

Coping Mechanism with Premenstrual Syndrome (PMS) among the Students of a Residential University Hall in Bangladesh

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Abstract

PMS is a psycho-neuro endocrine disorder which is generally noticed within 7 days prior to menstruation due to the interplay of hormones. In this cross-sectional study, we found out PMS among university students and how do they cope in this situation. Almost 94.04% of respondents had PMS and most common symptoms were frequent anger & irritability. They dealt with this situation either positively or negatively. Taking extra rest was most common coping ways. Negative coping ways such as self-medication, withdrawal behavior was found among students.

Background

Premenstrual syndrome is one of the most inner secret in a woman's life. It comprises with physical, psychological and behavioral symptoms. PMS decreases work performance in women as well as it hampers interpersonal relations [1]. Unfortunately, awareness about these hormonal changes is little even among educated women. They just ignore the situation and consider this abnormal condition as normal [2]. Building awareness about PMS is important especially in this 21st century as more women choose to work outside home.



Objective

General Objectives: To find out different ways that the female students use to cope with PMS.

Specific Objectives :

- To estimate the difficulties that female students face before their menstrual cycle.
- To determine how the female students deal with this situation and whether these are scientific or anti-scientific

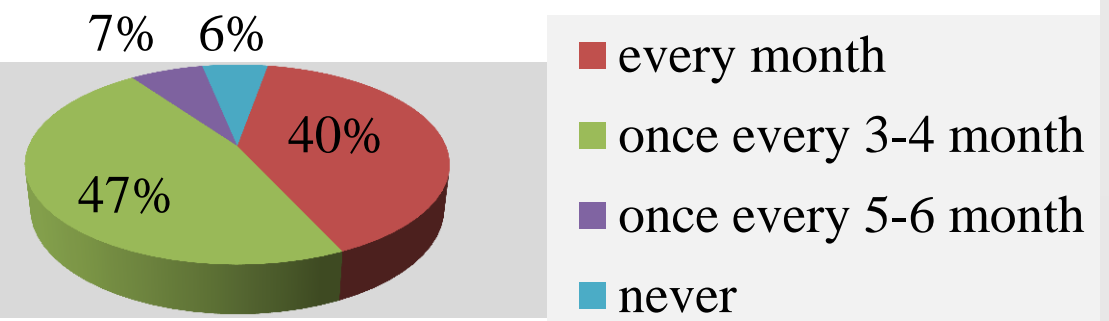
Methods

Study design	Cross sectional descriptive study
Tools	A close ended questionnaire
Sampling procedure	Non probability purposive sampling
Study Area	Bangamata Begum Fazilatunnesa Mujib Hall, Jahangirnagar University
Study population	Female students 19- 27 years old
Sample size	285
Data collection	Web based Google form
Analysis procedure	Frequency and Chi square through SPSS

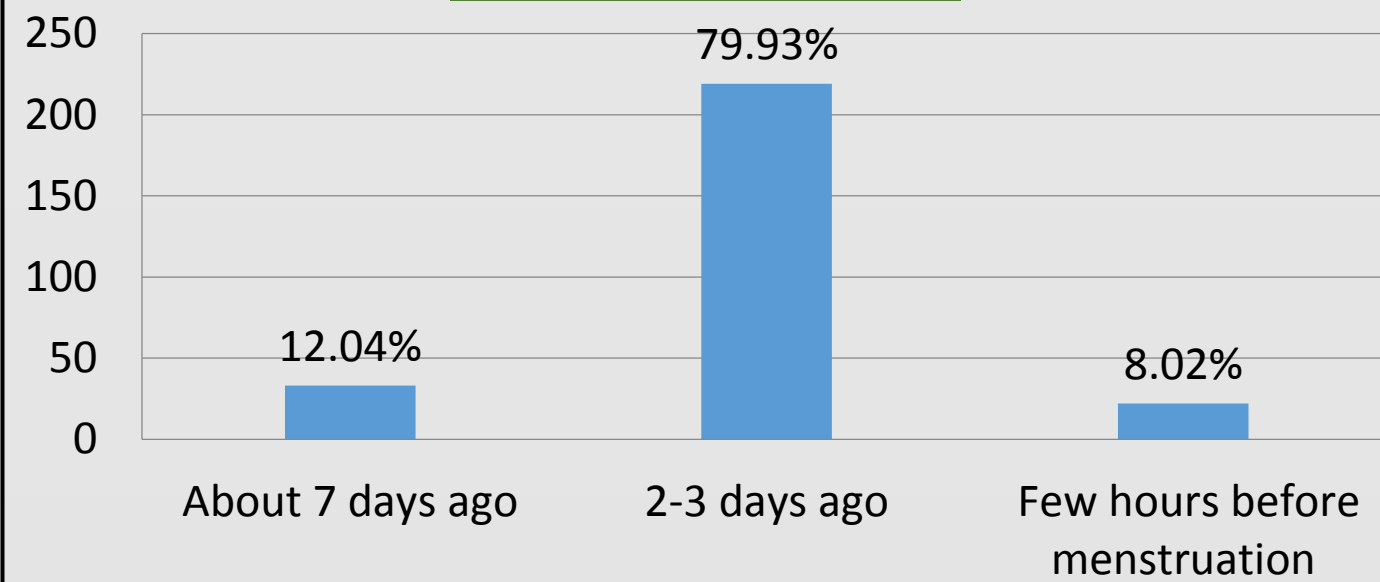
Results

- 94.04 % of respondents had more than one premenstrual symptoms.
- Frequent anger (85.1%), irritability (76.5%), mood swing (73.5%), Back ache & Muscle pain (74.2%), Breast tenderness (65.2%) were the most common symptoms among respondents.

Frequency of PMS in a year



Starting time of PMS



Coping Mechanism Statistics

Most common coping ways in study	Percentage (%) of respondent
Taking extra rest	86.1%
Focusing on the ir favourite activities	64.8%
Avoid responsibilities	56.7%
Taking medicine from friends prescription	37.9%
Using hot compression in lower abdomen and back	30.2%
Withdraw themselves from surroundings	18%

Conclusion

PMS may lead to brief disability, can reduce the quality of life. So, PMS should come under the umbrella of healthcare. University students should be given information about PMS & how to cope with symptoms. Further qualitative study should be conducted in this regard.

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