



ISSN: 0976-3031

Available Online at <http://www.recentscientific.com>

CODEN: IJRSFP (USA)

International Journal of Recent Scientific Research  
Vol. 8, Issue, 8, pp. 20088-20090, August, 2017

**International Journal of  
Recent Scientific  
Research**

DOI: 10.24327/IJRSR

## Research Article

### A STUDY TO ASSESS STRESS EXPERIENCES DURING THE MENSTRUATION AMONG SCHOOL GOING ADOLESCENT GIRLS IN SELECTED SCHOOLS OF PUNE CITY

Manisha Gadade., Bhuvnesh Patidar., Priti Chandane and Harshada Chavan

BVDU College of Nursing Pune

DOI: <http://dx.doi.org/10.24327/ijrsr.2017.0808.0823>

#### ARTICLE INFO

##### Article History:

Received 17<sup>th</sup> June, 2017  
Received in revised form 12<sup>th</sup>  
July, 2017  
Accepted 04<sup>th</sup> August, 2017  
Published online 28<sup>th</sup> September, 2017

##### Key Words:

Stress Experiences, Menstruation,  
School Going Adolescent Girls.

#### ABSTRACT

**Introduction:** India has one of the fastest growing youth populations in the world, with an estimated 190 million adolescents. Girls below 19 yrs of age comprise one quarter of India's rapidly growing population. Adolescence is the period of transition from childhood to adulthood. One of the physiological changes that takes place in adolescent girl is onset of menarche which is usually associated with a number of conditions among which is stress, an usually experienced by the young girl. **Aim and Objective.** A study to assess stress experiences during the menstruation among school going adolescent girls in selected schools of pune city. To assess the Stress experienced during menstruation among the school going adolescent girls. To associate the findings with the selected demographic data

**Method:** In this present study the researcher selected An Exploratory Non-Experimental design. Keeping in the view objectives of the study, the researcher observed the groups during the treatment. The sample was selected from the English medium School of Pune city. Responses to the structured questionnaire covering various stress (physiological and psychological) symptoms were obtained from 150 participants. The participants were of age group ranging from 11 years and 16 years.

**Results:** It was found that out of the 150 participants, 46.6% of the adolescent school going girls are showing the moderate/average level of stress (physiological & psychological) experiences and 43.3 % of the adolescent school going girls are showing the mild /low level of stress (physiological & psychological) experiences. 10.1% of the adolescent school going girls are showing the severe/high level of stress (physiological & psychological) experiences. **Conclusion:** The study shows that there is significant difference in the level of stress in percentage distribution among the adolescent girls. Since there are reports of stress experiences hampers the daily routines, as seen in the study it is essential that awareness programmes need to be conducted to address the importance of managing the issues by pharmacological and non-pharmacological methods.

Copyright © Manisha Gadade *et al*, 2017, this is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution and reproduction in any medium, provided the original work is properly cited.

#### INTRODUCTION

Adolescence is the period of transition from childhood to adulthood (puberty) to the completion of physical growth. The teenage years are also called adolescence. Some adolescents may experience these signs of maturity sooner or later than others. Stress is a very uneasy feeling that we all go through in our life.

The problem arises when the adolescents are unable to cope with stressful situations and end-up themselves in the distressed state of mind. This is a crucial, stressful yet fascinating period in an individual's life. It is characterized by physical, psychological and social change, transformation and maturation from childhood where intense readjustment to the self, family, school, work and social life has to be made.

Keeping these issues in mind the present exploratory study was undertaken to assess the level of stress of school going adolescent girls regarding menstruation.

#### Objectives

The objectives of the study were:

1. To assess the Stress experienced during menstruation among the school going adolescent girls.
2. To associate the findings with the selected demographic data.

#### METHOD

In this present study the researcher selected An Exploratory Non-Experimental design. Keeping in the view objectives of the study, the researcher observed the groups during the

\*Corresponding author: Manisha Gadade  
BVDU College of Nursing Pune

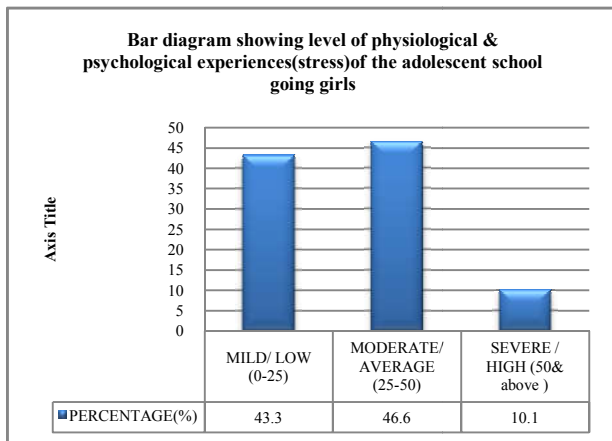
treatment. The sample was selected from the English medium School of Pune city. Responses to the structured questionnaire covering various stress (physiological and psychological) symptoms were obtained from 150 participants. The participants were of age group ranging from 11 years and 16 years.

