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Effectiveness of Structure Teaching Programme on Premenstrual Syndrome and Its Management among Nursing Students in Selected Nursing College, Faridkot (Punjab)

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ABSTRACT

PMS stands for Premenstrual syndrome, "pre" means "before" and "menstrual" refers to the "menstrual cycle" or periods. Not all girls will get PMS, but the physical and emotional symptoms are common. Most girls and women with PMS have symptoms the week before this period. A quasi-experimental research design was employed to assess the structure teaching programme on premenstrual syndrome and its management among GNM students in selected college of nursing, Faridkot. Total 50 nursing students were involved in the study between the age of 19-21 years. The result includes the difference between mean pre test knowledge score on premenstrual syndrome and its management among GNM students in control and experimental group was statistically non significant, but the difference between post test knowledge score on premenstrual syndrome and its management among GNM students in control and experimental group was statistically non significant. There was not any statistically significant effect of variables with the premenstrual syndrome. There was statistically significant effect of STP on the knowledge of the GNM students.

Key words: Premenstrual syndrome, Puberty, Psychological changes

Puberty is a multi-year phase marked by fast physical and psychological development. Menarche, or the beginning of menstruation, is the primary marker of puberty in females and typically occurs between the ages of 12 and 13.Hereditary factors impact the age at which female's menarche, although nutrition and lifestyle also have a role. Puberty can occur at a time that has significant psychological and social repercussions. Puberty can cause discomfort, both physical and mental, as well as related issues. Menstruation typically begins with a combination of excitement and worry.

Need of the study

It is estimated that 30-40% women suffer some impairment of daily activity; 75 % women have some symptoms; 3-8% women have severe PMS.As calculated approx. 1 in 6 or 15.00% or 40.8 million people in USA. In India the rate of PMS Is at higher level, 159,760,591 against 1,065,070,607

populations. The statistics used for prevalence/incidence of premenstrual syndrome are typically based on US, UK, Canadian or Australian prevalence or incidence statistics, which are then extrapolated using only the population of the other country. This extrapolation calculation is automated and does not take into account any genetic, cultural, environment, social, racial or other differences across various countries and regions for which the extrapolated premenstrual syndrome statistics

REVIEW LITERATURE

Brahmbatt S et al (2013) study conducted among 50 young and 50 middle aged women of S.B.K.S Medical Institute and Research centre to find the prevalence of premenstrual syndrome with an emphasis on its management. Responses to feedback questionnaire covering various aspects related PMS were obtained from 50 participants belonging to each group. The participants belonged to different range of literacy. It was found that 42% faced PMS regularly. While 58% occasionally. of the 100 participants 68% suffered with backache, 64% leg cramps, 62% fatigue, and breast tenderness and anger whereas 58% suffered with anxiety and generalized body ache. of all the suffers only 34% had received the treatment for PMS. Irrespective of the age PMS is common problem faced by women with ours study we observed theta literacy had not mattered in the management of this health problem.

Santosh, K Chaturved (2000) National Institute of mental health and neuroscience, Bangalore conducted a study on "suicidal ideas during prementrual phase (2000). the study was determined the frequency of suicidal ideas and death wish among 296 women from urban, rural, industrial and college populations in which suicidal ideas and death with during PMS were reported by 30 (10%) subjects more among college student and industrial working women and less among housewives.

Objectives

The objectives of the present study are:

- To assess the pre test knowledge score of GNM Students regarding premenstrual syndrome and its management
- To assess the post test knowledge score of GNM students regarding premenstrual syndrome and its management
- To compare pre test and post test knowledge score of GNM students regarding PMS and its management.
- To find out the association between the post test knowledge score of GNM students with selected socio demographic variables such as age, class, place of residence, education of mother, past family history.

Hypothesis

H(1) the post test mean knowledge score of GNM students of experimental group about the PMS and its management will be significantly higher than post test mean knowledge score of students of control group as measured by self structured questionnaire.

METHODOLOGY

The study was conducted on 50 GNM students 25 in control group and 25 in experimental group. Pre test was taken from both control and experimental group. Then self structured teaching was given to experimental group with the help of lesson plan and audio visual aids. The result includes in experimental group majority 17 (68%) have no family history while 8 (32%) have family history of premenstrual syndrome in control group majority 20 (88%) have no family history while 3(12%) have family history of premenstrual syndrome.

