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A study to assess the effectiveness of Jacobson progressive muscle relaxation exercise on premenstrual syndrome among higher secondary school girls in a selected school of Jabalpur, M.P.

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Abstract

Introduction: Women are smart and savvy. Striving to live up to their potentials, they are curious about the world they live in and want to make a difference. But adolescent is a period they struggle with the issues of menstruation.

Objective: To evaluate the effectiveness of Jacobson Progressive Muscle Relaxation Exercise on Premenstrual Syndrome among adolescent girls.

Design: A quantitative approach using quasi experimental pre-test post-test design with control group.

Participants: 300 adolescent girls with mild to moderate premenstrual syndrome was selected using Non probability purposive sampling technique in KPM Matriculation Higher Secondary School at Coimbatore.

Intervention: Jacobson Progressive Muscle Relaxation Exercise was given for a period of 15-20 minutes once a day for 30 days.

Tool: Self administered modified Stainer and Wilkins PMS diagnostic criteria were used to assess the level of PMS.

Results: Analysis using Paired 't' test found significant. **CONCLUSION:** The findings of the study revealed that Jacobson Progressive Muscle Relaxation Exercise helps in decreasing premenstrual syndrome among adolescent girls.

Keywords: Premenstrual syndrome, Jacobson progressive muscle relaxation exercise

Introduction

Menstruation is a normal physiological cycle common to all females in the reproductive age group. The initiation of menstruation takes place during the early adolescence period. Nearly all women of child bearing age have some premenstrual symptoms, but those between their late 16s and early 40s are most likely to experience Premenstrual syndrome (PMS).

The term Premenstrual syndrome was first coined by Greene and Dalton in 1953^[10]. It has been defined as "the cyclic recurrence in the luteal phase of the menstrual cycle of a combination of distressing physical, psychological, and behavioral changes of sufficient severity to result in deterioration of interpersonal relationships and or interference with normal activities.

The physical symptoms of premenstrual syndrome includes breast engorgement, breast tenderness, abdominal bloating, constipation or diarrhea, acne, headache, fluid retention, weight gain, clumsiness, nausea and vomiting, heart palpitation, appetite change, fatigue, muscle aches.

Need for the study

Most women who have reached the age of menstruating know what premenstrual syndrome is. Premenstrual syndrome is a disorder characterized by a set of hormonal changes that triggers disruptive symptoms in a significant number of women for up to two weeks prior to menstruation.

Premenstrual syndrome is more likely to trouble women in their 15s and 30s, and they tend to recur in a predictable pattern. The physical and emotional changes may be more or less intense with each menstrual cycle. PMS symptoms were markedly interferes with work or school or usual social activities and relationship with others.

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Objectives

- To evaluate the effectiveness of Jacobson Progressive Muscle Relaxation Exercise on Premenstrual Syndrome among the higher secondary school girls.
- To determine the association between Premenstrual Syndrome among the higher secondary school girls their selected demographic variables.

Hypotheses

H1: Jacobson Progressive Muscle Relaxation Exercise is effective in reducing Premenstrual Syndrome among adolescent girls.

H2: There is a significant association between the level of Premenstrual Syndrome among adolescent girls with their selected demographic variables.

Assumptions

- The level of Premenstrual Syndrome of adolescent girls will vary from one to the other.
- Jacobson's Progressive Muscle Relaxation Exercise reduces the level of Premenstrual Syndrome.
- Jacobson's Progressive Muscle Relaxation Exercise has no adverse effects for Premenstrual Syndrome.
- Jacobson's Progressive Muscle Relaxation Exercise improves physical and mental wellbeing of adolescent girls with Premenstrual Syndrome

Delimitations

- The study is limited to adolescent school girls with mild to moderate degree of Premenstrual Syndrome.
- The study is limited to a period of 6 weeks

Methodology

A Quantitative approach was used to evaluate the effectiveness of Jacobson Progressive Muscle Relaxation Exercise on Premenstrual Syndrome.

A quasi experimental pretest post test design with control group was chosen to evaluate the effect of Jacobson Progressive Muscle Relaxation Exercise on Premenstrual Syndrome among adolescent girls.

Setting of the Study

Stated that physical location and conditions in which data collection takes place in a study is the setting of the study. The study was conducted in selected Higher Secondary girls School at Jabalpur (M.P). This school is situated in Jabalpur City. It accommodates 500 students among that 60 students are belongs to the age group of 13 - 19 years.

Population

A population is the entire aggregation of causes in which a researcher is interested".

Target population

The target population is the aggregation of cases which the researcher would like to make generalizations.

The target population in this study was adolescent girls with Premenstrual syndrome.

Accessible population

An accessible population is the section of the target population to which the researcher has reasonable access.

Accessible population for this study included 13-19 years girls different girls school from Jabalpur (M.P).

Sample size

Polit and Hungers (1995) ^[11] states that a sample consists of a subset of population selected to participate in a research study. The sample selected for this study was 300, among that 150 for experimental and 150 for control group in selected girls school of Jabalpur (M.P)

Major Study Findings Include

- Regarding demographic variables among adolescent girls majority were belonged to 13-14 years of age, lives in nuclear family, were born first, had 1- 2 siblings, had the family history of premenstrual syndrome, were prefers vegetarian diet during premenstrual syndrome and had 4-5 days of menstruation.
- Regarding the level of premenstrual syndrome in both experimental group and control group during pre test majority had moderate level of premenstrual syndrome and during post test majority of adolescent girls in experimental group had mild level of premenstrual syndrome in control group there were no measurable difference.
- With regard to effectiveness of Jacobson Progressive Muscle Relaxation Exercise on premenstrual syndrome among adolescent girls, the post test mean score 11.53 was lesser than the pre test mean score 35.87. The obtained 't' value was 17.13 which was found to be significant at $p < 0.001$ level.
- With regard to association between the level of premenstrual syndrome among adolescent girls with their selected demographic variables there were significant association found with order of birth and duration of menstruation and other variables Age, Type of family, Number of siblings, Family history of premenstrual syndrome, Diet were found to be not significant.

The main conclusions drawn from this present study was that most of the adolescent girls had moderate level of premenstrual syndrome. After the practice of Jacobson Progressive Muscle Relaxation Exercise, their level of premenstrual syndrome has decreased significantly. They felt relaxed very much. This shows the essential need to understand the uses of Jacobson Progressive Muscle relaxation exercise on premenstrual syndrome among adolescent girls. After the completion of the study, subjects in control group were taught about the Jacobson progressive muscle relaxation exercise.

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