A Study to assess the Effectiveness of Psychological Interventional Package in reducing Affective Symptoms in Premenstrual Syndrome among the teenage girls in selected High Schools of Vijayapur

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***Abstract*- Background**
Premenstrual syndrome (PMS), which begins 7-14 days before the onset of menstruation and declines with the onset of menstrual flow, affects women during their reproductive years and is connected with physical, psychological, and behavioral abnormalities. Premenstrual dysphoric disorder (PMDD) is a severe type of premenstrual syndrome that generally becomes problematic during late adolescence and can damage their quality of life. The non-pharmacological method is indicated to lessen the intensity of the symptoms early on without producing adverse effects. Although the origin of PMS is unknown, training women to exercise self-care methods to lessen the intensity of symptoms is a significant focus in therapy, in addition to pharmacological medication. In this study, the psychological interventional package is a collection of individual intervention competences that includes Brisk.

Aim

To assess the efficacy of a psychological interventional package in lowering the emotional symptoms of Premenstrual Syndrome in adolescent girls.

Methodology

The efficacy of a psychological interventional Package was determined using a quasi-experimental, non-equivalent pre-test-post-test control group approach. The Simple Random Sampling Technique was used to choose the sample. The sample size was set at 100. The sample size was estimated using prior findings from research (95% confidence level and 5% confidence range). The Premenstrual Syndrome Scale (PMSS) instrument was used to collect data. There were two groups: one experimental and one control. Two instructional sessions on PMS and related self-care practices were given to the experimental individuals. Following the collection of post-test data, the control group individuals got the identical teaching sessions. Both groups took PMS pre- and post-tests.

Results

There was a significant difference in mean pre-test and post-test affective symptom score of experimental with p-value less than 0.0001. With a higher p-value, there was no significant difference between Mean before test and post test affective symptom score of teenage females in the control group. There was a significant change in the mean post-intervention ratings of emotional symptoms between the experimental and control groups among teenage females. Affective symptoms were considerably decreased in the experimental group compared to the control group using a psychological interventional package.

Conclusion: Psychological Interventional Package could have been the source of the reduction in PMS symptoms of the experimental group of young teenage girls.

***Index Terms*-** Assess, Psychological Interventional Package, Affective Symptoms, Premenstrual Syndrome and Teenage Girl

I. INTRODUCTION

Premenstrual syndrome (PMS) is a disruptive mix of mental and physical symptoms that occur one to two weeks before the onset of each menstrual cycle. Symptoms subside about the time monthly bleeding begins. Different ladies have different symptoms. Premenstrual syndrome is characterized by one or more physical, emotional, or behavioral symptoms that disappear with menstruation. Breast soreness, bloating, headache, mood swings, melancholy, anxiety, rage, and irritability are the most prevalent symptoms. To be classified as PMS rather than a typical monthly cycle pain, these symptoms must interfere with everyday functioning throughout two menstrual cycles of prospective recording. PMS-related symptoms are frequently present for around six days. PMS symptoms might fluctuate over time.

II. OBJECTIVES

1. To Assess the Affective Symptoms of PMS

2. To compare pre and post intervention scores of Affective symptoms of experimental and control group of teenage girls
3. To compare post intervention scores of Affective symptoms between experimental and control group of teenage girls
4. To find out association between Affective Symptoms of PMS with selected socio demographic Variables

Hypothesis
Will be tested at 0.05 level of significance
H_1: There will be a significant difference between Mean pre test and post test affective symptom score of experimental and control group subjects at 2 Months follow up.
H_2: There will be a significant difference in Mean of post intervention scores of affective symptom between experimental group and control group subjects at 2 Months follow up.
H_3: There will be a statistically significant association between affective symptoms of Premenstrual Syndrome with selected socio demographic Characteristics of teenage girls

Assumptions
1. Psychological Interventional Package May Reduce Affective symptoms of PMS
2. Psychological Interventional Package May improve the coping capacities of teenager to combat Affective symptoms of PMS

Delimitations
The Study will be delimited to;
- Teenage girls aged between 13-19 years.
- Teenage girls of mild to moderate PMS
- Self expressed responses of Teenage girls of mild to moderate PMS
- Administration of Psychological interventional package for only once.
- Assessment of all dependent variable will be done for 3 months only.

III. MATERIALS AND METHODS

Research Approach
Quantitative experimental research approach will be used for this study.

Research Design
Quasi experimental Pre-test post-test control group design will be used for the present study

Variable:
Independent Variable- Psychological Interventional Package
Dependent Variable- Affective Symptoms of PMS
Demographic variables- like age, Age at Menarche etc

Inclusion Criteria:
1. Teenage girls who attained Menarche
2. Teenage girls who are been Diagnosed as PMS

Exclusion criteria
1. Teenage girls who are suffering from severe PMS
2. Teenage girls who are suffering from other Co- morbid Illness

Setting of the study
Selected High Schools of Vijayapur city.