In control group mean pre-test knowledge score was 15.28 and mean post test knowledge score was 3.753. The difference between mean pre-test and post test knowledge score of control group was statistically non significant.

In experimental group the mean pre test knowledge score was 14.96 and mean post test knowledge was 21.88. The difference between mean pre-test and mean post test knowledge score of experimental group was statistically highly significant.

In control group, pre test mean knowledge score among students (15.28) was maximum in age group 18-19 years and post test mean knowledge score among students was maximum (13.75) in the age group 18-19 years . In experimental group the highest (14.96) pre test mean knowledge score was obtained by GNM students in age group 19-20 years and post test maximum (21.88) mean knowledge score was obtained by GNM students in age group 19-20 years. In control group pre test knowledge score among GNM students highest (21) and in post test knowledge score maximum (22) was obtained. In experimental group highest pre test knowledge score (22) and in post test highest knowledge score (25).

METHODOLOGY

This chapter discuss the methodology used for a study to assess the effectiveness of Structure teaching program on premenstrual syndrome and its management among GNM students in selected college of nursing, Faridkot, Punjab.

This methodology include the

Research approach

Research approach tells the approaches from where to collect data, how to collect the data and how to analyse them, it also suggests possible conclusion and helps the researcher in answering questions in most accurate and efficient why as possible a quasi experimental approach was selected for this study to check the effectiveness of structure teaching programme on GNM nursing students regarding PMS.

The quantitative approach was used to conduct study

Research design

Research design is a blueprint for conducting a study, maximizes control over factors that could interfere with the validity of the findings guides the planning and implementation of a study in a way that is most likely to achieve the intended goal.

A quasi experimental research design was employed in the study to assess the effectiveness of Structure teaching programme on premenstrual syndrome and to management among GNM students in selected college of nursing, faridkot.

RESEARCH SETTING

The study was conducted in dasmesh college of nursing faridkot the college is located on GT road; the college was selected because of the availability of required subjects.

Target population

The population of present study comprised of student of GNM

Sample and sample size

SAMPLE: the sample of present study comprised of GNM 1st year and 2nd year

SAMPLE SIZE: the sample size of present study comprised of 50 students of GNM

Sampling technique

Single random probability technique was adopted to selected sample

3.7 SAMPLING CRITERIA

Inclusive criteria:

- GNM Students, who were of age group 19-21
- Who were able to speak or read English

Exclusion criteria:

- Students who were absent during data collection

SELECTION AND DEVELOPMENT OF TOOL

The red consists of two sections: section A, section B which includes following:

Section–A Socio-Demographic variables

Section–B Questionnaire to assess knowledge level

Structured Teaching Program (STP) regarding premenstrual syndrome and its management.

