"To Assess The Knowledge Regarding Psychological Disturbances Before Menstruation Among Adolescent Girls In Selected School Of Vaniyamkulam"

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The Present study was conducted to assess the knowledge regarding psychological disturbances before menstruation among adolescent girls in TRKHSS, at Vaniyamkulam, Palakkad.

OBJECTIVES: The objectives of the study were to assess the knowledge regarding psychological disturbances before menstruation among adolescent girls and to find out the association between knowledge score of psychological disturbances before menstruation among adolescent girls and selected demographic variables.

I. INTRODUCTION

Women are ambitious and captivating personality that revolves around her goals and improves her situations. She is confident and a delightful person, who having immense power to adapt to the changes. Menstruation is a blessing that only women receive; men do not experience it.

Menstruation is the regular vaginal bleeding that women experience. It begins in adolescence age group. Adolescence is when it primarily begins. A number of physiological and psychological disturbances may manifest prior to the onset of menstruation. Not every woman encounters these kinds of issues. It is essential to a women's transition into her reproductive years. Main characteristic is periodic vaginal bleeding associated with shedding of endometrium. The duration of each cycle varies between 20-45 days and the average duration is considered as 28 days.

The ovarian cycle refers to the series of changes in the ovary during which the follicle matures, the ovum is shed, and the corpus luteum develops. The follicular phase describes the development of the follicle in response to follicle stimulation hormone. As luteinizing hormone and FSH levels increase they stimulate ovulation, or the release of a mature oocyte into the fallopian tubes.

NEED FOR STUDY

Menstruation is a process of discharging blood and other material from the lining of uterus at intervals of about 1 lunar month from puberty. Before menstruation a variety of psychological disturbances manifest. The majority of teenage girls are ignorant of the mental changes they are going through. It is possible that the situation will get worse. Their ability to control their mentalstress is aided by appropriate awareness. Depression, sleep difficulties etc might result from inadequate knowledge.

In a population based study 82% of participants reported at least one symptom. Stress and depression was reported as most psychological disturbances. A study done In Syria showed that moderate stress 82%, high stress 10%, sadness and depression 45.3% were among the most complaints in women before menstruation. So, it is very necessary to assess the knowledge regarding psychological disturbances before menstruation in adolescent girls.

PROBLEM STATEMENT

Assess the knowledge regarding psychological disturbances before menstruation amongadolescent girls in a selected school, Vaniyamkulam.

OBJECTIVES

The objectives of the study are:

➢ To assess the knowledge regarding psychological disturbances before menstruationamong adolescent girls.
➢ To find out the association between knowledge regarding psychological disturbancesbefore menstruation among adolescent girls with selected socio-demographic variables.

OPERATIONALDEFINITION

➢ Assess: To judge something with respect to its worth of significance
➢ Adolescence: The period following the onset of puberty which a young person from achild in to an adult (12 – 18 years).
➢ Psychological disturbances: The unpleasant emotions or feelings a person experienceswhen overwhelmed, which can severely affect daily life activities.

HYPOTHESIS

Hypothesis tested at 0.05 level of significance.
- **H1:** There will be a significant association between knowledge regarding psychological disturbances before menstruation with selected socio- demographicvariables.

METHODS AND MATERIALS

Research methodology is a way of explaining how a researcher intends to carry out their research. It's a logical, systematic plan to resolve a research problem. A methodology details a researcher's approach to the research to ensure reliable, valid results that address their aims and objectives

In a research paper, the methodology section allows the reader to critically evaluate a study's overall validity and reliability **(Scholars).**

This chapter deals with the methodology adopted by the investigator to assess the knowledge regarding psychological disturbances before menstruation among adolescent girls.

RESEARCH APPROACH

A research approach is the procedure selected by the researcher to collect, analyze, and interpret data.

Research approach in this study is descriptive non- experimental approach. Experimental research is usually descriptive or correlational, which means that either describing a situation or phenomenon simply as it stands, or you are describing a relationship between two or more variables, all without any interference from the researcher.

