menstruation, among first and second year female medical students. Indian J Physiol Pharmacol. 2008;5:389-97.

[4] Sharma P, Malhotra C, Taneja DK, Saha R; Problems related to menstruation amongst adolescent girls. Indian J Pediatr. 2008;75:125-9.

[5] Desalegn Tegabu Zegeye, Berihun Megabiaw and Abay Mulu; Age at menarche and the menstrual pattern of secondary school adolescents in northwest Ethiopia;BMC Women's Health 2009;9:29.

[6] Verma PB, Pandya CM, Ramanuj VA, Singh MP. Menstrual Pattern of Adolescent School Girls of Bhavnagar (Gujarat). NJIRM [Internet]

[7] Slap GB. Menstrual disorders in adolescence. Best Pract Res Clin Obstet Gynaecol. 2003;17:75-92.

[8] Thakre SB, Thakre SS, Ghade SU, Thakre AD. Urban- Rural differences in Menstrual Problems and Practices of Girl students in Nagpur, India. Indian Pediatr[Internet]. 2012 [Cited on Dec 15, 2012];49:733-6. Available online: http://www.indianpediatrics.net/sep2012/sep-733-736.htm.