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A survey study of common menstrual disorders among adolescent girls

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Abstract

Menstrual problems are the major gynaecological problems which occur frequently in majority of women. Menstrual problems affect the physiology, psychology and well-being of a woman. Root of every gynaecological disease arises from menstrual disorders. The main objective of this study was to identify menstrual patterns and health knowledge regarding menstruation among adolescent students in Gampaha district. This was a descriptive study conducted from May to July 2017 on a population-based sample of Gampaha district adolescent girls aged 14 - 19 years attending secondary school. 300 adolescent girls and 3 girls' schools were purposely selected. The data collection was done by using self-administered, semi-structured questionnaire. 15 questions were included. It consisted of socio demographic features, close ended and open ended questions. Data was analysed using descriptive statistical method called SPSS Software. Frequently reported age group was 17 years (49.7%). Most common menstrual disorder was dysmenorrhoea condition (63.42%). Next one was menorrhagia condition (23.5%). Primary amenorrhea condition has shown fairly little percentage (0.3%). Most prominent associated symptom during menstruation was body ache (72.6%) and it has arisen with the onset of menstruation.

Keywords: Menstruation, Adolescents, Knowledge

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