



A STUDY TO ASSESS THE ATTITUDE TOWARDS MENSTRUAL CRAMPS AMONG COLLEGE STUDENTS IN INDORE

Mrs Sathiyapriya. J¹, Prof. Dr. Maya .E. Patliya²

¹Research Scholar, Malwanchal University.

²Research Supervisor, Malwanchal University

1. INTRODUCTION

Many girls with severe painful cramps suffer for years before seeking treatment because they believe pain is a normal part of the menstrual cycle. Menstrual pain can occur before the onset of menstruation or during it. The menstrual cycle is an important indicator of a woman's reproductive health and endocrine function, and some menstrual characteristics, such as irregularity in the menstrual cycle, premenstrual pain and discomfort at the time of menstruation, and a heavy menstrual discharge, may have an impact on a woman's general and/or reproductive health, as well as her productivity.

Endometriosis, pelvic inflammatory disease, adenomyosis, Asherman's syndrome (rare), and cervical stenosis can all cause menstrual Cramps, which can lead to infertility (Monga, 2006). Because menstrual Cramps affects the majority of adolescent girls, it is critical that these girls understand the normal and abnormal symptoms of menstruation. It is also critical to encourage adolescent females to seek medical attention for their problems, as menstrual Cramps can cause reproductive system complications. Dymenorrhea has a negative impact on academic performance, such as low concentration, absenteeism from school, and limited participation in sports and social activities (Kindi & Bulushi, 2009). Kindi and Bulushi (2009) also stated that menstrual Cramps has an academic and social impact, with only 3% of their menstrual Cramps participants consulting a medical doctor. Students from bachelor of science (chemistry, physics, and zoology) courses who study the reproductive system in their plus two education were included in the study population. As a result, the current study was designed to assess adolescent girls' attitudes toward menstrual Cramps.

2. METHODOLOGY

This was a descriptive cross-sectional survey conducted with a nonprobability convenient sampling method. B. Study environment

This study was conducted at several colleges in Indore C.

Participants: 200 degree students chosen from Indore D. College.

Data gathering

An anonymous, self-administered questionnaire with open and closed ended questions was used to collect data. The same questionnaire was used in a pilot test with 10 students from another college in the researcher's hometown. Before administering the questionnaire to the appropriate sample, all ambiguities were resolved. Poureslami and Ashtiani (2002) conducted a similar pilot test on Iranian adolescents in their study, and Kindi and Bulushi (2009) also developed a structured questionnaire based on their pilot study.

To achieve the specific objectives, twenty questions were created under four subsections. Personal demographic and menstrual details, as well as attitudes toward menstrual pain, were asked of the students. The questionnaire, which was created in English and then translated into Hindi, used specific, precise, and simple wording.

Following the completion of data collection, a leaflet containing information about menstrual cycle abnormalities, menstrual Cramps, its pathophysiology, causes, and the importance of treatment, including pain relief methods, was distributed to the students.

E. Data analysis Descriptive statistics were used to analyse the data. Tables and bar charts were used to present all of the data. The 2test was used to determine statistical significance. The analysis was carried out manually, as opposed to using SPSS (version 15; IBM Corporation, Chicago, IL, USA).

3. RESULTS

The questionnaire was completed by all 200 students. In terms of religious affiliation, 97 percent of the participants were Hindus, 1% were Christians, and 2% were Muslims. When it comes to subject stream distribution, the Arts stream had the most students (45.5 percent), followed by 18.5 percent from Chemistry, 17 percent from Zoology, and 19 percent from Physics.

A large proportion (n = 168, or 84% of the 200 participants) had menstrual Cramps. When it comes to the severity of menstrual pain, the majority of students (59%) reported moderate pain during their period. 14 percent of people reported severe pain. According to the findings, 79% of students had regular menstruation, but only 49% marked the first day of menstruation on a calendar.

Physical discomfort was the most common symptom (84%) followed by restlessness (20%) and stress (20%). (19 percent). Pain was mostly felt in the abdomen, according to 56% of the participants.

Rest (64 percent), medication (55 percent), hot fermentation (20 percent), exercise (5 percent), and yoga were the most commonly used pain relief methods (3 percent). The majority of students chose paracetamol as their pain reliever of choice. The majority of participants in the current study (85.2 percent) stated that they used drugs prior to the onset of menstruation, with only 14.8 percent using drugs after the onset of menstruation. Thirteen percent had undergone menstrual pain tests.

In the current study, frequent episodes of rage, reduced concentration, and impaired decision-making were classified as contributing to participants' mental health, while participation in sports was classified as contributing to their physical health. Going on vacation and to parties was thought to boost their social standing. According to a comparison of pain and frequent episodes of rage, decreased concentration, and impaired decision-making, 66 percent of students with menstrual Cramps were mentally affected. The 2 test revealed a statistically significant association (P 0.03) between menstrual pain and mental status.

Menstrual pain had no statistically significant relationship with physical status (P = 0.887). Only 43.8 percent of students were discovered to be socially disadvantaged. There was no statistically significant link found between pain and social status. Menstrual pain resulted in college absenteeism for 44 percent of the study population, but it was only frequent for 17 percent.

The most important people to whom the girls turned for answers about menstrual Cramps were their mothers (93 percent). In this study, 84% of participants believed that pain was normal during menstruation, while 8.9% believed that menstrual pain would disappear after marriage. Only 11% thought that pain was a symptom of a disease. Almost 90% of the students thought bathing had an effect on menstrual pain.

4. DISCUSSION

According to our findings, 44 percent of students were absent from college on a regular basis due to menstrual pain. The rate of frequent absenteeism was reported to be 17%. There was no statistically significant link between pain and absenteeism. According to Poureslami and Ashtiani's (2002) research, 15% of girls were absent from school and other activities. According to Ortiz et al. (2010), menstrual Cramps was the cause of school absenteeism in 24% of Mexican high school girls. College absenteeism due to menstrual Cramps should be avoided because it can negatively impact students' exam performance. Menstrual difficulties affect not only young women's education, but also other aspects of their lives. Although the current study only included college students, many young women of the same age are out of school and working. As a result, when considering female garment workers in the country's free trade zones, the contribution of adolescents to the national economy cannot be overlooked. There is no information available on the prevalence of menstrual Cramps in this population or how it affects their work, family, and social lives.

In the current study, 84 percent of students said that pain was natural for them, and 9 percent thought it would go away after marriage. Seven percent admitted to not seeking medical treatment because they were embarrassed to discuss their menstruation with anyone. Only a small percentage (6%) of adolescents reported that pain was related to another disease in the reproductive tract. Bathing, interestingly, was perceived to reduce pain by 95 percent of the students. This could be due to elders' traditional and cultural influences. Most girls avoid bathing during the first three days of menstruation.

This research was carried out in Indore colleges, where the majority of students come from middleclass families. Their access to health care and various forms of information, such as mass media and the Internet, is excellent. This situation may differ in suburban or rural areas.

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