

## **Knowledge Regarding Home Remedies on Menstrual Problems Among Adolescent Girls in Selected Village, Salem.**

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### **Abstract**

A descriptive study with cross sectional survey approach was undertaken to assess the knowledge regarding home remedies on menstrual problems among adolescent girls in selected village, Salem. Semi structured interview schedule was used to collect the data from 30 adolescent girls. The collected data was analysis by inferential statistics. Highest (55%) percentage in adolescent girls were in the age group between 18-19 years, 73% of adolescent girls was Hindu, 53% of them had degree, 57% of adolescent girls belongs to joint family and 47% of them had family monthly income less than Rs.5000. Higher percentage (43%) of them had source of information from friends & relatives and 57% of them had good knowledge. Highest percentage (67%) of adolescent girls responded correctly to their tem that home remedies on menstrual problems.

**Keywords:** Knowledge, Home, Remedies, Menstrual Problems & Adolescent Girls

### **Introduction**

Adolescence is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood. Adolescence is usually associated with the teenage years, but its physical, psychological or cultural expressions may begin earlier and end later. Menstrual disorders are a disruptive physical and/or emotional symptoms just before and during menstruation, including heavy bleeding, missed periods and unmanageable mood swings. Some adolescent girls get through their monthly periods easily with few or no concerns (Anastasakis.E. et.al, 2018).

A simply prepared medication or tonic often of unproven effectiveness administered without prescription or professional supervision — compare folk medicine. Comments on home remedy. Turmeric root contains curcumin, which has been shown to have many beneficial health effects, including reducing inflammation and improving mood. Because of these effects, taking supplements containing curcumin can decrease symptoms of PMS. Turmeric may also have effects similar to the estrogen hormone. It might also help regulate our menstrual cycle. Typical doses of curcumin are from 100 mg to 500 mg taken twice daily (Anastasakis. E.et.al, 2018).

### **STATEMENT OF THE PROBLEM**

“A study to assess the knowledge regarding home remedies on menstrual problems among adolescent girls in selected village, Salem”

### **OBJECTIVE**

- ❖ To assess the knowledge regarding home remedies on menstrual problems among adolescent girls.

**METHODOLOGY****RESEARCH DESIGN AND APPROACH**

A descriptive research design with cross section survey approach

**STUDY SETTING**

The study was conducted in Kadathur Village, Salem district.

**POPULATION**

The study population comprised of the entire individual with adolescent girls living in Kadathur Village , Salem.

**SAMPLING**

The study samples were adolescent girls living in Kadathur Village, Salem who fulfilled the inclusive criteria.

**Sampling technique**

Purposive sampling was used as a sampling technique for the present study.

**Sampling size**

30 Adolescent girls living in Kadathur Village, Salem.

**Tool used**

Closed-ended questionnaire was used to collect the data regarding the knowledge regarding home remedies on menstrual problems among adolescent girls.

**RESULTANDDISCUSSION**

30 adolescent girls were selected by purposive sampling technique and data were collected by using questionnaire method. Demographic characteristics reveals that highest (55%) percentage in adolescent girls were in the age group between 18 - 19 years, 73%of adolescent girls was Hindu, 53% of them had degree, 57% of adolescent girls belongs to joint family and 47% of them had family monthly income less than Rs.5000. Higher percentage (43%) of them had source of information from friends & relatives and 57% of them had good knowledge. Highest percentage (67%) of adolescent girls responded correctly to the item that home remedies on menstrual problems.

Percentage wise distribution of knowledge score regarding home remedies on menstrual problems among adolescent girls.

<b>S.No</b>	<b>Level of Knowledge</b>	<b>Maximum Score</b>	<b>Number</b>	<b>Percentage(%)</b>
1	Poor	0-10	5	16
2	Average	11-20	8	27
3	Good	21-30	17	57
	<b>Total</b>	<b>30</b>	<b>30</b>	<b>100</b>

Percentage wise distribution of level of knowledge score regarding home remedies on menstrual problems among adolescent girls shows that highest percentage (57%) of them had good knowledge and 27% of them had average knowledge. Whereas, 16% of them had poor

knowledge. Hence, it can be interpreted that highest percentage (57%) of the adolescent girls had a good knowledge regarding home remedies on menstrual problems.

**Conclusion:**

In the present study it can be concluded that adolescent girls had good knowledge regarding home remedies on menstrual problems. Hence, it can be interpreted that the investigator needs to conduct experimental study to assess the knowledge regarding home remedies on menstrual problems among adolescent girls.

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