

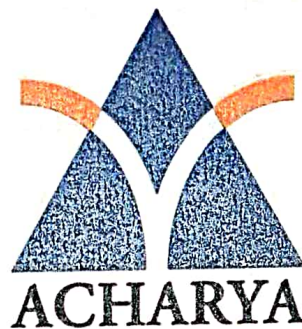
**“A STUDY TO ASSESS THE KNOWLEDGE REGARDING LIFESTYLE
CHANGES IN PREVENTION OF PREMENSTRUAL SYNDROME AMONG
ADOLESCENT GIRLS IN SELECTED PRE-UNIVERSITY COLLEGE,
BENGALURU.”**

BY

KESANG LHAMU

Research project work submitted to

Smt. Nagarathnamma College of Nursing, Bengaluru



Under the guidance of

MRS. KAPU MANJULA

Assistant professor

Department of Medical Surgical Nursing

Smt. Nagarathnamma College of Nursing

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ABSTRACT

Pre-menstrual syndrome (PMS) is the name given to a group of physical and psychological symptoms that most women experience during the late luteal phase of each menstrual cycle, the symptoms of which fall into three domains: emotional, physical and behavioural changes. These symptoms may be of such severity that they can disrupt interpersonal relations, social activities, work performance or quality of life. Women are affected irrespective of socioeconomic status, race or cultural background.

Objective; the study was conducted to assess the knowledge regarding lifestyle changes in prevention of premenstrual syndrome among adolescents in selected PUC of Bangalore.

Methodology: Knowledge assessment questionnaires were distributed among the adolescent's girls of PUC and by taking the average answer the results were obtained.

Premenstrual syndrome is a recurrent disorder. A wide range of therapeutic interventions has been tested in the treatment of PMS symptoms. If non-medical approaches are ineffective, drug therapy may be appropriate. Several pharmaceuticals agents have been shown to relieve symptoms.