



Experimental Study To Assess The Effectiveness Of Acupressure On Dysmenorrhea

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Abstract: This study has been undertaken to assess the effectiveness of acupressure on dysmenorrhea among students at Ramshree Guru Gobind Singh Tricentenary university Gurugram. The true experimental research study was conducted on 60 students (18-21 year who had moderate and severe pain and had regular periods between 21 to 35 days) from different departments i.e. pharmacy, Ayurveda, and Nursing from SGT University. The data was collected through random sampling technique and sample were divided into two groups (30 experimental & 30 control group). The results have revealed that after interventions during post-test there was significant difference in the level of pain in experimental group and the pain level was decreased. This is also found that Acupressure helps to reduce Dysmenorrhea and improve the health-related quality of life among students.

Index Terms – Effectiveness, Dysmenorrhea, Acupressure, Students

I. INTRODUCTION

Menstruation is the periodic uterine bleeding that begins with the shedding of secretory endometrial approximately 14 days after ovulation. During these normal physiological phenomena most of the students experience pain and discomfort. Approximately it is estimated that 40-50% of the students experience this in their reproductive life. Menstrual pain or is the pain in the lower abdomen before or during menstruation. The pain sometimes radiates to the lower back or thigh area and can range from mild to severe. The term Dysmenorrhea derived from the Greek word “DYS” meaning difficulty /painful/abnormal, “MENO” meaning month and “rrhea” meaning flow. Approximately 50% of all women experience Dysmenorrhea, more than 50% of all the teenagers is affected by Dysmenorrhea and 10% have severe symptom. The following are the most common symptoms of Dysmenorrhea. The

majority of the adolescents (60%) reported Dysmenorrhea with 14% saying that they frequently missed school because of severe menstrual cramp.

II. Review of Literature

Azmeen S, Chhugani M, Khan M, Hooda A, has 2017 conducted a study to evaluate the effectiveness of Acupressure (sp6) on relief of Dysmenorrhea among B.Sc. (Hons) students Rufaida College of Nursing in New Delhi Purposive sampling technique was used to select 60 samples. The study also revealed that the mean pre-test pain score (8.01) was higher than mean post-test pain score (0.95) with a mean difference of (7.15), There was significant difference in pain score before and after administration of Acupressure (sp6) ($z=36$) at 0.05 level of significance. The findings of the present study suggest that the non-pharmacological method of pain relief measure like Acupressure at Sp6 is an effective way to reduce Dysmenorrhea.

E.Premila, has 2017 conducted An Experimental Study to Assess the Effectiveness of Acupressure on Dysmenorrhea among Adolescent Girls at Ammaiyaar School, Karaikal Purposive sampling technique was used. To select 30 adolescent girls between the age group of (14-16 years). The study revealed that 15 (50%) had moderate pain and 15 (50%) had severe pain in finding. And overall mean difference was 3.2 with SD 1.5 and "t test value was 11.9 at the level of $p<0.001$. statistically there was significant difference between pre and post test values.

P. Padmavath 2016, has conducted on a true experimental study to evaluate the effectiveness of Acupressure on menstrual pain among adolescent girls at SDA School, Erode. The study was conducted on 30 adolescent girls (15 in control group and 15 in experimental group). Experimental group received Accupressure The levels of menstrual pain were assessed in both groups. The study revealed that in control group majority (70%) of them had severe pain and 30% of them had moderate pain whereas in experimental group most (93%) of them had mild pain and 7% of them had moderate pain. The overall mean percentage was 68% in control group whereas in experimental group 30% with 't' value 4.26 in control group whereas in experimental group 18.47, significant at $P < 0.05$).

Elakkiya 2015, has conducted experimental study to assess the effectiveness of Accupressure on among students on Dysmenorrhea in Hilton Matriculation Higher Secondary School at Chrompet, Chennai the study sample consists of 60 students in that 30 samples were in experimental group and 30 samples were in control group. Probability simple random sampling technique using lottery method was used. Pre and Post Assessment of Level of pain among students in Control Group reveals that 15 (50%) had moderate pain, 15 (50%) had severe pain during pre assessment. In post test 1(3%) had mild pain, 14 (47%) of had moderate pain and 15 (50%) had severe pain. Pre and Post Assessment Level of pain among students in Experimental Group 15 (50%) had moderate pain and 15 (50%) had severe pain in

pre test score. 16 (53%) were mild pain and 14 (47%) had moderate pain in post assessment of experimental group It revealed that statistically significant difference in between experimental and control group. Hence the Acupressure therapy was found to be effective in reducing among students.

