



Journal Homepage: - www.journalijar.com

INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/13833

DOI URL: <http://dx.doi.org/10.21474/IJAR01/13833>



RESEARCH ARTICLE

A PRE EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF GROUP DISCUSSION ON KNOWLEDGE REGARDING PREMENSTRUAL SYNDROME AMONG STUDENTS AT SELECTED COLLEGE, DEHRADUN

Chetna Singh, Leena Bhadur, Sateesh Kumar, Rebecca Pretti

Manuscript Info

Manuscript History

Received: 29 September 2021

Final Accepted: 31 October 2021

Published: November 2021

Abstract

Copy Right, IJAR, 2021,. All rights reserved.

Introduction:-

You probably get some signs that your period is coming. For most women, it's no big deal -- maybe tender breasts or a taste for sweets. But for others, the days before their period are harder. If it messes with your daily life, you might have premenstrual syndrome (PMS). Period is a natural part of your life. And you can do anything you would do any other time of the month. If PMS is a problem for you, there are ways to manage it. PMS is a group of changes that can affect you on many levels. They can be physical, emotional, or behavioral. The changes come 1 to 2 weeks before your period. Once your period starts or soon after it starts, they'll go away.

Problem statement

"A pre experimental study to assess the effectiveness of group discussion on knowledge regarding premenstrual syndrome among students at selected college, Dehradun".

Aim

To assess the knowledge regarding premenstrual syndrome among students at selected college, Dehradun.

Objectives of the study:-

1. To assess the knowledge regarding premenstrual syndrome among students.
2. To determine the effectiveness of group discussion on knowledge regarding premenstrual syndrome among students
3. To find out association between the post-test level of knowledge regarding premenstrual syndrome and their selected demographic variables among students.

Methodology:-

A quantitative research approach was used to used. The research design was descriptive design; the setting was at Shri S.G.R.R College of Nursing, Patel Nagar, and Dehradun. Nonprobability convenience sampling technique was used and samples. Sample size is 50. The information gathers on premenstrual syndrome through multiple choice methods. The research tool consisted of 2 sections, section A is demographic variables and section B is related to knowledge regarding question from premenstrual syndrome. The data was collected by using self-administrative

method and intervention administered in three session on every alternative days. The conceptual frame work was based on system of model theory.

Results:-

Majority 74% of samples are aged between 19-21 years. 56% of samples have no sister. 68% belongs to Hindu religion 56% of sample belong to rural area, 88% of sample is unmarried. 78% of sample started their menarche at the age of 14-17 years. 52% of sample belongs to nuclear 44% of sample has more than 20,000. 34% educational status of fathers are graduation and above. 34% occupation of father is government employee.30% educational status of mothers is having formal education.34% occupation of father is government employee.70% occupation of mothers is homemaker. IN the study the mean posttest knowledge score of students was significantly higher than the mean pretest scores. The calculated “t” value is 6.697 was more than the table value at 0.5 level of significance. There is no significance association between level of knowledge regarding premenstrual syndrome with age, no of sister, residence, religion, marital status, type of family, monthly income, father’s education, fathers’ occupation, mother education, and mother occupation at significance level 0.05.

Recommendation:-

1. The same study can be repeated with large samples
2. The study can be done in adolescents who are studying in Shri Guru Ram Rai School.
3. An experimental study could be conducted to find out an effective way of imparting education regarding premenstrual syndrome among students.

Conclusion:-

The study concludes that the knowledge regarding premenstrual syndrome among students was found 50% excellent.

Chapter IV

Data Analysis And Interpretation

This chapter deals with the data analysis and interpretation collected to assess the effectiveness of group discussion on knowledge regarding Premenstrual syndrome among students at selected college, the purpose of the this analysis is to reduce a data to a manageable and interpretable form so that the research problem can be studied and tested.

Objectives of the study:-

1. To assess the pre-test level of knowledge regarding Premenstrual syndrome among students.
2. To evaluate the effectiveness of group discussion on premenstrual syndrome.
3. To determine the association between posttest level of knowledge with their demographic variables regarding premenstrual syndrome among students.

Hypotheses:

H₁- There is a significant difference between mean pre-test and post-test knowledge score on Premenstrual syndrome among students.

H₂- There is a significant association between the post-test knowledge on premenstrual syndrome among students with selected demographic variables.

The organization of data for analysis:

In descriptive statistics mean, mean percentage and standard deviation were used for analyzing the distribution of respondents according to their demographic characteristics i.e. age, no of sisters, religion, residence, marital status, family income, family type, father education, father occupation, mother education, mother occupation, previous knowledge.

