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# **A Study to Assess the Effectiveness of Progressive Muscle Relaxation Exercise on Reducing Selected Dysmenorrheal Symptoms among Adolescent Girls in a Selected School at Bangalore**

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## **ABSTRACT**

“A study to assess the effectiveness of progressive muscle relaxation exercise on reducing selected dysmenorrheal symptoms among adolescent girls in a selected school at Bangalore.”

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## **INTRODUCTION**

*“The onset of menstruation, called menarche -- pronounced like anarchy -- tends to be a formative memory, shared into the brain with the blowtorch of high emotion.”*

- “Natalie Angier”

Women health issues have attained higher international visibility and renewed political commitment incrementally. The health of families and communities are tied to the health of women— the illness or death of a woman has serious and far reaching consequences for the health of her children, family and community.<sup>1</sup>

The slogan, “Healthy women, Healthy world” embodies the fact that as custodians of family health, women play a critical role in maintaining the health and wellbeing of their communities.<sup>2</sup>

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## **NEED FOR THE STUDY**

Menarche is a milestone and sign of becoming woman. A number of problems occur during menstruation and dysmenorrhea is one of that problem. Pain is the most frequent symptom which leads a person to seek medical help. In most cases, it is the symptom of a disease, treatment of which promotes its resolution. The pain control becomes even more important, since it indicates life quality and the possibility of reintegrating the person to his professional and social activities.

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## **OBJECTIVES**

### **STATEMENT OF THE PROBLEM**

“A STUDY TO ASSESS THE EFFECTIVENESS OF PROGRESSIVE MUSCLE RELAXATION EXERCISE ON REDUCING SELECTED DYSMENORRHEA SYMPTOMS AMONG ADOLESCENT GIRLS IN A SELECTED SCHOOL AT BANGALORE”.

### **OBJECTIVES OF THE STUDY**

1. To assess the selected dysmenorrhea symptom among adolescent girls with dysmenorrhea.
2. To determine the effectiveness of progressive muscle relaxation exercise on selected dysmenorrhea symptoms among adolescent girls.
3. To find out the association between pre test score and selected dysmenorrheal symptoms with their selected demographic variables and clinical variables.

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## REVIEW OF LITERATURE

The review of literature is an integral component of any study or research project. It enhances the depth of the knowledge and inspires a clear in to the crux of the problem. Literature review throws light on studies and findings reported about the problem under the study.

The review of literature was done from published articles, text book, and report and Medline search.

**The literature review has been organized under the following headings:**

1. Review of literature related to dysmenorrheal.
2. Review of literature related to progressive muscle relaxation exercise.
3. Review of literature related to progressive muscle relaxation exercise in reducing dysmenorrhea.
4. Review of literature related to other intervention in reducing dysmenorrhea.

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## RESEARCH METHODOLOGY

This chapter deals with the methodology adopted by the researcher for the study includes research approach, research design, variables, the settings of the study, population, sample, sampling technique, sample size, development and description of the tool, validity, reliability, pilot study, intervention, data collection procedure, plan for data analysis and protection of human rights

### RESEARCH APPROACH

Quantitative experimental research approach was used in this study.

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## DISCUSSION

This chapter discusses the major findings of the study with reference to the objectives and hypothesis stated and reviews them in relation to findings from the results of other studies.

The purpose of the study was to assess the effectiveness of Progressive Muscle Relaxation Exercise on reducing selected dysmenorrhea symptoms among adolescent girls in a selected school at Bangalore. The study was conducted by using Quasi experimental one group pretest post test design among 30 adolescent girls in school. The demographic data were collected by the structured self administered questionnaire and modified dysmenorrhea rating scale were used to assess these selected dysmenorrhea symptoms among adolescent girls.

The response were analyzed through descriptive statistics (Mean, Frequency, Percentage and Standard Deviation) and Inferential statistics (Paired 't' test, Chi – square). Discussions on the findings were arranged based on the objectives of the study.

### BACKGROUND

Among the menstrual disorders, dysmenorrhea is the most common one being reported in half of the women of child bearing age and of these 10% experience incapacitating pain for 1-3 days, every month. Dysmenorrhea is a major cause for absenteeism from school or restriction of activities and social interaction among 60-90% of adolescents in India (UNICEF 2012).

A national survey (2009) conducted among adolescent girls showed that 40% of the students frequently missed their school and college because of severe menstrual cramps. Dysmenorrhea is responsible for significant absenteeism from work and it is the most common reason for school absence among adolescents.

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## METHODS

During previous month menstrual cycle the samples were selected by using Modified Physiological and Psychological Symptoms Rating Scale. 30 samples were selected by using purposive sampling technique. Modified J.W. Kenny Open System Model was used as a Conceptual Framework for this study.

The researcher demonstrated Progressive Muscle Relaxation Exercise to selected samples and made them to re demonstrate the intervention in front of the researcher. The samples were made to practice the intervention for two weeks for 20 minutes. Samples who had menstruation from the 15<sup>th</sup> day onwards were included in the study. Pre test was conducted for the samples using Modified dysmenorrhea symptoms rating scale on the first day of menstruation. Then the samples were made to practice Progressive Muscle Relaxation Exercise for 20 minutes. After 30 minutes of intervention post test was conducted using the same Modified dysmenorrhea symptoms rating scale. The same procedure was followed on the second day of menstruation for each sample.

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## RESULTS

The study findings for selected dysmenorrhea symptoms reveals that in the first day pre test 11 (36.67%) had moderate symptoms, 19 (63.33%) had severe symptoms and in post test was 3 (10%) had mild dysmenorrhea symptoms, 23 (76.67%) had moderate dysmenorrhea symptoms and 4 (13.37%) had severe dysmenorrhea symptoms. In second day pre test 8 (26.67%) had mild symptoms, 19 (63.33%) had moderate symptoms and 3 (10%) had severe symptoms and in post test 30 (100%) adolescent girls had only mild dysmenorrhea symptoms.

The obtained t value was 26.62 ( $p < 0.05$ ) in first day and in second day the obtained t value was 12.37 ( $p < 0.05$ ) for selected dysmenorrheal symptoms and it is statistically significant. So the research Hypothesis was accepted.

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## CONCLUSION

The main conclusion drawn from this present study was that most of the adolescent girls had severe and moderate dysmenorrhea symptoms in pre test. After giving effective Progressive Muscle Relaxation Exercise majority of the adolescent girls had mild dysmenorrhea symptoms. It is revealed that the proper Progressive Muscle Relaxation Exercise effectively changed the selected dysmenorrhea symptoms.

## IMPLICATIONS

The section of the research report that focus on Nursing implication usually includes specific suggestions for Nursing Education, Nursing Administration and Nursing Research.

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## SUMMARY

The aim of the study was to assess the effectiveness of Progressive Muscle Relaxation Exercise on reducing selected dysmenorrhea symptoms among adolescent girls in selected School at Bangalore.

The study was experimental in nature. Base done the inclusion criteria selected 30 adolescent girls were selected by using purposive sampling technique and a data were collected by structured self administered questionnaire in Lowry memorial Higher Secondary School at Bangalore for a period of 4 weeks.

Study was based on system theory model. It provides a comprehensive systemic frame work for evaluate the effectiveness of Progressive Muscle Relaxation Exercise in reducing selected dysmenorrhea symptoms among adolescent girls. Descriptive and Inferential statistical test were used to report the findings.

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