



Effectiveness of Jacobson's progressive muscle relaxation technique on premenstrual syndrome among adolescent girls at selected schools, Salem

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Abstract

A study was conducted to evaluate the Effectiveness of Jacobson's Progressive Muscle Relaxation Technique on Premenstrual Syndrome among Adolescent girls at Selected Schools, Salem. Quasi experimental (Pretest and posttest control group) design was adopted. Non-probability purposive sampling technique was used to select 60 adolescent girls. 30 in experimental group and 30 in control group. Informed verbal consent obtained from the adolescent girls. Structured interview schedule was used to collect the demographic variables and modified premenstrual syndrome rating scale was used to assess the level of premenstrual symptoms among adolescent girls. A pretest was conducted for the adolescent girls who are near to the menstrual cycle in both the groups by using modified premenstrual syndrome rating scale. In experimental group the researcher divided the adolescent girls into three groups and intervention (Jacobson progressive muscle relaxation technique) was provided on 5th day after menstruation for 20 days with the duration of 20mts on daily basis. No intervention given for control group. At the 21st day post test was done in both experimental and control group by using the same scale. The study implies that Jacobson's progressive muscle relaxation technique is a safe, cost effective, painless and easy to practice. The study finding reveals that Jacobson's progressive muscle relaxation technique was effective in reducing the premenstrual syndrome among adolescent girls.

Keywords: Adolescent girls, Jacobson progressive muscle relaxation, premenstrual syndrome

Introduction

Menstruation usually occurs at the age of 11 to 12, but the signs of puberty showing at the age of 9. The girls usually reached full physical development by age of 13-17 years and attain reproductive maturity about 4 years after the first physical changes of puberty appear.

Premenstrual syndrome is a collection of physical and emotional symptoms related to a women's menstrual cycle. While most of the child bearing age women reported 85% of them experienced physical symptoms related to normal ovulatory function such as abdominal bloating, breast tenderness, headache, back pain, abdominal pain.

The regular Jacobson's progressive muscle relaxation technique should be a priority among for premenstrual syndrome treatment. Regular exercise can help to alleviate Premenstrual syndrome. When we exercise, our body produces endorphins, a brain chemical that has mood enhancing effects. Even if we feel dreadful from Premenstrual syndrome, exercising can help bring us back up. When the researcher visit the school, she found that most of the adolescent girls are experiencing premenstrual syndrome (abdominal pain, headache, backache, nausea). Since Jacobson's progressive muscle relaxation technique which is safe, non-pharmacological, non-invasive, painless, cost effective method and easy to practice. The researcher felt there is a need to conduct the study among adolescent girls to reduce the symptoms.

Statement of Problem

A study to Evaluate the Effectiveness of Jacobson's Progressive Muscle Relaxation Technique on Premenstrual Syndrome among Adolescent Girls at Selected Schools, Salem.

Objectives

1. To assess the level of premenstrual syndrome among adolescent girls in experimental group and control group.
2. To evaluate the effectiveness of Jacobson's progressive muscle relaxation technique on level of premenstrual syndrome among adolescent girls in experimental group and control group.
3. To associate the level of premenstrual syndrome among adolescent girls with their demographic variables in experimental and control group.

Assumption

1. Premenstrual syndrome differ from each adolescent girls.
2. Jacobson's progressive muscle relaxation technique has no side effect on adolescent girls with premenstrual syndrome.
3. The relaxation technique will have some effect in physical and mental wellbeing among adolescent girls.
4. Helps to alleviate the premenstrual syndrome.

Research Methodology

Quantitative research approach was adopted for the study. Quasi experimental design (Pretest and post test control group design) was selected. The data was collected in of Girls. Govt. Hr. Sec. School, Kondalampatti Girls and Attyampatti, Salem. The researcher visited the classroom and the adolescent girls who fulfilled the inclusion criteria were selected by non-probability purposive sampling technique. The investigator explained the procedure to the adolescent girls and verbal consent obtained from the adolescent girls. 60 adolescent girls were selected for the study, 30 adolescent girls in experimental group and 30 adolescent girls in control group. Structured interview schedule was used to collect demographic variables and modified premenstrual syndrome rating scale was used to assess the level of premenstrual symptoms. A pretest was conducted for the adolescent girls who are near to the menstrual cycle in both the groups by using modified premenstrual syndrome rating scale. In experimental group the researcher divided the adolescent girls in to three groups and intervention (Jacobson’s Progressive Muscle Relaxation Technique) was provided on 5th day after menstruation for 20 days with the duration of 20mts on daily basis. No intervention given for control group. At the 21st day post-test was done in both experimental and control group by using the same scale.