RESEARCH DESIGN

Research design is the framework of research methods and techniques chosen by a researcher to conduct a study. The design allows researchers to sharpen the research methods suitable for the subject matter and set up their studies for success. In this study, research design isdescriptive survey design with the objective of assessing the knowledge regarding psychologicaldisturbances before menstruation among adolescent girls.

SETTING OF THE STUDY

The setting of the study is TRKHSS Vaniyamkulam, In Palakkad district.

POPULATION

A population is the complete set group of individuals, whether that group comprises a nationor a group of people with a common characteristic.

In this study, population of the study is adolescent girls who are at the age group of 16 -18years.

SAMPLE

Sample is a finite part or subset of participants drawn from the target population. In this study,the sample consists of adolescent girl students in TRK HSS Vaniyamkulam in Palakkad district.

SAMPLE SIZE

Sample size of the study is 30 adolescent girl students.

SAMPLING TECHNIQUE

Sampling technique is the process of studying the population by gathering nformation andanalyzing that data.

The study uses convenient sampling technique.

VARIABLES

Variables are any characteristics that can take on different values.

- Research variable

Knowledge regarding psychological disturbances before menstruation among adolescentgirls.

- Demographic variables
1. Sample number
2. Age
3. Education
4. Education of parents
5. Menarche starting age
6. Duration of menstrual cycle
7. Periodicity of menstruation
8. Prior information regarding menstrual hygiene
9. Source

CRITERIA FOR SAMPLE SELECTION

Sampling criteria involves the identification of a particular criterion of importance, articulationof this criterion, and systematic review and study of cases that meet the criterion.

1. Inclusion criteria
- Adolescent girl students available at the time of data collection
- Willing to participate

2. Exclusion criteria

- Adolescent boys
- Adolescentgirlsbelow16yearsofage

TOOLS AND TECHNIQUES

Section A: Socio-demographic data

Demographic Performa consists of items which include age, education, education, education of parents, menarche starting age, duration of menstrual cycle, periodicity of menstruation, prior information regarding menstrual hygiene.

Section B: Multiple choice questions

Multiple choice questions on psychological disturbances before menstruation. It consists of 20 items.

Techniques

The technique used for data collection is multiple choice questions.

DATA COLLECTION PROCEDURE

PLAN FOR DATA ANALYSIS

Descriptive statistics: frequency and percentage distribution were used to study demographic variables such as age, education, education of parents, menarche starting age, duration of menstrual cycle, periodicity of menstruation, prior information regarding menstrual hygiene.

Inferential statistics: Chi-square test was used for this study

SUMMARY

This chapter includes research approach, research design, setting of the study, population, sample, sample size, sampling technique, variables, criteria for sample selection, tools and techniques, data collection procedure, and plan for data analysis.

FINDINGS OF THE STUDY

The findings of the study are discussed under the following sections:

Part1: description of demographic characteristics of adolescent girls.

Part2: analyses of knowledge of adolescent girls regarding psychological disturbances. Part3: Association of knowledge score of adolescent girls with demographic variables. **Part1: Percentagewise distribution of adolescent girls to their demographic variables**

Distribution of adolescent girls according to their age shows that highest percentage 86.7% of adolescent girls were in the group of 16 years and 13.3% were in the age group of 17.

Percentage wise distribution of adolescent girls according to their education shows that highest percentage 100% were belongs to plus one.

Percentage wise distribution of adolescent girls according to their education of parents shows highest percentage 40% were belongs to below 10th and 33.3% were belongs to pre-degree and only 26.7 % were belongs to under graduate.

Percentage wise distribution of adolescent girls according to their menarche attained ages how is highest percentage 76.7% were belongs to 12 -14Years and 20% were belongs to 9-11% and only 3.3% were belongs to 14-15 years.

Percentage wise distribution of adolescent girls according to their duration of menstrual cycle show highest percentage 86.7% were belongs to 5-7 days and 13.3% were belongs to 2-4 days.

Percentage wise distribution of adolescent girls according to their periodicity of menstruation shows highest percentage 63.3% were regular and 36.7% were irregular.

Percentage wise distribution of adolescent girls according to their prior information regarding menstrual hygiene 100%.

