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

Author: Sayma Islam Alin; Dr. Ruhul Furkan Siddique; Dr. Md. Tajuddin Siddique
Dept. of Public Health and Informatics, Jahangirnagar University

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 situations 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 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 Fazilatunnessa 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
- Every month: 7%
- Once every 3-4 months: 6%
- Once every 5-6 months: 40%
- Never: 47%

Starting time of PMS
- About 7 days ago: 12.04%
- 2-3 days ago: 79.93%
- Few hours before menstruation: 8.02%

Coping Mechanism Statistics

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

References