

A Descriptive Study to Assess the Knowledge Among Female Nursing Students on Premenstrual Syndrome in Selected Nursing Schools, Sri Muktsar Sahib, Punjab.

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Abstract

Background: PMS happens in the days after ovulation because estrogen and progesterone levels begin falling dramatically. **Objectives:** To assess the knowledge among female nursing students on premenstrual syndrome in selected nursing schools.

To find out an association of premenstrual syndrome with selected socio demographic variables.

Material and Methods: The sample of the study comprised of 100 GNM 3rd year students aged between 19 to 22 years. A descriptive research design was adopted to conduct the study. Samples were selected by convenience sampling technique. A self-structured questionnaire was administered to evaluate the knowledge on premenstrual syndrome. **Result:** The findings of the study revealed that out of 100 samples, 9 samples that is 9% have poor knowledge, 27 samples that is 27 % have good knowledge, 64 samples that is 64% are having excellent knowledge. The study reveals that there is association between the demographic characteristics like Age, Gender, Religion, Area of residence, Father education, Mother education, Father occupation, Mother occupation, Monthly income of family. The mean level of knowledge regarding premenstrual symptom and its management among GNM 3rd students is 19.45 (SD± 5.39) respectively. The overall mean percentage of the knowledge score is 72.04%.

Keywords: Assess, knowledge, Premenstrual Syndrome, GNM 3rd students, Nursing schools.

INTRODUCTION

Premenstrual syndrome refers to a wide range of physical or emotional symptoms that typically occur about 5 to 11 days before a woman starts her monthly menstrual cycle. PMS happens in the days after ovulation because estrogen and progesterone levels begin falling dramatically.

Premenstrual syndrome may be related to socio culture, biological and psychological factors. Premenstrual syndrome is a set of physical, behavioural or emotional symptoms. The most common emotional and mood-related symptoms of PMS include depression, irritability, tension, crying, hypersensitivity and mood swings with alternating sadness and anger. Physical discomfort include abdominal pain, cramps, fatigue, bloating, breast tenderness, acne and increased weight. Behavioural symptoms include mood swings, food cravings, poor concentration, social withdrawal, forgetfulness and decreased motivation.

OBJECTIVES

1. To assess the knowledge among female nursing students on premenstrual syndrome in selected nursing schools.
2. To find out an association of premenstrual syndrome with selected socio demographic variables.

METHODOLOGY

Research Approach and design: Quantitative research approach and descriptive research design was used

Research setting: This study was conducted in selected Nursing school, Sri Muktasir sahib, Punjab, India.

Target population: The target population was female nursing students in the age group of 19-22 years.

Sample and Sampling technique: The sample size for the present study was 100 female nursing students selected by convenience sampling technique. students were selected on the basis of inclusion and exclusion criteria from selected nursing schools, Sri Muktsar Sahib, Punjab, India.

Criteria for sample selection

Inclusion criteria

Female students who

- were available at the time of data collection.
- were willing to participate in the study.

Exclusion criteria

Female students who

- were students having any other problem such as PCOD, ovarian cyst.
- were absent during the period of data collection.

Description of tool

The tool used consists of 2 sections as per following:

Section A: It included items related to Socio Demographic characteristics of sample like Age, Gender, Religion, Area of residence, Father education, Mother education, Father occupation, Mother occupation, Monthly income of family etc.

Section B: Self-structured knowledge Questionnaire was used to assess the knowledge of female nursing students regarding premenstrual syndrome. It consists of 27 multiple choice questions. Each correct response was awarded one mark, while incorrect or unanswered response was scored 0. Scores were interpreted as follows:

follows:

- 0-9 %: Poor
- 10-18%: Good
- 19-27%: Excellent

Validity of the tool: The tool underwent validation by diverse experts, including nursing professionals in the relevant fields. They assessed its relevance, accuracy, and appropriateness. Their feedback guided modifications and rearrangements for enhancement.

Reliability of the tool: The reliability of the instrument was estimated by using mean, median and SD. The reliability value of the knowledge tool was 72.04 and it was found statistically reliable for the study.

Data collection procedure: After obtaining permission from concerned nursing school authorities, data collection was done in February 2025. Informed written consent was obtained from study subjects

regarding their willingness to participate in the study. After explaining the basic details of the study, questionnaires were distributed to the sample and data collection was done.

Ethical consideration: Written permission was obtained from concerned nursing school authorities. Then an approval to conduct the study was obtained from institutional ethical committee. Informed consent was obtained from study sample.

DATA ANALYSIS AND INTERPRETATION

Table 1. Frequency and Percentage distribution of female students according to Socio-Demographic Variables.

Variables	Opts	Percentage(%)	Frequency(f)
Religion	Sikh	92%	92
	Hindu	8%	8
	Muslim	0%	0
Gender	Male	0%	0
	Female	100%	100
Age	19 year	1%	1
	20 year	58%	58
	21 year	32%	32
	22 year	9%	9
Area of residence	Urban	23%	23
	Rural	77%	77
Fathers education	Illiterate	40%	40
	Matric pass	34%	34
	Secondary pass	23%	23
	Graduate or post graduate	3%	3
Mothers education status	Illiterate	57%	57
	Matric pass	24%	24
	Secondary pass	18%	18
	Graduate or post graduate	1%	1
Fathers occupation	Farmer	61%	61
	Businessman	5%	5
	Government employee	2%	2
	Other	32%	32
Mothers occupation	Homemaker	92%	92
	Private employee	2%	2
	Government employee	1%	1
	Other	5%	5
Monthly income of family	<20,000	91%	91
	<40,000	4%	4
	<50,000	5%	5
	<60,000	0%	0

Table 2 Frequency and percentage distribution of female students according to level of knowledge regarding premenstrual syndrome.

CRITERIA MEASURE OF KNOWLEDGE SCORE		
LEVEL OF SCORES N= 100	PERCENTAGE	FREQUENCY
EXCELLENT KNOWLEDGE.(19-27)	64.0%	64
GOOD KNOWLEDGE.(10-18)	27.0%	27
POOR KNOWLEDGE.(0-9)	9.0%	9

Maximum =27 Minimum=0

Table 3 Mean knowledge score of female students regarding premenstrual syndrome

N= 100

DESCRIPTIVE STATISTICS	Mean	Median	S.D.	Maximum	Minimum	Range	Mean %
KNOWLEDGE SCORE	19.45	22	5.39	24	5	19	72.04

Maximum=27 Minimum=0

Association of level of knowledge of female students regarding PMS with socio demographic variables

There was no significant association of level of knowledge among female students regarding PMS with any of the socio - demographic variables.

RECOMMENDATIONS

The present study recommended that large sample can be included in the study for the purpose of generalization. Correlation with knowledge, attitude, and practices of adolescent girls regarding PMS can be done. In future Interventional studies can also be carried out .

DISCUSSION

In the current study , the results shown that majority of the The findings of the study revealed that out of 100 samples 9% had poor knowledge and while 27 % had good knowledge and 64% are having excellent knowledge.regarding PMS. According to result findings the maximum number of female students (64%) had excellent knowledge regarding the management of PMS, whereas 9% of adolescent girls had poor knowledge regarding PMS.

CONCLUSION:

The findings of the present study shown that knowledge on premenstrual syndrome among female students was adequate in most of the participants. Therefore, self-instruction questionnaire was given to female students to enhance knowledge.

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