The content validity was determined by experts from Obstetrics & Gynaecology, Mental Health Nursing. The reliability of the tool was done by test-retest method and was found to be 0.98 by using Karl Pearson's correlation coefficient formula. The pilot study was conducted on 15 adolescent girls (11-16 years) of age of Dnyanankur English Medium School and junior college, Pune to fulfil the criteria. Questionnaire was prepared for the data collection. And it was found feasible to conduct as no major problem faced.

For the main study the formal permission was obtained by writing an application to the school principal of Pride English medium school Ambegaon Budruk Pune-43. The actual study was conducted on 150 sample of Pride English Medium School. Data collection was done from 28<sup>th</sup> August 2016.

## RESULTS

Frequency, Percentage distribution showing the stress experienced during menstruation among adolescent school going girls of selected schools of Pune city. , 46.6% of the adolescent school going girls are showing the moderate/average level of stress (physiological & psychological) experiences and 43.3 % of the adolescent school going girls are showing the mild /low level of stress (physiological & psychological) experiences.10.1% of the adolescent school going girls are showing the severe/high level of stress (physiological & psychological) experiences.



Demographic Data	CHI Square	P Value	Significance
1. Age In Years:	5.876	0.209	Not associat
2. Age of Menarche:	1.113	0.892	Not associated
3. Duration of Menstruation :	9.741	0.045	Associated
4. Regularity of Menstrual Cycle:	2.469	0.291	Not associated
5. Frequency of Menstrual Cycle:	14.338	0.006	Associated
6. Amount of Menstrual Bleeding:	10.936	0.027	Associated

Association of the stress experienced during menstruation with the demographic data.

Descriptive statistics chi square test and p value was calculated to find the association of the stress experienced during menstruation with the demographic data.

1. Association of the stress experienced during menstruation with the duration of cycle since its "p" value is 0.045.
2. Association of the stress experienced during menstruation with the frequency of cycle since its "p" value is 0.006.
3. Association of the stress experienced during menstruation with the amount of bleeding since its "p" value is 0.027.

So there is significant association between these demographic data and stress experienced.

Recommendations were made based on the finding of the present study. A similar study may be replicated on a large sample there by finding can be generalized for a large. A study may be conducted to assess the effects of lifestyle modifications on the stress experienced among the populations. A study may be conducted to assess the home remedies used among the populations to manage stress during menstruation.

## CONCLUSION

The study shows that there is significant difference in the level of stress in percentage distribution among the adolescent girls. Since there are reports of stress experiences hampers the daily routines, as seen in the study it is essential that awareness programmes need to be conducted to address the importance of managing the issues by pharmacological and non-pharmacological methods.

## Reference

### Book Reference

1. Parthasarathy. A Text book of pediatrics. 2<sup>nd</sup> edition. jaypee Brothers (p) New Delhi; 2002; 38-40.
2. Kolf.e, Rierdan. Early adolescent girls understanding of menstruation. *Journal of women health*. 1995; v 22(4); 1-21.
3. Basavanthappa B.T. The text book of community health nursing. 1<sup>st</sup>edition. Jaypee Brothers (p). New Delhi: 1998; 205-206.
4. Dawn C.S. The text book of gynecology. The dawn books (p): Calcutta. 1982; 234.

### Journal Reference

5. Mohammad poureslam. Project (online): 2001 Nov; (cited 2001 Nov) available From: URL: <http://www.ams.ac.ir/Aim/0254/0254219.htm>.32k.
6. Dasgupta. A, Sarkar. Menstrual hygiene; how hygienic is the adolescent Girl. *Indian Journal of community medicine*. 2008; v 33(2); 77-80.
7. Rembeck G.I, Moller. M. Attitudes and feelings towards menstruation and womanhood in girls at menarche. *Journal of pediatrics*. 2006; v (95);
8. Ei-Gilany .AH, Badawi, Karima. Reproductive health matters. 2005; V 13(26); 147-152.

9. Shukla. Working on menstruation with girls in Mumbai, India. Vacha Women's resource centre equals.2005: v (15); 4-5.
10. Krick. J, Sommner.M. Menstruation and body awareness, critical issues for girls on education. 2005: v (15); 4-5.707-714.
11. Bista. M.B. A review of research literature on girl's education in Nepal. *Journal of medical sciences*. 2004.
12. Trinoye. Ogunghomi. A. Menstruation: knowledge attitude and practices of students in Nigeria. *Journal of Medical Sciences*. 2003: v 12(1); 43-51.
13. Parwej.S, kumar, agarwal A.k. Reproductive health education international trial. *Journal of pediatrics India*. 2005: v (72); 287-291.
14. Turkan, Turan. Determination of knowledge and practices about Menstruation. (Online) 2003.
15. Rajashree R. Kamble. A study to assess the knowledge and practice of menstruation and menstrual hygiene among school girl. *Journal of sch*. 2001: v 75 (3); 89-99.

**How to cite this article:**

Manisha Gadade *et al.*2017, A Study to Assess Stress Experiences During The Menstruation Among School Going Adolescent Girls In Selected Schools of Pune city *Int J Recent Sci Res*. 8(9), pp. 20088-20090.  
DOI: <http://dx.doi.org/10.24327/ijrsr.2017.0809.0823>

\*\*\*\*\*