

A Study to assess the Menstrual Discomfort Experienced and Remedial Measure Practiced by Late Adolescent Girls in Olpad Taluka of Surat with a view to Develop & Instructional Booklet

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Abstract

Menstrual discomforts include a variety of conditions in which is the discomfort, heavy, painful, or does not occur at all. One type of menstrual discomforts happens when a girl menstrual period does not occur for more than 35 days after the last menstrual period.

Objective of the Study: (1) To assess the menstrual discomforts experienced among late adolescent girls in Olpad taluka. (2) Assess the remedial measures practiced for menstruation discomforts by the late adolescent girls.

Method: In the present study, Non-experimental survey design is selected for the study the study design depicts that in intervention given checklist and self-structured questionnaire for assess the menstrual discomforts experiences and remedial measures practices. After that as a 'Planned to give instructional booklet'.

Conclusion: This chapter deals with the conclusion, implications, recommendations and limitations of study, "A study to assess the menstrual discomforts experienced and remedial measures practiced by late adolescent girls in Olpad taluka of Surat."

Keywords: Menstrual Discomfort; Remedial Measure Practiced; Late Adolescent Girls; Olpad Taluka; Surat; Develop & Instructional Booklet.

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INTRODUCTION

Adolescence is a time of moving from the immaturity of childhood into the maturity of adulthood. Period of life from puberty to adulthood characterized by marked physiological changes, development of sexual feelings, efforts toward the construction of identity, and a progression from concrete to abstract thought. Menstruation (Greek word, men-month) is monthly uterine bleeding

outflowing through vagina onto vulva for 4-5 days every 28 days during reproductive life of women from menarche to menopause. "Menses" are normal uterine function whereby endometrium prepares to receive pregnancy. Adolescent gets 13 menses in a year and around 400 menses in her reproductive life. Menstrual is the periodical flow of blood from the uterus through the cervix and out through the vagina, and it also called a "period."

OBJECTIVES

- To assess the menstrual discomforts experienced among late adolescent girls in Olpad taluka.
- To assess the remedial measures practiced for menstruation discomforts by the late adolescent girls.

ASSUMPTION

- Late adolescent girls may some experience some kind of menstrual discomforts.
- Late adolescent girls may practice some remedial measures to treat or to reduce menstrual discomforts.

MATERIAL AND METHODS

The research Methodology I was to structure a study and to gather and analyze information in a systematic fashion.

Research approach: Evaluative approach

Research design: A non experimental design

Variables: Research variables are concepts at various level of abstraction that are measured manipulated & controlled in study.

Demographic Variables

The demographic variables are age in years, education, socio-economical status, dietary pattern, nutritional status, age of menarche, medical diagnosis of late adolescence girl, duration.

Research variables

Research variables are used to assess menstrual discomfort experienced by late adolescence girls.

Sampling criteria

The following criteria are set to select the sample:

Inclusion Criteria

- Late adolescent girls who are age between 16 to 21 year.
- Late adolescent girls who are same age group participate in the Study.

Exclusion criteria

- Adolescent girls who are below the age of 16 and above 21 yrs.

Setting of the study: The study was conducted at selected areas of olpad taulka.

Population: Late adolescent girls.

Sample size: 60 late adolescent girls.

Sampling Technique: Non probability purposive sampling technique.

RECOMMENDATIONS

Based on the findings of the study the following recommendations are put forward for future research.

- A similar study may be conducted on a larger sample for a wider generation.
- Comparative study can be conducted between the rural and urban late adolescent girls regarding knowledge of menstrual discomfort.
- Correlational study can be conducted between the knowledge, attitude & practices regarding menstrual discomfort among late adolescent girls.
- Study can be conducted by including control and experimental group in the study.

FINDING OF THE STUDY

The major findings of the study are summarized follow:

- Majority 48.33% of sample was belongs to age group between 20-21 year.
- Majority 76.66% of the sample was belongs to higher secondary level education.
- Majority 55% of the sample was middle class socio-economic status.
- Majority 43.33% of the sample have normal nutritional status.
- Majority 66.66% of the sample was belongs to Mixed dietary pattern.

- Majority 54.17% of the respondents belongs to 13- 15 year of age of menarche.
- Majority 48.33% of the respondents having 1 to 4 days duration of menstruation.

CONCLUSION

75% late adolescent girls are having menstrual discomforts and other 25% girls are not having menstrual discomforts. 50% respondents having abdominal pain during menstruation and 41% late adolescent girls having nausea and vomiting. 58% late adolescent girls having pain in lower extremities and back then 33% respondents having feeling of stress during menstrual discomforts. In this study 66% girls having aches problem during menstruation and 25% respondents having speeding pattern changes.

16% late adolescent girls are used acupuncture points during menstrual discomforts. Then 36% late adolescent girls are used ginger tea during menstrual discomforts. 31% late adolescent girls used oil for massaging during menstrual discomforts and 53% respondents are perform hot water compression during menstrual discomforts for relieving and 43% girls are do yoga and exercises. In this study 20%

girls are take treatment for menstrual discomforts and 46% respondents used home remedies during menstrual discomforts.

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