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RESEARCH ARTICLE

“A STUDY TO ASSESS THE EFFECTIVENESS OF KEGELEXERCISE IN REDUCING MENSTRUAL CRAMPS AMONG THE STAFF NURSES IN SELECTED HOSPITALS, GANDHINAGAR, GUJARAT.”

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Abstract

A study to assess the effectiveness of Kegel exercise in reducing menstrual cramps among the staff nurses in selected hospitals, Gandhinagar, Gujarat. Pre-experimental research approach was used with the group pre-test post test design. The study was conducted in selected hospital of Gandhinagar, Gujarat. The investigator used random sampling technique for selecting 30 samples. In the view of the experimental study on staff nurses for reducing menstrual cramps by performing Kegel exercise. Data were analysed by using descriptive and inferential statistics. The mean pre-test pain score was 5.7 whereas post-test pain score was 2.93. The mean post-test pain score is significantly lower than the mean pre test pain score with the mean difference of 2.77 and calculated 't' value ($t = 18.53$) was lower than degree of freedom (29) which was statistically proved at 0.05 level of significance. The findings of the study reveal that there is significant difference in pain level before and after Kegel exercise.

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Introduction:-

Background Of The Study:-

Kegel exercise, also known as a pelvic floor exercise, involves repeatedly contracting and relaxing the muscles that form part of the pelvic floor now sometimes colloquially referred to as the “kegel muscles”. The exercise can be performed many times a day, for several minutes at a time but takes one to three months to begin to have an effect.¹

In 1948, Kegel exercises were first described by Arnold Kegel for pelvic floor muscle strengthening. The perineometer, also called the vaginal manometer, has been designed to record the contraction strength of pelvic floor muscles and can be used to guide the participants to conduct the exercises correctly. Dr. Kegel's study showed that exercises could help to prevent cystocele, rectocele and urinary stress incontinence.²

Dysmenorrhea is the medical term for painful menstrual periods which are caused by uterine contraction. Primary dysmenorrhea refers to recurrent pain, while secondary dysmenorrhea results from reproductive system disorders. Both can be treated.³

Menstrual cramps are throbbing, aching before and during period. They are some of the most common, annoying parts of period. They can strike right before or during that time of the month. Many women get them restively.⁴

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Need Of The Study

There is a wide variation in the estimate of dysmenorrhea from studying around the world reporting a range between 28% and 71.7%. In similar studies from turkey, the prevalence of dysmenorrhea has been reported to be between 58.2% and 89.5%

Prevalence of dysmenorrhea was 70.2%. Majority of the subjects experienced pain for one or 1 to 2 days during menstruation. 23.2% of the dysmenorrhic girls during the menstrual periods was tiredness and second most prevalent symptom was backpain.⁵

More than 50% of post pubescent menstruating women are affected by dysmenorrhea, within capacitation for 1 to 3 days each month. Because young women constitute a significant percentage of the adult work force in the United States about 600 million working hours or 2 billion dollars are lost annually because of incapacitating dysmenorrhea if adequate relief is not provided. Women who continue to work or to attend classes have been shown to have lower work output or scores during their dysmenorrhea.⁶

Dysmenorrhea is most common in women between the ages of 20 and 24 years, with most of the severe episodes occurring before 25 years of age. Primary dysmenorrhea also occurs more frequently in unmarried women than in married women (61% vs. 51%), decreases with age, and does not appear to be related to the type of occupation or physical condition of the women. Pregnancy and vaginal delivery do not necessarily relieve primary dysmenorrhea. Exercise does not appear to have any significant effect on the incidence of dysmenorrhea. Associated factors that increase the risk, duration and severity of dysmenorrhea include early menarche, long menstrual periods, overweight and smoking.⁵

Problem Statement

“A STUDY TO ASSESS THE EFFECTIVENESS OF KEGEL EXERCISE IN REDUCING MENSTRUAL CRAMPS AMONG THE STAFF NURSES IN SELECTED HOSPITALS, GANDHINAGAR, GUJARAT.”

Objectives Of The Study:-

1. To assess the menstrual cramps before and after the Kegel exercise.
2. To assess the effectiveness of Kegel exercise to reduce the menstruation cramps.

Hypothesis:

H0: There will be no significant difference in menstrual cramps after Kegel exercises in experimental group.

