

## EFFECTIVENESS OF JACOBSON'S PROGRESSIVE MUSCLE RELAXATION EXERCISES ON PREMENSTRUAL SYNDROME AMONG STUDENTS AT SELECTED SCHOOL, ERODE, TAMILNADU.

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### ABSTRACT

The study was conducted to find out the effectiveness of Jacobson's Progressive Muscle Relaxation Exercises on Premenstrual Syndrome among students at selected school, Erode. Pre-experimental one group pre test- post test design was used and 35 ninth standard students were selected by Non probability convenient sampling at Vellalar Matriculation School. The level of Premenstrual syndrome (PMS) was measured with PMS scale before demonstration of Jacobson's progressive Muscle Relaxation Exercises. Taught them to do the exercises daily and after one month of practice PMS was measured. As per study findings Level of PMS during pretest was mild among 46.7 %, Moderate among 50% and Severe Among 3.3% whereas in the post test the level of premenstrual syndrome was mild among 96.7% and moderate among 3.3%. So it has found to be very effective in reducing the level of PMS.

**Key words:** Effectiveness, Jacobson's Progressive Muscle Relaxation , Premenstrual syndrome, students.

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### INTRODUCTION

Premenstrual syndrome is a combination of emotional, physical, psychological and mood disturbances that occur after a women's ovulation and typically end up with onset of menstrual flow. It may create serious consequences for an adolescent, their families, and their social relationships. An adolescent may develop decreased self esteem, lack of self confidence, low tolerance to stress, feelings of inadequacy and subsequently it may affect relationship with others [1,2].

Arambam Aruna reported that 80% of women experience some menstrual syndrome and estimated that clinically significant premenstrual syndrome occur in 20 – 30 % of women. The American college of obstetrics and gynecologist has advised that regular aerobic exercises may helps to relieve premenstrual syndrome, to make any evidence based policy recommendations regarding the effectiveness of exercise more high quality required [3].

### Problem statement

A study to evaluate the effectiveness of Jacobson's

progressive muscle relaxation exercises on premenstrual syndrome (PMS) among the students at selected school, Erode [4].

### Objectives

- To assess the level of premenstrual syndrome among the students at selected school, Erode.
- To evaluate the effectiveness of Jacobson's progressive muscle relaxation exercises on premenstrual syndrome among the students at selected school, Erode.
- To find out the association between pre test score of premenstrual syndrome and demographic variables such as, age, order of birth, number of siblings, family history of PMS, home remedies, painful menstruation, and duration of menstruation



**Hypotheses**

H1: The mean post test level of premenstrual syndrome will be significantly lower than the pre test premenstrual syndrome among the students at selected school, Erode.

H2: There will be a significant association between pretest PMS score and demographic variables such as age, order of birth, number of siblings, family history of PMS, home remedies, painful menstruation, and duration of menstruation.

**Research Methodology**

Pre-experimental one group pretest – Post test design was used. The investigator selected the samples from Ninth standard students who are studying at Vellalar Matriculation School by using non-probability sampling technique. Before starting the study, the investigator obtained formal permission from principal, dissertation committee and Principal of Vellalar Matriculation School. Informed consent was obtained from each participants of

the study. Assurance was given to the subjects that anonymity of each individual and confidentiality of the information given by them would be maintained throughout the study. After the pretest intervention given which includes information on role of Jacobson’s progressive muscle relaxation exercises in reducing premenstrual syndrome and demonstration on it. This exercise is performed to the all part of the muscles and given to the subjects for 45mts and encouraged them to do the exercises daily. PMS scale was given to each sample separately. After a one month of practice, PMS was measured with PMS scale.

**RESULT**

As per the study findings, the level of premenstrual syndrome was mild among 46.7 % of the subjects, it was moderate among 50% of the subjects, and it was severe among 3.3% of the subjects. There was a significant difference between pre test and post test level of premenstrual syndrome.

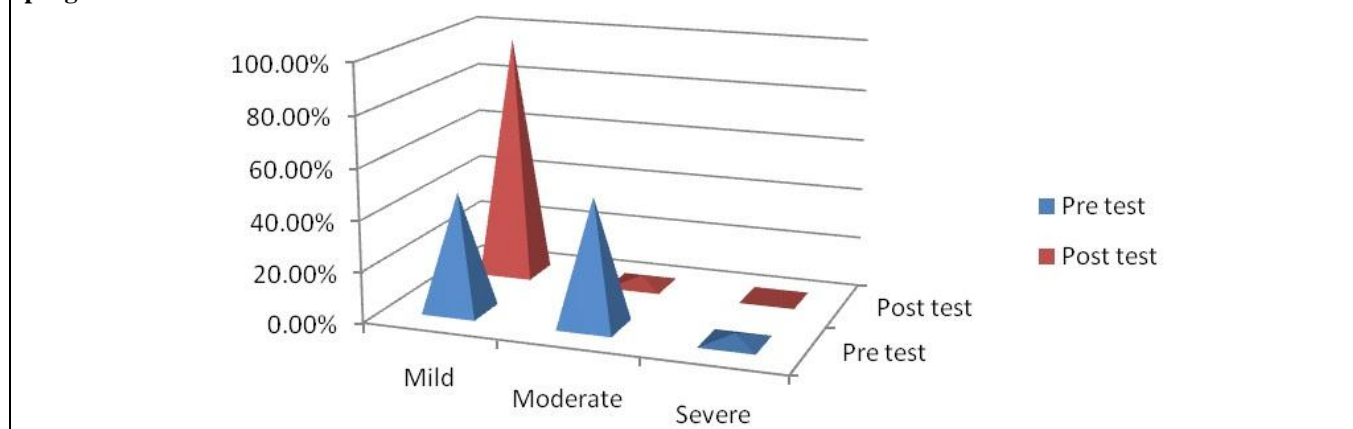
**Table 1. Percentage distribution of level of premenstrual syndrome before and after the practice of Jacobson’s progressive muscle relaxation exercises.**

Level of Premenstrual Syndrome(PMS)	Pre test		Post Test	
	n	%	N	%
Mild	14	46.7	29	96.7
Moderate	15	50	1	3.3
Severe	1	3.3	0	0

**Table 2. Comparison of mean scores between pretest and post test on level of premenstrual syndrome**

Level of PMS	Pre Test	Post Test	Difference	Standard Deviation	Paired ‘t’ Test	Significance
	M	M	D	SD	‘t’	P < 0.05 df= 29
	22.9	6.3	16.6	6.41	14.1	

**Fig 1. Percentage distribution of level of premenstrual syndrome before and after the practice of Jacobson’s progressive muscle relaxation exercises.**



**DISCUSSION**

The aim of the study was to evaluate the effectiveness of Jacobson’s progressive muscle relaxation exercise on premenstrual syndrome among the students.

The result of the study shows that practice of Jacobson’s progressive muscle relaxation exercise was found to be effective in reducing premenstrual syndrome. Also this study brought out that there is no association between pre



test and demographic variables such as age, type of family, order of birth, family history of premenstrual syndrome, painful menstruation, number of siblings, duration of menstruation and home remedies [5-10].

#### CONCLUSION

Jacobson's progressive muscle relaxation exercises found to be very effective in reducing the level of premenstrual syndrome among students. The interest and confidence of students showed that there is a strong need for further education programme. The responsibility

in promoting the health of all students lies in hands of every nurse. So there should be a regular service and health education programme on premenstrual syndrome and jacobson's progressive muscle relaxation exercises at all hospitals and clinic.

#### ACKNOWLEDGEMENT

Nil

#### CONFLICT OF INTEREST

There is no conflict of interest

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