A Study to assess the Knowledge of G.N.M. Students Regarding the Management of Premenstrual Syndrome in Selected Nursing Colleges of Kanpur.

Ms. Shobha Rao

ABSTRACT

The study was conducted among the GNM students in the Rama College of nursing, Kanpur. The main purpose of this study was to assess the knowledge level of GNM students regarding the management of premenstrual syndrome. The sample sizes selected for this study were 300 nursing students which were selected by non probability convenience sampling technique. The data was collected by using the self structured knowledge questionnaire. After complete data collection and analysis the results for this study showed that 65% students were having good knowledge and rest 35% students were having poor knowledge regarding the management of premenstrual syndrome. And it also found that there was no significant association between the knowledge score and their demographic variable. Therefore hypothesis H0 was not rejected. The conclusion of this study shows that there was significant knowledge level among students regarding the management of premenstrual syndrome.

Keywords: Premenstrual Syndrome, G.N.M. students.

1 Introduction

Premenstrual syndrome is one of the most common reproductive disorders among the females. It results in the alteration of the behaviour, emotional and physical imbalance. Premenstrual syndrome mostly occurs in the luteal phase of menstruation and the symptoms remains for approximately six days from the onset of menstruation. The common symptoms may be fever, breast tenderness, depression and abdominal pain. It is also due to the hormonal changes and also due to the imbalance in the calcium and magnesium levels of the body. The person should take a very healthy diet with green lefy vegetables and avoid the fatty items.

2 Objectives of study

- To assess the knowledge score of G.N.M. students regarding management of premenstrual syndrome of selected nursing college in Kanpur.
- To find the association of knowledge score of G.N.M. students with their demographic variables.

3 Hypothesis

H_0: There is no significant association between knowledge scores of GNM students regarding management of pre menstrual syndrome with their selected demographic variable.

H_1: There is a significant association between knowledge scores of GNM students regarding management of pre menstrual syndrome knowledge score with their selected demographic variable.

4 Methods and Materials

Research Design

- The research design used in this study was Descriptive research design.

Setting of the study

- The study was conducted in Rama University, Kanpur.

Variables:

Research variables

- Knowledge of G.N.M. students regarding management of premenstrual syndrome was the dependent research variable.

Demographic variables

- The demographic variables are: Age, Gender, Educational status, Residence and family.

Target Population

- Target population for the study was students of Rama University, Kanpur.

Accessible Population:

- Accessible population for the current study was Students of Faculty of Nursing, Rama University, Kanpur.

[1]Nursing tutor, Department of Obstetrics and Gynecological Nursing, Faculty of Nursing, Rama University, Mandhana, Kanpur, Uttar Pradesh, India

Sample
- In this study, the sample was students of Faculty of nursing, Rama University, Kanpur.

Sample size:
- The sample size of this study was 300 nursing students from Faculty of Nursing, Rama University, Kanpur.

Sampling Technique:
- In this study, Non-probability Convenience sampling technique was used.

Sampling Criteria:
- Criteria sampling involves selecting cases that needs some predictor mined criterion of importance.

Inclusion criteria:
- Students from Faculty of Nursing, Rama University, Kanpur.
- Students available at the time of study.
- Students who are having minimum age of 17 years.

Exclusion Criteria:
- Students who are not having interest to participate in the study.
- Students who are no related from field of nursing.

5   Methods of Data Collection

The tool accustomed to collect the data was a demographic performer, self-structured knowledge questionnaire regarding management of premenstrual syndrome among the G.N.M. students in selected nursing college of Kanpur.

Development and Outline of the Tool:

The tools used for the study was self- structured knowledge questionnaire
The tool consists of two sections:
- **Section A:** It deals with the demographic data such as age, gender, educational status, area of residence and family.
- **Section B:** Consists of 20 multiple choice questions associated with knowledge regarding management of premenstrual syndrome. There have been 20 items and every item had an option with one most appropriate answer. The maximum score for the right response to every item is 1 and for incorrect response it absolutely was 0. The overall highest score is 20.

6   Results and Findings

Section-A
The major findings of the present study were:
- Majority of the scholars 38% were within the cohort of 19-20 years.
- Majority of the students 86% were girls.
- Majority of the students 60.33% were pursuing the B.Sc. nursing.
- Majority of the students 52.66% were from rural geographical area.
- Majority of the students 76% had the past history of blood donation.

Section-B
Knowledge regarding management of premenstrual syndrome among the G.N.M. students of selected nursing college in Kanpur.

Table 1: Percentage wise distribution of G.N.M. students according to their knowledge score.

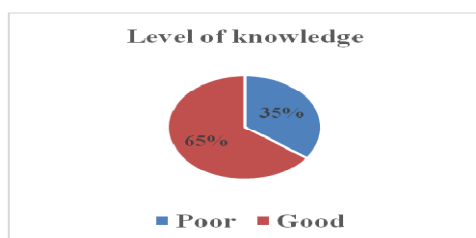| Sr. no.	Level of Knowledge	Score Range	Frequency	Score in percentage	Mean	S.D
1.	Poor	1-10	105	35%	12.1	7.49
2.	Good	11-20	195	65%		
	TOTAL	20	300	100%		

Figure 1: Pie represents the percentage wise distribution of nursing students according to their knowledge score.

(Table no.1 and Fig. no.1). It shows that 65% girls are having good knowledge and 35%girls are having poor knowledge. With the mean and standard deviation as 12.1 and 7.49 respectively.

Implications

The findings of the study have an implication in nursing service, nursing education, nursing administration and nursing research

Nursing service

The nurse must identify the risk factor and the preventive measures regarding premenstrual symptoms among students and give interventional strategies.

Nursing education

Nurse as an educator can conduct training programs for students to know regarding management of premenstrual syndrome.

Nursing administration

Nurse administrator can organize program regarding management of premenstrual syndrome.

Nursing Research

The findings help nurse researcher to motivate the retrenched to conduct further longitudinal studies.

Recommendations

Based on these findings of the study, the following recommendations have been made:

- A similar study can be repeated by increasing the size of samples.
- A similar study can be repeated in other schools, colleges or in community areas.

7   Conclusion

From the findings of the present study, it can be conducted that there is no significant association of knowledge score with their selected demographic variable at 0.05 level of significance hence hypothesis H0 was accepted.

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