

Common Menstrual Problems among Adolescent students

Mr. Sharad Bhausheb Pandit,
M.Sc. Nursing (Obs. & Gyn. Nsg.),
Tutor, Institute Of Nursing Education,
Sir. J. J. Gr. of Hospital, Byculla, Mumbai-8.



sharadpandit.research@gmail.com

Introduction

Menstrual cycles are a key driver of reproductive events in women, which is a physiological process and associated with the ability to reproduce. A period, or menstruation, marks the beginning of the process by which the uterus, or womb, prepares itself for pregnancy. Each month the lining of the uterus, called the endometrium, is shed from the body, producing a period, and a new lining is grown to replace it. The first experience of a menstrual period during puberty is called menarche. The average age of menarche is 13, but menarche can typically occur between ages 8 and 18 yrs. Perimenopause is when fertility in a woman declines, and menstruation may occur infrequently in the years leading up to menopause, when a woman stops menstruating completely and is no longer fertile.¹

As direct reproducers for future generations, the health of adolescent girls influences not only their own health, but also the health of future generation. A vast majority of adolescent girls in India are suffering from reproductive health morbidities. Reproductive morbidities such as dysmenorrhea, pre-menstrual syndrome, irregular menses, excessive bleeding during menstruation etc. are common in adolescent girls. Most of the adolescent girls remain silent without seeking health care. If these are not treated early, they could lead to various reproductive disabilities

Background

Menstrual problems are commonest gynecological disorders among urban

population. Although not life threatening, this affects their daily life and work efficiency and performance. This is a major cause of absenteeism's in colleges and business establishments. Data obtained from this study and their etiologies are scanty. This study shows that 87% of the females suffering due to menstrual disorders were having stress related to one or more reasons as like studies, job, financial, or social issues. Health education, regular routine medical examination, adequate social support by family, school, job colleagues, meditation, stress management program and dietary improvements and total life style modification can help to prevent menstrual problems.

Adolescence in girls has been recognized as a special period which signifies the transition from girlhood to womanhood. This transitional period is marked with the onset of menarche, an important milestone. Menstruation is a normal physiological process that begins during adolescence and may be associated with various symptoms occurring before or during the menstrual flow. Adolescent girls constitute a vulnerable group, particularly in India where female child is neglected one. Menarche is a part of the complex process of growing up. The age of onset of menstruation varies from 9 to 18 years with the average age in United States being about 12 years and 8 months, whereas in India it is slightly lower and has been reported to be around 12 years (Khadilkar VV *et al* 2006, Chumlea WC *et al* 2003). The age at menarche shows many

socioeconomic, environmental, nutritional and geographical differences in the societies.

These problems include psychological adjustment with menstruation, premenstrual and menstrual symptoms and disorders of menstruation. Female experience premenstrual symptoms 7 to 10 days before the onset of bleeding. These include irritability, malaise, headache, acne, abdominal pain etc. the main importance of the premenstrual tension is psychosomatic. The menstruation in majority of female is asymptomatic apart from per vaginal bleeding, however some may have pain in abdomen with or without gastrointestinal upsets like anorexia and vomiting (Padubidri VN *et al* 1997). Complaints like leg pain, backache may also be associated with normal menstrual cycle (Banerjee D *et al* 1961). The medical and social consequences of premenstrual, menstrual symptoms and disorders of menstruation influence not only the individual but also her family and society. In respect to adolescent girls it may manifest as loss of school days leading to poor progress in education. This may lead to problems in continuation of her education (Deo D S *et al* 2007). However few studies in India have described the lifestyle factors associated with various menstrual cycle patterns. The present study, therefore, aims to determine the age at menarche and patterns of menstruation among school adolescent girls and explore its variation across socio-economic and demographic factors.

In view of this, a study to estimate the frequency percentage of common menstrual problems faced by urban slum dwelling adolescent girls and to assess the influences of anemia and nutritional status on common menstrual problems was undertaken. The health information obtained from the present study will be useful in organizing and modifying health programme activities for young females with a view to improve reproductive health of women.

<i>Statement of problem</i>
'A qualitative cross sectional study to investigate the Common Menstrual Problems among Adolescent students in selected schools of urban area.'

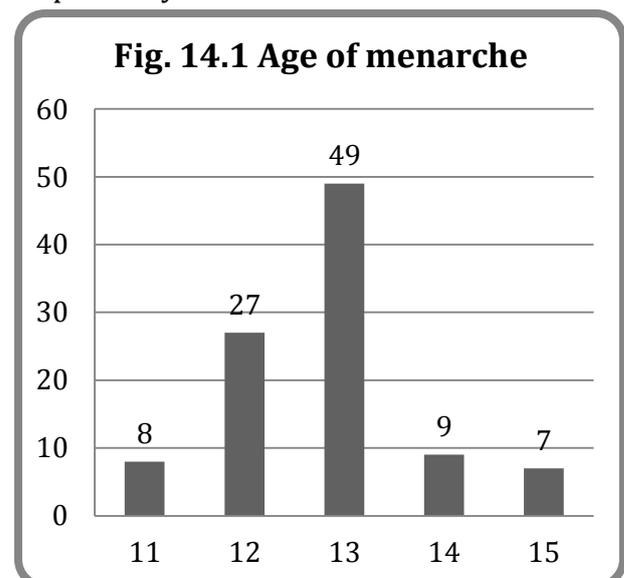
<i>Objectives</i>
1. To determine the prevalence of common menstrual problems.
2. To find out the association with its demographic variable.

