



EFFECTIVENESS OF INFORMATION BOOKLET ON KNOWLEDGE REGARDING DYSMENORRHEA AMONG NURSING STUDENTS AT SELECTED NURSING COLLEGE, BANGALORE

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ABSTRACT

Adolescence is a transition period from childhood to adulthood and is characterized by a spurt in physical, endocrinal, emotional and mental growth, with a change from complete dependence to relative independence. The period of adolescence for a girl a period of physical and psychological preparation for safe motherhood. As the direct reproducers of future generations, the health of adolescent girls influences not only their own health, but also the health of adolescent girl's influences not only their own health, but also the health of the future population. Almost a quarter of India's population comprises of girls below 20. One of the major physiological changes that take place in adolescent girls is the onset of menarche, which is often associated with problems of irregular menstruation, excessive bleeding, and Dysmenorrhea. Of these, Dysmenorrhea is one of the common problems experienced by many adolescent girls .Design:-True-experimental design (one group pre-test post-test design) was used to study effectiveness of information booklet regarding on knowledge regarding Dysmenorrhea. 40 nursing students in Nursing college, Bangalore were recruited by non-probability convenient sampling technique. Necessary administrative permission was obtained from concerned authority. Structured interview schedule was used to elicit the baseline data and structured questionnaires were used to elicit the knowledge of nursing students regarding Dysmenorrhea. Setting:-The study was conducted in selected Nursing College, Bangalore, 40 samples were selected for the present study. Result: - The study revealed that among 40 nursing students, 25 (62.5%) nursing students had adequate knowledge, 15 (37.5%) nursing students had moderately adequate knowledge & there was no inadequate knowledge found in the post-test score. The mean pre-test knowledge score of nursing students was 18.65, whereas the mean post-test knowledge score was 26.20. The obtained 't' value was 12.05 which was found statistically significant 0.05 levels. Conclusion :- The study concluded that the Information booklet on knowledge regarding Dysmenorrhea among nursing students in nursing college, Bangalore carried out in the study was found to be effective in the improving knowledge of nursing students as evidenced by the significant change between pre-test and post-test knowledge score.

Key words: Knowledge, Effectiveness, Information booklet, Dysmenorrhea.

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INTRODUCTION

Dysmenorrhea is the medical term for pain with your period (menstruation) or menstrual cramps. There are two types of Dysmenorrhea: primary and secondary. Primary Dysmenorrhea is the name for common menstrual

cramps that come back over and over again (recurrent) and aren't due to other diseases. Dysmenorrhea causes, Women with primary Dysmenorrhea have abnormal contractions of the uterus due to a chemical imbalance in the body. For example, the chemical prostaglandin



controls the contractions of the uterus. Secondary Dysmenorrhea is caused by other medical conditions, most often endometriosis. This pain can range from dull to throbbing. Some girls may have other symptoms during their period such as nausea, vomiting, loose bowel movements/diarrhea, constipation, bloating in the belly area, headaches, and/or lightheadedness, all of which can be mild to severe [1].

Dysmenorrhea can reduce through change of Lifestyle and home remedies. Exercise regularly. Physical activity helps ease menstrual cramps for some women. Use heat. Soaking in a hot bath or using a heating pad, hot water bottle or heat patch on your lower abdomen might ease menstrual cramps. Try dietary supplements it will reduces pain.

A Dysmenorrhea incidence of 33.5% was reported by Nag (1982) among adolescent girls in India. A study done in India showed that more than 50% of all menstruating women experience some discomfort. It has also been reported by a senior obstetrician that probably 5-10% of girls in their late teens suffer from severe spasmodic Dysmenorrhea interrupting their educational and social life [2].

A study of prevalence of Dysmenorrhea and its associated symptoms would provide evidence of the severity of the problem. The study was carried out in India to estimate the prevalence of Dysmenorrhea and its common symptoms, and determine the relationship between Dysmenorrhea and the selected physiological parameters such as the body surface area and general health status, and to find the association between the Dysmenorrhea status and the intensity of pain, with selected physiological symptoms.

STATEMENT OF PROBLEM:-

“A Study to assess the effectiveness of information booklet on knowledge regarding Dysmenorrhea among nursing students at selected nursing college, Bangalore”.

OBJECTIVES:-

1. To assess the existing level of knowledge regarding Dysmenorrhea among nursing students at selected nursing colleges, Bangalore.
2. To assess the post-test level of knowledge regarding Dysmenorrhea among nursing students at selected nursing colleges, Bangalore.
3. To evaluate the effectiveness of information booklet on knowledge regarding hot applications on Dysmenorrhea among nursing students at selected nursing colleges, Bangalore.
4. To find out the association between post-test knowledge scores with the selected demographic variable among nursing students at selected nursing college, Bangalore.

