

**DYSMENORRHEA AND ITS EFFECT ON DAILY LIVING
ACTIVITY AMONG GIRLS IN SECONDARY SCHOOL IN
A RURAL AND AN URBAN COMMUNITY**

Submitted for Partial Fulfillment of the requirement of
Master Degree in Community Health Nursing

By
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B.SC In nursing

Faculty of Nursing
Ain Shams University
2012

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عسر الطمث و تأثيره على أنشطة الحياة اليومية بين طالبات المدارس الثانوية في المجتمع الريفي و المجتمع الحضري

رسالة مقدمة

توطئة للحصول على درجة
الماجستير في علوم التمريض
(تمريض صحة المجتمع)

من

منال عرفة محمد



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Abstract

Most females exhibit some degree of pain and discomfort during menstrual period, which can impact on their daily activities, and disturb their productivity at home or at their school. In our country many girls may lack appropriate and sufficient information regarding dysmenorrhea and their management. ***The aim of the study*** was assess dysmenorrhea and its effect on daily living activities among girls in secondary school in urban and rural area. ***The study design*** descriptive and comparative study. ***The study settings*** were from secondary school of nursing as Elsaf and Atafeh school nurse which affiliated to Health Affairs Directorate Helwen governorate as all rural sector and Elhumiat, Elsadar School nurse which affiliated to Health Affairs Directorate Cairo governorate which affiliated to medical district of Naser city as a sample of urban area. ***Sampling convenient sample*** was consist of two hundred and fifty student girls in rural and urban, the age of students ranged from 15- 18 , with different socioeconomic factors, ***Data were collected:*** through five types of tools, the first was self-administrative questionnaire which divided into six part . Second used pictorial chart for assessing amount of blood flow during menstruation. Third for assessing pain intensity. Fourth daily living activity questionnaire for assessing activity of girls during menstruation. Fifth, menstrual attitudes scale to assess attitudes of student girls toward menstruation. ***Study results:*** The study clarified that the majority of girls in both rural and urban had dysmenorrhea which had impact on their daily activities; there were a positive significance relation between pain score for girls and health problem during pain, health needs and health behavior during menstruation..***The study concluded:*** There was no significance statistically relation between rural and urban students, dysmenorrhea highly prevalent and had impact on daily living activities, there was relation between degree of dysmenorrhea and health behavior, also there was positive statistically relation between degree of dysmenorrhea and health needs during menstruation.,***The study recommendation:*** Importance need to developing and implementing educational program for girls and their mother about role of nutrition, non pharmacological pain – relief measures, and exercise for reduce pain

Master Degree

Key words: Dysmenorrhea, Female student, Daily living activities

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The candidate

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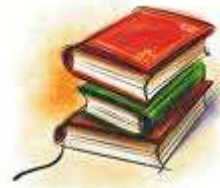
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LIST OF ABBREVIATIONS

Meaning	
ACOG	American College of Obstetricians and Gynecologists
FSH	Follicle Stimulating Hormone
GNRH	Gonadtropic -Releasing Hormones
LH	Luteinizing Hormone
STI	Sexually transmitted infection
NSAIDS	Non-steroidal anti-inflammatory drugs
TENS	Transcutaneous electrical nerve stimulation
HRQoL	Health-related quality of life
PBLAC	Pictorial Blood Loss Assessment chart
WHO	World Health Organization
APS	American Pain Society
ADLS	Activities of Daily Living
MAQ	Menstrual attitudes questionnaire
STI	Sexually Transmitted Infection



Introduction



Aim of the Study



Review of Literature



Subjects and Methods
