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A study to assess the prevalence of premenstrual syndrome and coping behavior among adolescent girls

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Abstract

Premenstrual syndromes are the symptoms which occur during one week before menstruation and sometime symptoms are so severe enough to disturb life cycle of a women. She adopts different method to cope-up with problem. The aim of the present study was to assess the prevalence of premenstrual syndrome and coping behavior among adolescent girls.

Objectives: To assess the premenstrual symptoms and coping strategies among adolescent girls. To associate the level of premenstrual syndrome and coping strategies with selected demographic variables such as age, age at menarche, Duration of the cycle, frequency of the cycle, use of pads and source of information regarding PMS.

Methodology: PMMS questionnaire was used in the study. Sample was selected by using purposive sampling technique with the size of 50 samples. Level of premenstrual syndrome and coping behavior among adolescent girls was assessed. The findings showed that the level of mean value of premenstrual symptoms among adolescent girls 44.36 with SD 4.74 and the mean value level of coping behaviour was 11.32 with SD 8.43.

Conclusion: on the basis of the study the investigator has concluded that proper action need to be taken to educate and increase the awareness among the adolescent girls and to provide better to alleviate the symptoms of PMS.

Keywords: Premenstrual syndrome, adolescent girls, coping behavior

Introduction

“Break the stigma: Menstrual health is essential for everyone’s well being”

Adolescence is a period of significant development that begins with the onset of puberty and ends in the mid 20s. consider how different a person is at the age of 12 from the person he or she is at age 24. The transition between those two ages involves a profound amount of change in all domain of development – biological, cognitive, psychosocial and emotional. Personal relationships and settings also change during this period, as peers and romantic partners become more central and as the adolescent moves into and then beyond secondary school or gains employment. (Anto. V.S, 2022) [2].

Menarche is defined as the first menstrual period in a female adolescent. Menarche typically occurs between the ages of 10 and 16 years, with the average age of onset being 12 years. The determinants of menarchial age are socioeconomic conditions, genetics, general health. Nutritional status, exercise, seasonality, and family size are thought to play a role. Menarche tends to be painless and occurs without warning. The first cycles are usually anovulatory with varied lengths and flow. Menarche signals the beginning of reproductive abilities and is closely associated with the ongoing development of secondary sexual characteristics.

Premenstrual Syndrome is a combination of physical and emotional symptoms that many women get after ovulation and before the start of their menstrual period. PMS symptoms are different for every women. You may get physical symptoms such as bloating or gassiness or emotional symptoms such as sadness or both. Your symptoms may also change throughout your life.

Physical symptoms can include

- Swollen or tender breasts
- Constipation or diarrhea
- Bloating or gassy feeling
- Cramping

- Headache or Back ache
- Clumpsiness
- Lower tolerance for noise or light

“Understanding PMS and effective coping mechanism is crucial for adolescent girls, as it directly impacts their emotional well being and daily functioning. Educators and health care providers play a key role in bridging this gap”.

“Premenstrual Syndrome (PMS) is a common condition affecting a significant number of women during their reproductive years, including adolescents. It encompasses a range of physical, emotional and behavioural symptoms that typically occur in the luteal phase of the menstrual cycle and resolve with the onset of menstruation. Symptoms can include mood swings, irritability, bloating, breast tenderness and fatigue, while PMS is a well documented phenomenon the understanding and management of PMS among adolescent girls remain areas of concern”.

Mahishale Arati (2022), conducted a study to estimate the prevalence of premenstrual syndrome among college going girls in Belagavi, Karnataka, India. 420 college going girls of 18 – 25 years age group was selected for the study and the PMS prevalence was found to be 86%. Around 40.5% of the participants performed some type of physical activity, 59.5% did not do any physical activity. This study showed high prevalence of PMS in college going girls. Therefore, teaching and awareness programme should be conducted in schools, colleges and at the community levels to improve knowledge about PMS and its management.

Prasad Aditya (2020), a descriptive study with cross sectional design conducted in purba medinipur district of west Bengal, India, the data were collected from the students of class IX to class XII who attended the school on the days of data collection. 244 students were included in the study. About 61.5% of the girls reported to have PMS. 62.7% reported depression, of which 7% experienced frequently in the premenstrual period. Anger was reported by 70.5% of girls, where 20.5% was mostly affected. Irritability was reported to be most frequent as high as 84.8% girls, where 20.5% experienced it most frequently. Anxiety and confusion were reported by 76.0% and 66.8% adolescent girls. This study revealed a high prevalence of PMS among school going adolescents in rural area. It was significantly associated with home maker mother, amount of blood flow during menstruation, and dysmenorrhea. Adolescent friendly health services should be strengthened for proper counseling of the girls.

