



# “A Study to assess the effectiveness of informational booklet on knowledge regarding selected home remedies for relieving dysmenorrhea among adolescent girls in selected higher secondary schools of Anantnag Kashmir.”

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## ABSTRACT:

A study to assess the effectiveness of informational booklet on knowledge regarding selected home remedies for relieving dysmenorrhea among adolescent girls in selected schools of Anantnag Kashmir. Dysmenorrhea or painful menstruation is defined as severe, painful, cramping sensation in lower abdomen that is often accompanied by other symptoms such as sweating, headache, nausea, vomiting, diarrhea and tremulousness all occurring just before or during the menses. It effects mostly adolescent girls and women's. Taking medications during our menstrual periods causes ill effects on our reproductive health in later stages so in order to reduce the pain effects of dysmenorrhea there were various home remedies that are effective in reducing pain without causing any ill effects. The research approach used for this study was quantitative research approach and Pre experimental one group pre-test post-test design was adopted for the study. The setting of the study was in Govt Girls Higher Secondary School Ranibagh Anantnag. A Stratified random Sampling Technique was used to select the sample. The sample size was 30 adolescent girls studying in Govt Girls Higher Secondary School Ranibagh Anantnag. The data was analyzed and interpreted in terms of objectives formulated descriptive and inferential statistics were used for the data analysis.

The study conducted, assess the effectiveness of informational booklet on knowledge regarding selected home remedies for relieving dysmenorrhea among adolescent girls in selected schools of Anantnag Kashmir

**Keywords: Effectiveness, knowledge, Dysmenorrhea**

## INTRODUCTION

Dysmenorrhea, also known as painful periods or menstrual cramps is pain during menstruation. Its usual onset is around the time when menstruation begins. Symptoms typically last less than three days. The pain is usually in the pelvis or lower abdomen. Dysmenorrhea is more common in those with heavy periods, irregular periods, those in which menarche occurs at an early age, and those with low body weight.

Dysmenorrhea can be classified as either Primary or Secondary. The primary dysmenorrhea occurs without an associated underlying condition. Secondary dysmenorrhea has a specific underlying cause, typically a condition that affects the uterus and other reproductive organs. The main symptom of dysmenorrhea is pain concentrated in the lower abdomen or pelvis. It is commonly felt on the right or left side of the abdomen. It may radiate to the thighs and lower back. Symptoms often co-occurring with menstrual pain include nausea, vomiting, diarrhea, headache, dizziness, disorientation, fainting and fatigue. The underlying mechanism of primary dysmenorrhea is the contraction of the uterus muscles, including local ischemia. Prostaglandins and leukotriene's are released during menstruation due to build-up of omega-6-fatty acids. The release of prostaglandins and other inflammatory mediators in the uterus causes the uterus to contract and can result in systemic symptoms such as nausea, vomiting, bloating and headaches or migraine<sup>(1)</sup>

There is a wide variation in the estimate of dysmenorrhea from studies around the world, reporting a range between 28% and 71%<sup>(2)</sup>. Daily activity limitation, absenteeism from school work, social withdrawal, decreased academic performance and increased health care medical costs are the negative effect of primary dysmenorrhea<sup>(3)</sup>.

A cross-sectional study on the prevalence of menstrual symptoms and primary dysmenorrhea and its effects by Pavithra et al (2020) among medical undergraduates in the South Indian Population. Sixty medical undergraduates at Saveetha Medical college were asked to complete a self-reported questionnaire and menstrual symptoms and primary dysmenorrhea was reported in 43.9% (27) of participants, abdominal pain was reported in 78% (46), and 52% (31) of girls felt weak and tired during menses<sup>(4)</sup>.

Nowreen, Sang & Neha (Dec – 2018) conducted a cross-sectional study among 60 female students with dysmenorrhea in the department of Physiology, SKIMS medical college. Data were collected with a structured questionnaire having three parts. The average age of the participants were 12.5 ± 1.21 years. Two-thirds of the participants that is 68.3% practiced self-medication, 11.6% used heat application in the form of a hot water bottle or taking a hot bath as a relieving measure, 10% used home remedies like turmeric milk, dietary ginger etc., 6.6% rested or slept, and only 3.3% consulted a doctor<sup>(5)</sup>.

