

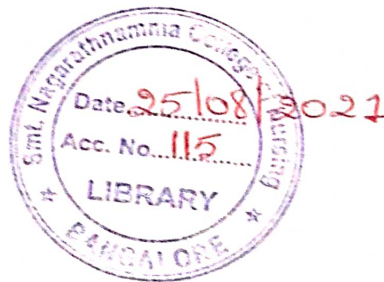
**ASTUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE  
REGARDING PRE MENSTRUAL SYMPTOMS AMONG FEMALE  
NURSING STUDENTS AT SMT. NAGARATHNAMMA COLLEGE  
OF NURSING**

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## ABSTRACT

### BACKGROUND OF THE STUDY

Every month, more than 350 million women and girls in India are uncomfortable, ashamed and unsafe. Menstruation has physical, emotional, psychological and behavioural symptoms.

Female constitute more than half of the population of the world among which adolescent girl constitute 1/5<sup>th</sup> of the female population in the world. The purpose of the study was to analyse the frequency and severity of PMS in a sample of young female students.

The present study was conducted to study the sociodemographic characteristics of adolescent school girls, to estimate the proportion of PMS among them and to find out factors associate to PMS

### OBJECTIVES OF THE STUDY

#### GENERAL OBJECTIVES

To determine the knowledge and attitude regarding PMS

#### SPECIFIC OBJECTIVES

- To assess the stress experienced by 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> year female nursing students.
- To describe severity of physical, emotional stress.
- To develop and disseminate information.

#### Method:

Non-experimental study with descriptive design was adopted for the present study. The sample consisted of all the adolescent girls and selected using probability sampling technique i.e. lottery method of simple random sampling. This study was conducted in Smt. Nagarathnamma College of Nursing, Bangalore. The data was collected using questionnaires to assess the knowledge and attitude regarding PMS.

### RESULT

Among the total student of 100, having the mean age 19-22, 54% of girls reported to have PMS. Out of the affective symptoms in ACOG criteria depression was by 45%, anger by 61%, irritability by 88%, anxiety by 51%, confusion by 46%, breast pain by 22%, abdominal distension by 38%.

Hence, 54% had moderate symptoms, 26% had severe symptoms, 10% had mild symptoms and remaining 10% had no any symptoms.

### INTERPRETATION AND CONCLUSION

Proper medical care and psychological counselling should be sought earlier for increased blood flow during menstruation and dysmenorrhoea to get rid of PMS in adolescent girls.

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