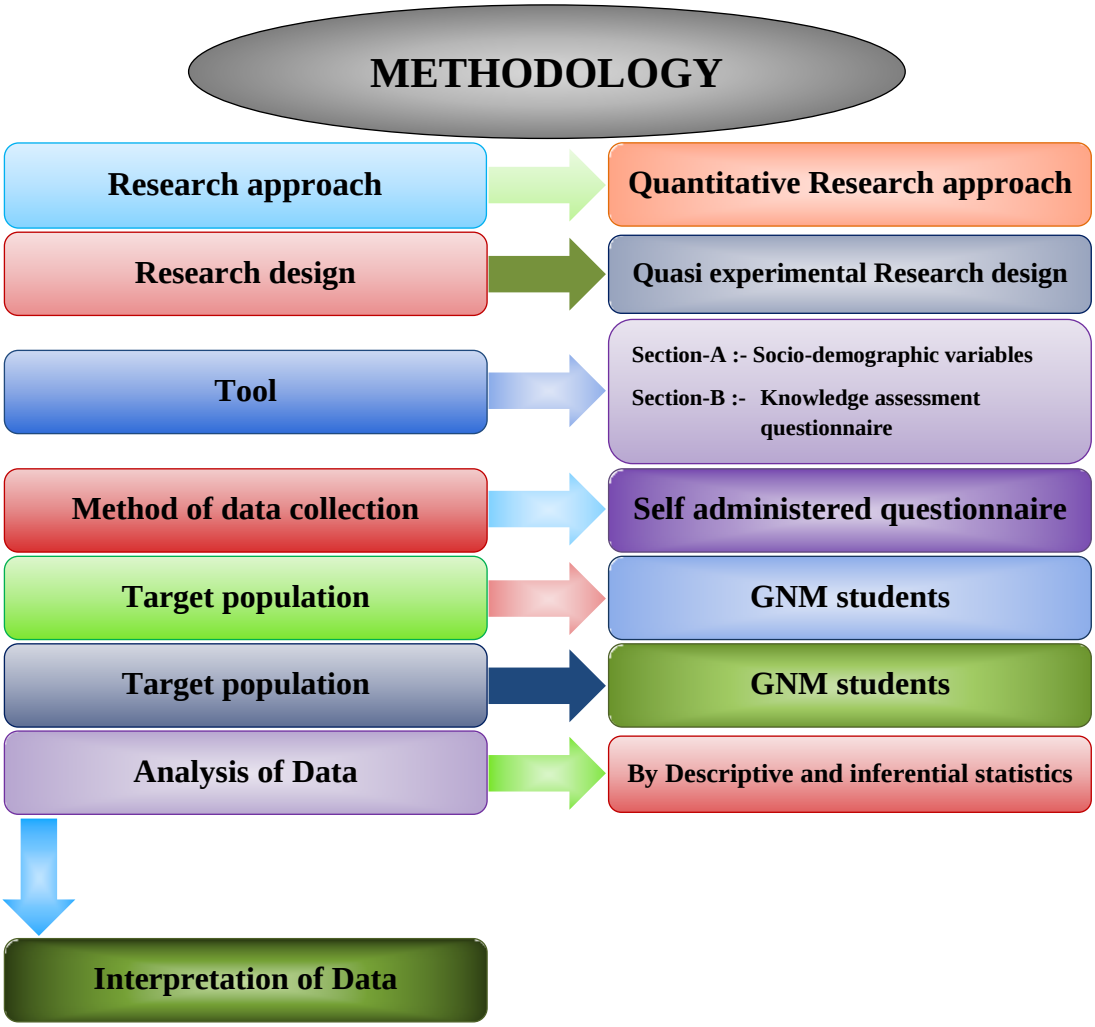

Figure 1: Methodology

DISTRIBUTION OF TOOLS

The tools prepared to describe the knowledge regarding premenstrual syndrome and its management were as follows:

SECTION A SOCIO - DEMOGRAPHIC VARIABLES

SECTION B QUESTIONNAIRETO ASSESS KNOWLEDGE LEVEL

1) It consists of structured self-administered questionnaire to assess knowledge on premenstrual syndrome and its management. The items included in this draft are 25 multiple choice questions.
2) Each question has 4 options and out of 4 options one was correct.
3) Score given to correct answer was 1 and incorrect was 0.
4) Total marks for knowledge questionnaire were 25.

Based on this it was categorized into inadequate and adequate.

CRITERION MEASURE:

Level of knowledge score	Range
Inadequate	<02
Adequate	>13

VARIETY OF TOOL

Treece and Treece (1980) described an instrument is valid if it tests what it is supposed to test. The content validity of the tool was obtained by submitting the tool to

the experts. The tool has been validated by 2 experts from psychiatry field, I experts from obstetric and midwifery nursing, I expert from research field, I expert from community health nursing. I expert from pediatric field, I expert from medical surgical nursing.

More modifications were made as suggested by the experts and obtained Final Tool.

DATA COLLECTION PROCEDURE

Prior to collection of data, permission was taken from the Principal of the GNM dasmesh college of nursing, Faridkot. The sample size comprised of 50 students from GNM 1st year and 2nd year. The investigators themselves collected data from the subjects. The time limit of 45 min was given to the subject to answer the questions.

1. Pre-test knowledge scores of the respondents, was obtained by using self structured closed ended knowledge questionnaire.
2. Structured teaching programme was administered.
3. Post-test knowledge score was obtained by using same questionnaire.

After the test group was encouraged to improve knowledge in premenstrual syndrome.

PLAN FOR DATA ANALYSIS

A master sheet was prepared with responses given by subjects and data were analysed by using descriptive and inferential analysis.

