A Study to Assess the Attitude Regarding Premenstrual Syndrome among Adolescent Girls at Selected Schools, Puducherry.

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ABSTRACT
Premenstrual syndrome (PMS) is characterized by recurrent, moderate-to-severe affective, physical, and behavioral symptoms that develop during the luteal menstrual cycle and disappear within a few days of menstruation. PMS occurs in 30–40% of reproductive age females. Although the etiology of PMS is unclear, several theories suggest increased sensitivity to normal hormonal changes and neurotransmitter abnormalities. The diagnostic method of PMS is the Daily Record of Severity of Problems, which women with PMS can use to self-report several symptoms and their severity. The study was conducted to assess the attitude regarding premenstrual syndrome among adolescent girls at at Government girls higher secondary school Thiruvandarkoil, Puducherry. By using convenience sampling technique 60 sample was selected for the present study. Majority of the adolescence 56(93.3%) of study population were in the age group are 16 to 18 years. Majority of the adolescence were Hindu 56(93.3%). Most of the adolescence were higher secondary 58(96.6%). he demographic variable, educational status and previous knowledge about premenstrual syndrome had shown statistically significant association between the levels of attitude regarding premenstrual syndrome among adolescent girls with their selected demographic variables. Majority of the adolescent girls 45 (75%) had favourable level of attitude and 15(25%) had moderately favourable level of attitude and the mean and standard deviation the level of attitude regarding premenstrual syndrome among adolescent girls is (70.10+6.265) respectively.
Keywords: Premenstrual syndrome, adolescent girls, attitude

I. INTRODUCTION
In every premenstrual women struggling to govern her temper, Sky cult wars again with earth cult
CAMILLE PAGLIA

Premenstrual syndrome (PMS) is characterized by recurrent, moderate-to-severe affective, physical, and behavioral symptoms that develop during the luteal menstrual cycle and disappear within a few days of menstruation. PMS occurs in 30–40% of reproductiveage females. Although the etiology of PMS is unclear, several theories suggest increased sensitivity to normal hormonal changes and neurotransmitter abnormalities. The diagnostic method of PMS is the Daily Record of Severity of Problems, which women with PMS can use to self-report several symptoms and their severity. Although combined oral contraceptives and serotonergic antidepressants are effective drugs, each is a different option for treating PMS. Serotonergic antidepressants are the drugs of choice for improving both physical and mood symptoms. Combined oral contraceptives appear to primarily improve physical symptoms.

The majority of women of reproductive age experience physical or emotional symptoms before the onset of menstruation. Amongst those, some women are so severely affected that it interferes with their mental health, interpersonal relationships, and studies. It has also been found that the prevalence of premenstrual syndrome (PMS) is higher in unmarried women, in women aged 35-44 years, and in women who belong to a low socioeconomic group living in socially deprived areas.

II. REVIEW OF LITERATURE

Aleena Mohib et.al., (2019), had conducted study on the existence, knowledge, and the attitude of female students towards premenstrual syndrome (PMS). A descriptive crosssectional study involved random selection of 448 female students. The questionnaire was set in four parts, one each to assess the knowledge, the

attitude, and the practices regarding PMS and one to assess the gap between self – perceived PMS and actual PMS. The majority (96.4%) of female students were aware of PMS, the self-reported prevalence of PMS was 79.5% and the prevalence using the ACOG criteria was 23.9%. More than half (60.4%) of the participants reported PMS disturbed their normal routine, while 81.5% reported stress exacerbated their symptoms. The majority (77.5%) of women believed PMS was a significant issue to be discussed but 49.4% did not take treatment for their PMS.

STATEMENT OF THE PROBLEM
A descriptive study to assess the attitude of premenstrual syndrome among adolescent girls at selected schools, Puducherry

OBJECTIVES
- To assess the level of attitude regarding premenstrual syndrome among adolescent girls at Govt girls higher secondary school, thiruvandarkoil, Puducherry.
- To associate the attitude regarding premenstrual syndrome with their selected demographic variables.

III. MATERIALS AND METHODS
The research approach used for this study was quantitative research approach. A descriptive research design was used to assess the attitude regarding premenstrual syndrome at Government girls higher secondary school Thiruvandarkoil, Puducherry. By using convenience sampling technique 60 sample was selected for the present study. The period of data collection was one weeks. The tool consist of demographic data,attitude questionaire to assess the factors associated with premenstrual syndrome. The outcome of study was evaluated by using descriptive and inferential statistics. It deals with research approach, research design, setting of the study, population, sample, sample size, sampling technique, criteria for sample selection, plan for data collection and tools and instruments.

RESEARCH SETTING:
The study will be conducted at Government girls higher secondary school Thiruvandarkoil, Puducherry. By using convenience sampling technique 60 sample was selected for the present study

DESCRIPTION OF TOOL:
The tool used for this study consists of 2 sections namely,
Section A: It consists of Demographic information such as Age, Religion, Educational status, Residency, Type of school, Type of family, Father's occupation, Father's monthly income, Number of siblings, Family history of PMS and Previous knowledge about PMS.
Section B Questionnaire regarding to assess the attitude regarding premenstrual syndrome among adolescent girls. In this study attitude questionnaire used, consists of 20 items.