H1: There will be significant difference in menstrual cramps after Kegel exercises in experimental group.

Operational definition:

Assess:

In this study assess refers to evaluate effect of Kegel exercise to reduce menstrual cramps.

Effectiveness:

In this study effectiveness refers the capacity of producing a desired result or output.

Kegel exercise:

It involves Repeatedly contracting and relaxing the muscles of the pelvic floor.

Menstrual cramps:

Throbbing or cramping pain in the lower abdomen.

Staff nurses:

In this study staff nurses refers to an experienced nurse less senior than a sister or charge nurse

Methodology:-

The modified stuffle beam model was used as a conceptual framework. A quantitative approach with experimental study design was used to achieve the objective of the study. The sample consisted of 30 from selected hospitals of Gandhinagar. The purposive sampling technique was used to collect the sample.

Table 1:-

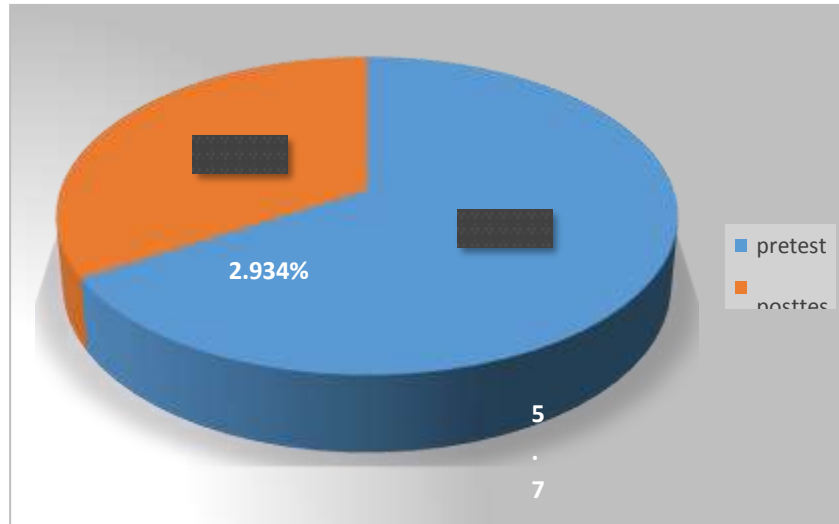
Sr.no	Demographic variables	Frequency(f)	Percentage (%)
1	Age		
	A)23 to 29 years	20	67.66%
	B)30 to 37 years	7	23.33%
2	Marital status		
	Yes	13	43.3%
	No	17	56.67%
3	Gravida		
	A) No any child	22	73.33%
	B) One child	7	23.33%
4	Duration		
	A) 3-4 days	18	60%
	B) 5-6 days	12	40%
5	Methods		
	A) hot water bag	5	16.66%
	B) pain killer	15	50%
6	Helpful methods		
	A) Yes	20	66.7%
	B) No	10	33.33%
7	Aware about kegel exercise		
	A) Yes	16	53.33%
	B) No	14	46.66%

Table:1 shows that 67.66% of sample (20) were in the age group 23to 29years, 23.33% of sample (7) were in the age group of 30 to37years and 10% of samples(3)in the agegroup of38 to 45years.In marital status 56.67%of samples(13)weremarried,43.33%of samples(17)wereunmarried. In gravida 73.33%of samples(22)havenoanychild,7%of samples (7)haveonechild and 3.33%of samples(1) havetwo ormorechild. In duration of periods,18 of samples are having 3-4 days duration, 12 of samples having 5-6 days duration. In methods 16.66% samples (5) used hot water bag, 50% samples (15) used Pain killer and 33.33% samples (10) used no any method to reduce cramps. In effectiveness of methods, 66.67% samples (20) has been reduced cramps and 33.33% samples (10) has been not effective the above methods. In aware about kegel exercise, 53.33% samples (16) were aware about kegel exercise and 46.66% samples (14) were not aware about kegel exercise.

Table 2:- Finding related to Mean of Pre-test and Post-test on effectiveness of kegel exercise to reduce menstrual cramps.

Test	Mean
Pretest	5.7
Posttest	2.93

Table:2 The data in above indicate about the mean score of pre-test and post-test. The mean of pre-test is 5.7 while the post test mean is 2.93.