A. Descriptive statistics: Data obtained from the sample will be organized and summarized with the help of descriptive statistics like frequency, mean, percentage distribution, and standard deviation.
B. Inferential statistics: Comparing the pre-test and post-test knowledge scores of GNM students by using paired 't' test and identifying the association between the knowledge of GNM students regarding premenstrual management with selected socio - demographic variables will be done with the help of chi-square test.

Table–1 Sample characteristics and socio-demographic variables Frequency and percentage distribution of selected socio-demographic variables (N=50)

Sr. No.	Socio demographic variables	EXPERIMENTAL GROUP		CONTROL GROUP	
		Frequency (f)	Percentage %	Frequency (f)	Percentage%
A.	Age (in years)				
	18-19	15	60	12	48
	20-21	10	40	13	52
B.	Class				
	GNM 1st year	17	68	22	88
	GNM 2nd year	8	32	3	12
C.	Place of Residence				
	Rural	15	60	17	68
	Urban	10	40	8	32
D.	Education of mother				
	Illiterate	5	20	9	36
	Middle	15	60	14	56
	matriculation to secondary	4	16	2	8
	graduation or above	1	4	0	8
E.	Occupation of mother				
	Housewife	17	68	23	92
	Laborer	6	24	2	8
	Government employee	1	4	0	0
	Others	1	4	0	0
F.	Family history				
	Yes	8	32	3	12
	No	17	68	22	88

Table 1 shows that in experimental group 15 (60%) of students were from age group of 18 – 19 years followed by 10 (40%) of students from age group 19 – 20 years. In control group majority 13 (52%) were from 19 – 20 years and 12 (48%) were from 18 – 19 years.

In experimental group majority 17 (68%) were in GNM 1st year 8 (32%) were in GNM 2nd year in control group majority 22 (88%) were in GNM 1st year and 3 (12%) were in GNM 2nd year.

In experimental group majority 15 (60%) belongs to rural area followed by 10 (40%) belongs to urban area. In control group majority 17 (68%) were belongs to rural area followed by 8 (32%) belongs to urban area.

In experimental group majority 15 (60%) student's mother education is middle followed by 5 (20%) were illiterate followed by 4 (16%) were belongs to matriculation to secondary category followed by 1 (4%) belongs to graduation category. In control group majority 14 (56%) belongs to middle class and 9 (36%) belongs to illiterate followed by 2 (8%) belongs to matriculation to secondary.

In experimental group 17 (68%) mother were house wife followed by 6 (24%) were labourer followed by 1 (4%) are government employ followed by 1 (4%) are others. In control group majority 23 (92%) were house wife followed by 2 (8%) were laborer.

In experimental group majority 17 (68%) have no family history while 8 (32%) have family history of premenstrual syndrome in control group majority 20 (88%) have no family history while 3 (12%) have family history of premenstrual syndrome.

Table–2 Comparison of Pre and Post test mean knowledge score on Premenstrual syndrome among G.N.M. students in experimental and control group. N=50

		Knowledge score						
	Pre-test			**Post test**				
	n		**Mean**	**SD**		**Mean**	**SD**	**df**	**'t'**
Control	25	A	15.28	3.506	a'	13.753	2.249	24	.796NS
Experimental	25	B	14.96	3.713	b'	21.88	1.856	24	.124NS

Maximum knowledge score = 25	NS=Non significant
Minimum knowledge score = 0	

Table 2 reveals that in control group mean pre test knowledge score was 15.28 and mean post test knowledge score was 13.753. The difference between pre test and post test knowledge score of control group was statistically non significant at $p<0.05$ level. In experimental group the mean pre test knowledge score was 14.96 and mean post test knowledge score was 21.88. The difference between mean pre test and post test knowledge score of experimental group was statistically not significant at $p<0.05$.

The difference between mean pre test knowledge score of control and experimental group was not significant, but the difference between post test knowledge score of control and experimental group was not significant at $p<0.05$.

It was evident that the structured teaching program was effective in improving the mean knowledge score of GNM students by comparing pre test mean knowledge score (14.96) and post test mean knowledge score (21.88) in experimental group.