Savitha, Roopa & Sridhara (2016) conducted a pre-experimental study to assess the effectiveness of a structured teaching program on knowledge regarding home remedies for reducing dysmenorrhea among adolescent girls at St. Paul's girls school, Davangere. A stratified random sampling technique was used to select 60 adolescent girls for the study. The result of the study was that the data indicated the mean percentage of post-test (75%) knowledge scores was higher than the percentage of pre-test (57.14%) knowledge scores<sup>(6)</sup>.

Based on the above research studies, dysmenorrhea is prevalent in adolescent girls, affecting their school performance and daily routine activities. Besides taking medications like ibuprofen, nimesulide and other counter medications for relieving pain during dysmenorrhea. Taking these medications during our menstrual periods causes ill effects on our reproductive health in later stages. So, to reduce the painful effects of dysmenorrhea various home remedies effectively reduce pain during dysmenorrhea without causing any ill effects on our health.

## STATEMENT OF PROBLEM

“A study to assess the effectiveness of informational booklet on knowledge regarding selected home remedies for relieving dysmenorrhea among adolescent girls in selected Higher Secondary schools of Anantnag Kashmir.”

## OBJECTIVES OF THE STUDY

1. To assess the pre-test level of knowledge regarding selected home remedies for relieving dysmenorrhea among adolescent girls.
2. To assess the post –test level of knowledge regarding selected home remedies for relieving dysmenorrhea among adolescent girls.
3. To evaluate the pre-test and post- test level of knowledge regarding selected home remedies for relieving dysmenorrhea among adolescent girls.
4. To determine the association between pre-test knowledge score of adolescent girls with selected demographic variables I.e., age, education, family, place of residence and age at menarche.

## HYPOTHESIS

All hypothesis is tested at 0.05 level of significance.

- H1 ; Mean post –test knowledge scores of adolescent girls who received an informational booklet regarding selected home remedies for relieving dysmenorrhea are significantly higher than the mean pre – test knowledge scores .
- H2; There is a significant association between pre- test knowledge scores of adolescent girls with their selected demographic variables.

## DELIMITATION

The study is limited to

- Adolescent girls aged between 13-16 years.
- The sample size of 30.

## PROJECTED OUTCOME

The study findings will help to improve the knowledge regarding home remedies for relieving dysmenorrhea among adolescent girls.

## REVIEW OF LITERATURE:

The review of literature for this study was organized under following headings.

- Prevalence of dysmenorrhea among adolescent girls.
- Knowledge regarding home remedies for relieving dysmenorrhea among adolescent girls.

## Research Methodology:

A pre-experimental one group pre-test post- test study is carried out for the purpose of providing and accurate portrayal of a group of subjects with specific characteristics, situations or group and frequency with which certain phenomenon occurs.

## POPULATION

### Target population

Target population for the present study was comprised of adolescent girls of age group 13-16 years studying at Govt Girls Model Higher Secondary School Ranibagh Anantnag. The total number of sample was 30 adolescent girls.

## Accessible Population

Accessible population for the present study was adolescent girls with age group (13-16) years of Govt Girls Model Higher Secondary School Ranibagh Anantnag.

## SAMPLING TECHNIQUE:

Stratified random sampling technique was used to select the subjects. A total number of 30 subjects were selected for the present study.

## CRITERIA FOR SAMPLE SELECTION:

The samples were selected based on the following inclusion and exclusion criteria

### Inclusion criteria

- Adolescent girls who are studying in the selected school .
- Adolescent girls having age group between 13-16 years .
- Adolescent girls who are accessible and willing to participate in the study .

### Exclusion criteria

- Adolescent girls below 13 years and above 16 years .
- Girls who have not attained their menarche .
- Adolescent girls who are inaccessible and not willing to participate in the study .

## VARIABLES:

An independent variable is the “cause” or the variable thought to influence the dependent variable. The dependent variable is the “effect”, a response or behavior that is influenced by independent variable. The research design incorporates some of the most important methodological decisions that the researcher makes in conducting research study. For the present study survey design was found appropriate to achieve objectives of the study.

## RELIABILITY OF THE TOOL:

The tool was tested to ensure the reliability. Structured knowledge questionnaire has been administered to four (6) adolescent girls of Govt Girls Model Higher Secondary School Ranibagh Anantnag to assess knowledge regarding selected home remedies for relieving dysmenorrhea .

