

**“A study to assess the effectiveness of structured teaching programme on knowledge regarding management of dysmenorrhea among 1<sup>st</sup> year B.Sc. nursing students of Smt. Nagarathnamma College of nursing, Bengaluru.”**



**By**

**Mr. Muhammed Saeed M.S**

**Mr. Mohamed Shahad Shihab**

**Mr. Athul Lal**

**Mr. Adhil M.P**

**I Year B.Sc. Nursing (2023-2027)**

**Research project submitted to  
Smt. Nagarathnamma College of Nursing**

**Under the guidance of**

**Ms. Geeta K.M**

**Assistant Professor**

**Department of Obstetrics and Gynaecological Nursing**

**Smt. Nagarathnamma College of Nursing**

**Acharya Institute, Dr. Sarvepalli Radhakrishnan Road**

**Soldevanahalli, Bengaluru-560107**

**2024**



**BY`**

**Mr. Muhammed Saeed M.S**

**Mr. Mohamed Shahad Shihab**

**Mr. Athul Lal**

**Mr. Adhil M.P**

**Dissertation submitted to the  
RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES,  
BENGALURU, KARNATAKA**

**In partial fulfilment of the requirement for the degree of  
BACHELOR OF SCIENCE IN NURSING**

**Under the guidance of  
Ms. Geeta K.M  
Assistant Professor  
Department of Obstetrics and Gynaecological Nursing  
Smt.Nagarathnamma College of Nursing  
Bengaluru - 560107  
2020 – 2024**

## DECLARATION BY CANDIDATES

I hereby declare that this project entitled “A study to assess the effectiveness of structured teaching programme on knowledge regarding Management of Dysmenorrhea among 1<sup>st</sup> year B.Sc. nursing students Smt.Nagarathamma college of nursing , Bengaluru.” is a bonafide and genuine research work carried out by Mr. Muhammed Saeed M.S, Mr. Mohamed Shahad Shihab, Mr. Adhil M.P, Mr. Athul Lal, the guidance of Ms. Geeta K.M Assistant Professor, Department of Obstetrics and Gynaecological Nursing, Smt. Nagarathamma College of Nursing, 69/80, Acharya Dr Sarvepalli Radhakrishnan Road, Soladevanahalli, Bangalore-560107.

Date:

Signature of the Candidates,

Place: Bengaluru

Mr. Muhammed Saeed M.S - 20s9626

Mr. Mohamed Shahad Shihab - 20s9616

Mr. Athul Lal - 20s9589

Mr. Adhil M.P - 20s9989

## **CERTIFICATE BY THE GUIDE**

This is to certify that this project work entitled **“A study to assess the effectiveness of structured teaching programme on knowledge regarding Management of Dysmenorrhea among 1<sup>st</sup> year B.Sc. nursing students of Smt. Nagarathamma college of nursing, Bengaluru.”** is a bonafide and genuine research work carried out by **Mr. Muhammed Saeed M.S, Mr. Mohamed Shahad Shihab, Mr. Adhil M.P, Mr. Athul Lal** in partial fulfilment of the requirement for basic BSc.Nursing.

Date:

Signature of the Guide

Place: Bangalore

## **ENDORESEMENT BY THE PRINCIPAL**

This is to certify that the research project entitled “**A study to assess the effectiveness of structured teaching programme on knowledge regarding Management of Dysmenorrhea among 1<sup>st</sup> year B.Sc. nursing students of Smt. Nagarathamma college of nursing, Bengaluru.**” Is a bonafide research work done by **Mr. Muhammed Saeed M.S, Mr. Mohamed Shahad Shihab, Mr. Adhil M.P, Mr. Athul Lal** as a partial fulfilment of the requirement for degree Bachelor of Science in Nursing under the guidance of Ms. Geeta K.M Assistant Professor Department of Obstetrics and Gynaecological Nursing, Smt. Nagarathamma College of Nursing.

Date:

Signature of Principal,

Place: Bengaluru

Prof. Devi Nanjappan

Smt.Nagarathamma College of Nursing

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## ACKNOWLEDGEMENTS

### “Glory to the GOD Almighty”

With a great sense of appreciation, we take this opportunity to express our sincere gratitude to all around us who have contributed towards the successful completion of this research project. Above all, we are grateful to the Almighty for his blessings throughout the study.