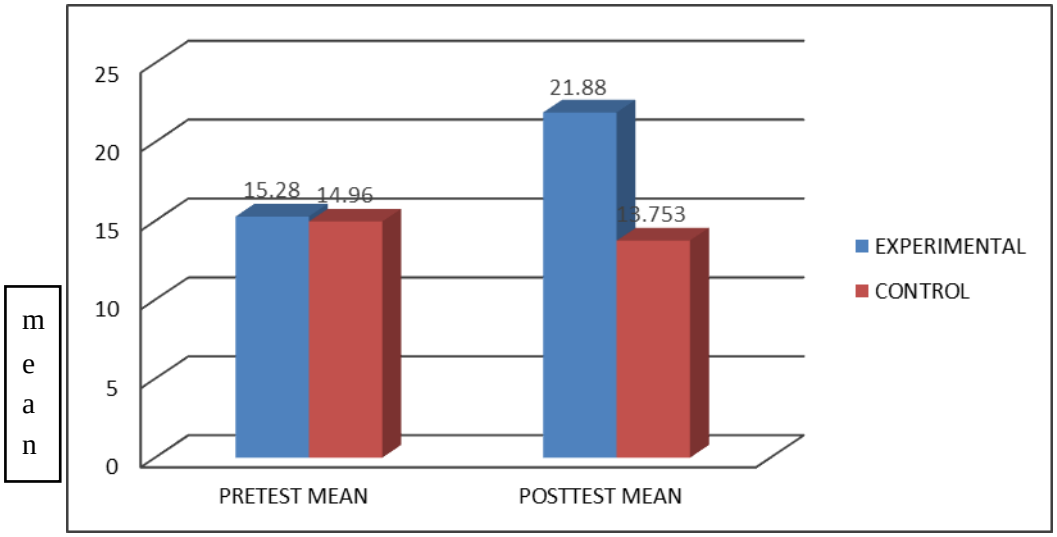

Figure 2: Comparison of mean knowledge score of pre test and post test of experimental and control group.

Table–3: Association between post test knowledge score of G.N.M. students with selected socio demographic variables. N=50

Control group								**Experimental group**					
		Adequate		**Inadequate**		**df**	x^2	**Adequate**		**Inadequate**		**df**	x^2
		π	**%**	**π**	**%**			**π**	**%**		**%**		
1	Age (in years)					1	3.718^{NS}					1	$.027^{NS}$
	18-19	5	20	7	28			5	20	10	40		
	20-21	5	20	8	32			7	20	3 *x*	12		
2	Class					1	$.910^{NS}$					1	$.063^{NS}$
	GNM 1st year	1	4	2	8			9	36	8	32		
	GNM 2nd year	9	36	13	52			3	12	5	20		
3	Place of Residence					1	$.735^{NS}$					1	$.529^{NS}$
	Rural	8	32	9	36			8	32	7	28		
	Urban	2	8	6	24			3	12	7	28		
4	Education of mother					3	3.601^{NS}					2	$.265^{NS}$
	Illiterate	4	16	5	20			1	4	4	16		
	Middle	5	20	9	36			8	32	7	28		
	matriculation to secondary	1	4	1	4			2	8	2	8		
	graduation or above	0	0	0	0			1	4	0	0		
5	Occupation of mother					3	2.060^{NS}					1	1.010^{NS}
	Housewife	9	36	14	56			8	32	9	36		
	Laborer	1	4	1	4			3	12	3	12		
	Government employee	0	0	0	0			0	0	1	4		
	Others	0	0	0	0			0	0	1	4		
6	Family history					1	$.910^{NS}$					1	$.099^{NS}$
	Yes	2	8	1	4			2	8	6	24		
	No	8	32	14	56			9	36	8	32		

Table 3 shows there has no significant association between post test knowledge score of GNM students with selected socio demographic variables in experimental as well as to the control group.

DISCUSSION

This chapter relates the findings of present study to the studies done earlier. The findings of the present study have been discussed in accordance with objectives of this study.

The first objective of the study was to assess the pretest knowledge score of G.N.M. students regarding PMS and its management. The pretest mean knowledge score of control and experimental group were (15.28 and 14.96) respectively. Majority of the students both in control and experimental group had average pre test knowledge on PMS and its management.