## DATA COLLECTION PROCEDURE:

The data had been collected by investigators in the month of October from 23 October to 28 October 2021 from 30 adolescent girls using structured questionnaire in Govt Girls Higher Secondary School Anantnag before the data collection, the researcher obtained permission from selected institute. The participants were oriented and explained the purpose of the study. Pre-test was done on 23-10-2021 and post –test was done on 28-10-21 in a time duration of 45 minutes.

**Results:****Assessment of the level of knowledge:**

Table 1: Score grading comparison between pre and post-test

Grade	Pre-test		Post-test	
	Number	%age	Number	%age
Inadequate	29	96.66	5	16.66
Moderately adequate	1	3.33	13	43.33
Adequate	0	0	12	40

In the pre-test series 29 (96.66%) students had inadequate knowledge and 1(3.33%) had moderately adequate knowledge were none had adequate knowledge regarding selected home remedies for relieving dysmenorrhea and after the introduction of Informational Booklet, most of the students i.e 12 (40%) showed adequate knowledge and about 13 (43.33%) had moderately adequate knowledge. None showed inadequate knowledge in post-test analysis. This means that there was a significant improvement in the knowledge regarding the BSE with a p-value of  $<0.5$ .

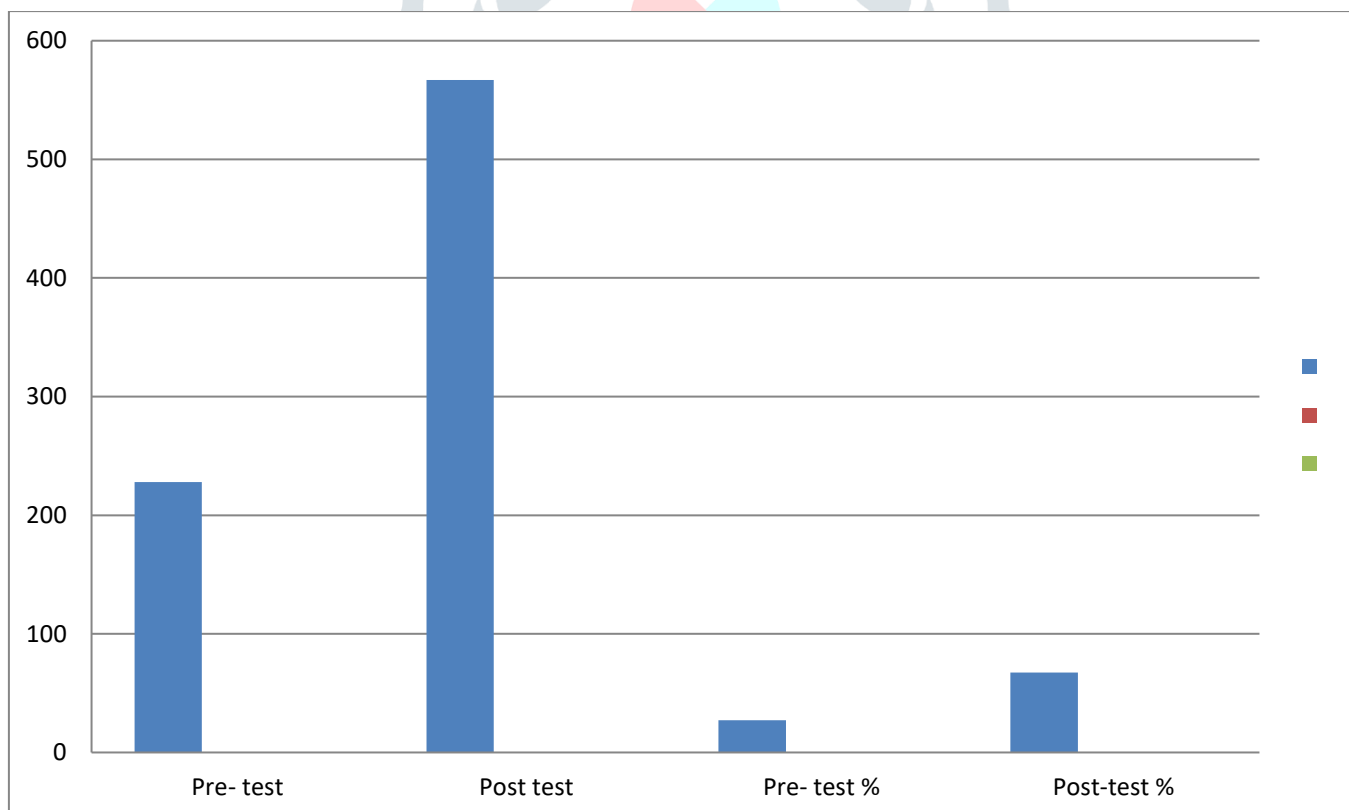


Fig 1: Graphical distribution of the pre and post-test scoring

Table 2: Total Pre-test &amp; Post Test scores with percentage

Pre-test		Post-Test	
score	%age	Score	%age
228	27.14	567	67.5

