

Impact of Dysmenorrhea on Quality of Life of Adolescent Girls of Chandigarh

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Received date: April 14, 2016, Accepted date: May 17, 2016, Published date: May 24, 2016

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Abstract

Objective: A study was conducted to ascertain the impact of dysmenorrhea on quality life of adolescent girls of Chandigarh.

Methods: Multistage stratified sampling was done and 5 sectors, 5 villages, 5 slums were selected by lottery method. Then from each area 20 respondents were selected by simple random sampling. A Self-designed interview schedule was used to collect data from 300 Adolescent girls (11-18 years) of Chandigarh during January-May 2012. Demographic & family profile, Menstrual history, symptoms of dysmenorrhea, effect of pain on daily activities, Visual analogue scale (VAS) was used to document severity of pain.

Results: Majority of girls 184 (61.33%) reported dysmenorrhea. Some of the girls 50 (27%) told that it interfered with their tolerance to stand for long periods whereas one fourth 45 (24.45%) girls said that dysmenorrhea interfered with going to school/office. VAS scale showed that 271 (90.34%) of the girls felt unhappy during menstruation.

Conclusion: Dysmenorrhea profoundly affected the Quality of life of adolescent girls.

Keywords:

Introduction

affects

affects

affects

Objective

Methodology

Study population

significantly

Study Design

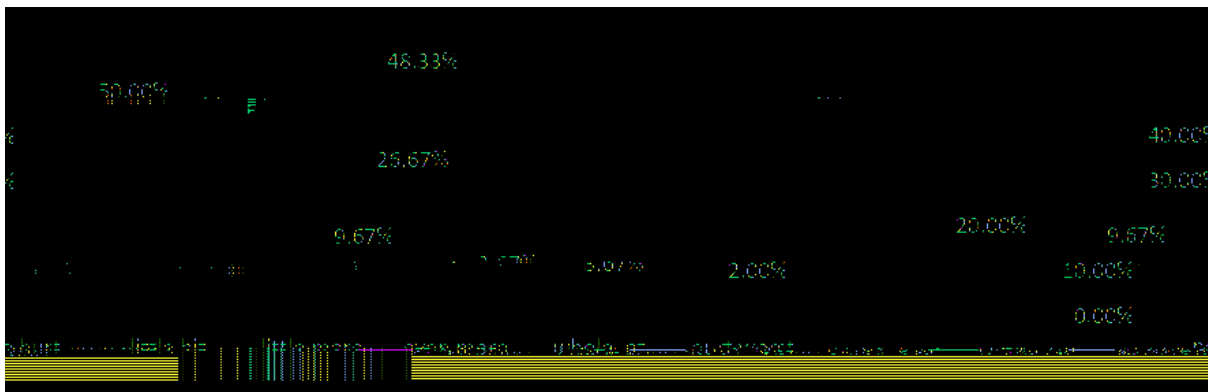
Multistage stratified sampling

affected

Ten

Study period

Citation:



Discussion

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Citation: Ahuja A,sharma MK, Singh A (2016) Impact of Dysmenorrhea on Quality of Life of Adolescent Girls of Chandigarh. J Child Adolesc Behav 4: 295.

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