A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND PRACTICE OF PREMENSTRUAL SYNDROME AMONG ADOLESCENT GIRLS IN SELECTED SCHOOLS OF AMRITSAR, PUNJAB

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ABSTRACT
Menstruation is a normal physiological process in each in each girl’s life. It is a monthly uterine bleeding for 3-5 days after every 28 days from puberty till menopause. A change in mood, behaviour and appearance are some of vague symptoms often noticed in the second half of cycle. But if the symptoms are severe enough to disturb lifecycle of women or require medical help, it is called premenstrual syndrome. India has one of the fastest growing youth population in the world with an estimated 190 million adolescent girls below 19 years of age, comprise one quarter of India rapidly growing population. During this period of adolescence, individuals move toward physical and psychological maturity and acquire their adult identity and therefore require special attention and care to cope up with the problems like PMS. For the present study Non-experimental approach and descriptive research design was used. The setting of the study was Dashmesh Parivar School, Amritsar. The Population of present study was adolescent girls. Study was conducted on 100 adolescent girls from Dashmesh parivar school, Amritsar (Punjab) who were selected by using purposive sampling Technique. A self-structured questionnaire was proposed to assess the knowledge and practices. Results revealed that majority 52% adolescent girls were from age group 12-14 years. Maximum 62% belonged to low income group and majority were from nuclear family. Mostly girls got information regarding PMS from family members. Most of girls 79% were having average knowledge and maximum 69% were having good practice related to PMS. There was no significant relationship between knowledge and practice. There was significant association of knowledge with socio demographic variables.

KEYWORDS: Descriptive study, premenstrual syndrome, adolescent girls.