

A Study to Assess the Effectiveness of Progressive Muscle Relaxation Technique on Dysmenorrhea Pain Management by Video Assisted Teaching among School Going Adolescent Girls at Roman Cathelic Matriculation High School, Vandavasi, Thiruvannamalai District, Tamilnadu

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I. INTRODUCTION

The stages of a female differs as the age process like a child, on adolescent [Girl] adult [Women] late adulthood[Grandmother] through this period the female under goes different physical and physiological changes in her physical junction [physic] which includes “pubert”.”child birth” and “menopause”.

Adolescent is the phase usually between 12-18 years , in which children undergo rapid changes in body images, physiological, psychological and social functioning [Indian Academic of Peadiatrics [IAP],2016].

The actual period of normal puberty begins and ends between the age of 13 and 16 years where the changes like physical endocrinological genital psychological and emotional changes occurs by the interaction of various hormone secreted through hypothalamic pituitary ovarian as is [H-P-O] as a well as thyroid and adrenal gland.

These alternations in physiological functions leads to Menstruation , a cyclic uterine bleeding experienced during puberty till menopause causing sheeding of the endometrial layer following parameters like regularity of menstruation, frequency of menstruation, flow of menstruation and a duration of menstruation.

Dysmenorreha is said to be the most common disorders resulting in more than half-of the menstruating women, classified into 2 categories, primary dysmenorrhea which is

manifested by a cramping pain in the lower abdomen which occurs just before or during menstruation without evident of pelvic examination and ovulatory functions were normal secondary dysmenoeeha which refers to painful menstruation along with an identifiable gynecological and tumor.

II. BACKGROUND OF THE STUDY

Dysmenorrehea is painful menstruation of sufficient magnitude so as to incapacitate day to day activities which is manifested by cramping pain on the ovulatory cycles along with nausea, vomiting, fatigue and fainting. It affects 17% - 80 % in global level.

In state level the overall prevalence of dysmenorrhea was rprevalent in 72.6% , menorrhagia and irregular menstrual cycles were present among 45.7% and 31.7 % of the participants.

The prevalence of dysmenorrhea in India revealed that it occurs in 50% menstruating women and about 10% are incapacitated for 1 – 3 days each month.

III. OBJECTIVES

- To assess the pre-test and post – test knowledge level of dysmenorrhea among school going adolescent girls in the experimental group before and after progressive muscle relaxation technique.
- To assess the pre-test and post- test level of dysmenorrhea among school going adolescent girls in the control group.
- To find out the association between post-test level of dysmenorrhea and their selected demographic variables

such as age, age at menarche, duration of menstrual cycle, frequency of menstruation, family history of dysmenorrhea and dietary pattern.

IV. PROBLEM DEFINITION

➤ Effectiveness

Refers to the degree of which objectives are achieved and the extent to which the target problems are solved.

➤ Progressive Muscle Relaxation Technique

It refers to a programme of relaxation based on relaxing body muscle and muscle groups.

➤ Dysmenorrhea

In this study dysmenorrhea refers to adolescent's experience of painful menstrual cramps in the lower abdomen lasting for 3 days along with symptoms like vomiting, loose bowel movements, headache, guidelines.

➤ Pain

A sensational feeling listed by an individual related to any stimuli (external / internal) which alter's normal physical and emotional sensation resulting differently in each individuals as they possess differently .

➤ Adolescent Girls

Adolescence is the period during which the individual makes the transition from childhood to adulthood, usually 13 to 20 years . The term adolescent usually refers to psychological maturation of the individual , where as puberty refers to the point at which reproductional process begins in a female.

V. METHODOLOGY

By convenient sampling technique about 30 adolescent girls were selected (experimental 15 no's and in control group 15 no's). The data collection procedure was done for 1 week ie the experimental group girls were assessed on the level of knowledge about progressive muscle relaxation technique in reducing pain on dysmenorrhea before and after video assisted teaching by quasi – experimental non equivalent pre-test and post-test design.

VI. RESULTS AND DISCUSSION

The mean post test dysmenorrhea score 4.33 of the experimental group was lower than the mean post test dysmenorrhea score 7.50 of the control group with a 't' value of 9.52. There was a significant reduction in post test dysmenorrhea score, in the experimental group compared to the control group (m-D -3.17 P<0.001). There was no association between post test level of dysmenorrhea score and selected demographic variable the analysis was done by using percentage, chi square test.

VII. CONCLUSION

Most of the adolescent girls suffer from dysmenorrhea progressive muscle relaxation technique is an effective method in reducing the level of dysmenorrheal pain among adolescent girls by improving their daily activities and reducing the symptoms during dysmenorrhea.

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