



EFFECTS OF MENSTRUAL IRREGULARITIES ON QUALITY OF LIFE AMONG NURSING STUDENTS

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ABSTRACT:

Statement of the problem:

“A study to assess the effects of menstrual irregularities on quality of life among nursing students at selected Nursing Colleges.”

Objectives:

1. To assess the effects of menstrual irregularities on quality of life.
2. To find out association between the effect of menstrual irregularities on quality of life with selected demographic variables.

Methodology: A Qualitative research approach and descriptive design was used in this study. Sample size comprised of 60 nursing students and the sample was selected by purposive sampling technique. Modified SF 36 questionnaire used to collect the data. The gathered data was analyzed using descriptive and inferential statistics.

Result: The findings shows that out of total 60 samples 17(28.33%) were having mild, 27(45%) were having moderate and 16(26.67%) were having severe effects. The chi-square test shows that there was a significant association between menstrual irregularities on quality of life among the course of study of the individual.

Conclusion: The study revealed that nursing students were having moderate effects of menstrual irregularities on quality of life. There was significant association between QOL score of nursing students with course of study.

Key Words : Menstrual irregularities, Quality of Life, Nursing Students

INTRODUCTION

“Every problem is a gift – without problems we would not grow” -Anthony Robbins

Background of the study

Menstrual irregularities can be define as "regularly excessive menstrual blood loss that affects the physical, social, emotional or material quality of life of the patient."

As the accurate assessment of menstrual blood volume is difficult as well as being highly subjective, the traditional definition of menstrual irregularities as $>80\text{ml}$. Menstrual blood loss per cycle is not a meaningful one.

Causes of menstrual irregularities include myometrial abnormalities including uterine fibroids, adenomyosis, and endometrial pathologies including polyps, endometritis, hyperplasia & carcinoma. Rarely, advanced cervical cancer presents with heavy & erratic vaginal bleeding. Bleeding disorders & anticoagulant use may be causative or contributory.

Menstrual irregularities may result in chronic anemia but profoundly heavy bleeding loss occasion necessitates acute hospital admission & blood transfusion. It may interfere with daily activities & qualities of life & may also affect sexual functions.

Statement of the problem

“A study to assess the effects of menstrual irregularities on quality of life among female students at Panna Dhai Maa Subharti Nursing College.”

Objectives

1. To assess the effect of menstrual irregularities on quality of life among female nursing students.
2. To find out the association between the effects of menstrual irregularities on quality of life with selected demographic variables.

Methodology: Qualitative research approach and Descriptive research design was adopted for this study. The study population comprises of the female nursing students of Panna Dhai Maa Subharti Nursing College. The sample size of this study was 60. The technique adopted for this study is purposive Sampling technique. **Description of the tools:** Section A: - Demographic variables : The demographic variables of study age, religion, body mass index and course of study. Section B: - Menstrual Irregularities Impact

Questionnaires: A questionnaire of impact of menstrual irregularities. Section C: - Modified SF 36

Questionnaires: A questionnaire to find out the general, physical and emotional health problems.

Data Analysis and Interpretation:

S.No	Demographic Variables	Frequency Distribution	Percentage
I	Age		
	18-25 years	50	83.33 %
	25-30 years	11	16.67 %
II	Religion		
	Hindu	56	93.33 %
	Muslim	4	6.67 %
	Christian	-	-
III	Course of Study		
	ANM	28	46.67 %
	GNM	22	36.67 %
	B.Sc. Nursing	10	16.66 %
IV	Place of Stay		
	Home	34	56.67 %
	Hostel	9	15 %
	PG	17	28.33 %
V	Body mass index		
	≤19(underweight)	4	6.67 %
	20-24(normal)	11	18.33 %
	25-29(overweight)	43	71.66 %
	30-34(obese)	1	1.67 %
	≥35(morbid obese)	1	1.67 %

Table 1 : Percentage wise distribution of nursing students according to their demographic characteristics

Effects	Frequency	Percentage
Mild	17	28.33%
Moderate	27	45%
Severe	16	26.67%

Table 2 : Frequency distribution of the effects of menstrual irregularities on quality of life among nursing students

In this study, 60 samples were collected, among these 17(28.67) were having mild, 27(45%) were having moderate and 16(26.33%) were having severe quality of life. There was no significant association between QOL score of nursing students with selected demographic variables age, religion, place of stay and body mass index but there was significant association between QOL score of nursing student with demographic variable course of study. Chi-Square value = 7.90 greater than the table value 5.99 was significant.

Conclusion: In this study 60 samples were collected 17(28.67%) were having good QOL and 27(45%) were having average QOL and 16(26.33%) were having poor QOL. There was no significant association between QOL score of nursing students with selected demographic variables age, religion, place of stay and BMI but there was significant association between QOL score of nursing students with course of study.

Implications of the study:

Nursing Education : -Nursing education can conduct workshop/seminars to update the effects of menstrual irregularities and its health consequences to promote the quality of life and practice. -Nurse is an educator can introduce new teaching methods in informing the knowledge regarding the effects of menstrual irregularities. -Nurse educator can conduct mass health education programs to create awareness regarding menstrual irregularities.

Nursing practice: -The study finding can be utilized as health impact factor. -Nurse can organize program such as workshops, seminars to make female nursing students aware about the health consequences and effects of menstrual irregularities.

Nursing administration: -The nurse administration can organize program to create awareness related to health consequences and effects of menstrual irregularities. - Nurse administrator can organize continuing education program regarding effects of menstrual irregularities. -Nurse administrator can prepare and distribute information booklet about menstrual irregularities.

Nursing research: -The study findings can be effectively utilized by emerging research to conduct further students. -The study findings can be a base line for further studies to build upon for imposing the body of knowledge in research.

Recommendations : On the basis of findings, the followings were recommended: 1. A similar study can be replicated on large sample to generalized finding. 2. A comparative study can be conducts to find health consequences and effects of menstrual irregularities. 3. A study can be done to assess the effect of menorrhagia on quality of life among women.

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