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The Prevalence of Premenstrual Syndrome (PMS) and its Severity among Female

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Abstract

A variety of behavioral, mental and physical symptoms make up premenstrual syndrome (PMS). Goals: A randomised controlled experiment was conducted to ascertain the impact of online learning on students' general health. Methods: A total of 104 PMS-afflicted women took part in the study and were divided into two groups at random. A questionnaire served as the data gathering tool. Results: Following intervention, the experimental group significantly improved their overall health as well as the emotional, behavioural, and physical aspects of their PMS symptoms. The online training can help relieve PMS in female university students and improve general health after the intervention.

Keywords: P e e a d e (PMS); Ge e a Hea ; Web Ba ed Ed ca .

Introduction

S d e a e e a (PMS) a e ex e e ced b e e f e e . Acc d e de ca e ea c , 60% 90% f I a a e a a e PMS. A a e f be a a , e a , a d ca c a ac e c a e a f PMS. e f e a ea a d a dec e a f fe e a ed ea . PMS e de d, a d f e e a d ed. N e e ed e a e bee ed a e a ea e f PMS d e de ed ca e. L fe e c a e a e e f e a cce f e a e d [1]. e fe e e a e , c a e e ee , a d a d exe c , a d a e a ba W e PMS a e ad ed f a ec e da (e a e f a , a , a d a c) a e a ca c a d a e a e a d a ed c e e e a ca e exce e e , e e ec e e f e ea e a e bee e ed, . We a e e ee a b ca f e a c e e f a d ed c ed a (RCT) f fe e c e f a a PMS e . a d ed c ed a d a a e e e eb-ba ed fe e e e ca e fe a e e de e e a ea a d e e e e e f PMS [2].

Method

d ed a ec e, a d ed c ed a de a ca e e c a d ex e e a , a e a e a c a ce f e ec , a d ed ce b a . A fe a e e de PMS a e f e d c e a e ade e d a . G ad a e a d ad a e de - ed ca c e ce e e ec ed e a b ec . W e e e , e ec e, a d a a e e e 0.80, 0.20, a d 0.5, e ec e , e a d a e e a ca c a ed be 104 e e e e de , a acc a a d b f e a de e de a ab e

e ea c f da a a a .

U e f-ad e ed e a e , da a e e a e ed. P e- a d - e e e a e ea ea ab , c e a ea , a d e e f PMS e e ed b e a c a b . e e ea c e c ea ed e e a f e a a d e e da a . A a da ed fe e e a e a d 28 e a L e - e ca e a ed a e e a c a ea be a efe e ce , ac , a d e a ea . e e ab exe c e a d a ea d e e e a 5- L e ca e, c e a f 0 4 a e f (0-56) a d (0-36), e ec e [4]. O a 4- L e ca e, e e a ea e e a ed f e e a a c d , e ec e , f a ec f ca , e a , c a , a d e a ea . A ea f I a a acade c a d ec a e a a ed e e a e face a d a d b a ce f a e a d be c f , dece e, e e e. e e ea c e ea ed e e a e a e e e e . e e a c e c f e ca e e f a ea d e , ca ac , a d e a ea a , e ec e , 0.70, 0.73, a d 0.78. e e a e e ec e f d a PMS a a e a ed a d e . e d a f PMS a ade e e e a d e d a , a e f-a e e a ca e a e ef f e a a PMS [5].

Results

Da a f a ea c ec e c c e a e ad ed ec e a da e e PMS . e ef e, c c e f e PMSD e e ad e ed e b e b ec bef e e e e . S d e a e ade e f e e a e. e D a c a d S a ca Ma a f Me a D de -IV (DSM-IV) c e a f e a a PMS a e b e d 17 e a a e e PMSD e a e, c a c ea ed b e A e ca P c a c A c a . S a e e de c b d e e e a , be a a , a d ca ade e PMSD. S a e e e e aded a

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4-   ca e f c ea   e e   a   e a e f e e   a e.
Ba ed   a   d ed e   f e PMS- c ee   c ea ed b D
Ca   (2001) a d S   a a, e V   a A a   e Sca e (VAS) a   ed
           d   a e   e e e   f d   ab   ba PMS
[6].   e e-   e e   VAS f   e a PMS   f   e
         ece   e   a c c e a c   e ed b   e   de   b
   .   e acc   ac a d a d   f VAS   ea   a e
 ece ed   c   e ea c . Add   a   , VAS   a e bee   ed be a
    ef   f   ac   c a   e   e   e, a c   a
 e   a PMS   .

Discussion