III. Research methodology

Research Approach: Quantitative Research Approach

Research Design: True experimental Research design

Target population: students from different departments of SGT University.

Sample size: 60 (Control Group:30, Experimental Group:30)

Sampling Technique: random sampling

Research Setting: SGT University

Demographic variables: age, age at menarche, type of family, duration of menstruation, family history of Dysmenorrhea **Tool:** Standardized research tool

IV. Analysis & Results:

The study results have revealed that the comparison of mean pain score of before and after intervention, According to Numerical Pain Rating Scale (NRS) pain score before intervention 3.5 ± 0.5713 was and after it was reduced to 2.033 ± 0.3198 Paired t test showed that there was significant difference in the mean pain score ($p < 0.001$). The mean score of MMDQ before and after intervention for Dysmenorrheawa 141.63 ± 19.49 and 99.7 ± 11.51 respectively. Paired t test showed that here was significant difference in the mean score before intervention and after intervention ($p < 0.001$).

- The distribution of students according to age in **control group**, of 11 (36.67%) of them belongs to the age group between 16 and 18 years. 19 (63.33%) of them belongs to the age group between 19 and 21

S.No.	Demographical variable	Level of Dysmenorrhea symptoms				df	X ²	P value
		Mild (n)	Moderate (n)	Severe (n)	Strong (n)			
1	Age in years							
	a)18-19 years	6	5	1	1	3	1.927	0.58 NS
	b)20-21year	4	8	2	3			
2	Age at menarche							
	a)10-13 years	6	6	1	1			0.2819 NS
	b) 14-16 years	9	2	3	2	3	3.817	

years.

3	Type of family Nuclear Joint family	4 2	8 5	6 1	2 2	3	1.796 7	0.1655 NS
4	Duration of menstruation a) < 3 days b) 3-6 days c) > 6 days	1 5 1	1 11 2	1 2 2	1 1 4	6	8.69	0.191349 *
5	Family history of Dysmenorrhea a)No b)Yes	1 4	3 12	1 6	1 2	3	0.476 2	0.92Ns

- In **experimental group**, 15 (50%) of them belong to the age group between 16 and 18 years. 15 (50%) of them belong to the age group between 19 and 21 years
- Distribution of students according to their age at menarche shows that in control group, 13(43.33) of them between 10 and13 years, 17 (56.670%) of them between 14 and 16 years. In experimental group 19 (63.33%) of them between 10 and13 years, 11 (36.67%) of them between 14 and 16 years.
- Distribution of students according to their Type of family in control group, 25(83.33%) were belongs to nuclear family, 5 (16.67%) were belongs to joint family. In experimental group 20 (66.67%) were belongs to nuclear family and 10 (33.33%) were belongs to joint family.
- Distribution of students according to their duration of menstruation in control group, 9(30%) had less than 3days, 17 (56.67%) had 3-5 days and 4 (13.33%) had >6days . In experimental group, 10(33.33%) had less than 3days, 17(56.67%) had 3-5 days and 3 (10%) had >6days.
- Distribution of students according to their family history of Dysmenorrhea in control group 14 (46.67%) had no family history, 16 (53.33%) had family history of Dysmenorrhea. In experimental group, 21 (60%) had no family history, 12 (40%) had family history of Dysmenorrhea.

V. Conclusion

This study was undertaken to assess the effectiveness of Acupressure on relief of Dysmenorrheal symptoms among students Quantitative research approach with true experimental design was adopted. The study was conducted in Shree Guru Gobind Singh Tricentary University Gurugram. By using Randomized sampling technique 60 samples were selected: 30 samples in experimental group and 30 samples in control group. The data was collected and analyzed by using descriptive and inferential statistics. The level of significance was assessed by $p < 0.05$ to test the hypotheses. The study has concluded that in the experimental group there has been decrease in the pain level after the interventions.

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