Methodology

A Qualitative cross sectional study was conducted among adolescent students of age between 11-15 yrs. from selected schools of Pune, Maharashtra, India. 100 adolescent students selected by simple random method, were given semi-structured questionnaire.

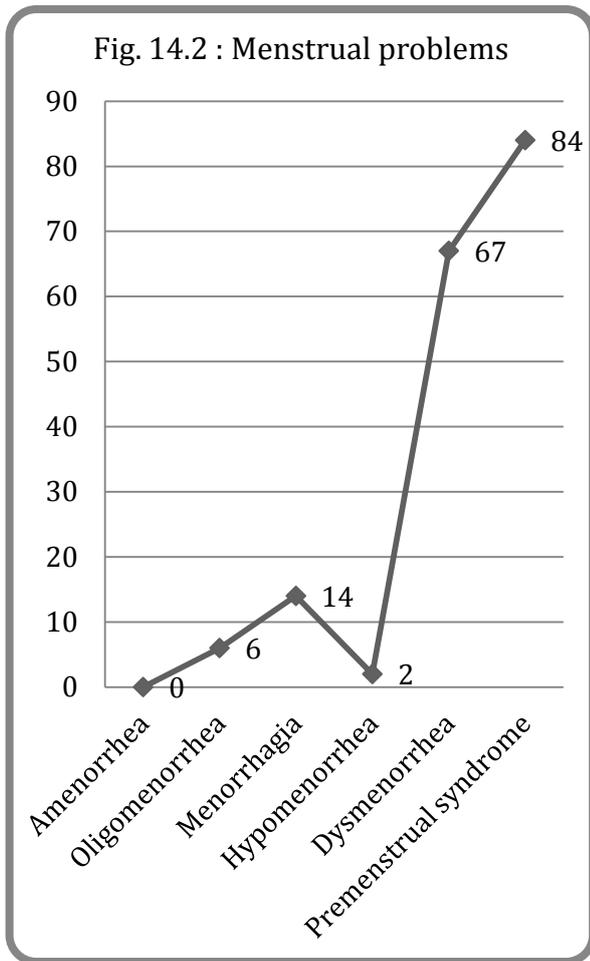
Results

In present study the Age of Menarche shows highest (49%) of samples had in the year of 13. Among the adolescent had regular menstrual cycle (66%) and irregular menstrual cycle (34%) of samples. The Body Mass Index of adolescent students shows that the 39%, 52%, 9% were Underweight (<18.5), Normal (18.5 – 24.99), Overweight (>25) respectively.



Different Menstrual problems experienced by the Adolescent students are Amenorrhea (0%), Oligomenorrhea (6%),

Menorrhagia (14%), Hypomenorrhea / scanty bleeding (2%), Dysmenorrhea (67%), Premenstrual syndrome (84%).



As the different menstrual problems present among the adolescent students but only 26% seeks the health facilities & 74% were not. Majority of the adolescent students 48% were consult their problems with mother and 28% with doctors. There were highest prevalence of dysmenorrheal and premenstrual syndrome among the adolescent students, they consume the drug Not at all, Occasionally, Always 56%, 31%, 13% respectively.

There is statistical association existed between nutritional status of adolescent girls according to BMI and Dysmenorrhea, hypomenorrhea and Premenstrual Syndrome ($p < 0.05^*$).

Conclusion

Menstrual health is fundamental to women's sexual and reproductive health.

Changes in the normal menstrual patterns of women in reproductive age group may affect the physical and psychological well being. The present study has established poor nutritional status to be often associated with common menstrual problems among adolescent girls from urban establishment. Menstrual problems are widely prevalent among school-going adolescent students of urban. The study provides an indication to implement intensive health educational activities among the adolescent girls, their parents, and teachers for effective management of menstrual problems among all adolescent students.

References:

1. Reproduction and reproductive health. Accessed on 2013. <http://stanfordshprc.wordpress.com/s-ex-info/reproduction/>
2. Patil S N, Wasnik V, Wadke R. Health problems amongst adolescent girls in rural areas of Ratnagiri district of Maharashtra India. *Journal of clinical and diagnostic research*. October, 2009; 3:1784-1790.
3. Age at Menarche and Menstrual Cycle Pattern among School Adolescent Girls in Central India Dr. Dharampal G. Dambhare, Dr. Sanjay V. Wagh, Dr. Jayesh Y. Dudhe URL: <http://dx.doi.org/10.5539/gjhs.v4n1p105>
4. Deliwala K.J., et al. (2013) Evaluation of Menstrual Problems among Urban Females of Ahmedabad. *Journal of Clinical Research Letters*, ISSN: 0976-7061 & E-ISSN: 0976-707X, Volume 4, Issue 1, pp.-49-53.
5. Menstrual pattern among unmarried women from south India Shabnam Omidvar, Khyrunnisa Begum1 *Journal of Natural Science, Biology and Medicine* July 2011 Vol 2 Issue 2.