Chi-square test was employed to associate demographic characteristics between respondents level of knowledge. Paired t-test was employed to compare the pre-test and the post-test mean score of knowledge of respondents.

The results of the study were shown in the form of tables and figures. The level of significance selected for the study was p<0.05 level.

The analyzed data were organized according to the objectives and presented under the following sections.

Section I: Frequency and percentage distribution of respondents according to demographic variables.

Section II: Frequency and percentage distribution of pre-test and post-test knowledge level.

Section III: Mean, standard deviation and Paired t test value of pre-test and post-test knowledge.

Section IV: Association between post-test levels of Knowledge on PMS with their demographic variables.

Section I: Frequency and percentage Distribution of respondents according to their demographic variables.

The section deals about the distribution of demographic variables of subjects according to frequency and percentage; the details are given in the following table:

Table 4.1:- Frequency and percentage distribution of sample is according to their selected demographic variables. N=50.

S. No.	Variables	Frequency (f)	Percentage %
1	Age in years:		
	• 17-18 years	10	20%
	• 19-21 years	37	74%
	• Above 21 years	3	06%
2	No. of sisters:		
	• None	25	50%
	• One	18	36%
3	Class		
	• BSc nursing first year	50	100%
3	Religion:		
	• Hindu	34	68%
	• Muslim	6	12%
	• Sikh	2	4%
	• Christian	8	16%
	• Other	0	0%
4	Residence:		
	• Urban	22	44%
5	Marital status:		
	• Married	6	12%
	• Unmarried	44	88%
6	Age of menarche		
	• 9-13	11	22%
	• 14-17	39	78%
7	Type of family		
	• 18-above	0	0%
	• Joint family	16	32%
	• Nuclear family	26	52%
	• Extended family	8	16%

8	Family income		
	• 5001-10,000	6	12%
	• 10,000-15,000	8	16%
	• 15001-20'000	14	28%
	• More than 20,0001	22	44%
9	Father's Educational		
	• No formal education	3	6%
	• Primary education	5	10%
	• Secondary education	16	32%
	• Senior secondary	9	18%
	• Graduation & above	17	34%
10	Father's occupation		
	• Unemployed	8	16%
	• Daily wages	15	30%
	• Business	10	20%
	• Private employee	7	34%
11	Mother's Educational		
	• No formal education	15	30%
	• Primary education	11	22%
	• Secondary education	9	18%
	• Senior secondary	7	14%
	• Graduation & above	8	16%
12	Mother's occupation		
	• Homemaker	35	70%
	• Daily wages	3	6%
	• Business	2	4%
	• Private employee	10	20%
	• Government employee		
13	Previous knowledge		
	• Yes		
	• No	50	100%

Table 4.1:- depicts the demographic data details so according their age in years depicts majority of the respondents 74%(37) were in the age group between 19-21 years, 20%(10) were in the age group 17-18,6% (3) were in the age group above 21.

Highly distribution in percentage of students in relation to their No of sisters depicted that majority of the respondents 50% (25) have no sisters, 36% (18) have one sister, and 14% (7) have more than one.

More distribution in percentage of students in relation to their religion depicted that majority of the respondents 68% (34) were hindu, 16% (8) were christian, 12% (6) were muslims, and 4% (2) were sikh.

Majority distribution in percentage of students in relation to their residence of the respondents 56% (28) were from rural, 44% (22) were from urban.

Maximum distribution in percentage of students in relation to their marital status of the respondents 88% (44) were unmarried, 12% (6) were married.

Highly distribution in percentage of students in relation to their age of menarche that majority of the respondents 78% (39) were in the age group between 14-17years, 22% (11) were in the age group between 9-13 years.

Students in relation to their types of family that majority of the respondents 52% (26) comes under nuclear family, 32% (16) comes under joint family, 16% (8) comes under extended family.

More distribution in percentage of students in relation to their family income per month that majority respondents 44% (22) earn more than 20,000 per month, 28% (14) earn 15,000-20,000 per month, 16% earn 10,000-15,000 per month, 12% (6) earn 5001-10,000 per month.

Maximum distribution in percentage of students in relation to their father education that majority respondents 34% (17) were graduation & above, 32% (16) were secondary education, 18% (9) were senior secondary, 10% (5) were primary education, 6% (3), were no formal education.

Highly distribution in percentage of students in relation to their father occupation that majority respondents 34% (17) were government employee, 30% (15) were business man, 20% (10) were private employee, 16% (8) were daily wages.