Several objective was to assess the post test knowledge score of G.N.M. students regarding PMS and its management. The post test mean knowledge score of control and experimental group were (13.753 and 21.88) respectively. In control group majority of students had average post test knowledge and in experimental group maximum (90%) students had good post test knowledge regarding PMS and its management. A descriptive study in 2008 reported similar findings that majority of participants (76%) had high knowledge in post test of the study.

Analysis of the 3rd objective i.e. to compare pre and post test knowledge score on PMS and its management among the G.N.M. students in control and experimental group reveals that the difference between pre test mean knowledge score was statistically non significant. However the different in post test knowledge score of control and experimental group was non significant $p<0.05$. The above findings were similar to those stated by Bakshani NM (2009) who found that results showed that a difference existed between the mean knowledge score of experimental groups both before and after the education.

Analysis of the fourth objective of the study i.e. to find out the association between the post test knowledge score of G.N.M. students with their selected socio demographic variables.

Analysis of the findings in relation to age group shows that in control group maximum students (32%) who had inadequate knowledge belongs to age group 20-21 years in experimental group 40% (were from age group 20-21 years who had inadequate knowledge. It shows that the age had no impact on knowledge on PMS and its management among GNM students.

Analysis of findings in relation to educational status shows that in control group maximum post test knowledge score was obtained by those studying in G.N.M. 1st year. In experimental group highest post test score was obtained by students of G.N.M. 1st year.

Analysis of findings in relation to the place of residence of students showed that both in control and experimental group maximum post test knowledge score was obtained by students with rural residence background.

Analysis of findings in relation to the education of mother showed that both in experimental and control group maximum post test was obtained by students who mothers educational status is middle school. So it showed that the educational status of mother has little or no effect on the knowledge score of students.

Analysis of findings in relation to the occupation of mother showed that both in experimental and control group maximum post test knowledge score was obtained by student whose mother's are house wives. So it shows occupation of mother had no effect on the knowledge score of students.

Analysis of findings in relation to the family history of PMS showed that maximum pre and post test knowledge score in both experimental and control group was obtained by students with a positive family history of PMS. It shows that family history had an effect on the knowledge of students regarding PMS and its management.

SUMMARY, CONCLUSION, LIMITATIONS AND RECOMMENDATIONS

This chapter gives a brief account of the present study including conclusion drawn from the findings, limitations, implications of the study and recommendations for future research.

Statement of the problem

A quasi experimental study to assess the effectiveness of structured teaching programme on premenstrual syndrome and its management among GNM students in selected dasmesh college of nursing Faridkot, PUNJAB.

PUNJAB

The main purpose of study was to create awareness among the students regarding premenstrual syndrome and its management.

OBJECTIVES

1) TO assess the pre test knowledge score of GNM students regarding premenstrual syndrome and its management.
2) To assess post test knowledge score of GNM students regarding premenstrual syndrome and its management.
3) To compare pre test and post test knowledge sore of GNM students regarding PMS and its management.
4) To find out the association between the post test knowledge score of GNM students with selected socio demographic variables such as:- age, class, place of residence, education of mother, occupation of mother post family history.

ASSUMPTIONS

- Nursing students of Dasmesh College of Nursing do have some knowledge regarding premenstrual syndrome.
- Knowledge of nursing students regarding premenstrual syndrome very according to their socio demographic variables.

HYPOTHESIS

H (1) the post test mean knowledge score of GNM students of experimental group about the PMS and its management will be significantly higher than post test mean knowledge score of students of control group as measured by self structured questionnaire.

INDEPENDENT VARIABLES

The independent variables included in the study were age, place of residence, education of mother, occupation of mother, past family history.

DEPENDENT VARIABLES

The dependent variables was knowledge score on premenstrual syndrome and its management.

ORGANIZATION OF DATA FOR ANALYSIS

Part 1: Demographic data

This part considered of 6 items for obtaining personal information about subjects.

Part 2: Knowledge questionnaire

This part consisted of structured multiple choice questions, to assess the knowledge on premenstrual syndrome and its management among GNM students.

Part 3: **Structured teaching program**

This part consists of structured teaching program on premenstrual syndrome and its management that considered of:

- Introduction of topic
- Define premenstrual syndrome
- Discuss the causes of premenstrual syndrome
- Explain the sign and symptoms of sign and symptoms
- Discuss the treatment of premenstrual syndrome

For final study sampling was done to obtain sample of 50 GNM students 25 in control group and 25 in experimental group. Data collection was done in the month of April. Pre test was taken from both control and experimental group. Their self structured teaching was given to experimental group

with the help of lesson plan and audio visual aids.

