

17th World Congress of the Academy of Human Reproduction

15–18 March 2017
Rome, Italy

TITLE

RELATED FACTORS AND COPING METHODS, DYSMENORRHEA AMONG UNIVERSITY STUDENTS

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ABSTRACT

Context: Dysmenorrhoea is defined as pelvic pain that begins shortly before menstruation or in menstrual period. Objective: This study was conducted to determine related factors and coping methods, dysmenorrhea in university students. Method: The descriptive study was conducted on nursing students studying at university. Patient: 241 female students who agreed to participate were included. Intervention: A questionnaire was used collection of the data. Verbal consent from students were obtained. Questionnaire was filled by the student. Main outcome measures: The analysis of the data was used chi-square analysis test and correlation analysis test. Significance level of statistical analysis was $p < 0.05$. Results: It was determined that 68.5% of female students had regular menstruation, 89.2% of them had dysmenorrhea, 59.3% of them stated that they had a dysmenorrhea history in their family, 32.5% of them started pain with menstruation. 28.2% of them stated regular analgesics for menstrual pain. The average of the students' pain scores was 5.66 ± 1.99 . 33.6% of the students were adversely affected daily activities by dysmenorrhea. The most experienced problems of students during menstruation are irritability (65.1%), back pain (59.8%), fatigue (54.4%), cramp in the abdomen and legs (34%), leg pain (32.4%) and headache (27%). Methods used to cope with dysmenorrhea were bed rest (89.2%), abdominal hot application (65.6%), massage (61.4%). There was a statistically significant relationship between the incidence of mother dysmenorrhea ($p = 0.000$) and the presence of chocolate habit ($p = 0.032$).

Conclusion: As a result, almost ninety percent of young girls have dysmenorrhea. The daily activities of the students are significantly affected by the dysmenorrhea. It is suggested that the health personnel should organize training programs about the methods of coping with dysmenorrhea.

INSTITUTE

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