More distribution in percentage of students in relation to their mother education that majority respondents 30% (15) were no formal education, 22% (11) were primary education, 18% (9) were secondary education, 14% (7) were senior secondary education, 16% (8), were graduation and above.

Majority distribution in percentage of students in relation to their mother occupation that respondents 70% (35) were home maker, 20% (10) were private employee, 6% (3) were daily wages, 6% (3) were daily wages.

Students in relation to their previous knowledge that majority respondents 7 100% were have no previous knowledge.

Figure 4.1:- Pie diagram depicts percentage of students according to their age.

Table no:1 depicted that the demographic data details according to their age in years depicts that the majority of the respondents 74% (37) were in the age group between 19-21 years, 20% (10) were in the age group between 17-18 years, 6% (3) were in the age group between above 21 years.

Fig 4.2:- Bar diagram shows that majority of 25 of subjects have no sisters, 18 of subjects have one sisters, 7 of subjects have more than one sisters.

Fig 4.3:- Pie chart showing percentage distribution of students according to their Religion.

The Pie chart shows that majority 68% of subjects belong to hindu religion, 16% of subjects belong to christian Religion, 12% of subjects belong to muslim Religion, and 4% of subject belongs to sikh religion.

Fig 4.4:- Pie chart diagram showing the percentage distribution of samples according to their Residence.

The Bar chart shows that majority 28 of subjects' lives in rural residence and 22 of subject lives in urban Residence.

Fig 4.5:- Cylindrical Bar Diagram showing the percentage distribution of samples according to their marital status.

The Rectangular Bar Diagram shows that majorities 44 of subjects were unmarried and 6 of subjects were married.

Fig4.6:- Cylindrical diagram showing the percentage distribution of subjects according to their menarche.

The Pie chart shows that majority 78% of subjects belongs of 14-17 years of age, 22% of subjects belongs of 9-13 years of age, and it's also shows that none comes under above 18 years of age.

Fig 4.7:- The pie Diagram showing the percentage distribution of subjects according to their type of family.

The Rectangle Bar Diagram shows that majorities 26 of subjects were living in nuclear family, 16 of subjects were living in joint family and 8 of subjects were living in extended family.

Fig4.8:- Rectangular Bar Diagram showing the Frequency Distribution of samples according to their family income.

The Rectangular Bar Diagram shows that majority of subjects 22 parents earn more than 20,000, 14 parents earn 15,000-15,001, 8 parents earn 10,000 -15,000, 6 parents earn 5001-10,000 per month

Fig 4.9:- Pie chart Diagram shows the majority 36% of father is graduation and above, 34% are educated up to secondary education, 19% are educated up to senior secondary education, 6 are educated up to primary education and none are formal educated.

Fig 4.10:- The pie chart showing the percentage distribution of samples according to father's occupation.

The pie chart shows the majority 34% of father are government employee, 30% of father are business man, 20% of father are private employee, 16% father are daily wages and 0% are unemployed.

Fig 4.11:- The Pyramid chart showing the percentage distribution of sample according to Mother Education.

The pyramid chart show that majority 30% mothers have no formal education, 22% mother are primary educated, 18% mother are secondary educated, 16% mother are graduated and have above education, 14% mother are senior secondary educated.

Fig 4.12:- The pie chart showing the percentage distribution of samples according to mother's occupation.

The pie chart shows the majority 70% of mother are Home maker, 20% of mother are private employee, 6% of mother are daily wage, 6% mother are doing business

Section II:-

Frequency and percentage distribution of pre test and post test knowledge level

Table 4.2:- Frequency and percentage distribution level of Knowledge regarding premenstrual syndrome. N=50.

LEVEL OF KNOWLEDGE	Pre-test		Post-test	
	Frequency	Percentage	Frequency	Percentage
Poor	18	36%	0	0%
Average	29	58%	1	2%
Good	3	6%	25	50%
Excellent	0	0%	24	48%

It shows that above table depicts that (posttest) of 25 the subjects have Good knowledge, 24 of the subjects have excellent knowledge, 1 of the subject have average knowledge regarding premenstrual syndrome. It also shows that (pre-test) 18 of the subject have poor knowledge, 29 of the subject have average knowledge 3 of the subject have good knowledge and of the subject have excellent knowledge regarding premenstrual syndrome.

Fig. 4.13:- Bar chart diagram showing the percentage distribution of sample according to their pre-test and post-test knowledge score regarding premenstrual syndrome.

