



An Overview Of Dysmenorrhoea Menstruation Among The Girl Students Of Longtharai Valley, Sub-Division Of Dhalai District Tripura.

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Abstract: Dysmenorrhoea is one of the most widely common gynecological problems among all the females and also known as cramping pain and it occurs in the lower abdomen just before or during menstruation. The menstrual symptoms are a broad collection of affective and somatic concerns that occur around the time of menses. The effect of Dysmenorrhoea is very wide, however managing the problem is important.

Keywords: Dysmenorrhoea, Menstrual symptoms, Abdomen pain, school, girls' student.

Introduction: - Dysmenorrhoea is a cyclical lower abdominal or pelvic pain which occurs to the back and thighs; it occurs before or during menstruation, or both (Raine- Fenning,2005). Cramps and pain are mainly experienced in the lower abdominal area after regular ovulation is established. It begins soon after menarche (Reddish,2006). This problem is mostly common among female adolescents and adults (Doty & Attaran ,2006; Polat, Celik et al., 2009).

The symptoms of menstruation are a broad collection of affective and somatic concerns that occur around the time of menses (Harel, 2006; Negriff, 2009) Symptoms such as vomiting, diarrhea, headache, dizziness, and tiredness are some of the few common symptoms of menstrual. Symptoms typically Start at the onset of menstrual flow or occur within a few hours before or after onset, and last for the first 1-2 days.

It is difficult to establish since it is a symptom of epidemiology of primary dysmenorrhoea which is perceived differently by different women and also diversity in diagnostic criteria which is often used. The prevalence estimates range from 25 to 90% among women adolescents (Okusanya,2009). Studies from India reported the prevalence range between 50 to 87.8% (George & Bhaduri,2002; Patel, 2006; Nair, 2007; Singh,2008; Agarwal & Agarwal,2010). According to other studies dysmenorrhoea is reported to affect up to 90% of women of childbearing age to varying degrees (Weissman, 2004).

Objectives: - To study the prevalence, and impact of primary dysmenorrhoea among the girl's school students and their management behaviors.

Hypothesis: - There is a relation between menstrual pain and students which affects their studies.

Delimitation of the study: -

For the present study researchers have delimited the study upto Higher Secondary School of Longtharai Valley sub-division Tripura.

- i) The present study was delimited to 06 (six) Higher Secondary School Class xii of Longtharai Valley sub-division of Dhalai district Tripura.
- ii) The sample of the study delimited to 1000 students from all over the school.

Method and Materials: -

The present study was of a Cross-sectional design conducted in an rural area in the school of Longtharai sub-division of Dhalai district Tripura. The selected subjects were explained about the protocol and purpose of the study and were requested to complete the questionnaires to gather information relating to menstrual pain, intensity of pain, pain symptoms, and impact of dysmenorrhoea and symptoms on their daily life and their Menstrual pain management methods.

One thousand healthy young girls aged 11- 18 years formed the study population. A purposeful sampling was adopted to select unmarried girls.

Results: -

Among the students' of 1000 girls 649 students faced the pain of menstruation. And 351 students don't face any pain or symptoms of this. 721 of students feel anger, irritation, short-tempered, during the time of menses and 279 of students didn't feel anger, anxiety, or a short-tempered or irritation. 873 of students faced the problem of acne or pimples whereas 121 of students they never faced this problem. 660 of students were affected in their studies and 340 of students were not affected by their studies. 659 of students feel mood swings during the menstruation and 341 of students were not mood swings and 681 of students have back pain. 321 students are given awareness by their teachers on their school and 679 students aren't given specific awareness by their teachers and more than 800 students said that there is no medical awareness on this only 200 students claim that there is some awareness by the medical team.

Conclusion: From the present study it can be concluded that dysmenorrhoea is a very common problem among all the girls who is in their puberty level and they experience a number of physical and emotional change also increase the intensity of pain in occurrence of Dysmenorrhoea the probability of experience these symptoms is also increased. Adolescent girls, almost always, silently suffer the pain of Dysmenorrhoea and the discomfort associated with it due to lack of knowledge about reproductive health. It is probable that this also affects their academic performance. The findings of this study thus indicate the enormity of the problem and the need for appropriate intervention through a change in lifestyle. Sub optimal use of the medical advice and the barriers to search medical attention by Dysmenorrhoeic females need explanation. And most of the students faced problems with menstruation which also affected their studies and health. In Tripura many girls were lacking in health education on puberty and Menstruation.

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