

**“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED
TEACHING PROGRAM ON KNOWLEDGE REGARDING HOT
APPLICATION ON REDUCING DYSMENORRHEA AMONG THE 2ND
YEAR GNM STUDENTS Smt. NAGARATHNAMMA SCHOOL OF
NURSING “**

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Research project submitted to

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DECLARATION BY CANDIDATES

We hereby declare that this project entitled “**A Study to Evaluate the Effectiveness of**

Hot application In Reducing The Pain And Discomfort Of Dysmenorrhea Among Adolescent Girls In Selected College” is a Bonafide group research done by Mr. Sufiyan Samad, Mr. Sagar P Valsraj, Mr. Reno Koshy , Mr. Adhil Eranhikkal of 4th year BSc Nursing as a partial fulfilment of the requirement for the degree of Bachelor of Science in Nursing under the guidance of Ms. Shahida Bano, lecturer of Obstetrics and Gynaecology, Smt. Nagarathnamma College of Nursing Bengaluru.

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ABSTRACT

“Study to Evaluate the Effectiveness of Hot application In Reducing the Pain and Discomfort of Dysmenorrhea Among Adolescent Girls in Selected College.”

BACKGROUND OF STUDY:

Dysmenorrhea, defined as painful menstruation, is a prevalent condition among adolescent girls and young women worldwide, particularly those in their late teens and early twenties. It is classified into two main types: primary dysmenorrhea, which occurs without any underlying pathology, and secondary dysmenorrhea, which is often linked to other medical conditions such as endometriosis or pelvic inflammatory disease. Primary dysmenorrhea is the most common form, presenting as cramping pain in the lower abdomen, which may radiate to the back and thighs. This pain often begins just before or at the onset of menstruation and can last for several days, affecting daily activities, academic performance, and overall quality of life.

Research indicates that a significant number of young women, particularly college students, suffer from dysmenorrhea, which can lead to absenteeism, decreased concentration, and an inability to fully participate in both academic and social activities. In health-related fields such as nursing, where students are expected to engage in both classroom and clinical work, the impact of dysmenorrhea can be particularly challenging. Addressing the symptoms effectively is essential to help students maintain their focus, productivity, and well-being.

Traditional management of dysmenorrhea has relied heavily on pharmacological interventions, including non-steroidal anti-inflammatory drugs (NSAIDs) and hormonal contraceptives. Although these treatments are effective for many, they can lead to adverse side effects such as gastrointestinal disturbances or hormonal imbalances, and they may not be suitable for all individuals. Additionally, reliance on medication may not align with everyone's preferences, particularly those interested in natural or alternative health approaches. Consequently, there has been growing interest in exploring nonpharmacological methods, such as Hot application, to manage dysmenorrhea.

Hot application, which include practices such as Hot application, dietary modifications, exercise, and the use of herbal teas or supplements, offer accessible, cost-effective options that have shown promise in reducing menstrual pain and discomfort. Heat, for

example, is believed to increase blood flow to the pelvic area, helping to relax muscles and relieve cramping. Herbal teas, like chamomile and ginger, possess anti-inflammatory properties that may also provide relief. Simple exercises, including yoga and stretching, can promote relaxation and help reduce pain sensitivity.

This study focuses on evaluating the effectiveness of Hot application in reducing pain and discomfort associated with dysmenorrhea among second-year nursing students. By exploring these remedies, the research aims to identify viable, practical approaches that could enhance the quality of life for students experiencing dysmenorrhea, potentially offering alternatives that minimize reliance on medications. This study contributes to the existing body of knowledge on dysmenorrhea management by providing insights into natural interventions that may be beneficial, easily implemented, and accessible for young women, particularly those balancing the demands of their studies and health.

OBJECTIVES OF THE STUDY

1. To assess the level of knowledge on Hot application in reducing the pain and discomfort of dysmenorrhea among adult girl in selected college.
2. To evaluate the effectiveness of Hot application in reducing the pain and discomfort of dysmenorrhea among adult girls in selected college.
3. To find the association between pretest and post-test effectiveness of Hot application in reducing the pain and discomfort of dysmenorrhea among adult girl in selected college.

METHODOLOGY

An evaluator research approach with survey design was used for the present study. Sample consisted of 50 students in 2nd Year GNM girls with primary dysmenorrhea who met the inclusion criteria. Purposive sampling technique was used to select the sample. Tools used were verbal descriptive pain rating scale and rating scale. Data was analysed using descriptive statistics, Spearman's rank co- relation and test.

RESULT

The Data indicate the mean percentage of post- test (75%) knowledge score was higher than the mean percentage of present (57.14%) knowledge score. The data presented shows that value computed between mean pre-test and post-test scores is statistically significant. The significant difference between the mean pretest and post-test knowledge scores regarding Hot application on dysmenorrhea among adolescent girls.

CONCLUSION

The study concluded that the adolescent girls had less knowledge regarding Hot application on dysmenorrhea and the overall findings of the study indicated that there was an increase in the knowledge of subjects following the administration of structured teaching programme. This showed that the structured teaching programme was effective in improving the knowledge of adolescent girls.

Key words: Hot application, Dysmenorrhea, Adolescent girls, Structure Teaching programme,

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