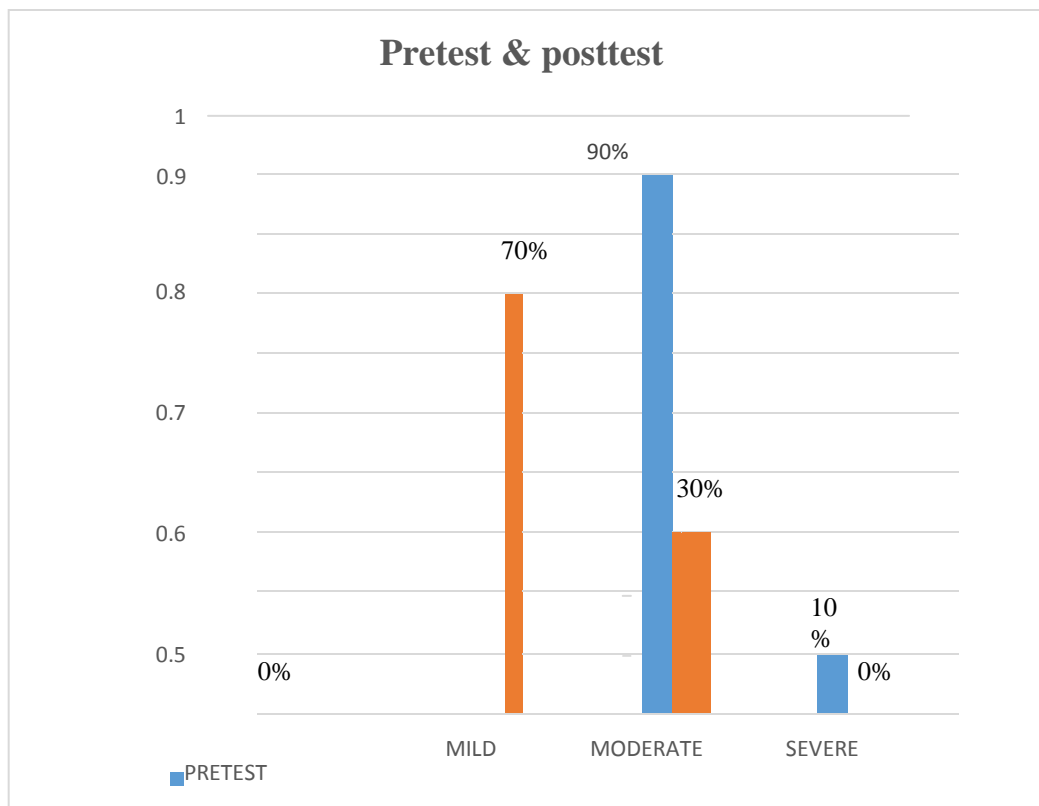
The graph showing the comparison of Mean score of Pre-test and post-test on effectiveness of kegel exercise to reduce the menstrual cramps.

Table 3:- Frequency and Percentage distribution of the pain score of the samples before and after the kegel exercise.

Level of pain	Pretest		Posttest	
	Frequency	Percentage	Frequency	Percentage
Mild(1-3)	0	0%	21	70%
Moderate(4-6)	27	90%	9	30%
Severe(7-10)	3	10%	0	0%
Total	30	100%	30	100%

Above bar graph shows that 0% samples of no pain, 70% of samples (21) have mild pain, 30% of samples have moderate pain and 0% samples of severe pain.

Table 4:- Mean difference, standard deviation and 't' value calculation.



Score	Mean	Mean Difference	Standard deviation	Calculated "t" value	Degree of freedom.
Pretest	5.7	2.77	0.640312	18.53	29
Posttest	2.93		0.85375		

Summary

The main aim of the study was to assess the effectiveness of Kegel exercise in reducing menstrual cramps among the staff nurses in selected hospitals, Gandhinagar, Gujarat.

Conclusion:-

The study intends to assess the effectiveness of kegel exercise to reduce the menstrual cramps among the staff nurses of selected hospitals of Gandhinagar. The study reveals that the effect of kegel exercise on the staff nurses suffering with menstrual cramps has a minimal effect. However, staff nurses with mild cramps encompass improvement in condition, whereas staff nurses with moderate cramps disclose improvement up to mild state. Staff nurses with severe cramps disclose improvement up to moderate state.

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