It shows that above table depicts in posttest of 25 the subjects have Good knowledge, 24 of the subjects have excellent knowledge, 1 of the subject have average knowledge regarding premenstrual syndrome. It also shows that pre-test 18 of the subject have poor knowledge, 29 of the subject have average knowledge 3 of the subject have good knowledge and of the subject have excellent knowledge regarding premenstrual syndrome.

Section III: Mean, standard deviation and paired t- test value of the pre-test and post-test.

This section deals about the level of knowledge regarding premenstrual syndrome among students. The details given in the following table.

Research hypothesis H₁ There is significant difference between mean pre-test and post pre-test knowledge scores regarding Premenstrual syndrome among students.

Null hypothesis H₀ There is no significant different between pretest and posttest mean score among students.

Table 4.3:- Mean, Standard Deviation and paired “t-” test value of the pre-test and post –test. N=50

Test	Mean	sd	df	t- value	Table value	Significance
Pre test	6.6	.2748	49	6.697*	2.000	significant
Post test	14.94	1.973				

Note: * -Significant at <0.05%

Data show in Table 4.3 revealed that the mean posttest knowledge score of students was significantly higher than the mean pretest scores. The calculated “t” value is 6.697 was more than the table value at 0.05 level of significance.

Hence in this the research hypotheses is accepted so there is a post test score more than a pretest knowledge score regarding premenstrual syndrome among students.

Session IV:

Association between posttest level knowledge regarding premenstrual syndrome and their selected variable among samples.

This section include the association between the posttest knowledge score regarding premenstrual syndrome and selected variables samples such as age, no of sisters, religion, residence, marital status, age of menarche, type of family, family income, fathers educational status, father occupation, mother education, mother occupation, previous knowledge among students. To test the research hypotheses stating with statically hypothesis

Research hypothesis.H₂:

There is significant association between the posttest level of knowledge regarding premenstrual syndrome and selective demographic variables among, samples.

Null hypothesis.H₀:

There is no significant association between the posttest level of knowledge regarding premenstrual syndrome and selective demographic variables among sample.

Table.4.4:- Association between the posttest levels of knowledge regarding premenstrual syndrome with their selected demographic variables. N=50

S. No	Demographic Variables	Pretest level of knowledge.		χ^2	Table value	df	Level of association
		Good	Excellent				
1.	Age: <ul style="list-style-type: none"> • 17-18 • 19-21 • > 21 	4 20 2	6 17 1	.898	5.99	2	Not significant
2.	No of sisters: <ul style="list-style-type: none"> • No • One • More than one 	14 8 4	11 10 3	.646	5.99	2	Not significant
3.	Religion: <ul style="list-style-type: none"> • Hindu • Muslim • Sikh • Christian 	15 5 2 4	19 1 0 4	5.065	7.82	3	Not significant

4.	Residence : • Urban • Rural	14 12	8 16	2.131	3.84	1	Not significant
5.	Marital status: • Married • Unmarried	1 0	5 20	0.57	5.99	2	Not significant
6.	Menarche : • 19-17 • 14-17	5 21	6 18	.242	3.84	1	Not significant
7.	Type of family • Joint family • Nuclear family • Extended family	32 52 16	7 12 5	.322	5.99	2	Not Significant
8.	Income • 5001-10,000 • 10,001-15,000 • 15,001-20,000 • Above 20,000	3 6 8 9	3 2 6 13	2.938	7.82	3	Not Significant
9.	Father education • No formal education • Primary education • Secondary education • Senior secondary • Graduation & above	2 5 6 6 7	1 0 10 3 10	7.795	9.49	4	Not Signification
10.	Father occupation • Daily wages • Business • Private employee • Government employee	5 9 6 6	3 6 4 11	2.895	7.82	3	Not significant
11.	Mother education • No formal education • Primary education • Secondary education • Senior secondary • Graduation & above	8 7 3 3 5	7 4 6 4 3	2.452	9.49	4	Not significant
12.	Mother occupation • Daily wages • Business • Private employee • Government employee	18 3 0 5	17 0 2 5	4.957	7.82	3	Not Significant

df: degree of freedom, significant= $<0.05\%$

There is no significant association between level of knowledge regarding premenstrual syndrome and demographic variables samples such as age, no of sisters, religion, residence, marital status, age of menarche, type of family, family income, fathers educational status, father occupation, mother education, mother occupation, previous knowledge among students., research hypotheses rejected and statistical hypothesis accepted at $p < 0.05$.

Summary:

This chapter deals with the analysis and interpretation of the data collection. The distribution of demographic variables was associated and the purposed hypotheses have been tested here.