SCORING INTERPRETATION

LEVEL OF ATTITUDE	SCORE
UNFAVOURABLE	1-33
MODERATELY FAVOURABLE	34 -66
FAVOURABLE	67-100

RESEARCH APPROACH
It is the basic procedure for conducting the study. A research approach tells us, what data to collect and how to analyse it. Then it is also suggests possible conclusion to be drawn from the data. A quantitative research approach was selected for the present study.
RESEARCH DESIGN
It is a set of logical steps taken by the researchers to assess the research problem. The design depends upon the level of inquiry of the researches and determines the method uses to obtain sample, collect data, analyse and interpret results. A descriptive research design was adapted for this study.
SETTING OF THE STUDY
The study was conducted at govt girls higher secondary school thiruvandarkoil Puducherry. It comprises of 5kms from Sri Manakula Vinayagar Nursing College and it takes 15 minutes to go and conduct the research.
POPULATION
The population is refered to a group of all elements, like individual or object that are available in the same geographical area. Population is all the adolescent girls between 13 to 18 Years of age.

SAMPLE

Sample is selected proportion of the defined population. It is the subject of the population. Sample of the study comprises all the adolescent girls studying at government girls higher secondary school thiruvandarkoil, Puducherry.

SAMPLE SIZE

Sample size is reffered to the number of sampling unit included in this study. Sample size is the number of subjects involved in the study. Sample size consists of 60.

SAMPLING TECHNIQUE

Sampling is defined as the process of selecting a representative segment of the population under the study. Convenience sampling technique was used for the present study.

CRITERIA FOR SAMPLE SELECTION

Inclusion criteria

➢ Adolescent girls between13 to 18 Years of age.

➢ Adolescent girls who are all available at the period of data collection.

➢ Adolescent girls who are all willing to participate in the study.

➢ Adolescent girls who are all studying at government girls higher secondary school.

➢ Adolescent girls those who attained menarche.

Exclusion criteria

➢ Adolescent girls those who are all not willing to participate in the study.

➢ Adolescent girls those who are all absent to school during the period of data collection.

IV.   RESULT

The finding reveals that Out of the 60 adolescence who were interviewed, Majority of the adolescence 56(93.3%) of study population were in the age group are 16 to 18 years. Majority of the adolescence were Hindu 56(93.3%). Most of the adolescence were higher secondary 58(96.6%). Majority of the adolescence were Urban 32(53.3%). All of the adolescence were government school 60(100%). Majority of the adolescence were Nuclear Family 39(65%). Majority of the adolescence Father's occupation were Others 37(61.6%). Majority of the adolescence Father's monthly income were 5,000 - 10,000per month 52(86.7%). Majority of the adolescence have 1 sibling 26(43.3%). Majority of the adolescence were had Family history of premenstrual syndrome 48(80%). Majority of the adolescence were had Previous knowledge about premenstrual syndrome 45(75%).

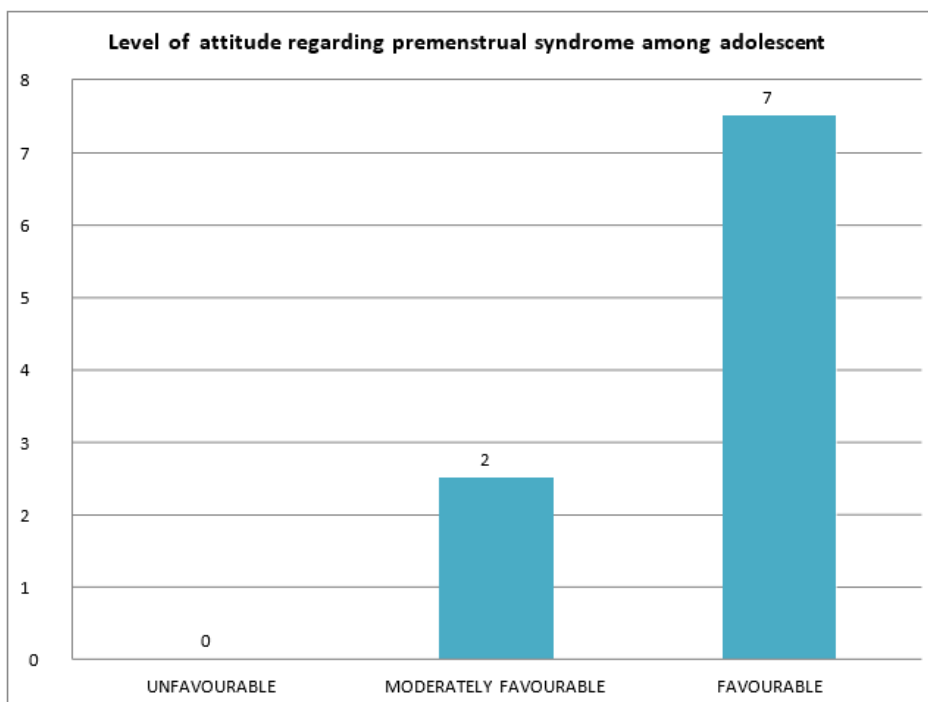**Frequency and percentage wise distribution of demographic variables among adolescent girls.**

