Dysmenorrhea The Prevalence In School Going Girls

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Abstract

Backgroung And Aim: The most common gynaecological condition among women of reproductive age is dysmenorrhea, which is described as unpleasant uterine menstrual cramps. The aim of this study is to determine the prevalence of commonly occurring underlying conditions for secondary or primary dysmenorrhea in adult females.

METHODOLOGY:

Study design: An online cross-sectional survey.

Study setting: An online survey through self-administered questionnaire.

Study duration: From August 2021 to April 2022

sampling method: Purposive sampling

Selection Criteria: Inclusion criteria: Girls of age between 15-28, School and College going girls. Exclusion criteria: Cardio or neurological disorder Hypertension, diabetes, Girls who do not experience heavy and painful periods, Housewives, Girls beyond the fixed age limit, School going girls.

Outcome measure: Self-reported questionnaire.

Material used for data collection: Stable internet connection, Smartphone, Access to social networking.

Result: In this study, menstruation in 207 participants lasted for one to eight days, 14.5% mild pain, 60.9% moderate 24.6% severe pain.

Disscusson: In our study major part of population experienced moderate intensity of the pain. 14.5% described their pain as mild, 60.9% described their pain as moderate and 24.6% described their pain as severe. In this study, menstruation in 207 participants lasted for one to eight days and in the previous study monthly cycle of the participants lasted for three to seven days. In our study out of total targeted population i.e. 278, and 207 (74.8%) participants meets to our inclusion criteria experience heavy periods and the remaining 25.2% did not experience heavy periods whereas in the previous study 53.7% said that they experienced heavy bleeding during their menstrual cycle.

Concluson: Prevalence of out of total population was divided in three parts mild, moderate, severe