Results and Discussion

The Quasi experimental study was done to evaluate the effectiveness of Jacobson’s progressive muscle relaxation technique on premenstrual syndrome among adolescent girls at selected schools, Salem. The findings of the study have been discussed with interference to the objectives and relevant study from the review of literature.

Objective-1: To assess the level of premenstrual syndrome among adolescent girls in experimental and control group

The study reveals that among adolescent girls in experimental group during pretest 46.67% of them had mild symptoms and 53.33% of the adolescent girls had moderate symptoms. During post test in experimental group 13.33%

of the adolescent girls had no symptoms, 70% had mild symptoms and 16.67% of the adolescent girls had moderate symptoms. Where as in control group during pre test the adolescent girls 46.67% of them had mild symptoms and 53.33% of the adolescent girls had moderate symptoms. During post test in control group 36.67% of the adolescent girls had mild symptoms and 63.33% of them had moderate symptoms.

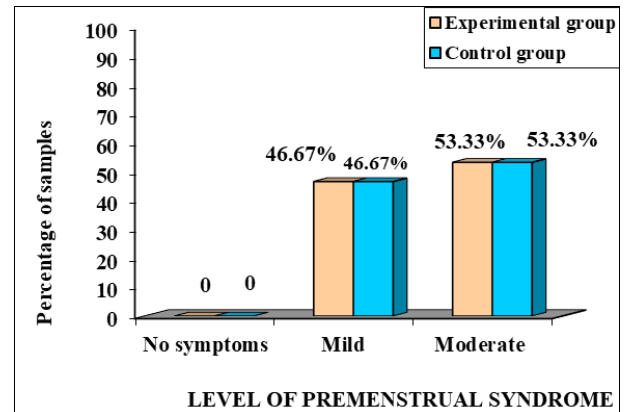


Fig 1: Percentage distribution of adolescent girls according to pre test score on level of premenstrual syndrome in experimental and control group

Objective-2: To evaluate the effectiveness of Jacobson’s progressive muscle relaxation technique on level of premenstrual syndrome among adolescent girls in experimental group and control group

In experimental group in post-test mean score was 12.4±6.11 and in control group post-test mean score was 12.4±6.11. The ‘t’ value is 5.409 which is significant at p≤0.05 level. Thus it becomes evident that Jacobson progressive muscle relaxation technique was effective in reducing the premenstrual syndrome in experimental group. Hence H₁ is retained.

The study finding reveals that Jacobson’s progressive muscle relaxation technique is effective in reducing premenstrual syndrome among college girls.

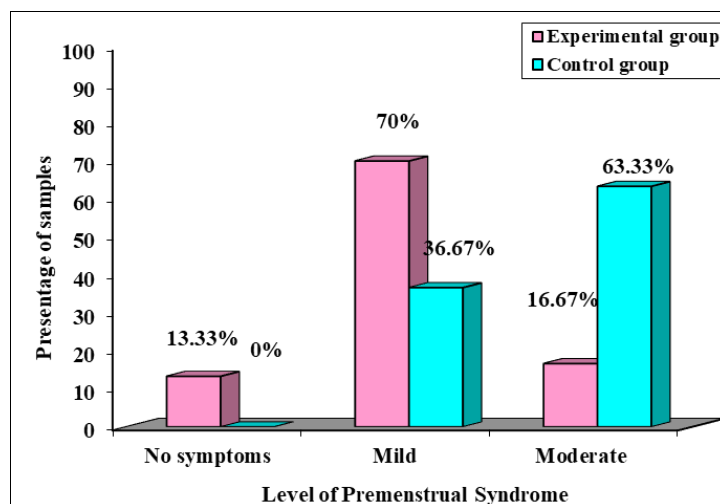


Fig 2: Percentage distribution of adolescent girls according to post test score on level of premenstrual syndrome in experimental group and control group

Objective-3: To associate the level of premenstrual syndrome among adolescent girls with their demographic variables in experimental and control group

The present study reveals that in experimental and control group, there was no significant association between the level of premenstrual syndrome and their selected demographic variables at $p \leq 0.05$ level, H_2 is rejected.

Summary

This chapter dealt with the discussion of the study with reference to the objective and supportive studies. All the three objectives have been obtained. The first formulated hypothesis was retained and second hypothesis was rejected in this study.

Conclusion

The study was done to evaluate the effectiveness of Jacobson's progressive muscle relaxation technique on premenstrual syndrome among adolescent girls at selected schools, Salem. The finding reveals that Jacobson's progressive muscle relaxation technique was effective in reducing premenstrual syndrome among adolescent girls.

Conflict of Interest

There is no conflict of interest

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Not available

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