Percentage wise distribution of adolescent girls according to their source of information 53.4% were from teachers and 43.3% were from family/friends and only 3.3% were from social media.

Part II: ANALYSIS OF KNOWLEDGE SCORE OF ADOLESCENT GIRLS REGARDING PSYCHOLOGICAL DISTURBANCES BEFORE MENSTRUATION.

Level of knowledge of adolescent girls regarding psychological disturbances before menstruation was good. The mean score was 23.46 out of 30. Data shows that highest percentage(76.8%) of the adolescent girls had moderate adequate knowledge regarding psychological disturbances before menstruation among adolescent girls. 13.3% of students had adequate knowledge regarding psychological disturbances before menstruation among adolescent girls. 10 % of the students had inadequate knowledge regarding psychological disturbances before menstruation among adolescent girls. There is no samples had no knowledge (0%) regarding psychological disturbances before menstruation among adolescent girls.

Part III: ASSOCIATION OF THE KNOWLEDGE SCORE OF ADOLESCENT GIRLSWITH DEMOGRAPHIC VARIABLES.

In order to determine the significant association of knowledge score with selected demographic variables, chi- square test was used. 2 chi- square values were lesser than that of thetabulated values and 6 chi- square values were greater than tabulated values. The findings indicated that there is significant association between the knowledge score and selected demographic variables like age, education of parents, menarche attained age, duration of menstrual cycle, periodicity of menstruation, and source of prior information and there is no significant association between the knowledge score and selected socio demographic variables like education and prior information regarding menstrual hygiene.

CONCLUSION

Level of knowledge of adolescent girls regarding psychological disturbances before menstruation was good. The mean score was 23.46 out of 30. Data shows that highest percentage (76.8%) of the adolescent girls had moderate adequate knowledge regarding psychological disturbances before menstruation among adolescent girls. 13.3% of students had adequate knowledge regarding psychological disturbances before menstruation among adolescent girls. 10 % of the students had inadequate knowledge regarding psychological disturbances before menstruation among adolescent girls. There is no samples had no knowledge (0%) regarding psychological disturbances before menstruation among adolescent girls.

The following conclusions are made based on the above findings:

- In knowledge score assessment it has been found that majority of adolescent girls had moderate knowledge.
- There was association between the knowledge score and selected demographic variables.
- There was no association between the knowledge score and selected socio demographic variables like education and prior information regarding menstrual hygiene.

CONFLICT OF INTEREST

- A similar study can be replicated with large sample in order to generalize thedata.
- A similar study can be conducted with different age group such as college students

- A study can be conducted to find out the knowledge, attitude, and practices regardingpsychological disturbances before menstruation

ETHICAL CLEARANCE

PKDCN/ ECC/ 2024/05   *DATE: 20.02.2024*

ETHICAL CLEARANCE CERTIFICATE

"TO ASSESS THE KNOWLEDGE REGARDING PSYCHOLOGICAL DISTURBANCESBEFORE MENSTRUATION AMONG ADOLESCENT GIRLS IN SELECTED SCHOOL OF VANIYAMKULAM"

BY PROF.SATHYASRI. R, Kerala university and health sciences

This is to certify that the Research study "TO ASSESS THE KNOWLEDGE REGARDING PSYCHOLOGICAL DISTURBANCES BEFORE MENSTRUATION AMONG ADOLESCENT GIRLS IN SELECTED SCHOOL OF VANIYAMKULAM" conducted by PROF.SATHYASRI.R has been reviewed and approved by the P.K Das College of Nursing Ethical Committee.

This project has been deemed to comply with the ethical standards and guidelines for research involving human subjects. The candidate was informed about getting the informed consent and maintains confidentiality.

The Certificate is valid from 05.02.2024-04.02.2025.

IV. RESULTS AND DISCUSSION

DISCUSSIONS

The present study was designed to assess the knowledge score about psychological disturbances before menstruation among adolescent girls in a selected school at Vaniyamkulam, Palakkad District. In the nature of the problem understudy to achieve the objectives of the study one groupknowledge testing as done using semi structured knowledge questionnaire. The data was collected from 30 adolescent girls.

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