Coping is defined as the thoughts and behaviours mobilized to manage internal and external stressful situations. It is a term used distinctively for conscious and voluntary mobilization of acts, different from defense mechanisms that are subconscious or unconscious adaptive responses both of which aim to reduce or tolerate stress. The present study has been under taken to find out the symptoms of PMS and coping behaviours followed among Students

Statement of the problem

A descriptive study to assess the prevalence of premenstrual syndrome and coping behavior among adolescent girls.

Objectives of the study

- To assess the premenstrual symptoms and coping strategies among adolescent girls.
- To associate the level of pre menstrual symptoms and

coping strategies with selected demographic variables such as age, age at menarche, Duration of the cycle, frequency of the cycle, use of pads and source of information regarding PMS.

Hypothesis

H₁: There will be significant association between level of premenstrual syndrome and level of coping behavior among college students with their selected socio – demographic variables.

Research Methodology

In the present study, the investigator intended to measure the level of premenstrual symptoms and coping behavior. Quantitative research approach was used. The research design selected for the study was descriptive design. The present study attempts to correlate the study premenstrual symptoms and coping behavior among adolescent girls. Therefore a correlation survey was found to be an appropriate research design. The study was conducted in Sardar Rajas College of Nursing, Kavalkinaru. The population for the present study was all the adolescent girls between the age group of 18 – 21 years in sardar rajas college of nursing, Kavalkinaru. Purposive sampling technique was used to select the sample for the study. The data on premenstrual symptoms and coping behavior from adolescent girls were collected from first year students. The adolescent girls were selected using purposive technique among those who fulfilled the sample selection. Informed consent was obtained from the adolescent girls. A baseline Performa, check list on premenstrual symptoms and coping behavior was prepared with the help of review of literature, personal experience and discussion with experts The questionnaires were given to the adolescent girls regarding premenstrual symptoms and coping behavior separately. PMS scale was used to assess the degree of severity with which the adolescent girls experience. Check list contains 20 items were used to collect the type of coping behavior used by the adolescent girls. Confidentiality of the information shared was assured. The adolescent girls were cooperative. On average it took 20 minutes to complete one sample.

Results and Discussion

On the analysis of frequency and percentage distribution of demographic variable adolescent girls wit in the age group of 18 (40%) and majority of them attained menarche between the age 10- 12 years (52%), and majority had the duration of cycle 5 – 7 days (66%), most of them had 28 – 30 days of frequency (64%), most of them used sanitary pad (88%), majority of them were eating mixed diet (82%), and majority of them had their source of information regarding premenstrual syndrome from the family(82%).

The second objective of the study was To assess the premenstrual symptoms and coping strategies among adolescent girls.

Table 1: Frequency and percentage distribution of level of Premenstrual symptom among adolescent girls. n = 50

| Variables | Levels | Week before | |
|-----------------------|----------|-------------|----|
| | | F | % |
| Premenstrual Syndrome | Mild | 23 | 46 |
| | Moderate | 25 | 50 |
| | Severe | 2 | 4 |

Table 1 reveals the frequency and percentage distribution of level of premenstrual symptoms among the adolescent girls. It is evident that most of them had moderate symptoms week before the menstruation 25 (50%).

Table 2: Frequency and distribution level of coping behavior among adolescent girls. n = 50

| Variables | Levels | Coping strategies | |
|-----------------|----------|-------------------|----|
| | | F | % |
| Coping behavior | Good | 4 | 8 |
| | Moderate | 28 | 56 |
| | Poor | 18 | 36 |

Table 2 reveals the frequency and percentage distribution the adolescents, results showed that most of them used moderate coping behaviour 28 (56%) , 18 (36%) had poor coping behaviour and 4 (8%) had good coping behaviour towards Premenstrual symptoms.

Table 3: Comparison of mean, standard deviation among adolescent in regard to premenstrual symptoms. n=50

| Variables | Mean | SD |
|------------------------|-------|-------|
| Pre menstrual Symptoms | 44.36 | 43.74 |
| Coping behavior | 11.32 | 8.43 |

Table 3 Shows that mean level of premenstrual symptoms among adolescent girls were 44.36 with SD 4.74 and mean level of coping behavior was 11.32 with SD 8.43.

The third objective was To associate the level of premenstrual symptoms and coping strategies with selected demographic variables such as age, age at menarche, Duration of the cycle, frequency of the cycle, use of pads and source of information regarding PMS

The results shows that there was no significant association

Conclusion

It was concluded from the findings of the study that majority of students were having premenstrual symptoms In order to overcome it majority of students adopts healthy coping strategies for these problem. i.e., do not blame them, they accept it as natural process as nothing can be done. They take hot drinks to feel better. They do not express their anger on others.

Recommendations

1. An evaluative study can be concluded to investigate the effect of education programmes on knowledge and coping strategies of adolescent girls.
2. A study can be carried out to assess the knowledge regarding premenstrual syndrome and its coping strategies.
3. Health education programmes are necessary to provide students with required information for coping in a healthy way with premenstrual syndrome.

Conflict of Interest

Not available.

Financial Support

Not available.

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