(N=60)

SL.NO	DEMOGRAPHIC VARIABLES	FREQUENCY (N)	PERCENTAGE (%)
1	**Age**		
	a) 13 to 15 years	4	6.7
	b) 16 to 18 years	56	93.3
	c) > 18 years	0	0
2.	**Religion**		
	a) Hindu	56	93.3
	b) Muslim	3	5
	c) Christian	1	1.7
	d) Others	0	0
3	**Educational status**		
	a) Primary	0	0
	b) Middle	1	1.7
	c) High school	1	1.7
	d) Higher secondary	58	96.6
4	**Residency**		
	a) Urban	32	53.3

	b) Rural	28	46.7
5	**Type of school**		
	a) Government school	60	100
	b) Private school	0	0
	c) Government aided private school	0	0
6	**Type of family**		
	a) Nuclear family	39	65
	b) Joint family	21	35
	c) Broken family	0	0
	d) Extended family	0	0
7	**Father's occupation**		
	a) Government employee	1	1.7
	b) Private employee	16	26.7
	c) Own business	6	10
	d) Others	37	61.6
8	**Father's monthly income**		
	a) 5000 – 10000	52	86.7
	b) 11001 – 15000	5	8.3
	c) > 15000	3	5
9	**Number of siblings**		
	a) 1	26	43.3
	b) 2	18	30
	c) 3	10	16.7
	d) > 3	4	6.7
	e) None	2	3.3
10	**Family history of premenstrual syndrome**		
	a) Present	48	80
	b) Absent	12	20
11	**Previous knowledge about premenstrual syndrome**		
	a) Yes	45	75
	b) No	15	25

Frequency and percentage wise distribution of level of attitude regarding premenstrual syndrome among adolescent girls.

(N = 60)

LEVEL OF KNOWLEDGE	FREQUENCY (n)	PERCENTAGE (%)
UNFAVOURABLE	0	0
MODERATELY FAVOURABLE	15	25
FAVOURABLE	45	75
Total	60	100
Mean$\pm$Standard deviation	70.10+6.265	

Association between the levels of attitude regarding premenstrual syndromeamong adolescent girl with their selected demographic variables.

V.   RECOMMENDATION AND CONCLUSION:
 CONCLUSION
         This study was a preliminary effort that focused on assessing the attitude regarding premenstrual syndrome among adolescent girls. A non-experimental descriptive research design was used in this study. The data was collected from 60 samples. The conclusions drawn in this study from descriptive data of subjects were as follows

The study reveals that among 60 adolescent girls majority of the adolescent girls 45(75%) had favorable level of attitude and 15(25%) had moderately favorable level of attitude regarding premenstrual syndrome.

NURSING IMPLICATION
✓   The present study can help the adolescent girls in Government Girls Higher Secondary School Thiruvandarkovil to enrich their attitude towards premenstrual syndrome.
✓   The findings of the study has implication for Nursing administration, Nursing service, Nursing research and Nursing education.
NURSING ADMINISTRATION
✓   The nurse administrator should take active participation in making necessary policies to implement the nursing care services related to attitude towards premenstrual syndrome among adolescent girls.
NURSING SERVICES
✓   Nurse as a counsellor and educator should provide adequate counselling regarding attitude towards premenstrual syndrome among adolescent girls. Nurse should be polite and approachable in communicating with others.

NURSING EDUCATION
✓   Adolescent girls should be provided with adequate knowledge regarding attitude towards premenstrual syndrome
✓   Nursing educator should strengthen the evidence based nursing practices among the undergraduate and postgraduate nursing students.

NURSING RESEARCH
✓   The findings of the study help the nurses and nursing students to develop the inquiry by providing baseline. The general aspects of the study result can be made by further replication of the study.
✓   Different studies have to be conducted in future to evaluate the attitude of premenstrual syndrome among adolescent girls.

✓ The researcher should conduct periodic review of research findings and disseminate the findings through conferences, seminars, publications in journals and in the world wide

RECOMMENDATION

Based on findings of the present study, the following recommendation have been made,

1.The study can be conducted with the experimental research design.

2.The same study can be done in community setting for assessing the attitude regarding premenstrual syndrome among adolescent girls residing at community area.

3.The same study can be conducted in various school settings.

4.The study can be replicated with larger samples for better generalization.

5.The study can be implemented at the various states of India.

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