HYPOTHESIS:-

H₁:- There will be significant difference between pre-test and post-test knowledge score among the nursing students at selected nursing college, Bangalore.

H₂:- There will be significant association between the post-test knowledge score and selected demographic variables among the nursing students at selected nursing college, Bangalore.

MATERIALS & METHODS:-

The research design adopted for this study is Evaluative research approach. The research design used for this study is one group pre-test post-test design which belongs to the Pre-experimental study.

The study was conducted in selected nursing college, Bangalore. The sample size of this study comprised of 40 nursing students from selected nursing college, Bangalore, who met the inclusion criteria were selected through the non-probability convenient sampling technique. Structured knowledge Questionnaire and Information booklet was used as a research tool. Since, it is considered to be the most appropriate instrument to elicit the response from subjects. The reliability of the tool was established by using split half method and Karl Spearson's formula. It was found 0.9 for structured knowledge questionnaire and tool was considered reliable for proceeding with main study [3,4].

A letter requesting permission was sent to the concerned authority of the selected nursing college, Bangalore prior to the data collection during the month of December 2020, and permission was granted for the same. The data was collected in the month of February 2021 at selected nursing colleges, Bangalore. The data was collected from 40 nursing students by using non-probability convenient sampling. The purpose of questionnaire was explained to the samples with self - introduction. The questionnaire was distributed to the nursing students and they took 20-30 minutes to fill up the answers for the questions and they were very co-operative. After conducting the pre-test, they were given Information booklet for to gain more knowledge regarding Dysmenorrhea and post-test was conducted after 7 days by using the same tool used for the pre-test.

RESULTS:-

Description of pre-test and post-test knowledge of nursing students regarding Dysmenorrhea
The data presented in the table-1 shows that 33 (82.5%) nursing students had inadequate knowledge, 7 (17.5 %) nursing students had moderately adequate knowledge and no one had adequate knowledge in the pre-test. The mean is 18.65 and standard deviation was 6.32 in the pre-test knowledge.

Whereas 25 (62.5%) nursing students had adequate knowledge, 15 (37.5%) nursing students had moderately adequate knowledge and no one found inadequate knowledge in post-test. The mean is 26.20 and standard deviation of 4.91 was found in the post-test knowledge.



Table 1: Frequency, percentage, mean and standard deviation of pre-test and post-test knowledge score of nursing students regarding Dysmenorrhea n=40

| Knowledge level | Category | Classification of nursing students knowledge | | | |
|-----------------|---------------|--|----------------|---------------|----------------|
| | | Pre-test | | Post-test | |
| | | Frequency (f) | Percentage (%) | Frequency (f) | Percentage (%) |
| Adequate | 75-100% | 0 | 0 | 25 | 62.5% |
| Moderate | 50-74% | 7 | 17.5% | 15 | 37.5% |
| Inadequate | 50% and below | 33 | 82.5% | 0 | 0 |
| Total | | 40 | 100 | 40 | 100 |

Table 2: Mean, Standard Deviation And Paired ‘T’ Test To Determine The Effectiveness of Information Booklet Regarding Knowledge On Dysmenorrhea Among Nursing Students n=40

| Max score | Mean | SD | Mean difference | paired ‘t’ test | Significance |
|-----------|-------|------|-----------------|-----------------|--------------|
| Pre-Test | 18.65 | 6.32 | 7.55 | 12.05 | 0.05* |
| Post-Test | 26.20 | 4.91 | | | |

The data presented in a table-2 shows that the obtained [t] value was 12.05, which was found with statistically significant at 0.05 levels

Table 3: Comparison of pre-test and post-test level of knowledge among nursing students regarding Dysmenorrhea n=40

| Level of knowledge | Pre-test | | Post-test | | Chi square test |
|-------------------------------|-------------------------|-------|-------------------------|-------|-------------------------------------|
| | No. of nursing students | % | No. of nursing students | % | |
| Adequate knowledge | 0 | 0 | 25 | 62.5% | $\chi^2 = 3.90$ Df=3 P=0.05** |
| Moderately adequate knowledge | 7 | 17.5% | 15 | 37.5% | |
| Inadequate knowledge | 33 | 82.5% | 0 | 0 | |
| Total | 40 | 100 | 40 | 100 | |

DISCUSSION:-

Information booklet was found to be an effective educative method for improving the knowledge of nursing students in the selected nursing college regarding Dysmenorrhea. The findings were similar to other studies, which shown that nursing students having good knowledge on Dysmenorrhea. In the present study results revealed that obtained [t] value was 12.05, which were found with statistically significant at 0.05 levels.

CONCLUSION:-

The study concluded that the Information booklet on knowledge regarding Dysmenorrhea of nursing students in the selected nursing college carried out was effective in improving the knowledge of nursing students as evidenced by the significant change between pre-test and post-test knowledge score.

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