In the pre-test the total score achieved by the study group was 228 out of 840 which is 27.14% and the score improved to 567 which is 67.5% in the post-test analysis. This shows an improvement of knowledge by 40.36%. This means that there was a significant improvement in the knowledge of the subjects after the introduction of the Informational Booklet

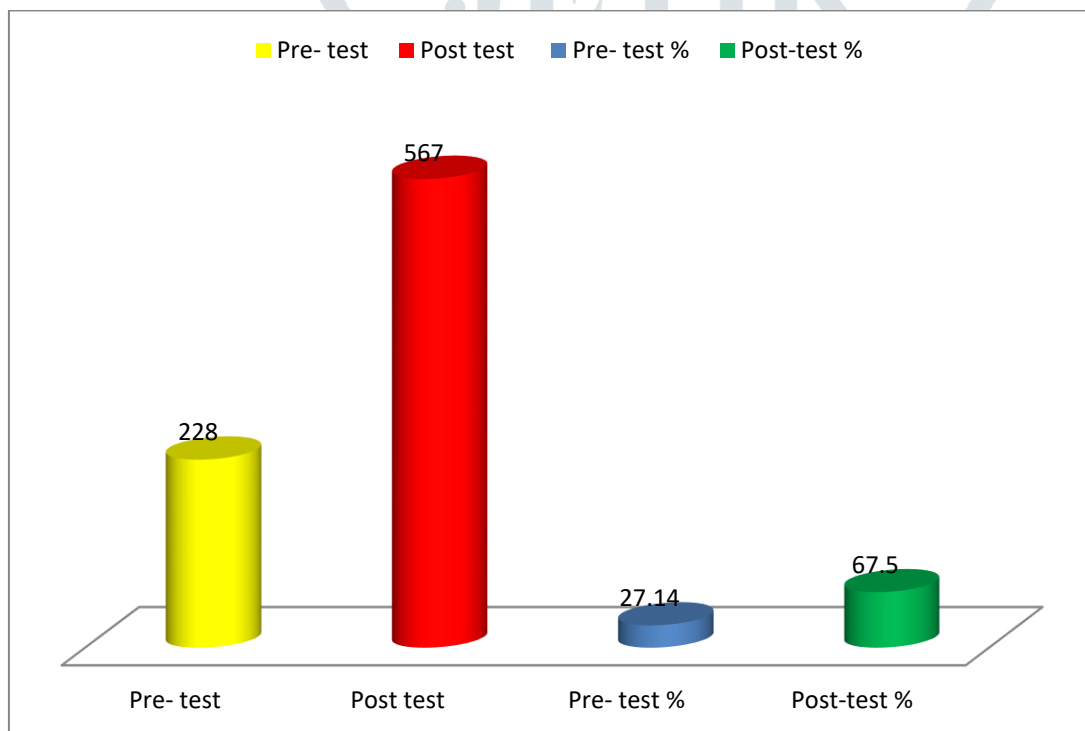


Fig 2: graphical representation of pre and post-test score

The data gathered were summarized in master sheet and descriptive and inferential statistics were used for analysis. The analysis was carried out in three parts ; description of demographic variables , analysis of pre-test and post-test level of knowledge regarding selected home remedies for relieving dysmenorrhea among adolescent girls . The demographic variables of the sample were described using frequency and percentage and were depicted with the help of graphs and figures .Mean and standard deviation was computed to find out pre-test and post-test level of knowledge among adolescent girls .

**CONCLUSION:**

The present study was conducted to assess the effectiveness of informational booklet on knowledge regarding selected home remedies for relieving dysmenorrhea. The study concluded that after administering an informational booklet to the study population, there was a significant increase in knowledge regarding selected home remedies for relieving dysmenorrhea which is evident from the significant difference between pre-test and post-test scores , i.e., pre-test score is 228 (27.14%) , and the post –test score is 567(67.5%).

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