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The Effect of Dysmenorrhea on Quality of Life of Technical Secondary Schools Girls

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The aim of the study was to study the effect of dysmenorrhea on quality of life of technical secondary schools girls. A correlational design was utilized in the current study. The current study conducted on 1092 girls complains of dysmenorrhea at technical secondary schools, Mansoura, Egypt. Data were collected by three tools; one is 1st Self Administered Structured Questionnaire including socio demographic and menstruation data, 2nd Dysmenorrheal Self Assessment tool, 3rd Quality of life assessment tool for girls complains from dysmenorrhea. Study results showed that high prevalence of dysmenorrhea, that is, 78.8% among technical secondary schools girls nearly half of the technical Secondary School girls (43.7%) had experienced dysmenorrhea during the last one to three years. Majority of participants had pain in every cycle. Menstrual pain primarily began at the onset of menstrual flow (48.1%). The pain location was mostly in the lower abdomen and lumbar region (57.9%) and followed by lower abdomen (31.7%). More than two third of participants (88.1%) with dysmenorrhea reported some associated symptoms. The most frequently reported symptoms loss of appetite (51.9%), decrease in concentration (46.8%), and headache (46.7%), Dizziness (44.3%). ((86.8%) of participants with dysmenorrhea reported that the pain adversely affected their school performance. (74.1%) of participants were unable to focus on their courses, more than two thirds of the participants (78.3 %) had bad relationships with their families due to dysmenorrhea. Based on the finding of the present study the following were recommended A- Health professionals are invited to initiate health education program to raise awareness in the community and update school curricula by educating school girls regarding this important health issue. B- Health education program in school to increase awareness about pharmacological and nonpharmacological methods of pain relief during menstruation and importance for visiting physician when pain is severe and interference with daily activity to minimize menstrual morbidity.

Key words: Dysmenorrhea –Prevalence – quality of life- School performance- Family relation- friend's relation

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