Major Findings

Both in control and experimental group maximum (in experimental group 15 (60%) of students were from age group of 18 – 19 years followed by 10 (40%) of students from
age group (9 – 20 years. In control majority 13 (52%) were from 19-20 years and 12 (48%) was from 18-19 years.

In experimental group majority 17 (68%) were in GNM 1st year 8 (32%) were in GNM 2nd year in control group majority 22 (88%) were in GNM 1st year and 3 (12%) were in GNM 2nd year.

In experimental group majority 15 (60%) belongs to rural area followed by 10 (40%) belong to urban area. In control group majority 17 (68%) belongs to rural area followed by 8 (32%) belongs to urban area.

In experimental group majority 15 (60%) student's mother education is middle followed by 5 (20%) were illiterate followed by 4 (16%) were belongs to matriculation to secondary category followed by 1 (4%) belongs to graduation category. In control group majority 14 (56%) belongs to middle class and 9 (36%) belong to illiterate followed by
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In experimental group 17 (68%) mother were house wife followed by (6 (24%) were laborer followed by 1 (4%) are government employ followed by 1 (4%) are others. In collect group majority 23 (92%) were house wife followed 2 (8%) were laborer.

In experimental group majority 17 (68%) have no family history while 8 (32%) have family history of premenstrual syndrome in control group majority 20 (88%) have no family history while 3 (12%) have family history of premenstrual syndrome.

- In control group mean pretest knowledge score was 15.28 and mean post test knowledge score was 3.753, the difference between mean pre test and post test knowledge score of control group was statistically non-significant.
- In experimental group the mean pre test knowledge score was 14.96 and mean post test knowledge was 21.88, the difference between mean pre test and mean post test knowledge score of experimental group was statistically highly significant.
- In control group pre test mean knowledge score among students (15.28) was maximum in age group 18-19 years and post test mean knowledge score among students was maximum (13.75) in age group of 18-19 years. In experimental group the highest (14%) pre test mean knowledge score was obtained by GNM students in age group 19-20 years and post test maximum (21.88) mean knowledge score was obtained by GNM students in age group 19-20 years.
- In control group pre test knowledge score among GNM students highest (21) and in post test knowledge score maximum (22) was obtained. In experimental group highest pre test knowledge score (22) and in post test highest knowledge score (25).

CONCLUSION

1. From the findings of study following contributions were drawn:
2. The difference between mean pre test knowledge score on premenstrual syndrome and its management among GNM students in control and experimental group was statistically non significant, but the difference between post test knowledge score on premenstrual syndrome and its management among GNM students in control and experimental group was statistically non significant.
3. There was not any statistically significant effect of variables with the premenstrual syndrome.
4. There was statistically significant effect of STP on the knowledge of the GNM students.

Delimitations

The present study was limited to assess the knowledge of GNM students but not the prevalence and attitude.

The size of sample was 50 i.e. 25 in experimental and 25 in control group. Hence it was difficult to make bread generalization.

Implications of the study

The findings of the present study have several implications, which are discussed in the following areas:

1. **Nursing Education:** Nursing students should have the more knowledge regarding PMS and its management.
2. **Nursing Service:** students should focus on dietary measures in prevention of symptoms of premenstrual syndrome.
3. **Nursing Administration:** Nursing administration may take initiatives to develop structure teaching programme for GNM students.
4. **Nursing Research:** Investigator got 1st hand experience in conducting research and will carry out more complex studies in future.

RECOMMENDATIONS

Based on the result of the study following recommendations are made:-

1. The study can be replicated on large sample to validate and generalize its findings.
2. Similar study can be conducted in a different setting like community and different target population like adolescent girls, women extra.
3. A comparative study can be conducted to assess the knowledge on premenstrual syndrome and it's management among the students in medical and arts profession an exploratory study can be done to assess the knowledge and prevalence of menstrual syndrome.

SUMMARY

This chapter dealt with summary, conclusion, implication, limitations and recommendations based on finding of the study.

Declaration by Authors

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Conflict of Interest: The authors declare no conflict of interest.

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