We are deeply privileged and greatly honoured to express our gratitude to **Professor Devi Nanjappan**, Principal of Smt. Nagarathamma College of Nursing, Bengaluru, for the constant support and encouragement in helping to complete our research study.

Our sincere and whole hearted gratitude to our guide **Ms. Geeta K.M** Assistant Professor, Department of Obstetrics and Gynaecological Nursing, of Smt. Nagarathamma College of Nursing, for her invaluable support and guidance in enlightening us with various ideas while doing this project. We extend our gratitude to all the Teachers of Smt. Nagarathamma College of Nursing for their valuable suggestions and corrections, which helped us a lot in the improvement of research project.

Our heartfelt thanks to all study participants who willingly participated in our study without whom we would not have been able to completed this study. We would like to thank all experts for validating the tool and for their valuable suggestions, and we would also like to thank all the non-teaching faculty members for their supports during our study periods.

We will forever remain grateful to our entire family, and my friend Mr. Vishwas Reddy who constantly motivated us to chase our dreams and aspirations. We thank them with our whole heart for this endless patience, quiet understanding, constant support, motivation, and encouragement which enabled us to complete the study successfully.

Date:

Signature of the candidates,

Place: Bangalore

Mr. Muhammed Saeed M.S – 20s9626

Mr. Mohamed Shahad Shihab – 20s9616

Mr. Athul Lal – 20s9589

Mr. Adhil M.P – 20s9989

## RESEARCH ABSTRACT

### **Statement of the problem:**

**“A study to assess the effectiveness of structured teaching programme on knowledge regarding Management of Dysmenorrhea among 1<sup>st</sup> year B.Sc. nursing students of Smt. Nagarathamma college of nursing, Bengaluru.”**

### **Background and Objectives of the study:**

The aims of this study were to assess the prevalence and management of dysmenorrhea and to determine the impact of dysmenorrhea on the quality of life of medical students.

The aim of this study was to determine the impact of dysmenorrhea on the quality of life of medical students. Other objectives were to evaluate the prevalence and management of dysmenorrhea among students, as well as the evaluation of menstrual pain and its effect on daily activities.

Dysmenorrhoea is common problem among adolescents worldwide. Its prevalence varies greatly in different populations and ethnic groups. Adolescents with severe dysmenorrhoea may miss classes and other social activities. The aim of this study was to determine the prevalence and coping strategies for dysmenorrhoea among 1<sup>st</sup> year Bsc nursing students.

The high prevalence of dysmenorrhea among adolescents (50%–70%), especially in the 1st year of their reproductive life influences their daily activities, and is thus a major public health problem.

This study was undertaken to assess the effectiveness of structured teaching program on knowledge regarding Management of Dysmenorrhea among 1<sup>st</sup> year B.Sc. nursing students at Smt. Nagarathamma college of nursing, Bengaluru.

The objective of “A study to assess the effectiveness of structured teaching programme on knowledge regarding Management of Dysmenorrhea among 1<sup>st</sup> year B.Sc. nursing student of Smt. Nagarathamma college of nursing, Bengaluru.”

- To assess the existing knowledge regarding Management on Dysmenorrhea among 1<sup>st</sup> year B.Sc. nursing students of Smt. Nagarathamma college of nursing at Bengaluru.



- To evaluate the effectiveness of structured teaching programme on knowledge regarding Management of Dysmenorrhea among 1<sup>st</sup> year B.Sc. nursing student of Smt. Nagarathamma college of nursing at Bengaluru.
- To find an association between post-test knowledge score regarding Management of Dysmenorrhea and selected socio-demographic variables among 1<sup>st</sup> year B.Sc. nursing students of Smt. Nagarathamma college of nursing at Bengaluru.

**RESULT:**

There was significant improvement in the knowledge of students following the administration of structured teaching program of Management of Dysmenorrhea.

**CONCLUSION:**

The present study was attempted to assess knowledge regarding Management of Dysmenorrhea. The study finding showed that the post test score was higher than pre-test score and was concluded that structured teaching program on Management of Dysmenorrhea was effective.

**Key words:** Effectiveness, structured teaching program, Management of Dysmenorrhea.