Study Population
Teenager Girls who have Attained Menarche

Sampling Technique
Simple Random Sampling Technique

Sample size
Total 100 Samples
Experimental Group- 50 Samples
Control Group – 50 Samples

DESCRIPTION OF THE INSTRUMENTS
The data collection instrument is divided in to 2 parts:
Part I: Structured questionnaire for socio-demographic al variables
Part II: Premenstrual Syndrome Scale (PMSS)

DATA ANALYSIS
Data will be analyzed by using descriptive and inferential statistics.
1. Percentage, mean, median and standard deviation will be computed
2. Paired‘t’ test: To analyze pre test – Post Test difference in the experimental and control group
3. Independent‘t’ test: To analyze the difference between experimental and control groups
4. Chi square test: To analyze association between selected socio-demographic and Affective Symptoms of PMS.

IV. RESULTS AND DISCUSSION

1- Socio-demographic characteristics of teenage girls

The majority of the study participants (28 (56.0%) in the experimental group and 29 (58.0%) in the control group were between the ages of 13 and 15. The majority of the 24 (48.0%) research participants in the experimental and control groups had reached menarche at the ages of 13 and 14, respectively. revealed the majority of 31 (62.0%) of the participants in the experimental group and the majority of 33 (66.0%) in the control group lived in cities, while the remainder 19 (38.0%) in the EG and 17 (34.0%) in the CG lived in rural regions. The experimental group had 27 (54.0%) of the study participants while the control group had 25 (25.0%).

The majority of study participants, 29 (58.0%) in the experimental group and 27 (54.0%) in the control group, were from nuclear families, with 19 (38.0%) in the experimental group and 18 (36.0%) in the control group belonging to joint families. The majority of study participants (27 (54.0%) in the experimental group and 25 (50.0%) in the control groups were vegetarians; 16 (34.0%) of study participants in EG and CG were non-vegetarians; and just a few (7 (14.0%) in EG and 9 (18.0%) in CG were on a mixed diet. The majority of 32 (64.0%) study participants in the experimental group and the majority of 30 (60.0%) in the control

group had no family history of PMS, with the remaining 18 having a family history of PMS.

II. Frequency and percentage distribution of assessment of affective symptoms of PMS among teenage girls

Symptoms	Experimental Group (n=50)	Control Group (n=50)	t-value	P-value
	Mean ±SD	Mean ±SD		
Physical	31.14±5.10	31.84±7.54	-0.54	0.58(NS)
Psychological	24.32±0.96	23.34±0.47	**6.47**	**<0.0001(S)**
Behavioral	27.9±4.10	28.66±1.27	-1.25	0.21(NS)

According to the table above, mean physical and behavioral symptoms do not differ substantially between experimental and control groups, but mean psychological symptom score was considerably higher in the experimental group (24.32) than in the control group (23.34).

III. Comparison of pre and post intervention scores of Affective symptoms of teenage girls in the experimental group

Symptoms	Pre-test	Post-test	t-value	P-value
	Mean ±SD	Mean ±SD		
Physical	31.14±5.10	18.38±2.06	21.80	<0.0001(S)
Psychological	24.32±0.96	13.6±0.47	**59.2**	<0.0001(S)
Behavioral	27.9±4.10	14.32±1.73	31.06	<0.0001(S)

According to the above table, there was a significant difference between the mean pre test and post test affective symptom score of the experimental group with a p-value less than 0.0001.The Psychological Interventional Package was extremely efficient in lowering the emotional symptoms of Premenstrual Syndrome in the trial group of teenage girls.

V. Comparison of pre and post intervention scores of Affective symptoms of teenage girls in the control group
VI.

Symptoms	Pre-test	Post-test	t-value	P-value
	Mean ±SD	Mean ±SD		
Physical	31.84±7.54	31.82±7.55	0.44	0.65(NS)
Psychological	23.34±0.47	23.32±0.59	**0.57**	0.56(NS)
Behavioral	28.66±1.27	28.66±1.25	0.00	1.00(NS)

According to the above table, there was no significant difference between Mean pre test and post test affective symptom score of teenage females in the control group with a higher p-value. The emotional symptoms were the same before and after the exam.

V. Comparison post intervention scores of Affective symptoms between experimental and control group of teenage girls

Physical symptoms	Mean	SD	df	t-value	P-value
EG	18.3800	2.06911	48	12.1	< 0.0001(S)
CG	31.8200	7.54764			
Psychological symptoms					
EG	13.6600	.47852	48	90.2	< 0.0001(S)
CG	23.3200	.58693			
Behavioral symptoms					
EG	14.3200	1.73134	48	47.51	< 0.0001(S)
CG	28.6800	1.25259			

According to the above data, there was a significant difference in the mean of post intervention scores of emotional symptoms among teenage females between the experimental and control groups. The Psychological Interventional Package considerably decreased Affective symptoms in the experimental group compared to the control group.

VI. Association between Affective Symptoms of PMS with selected socio demographic Variables

Affective symptoms of PMS in adolescent girls were not connected with their chosen socio demographic variables such as age, age at menarche, location of living, religion, family types, food, family history, and treatment used.

VII. CONCLUSION

Premenstrual syndrome (PMS), which starts 7-14 days before menstruation and diminishes once menstruation begins, affects women during their reproductive years and is related with physical, psychological, and behavioral abnormalities. Recently, premenstrual dysphonic disorder (PMDD) has been identified as a severe type of premenstrual syndrome that typically becomes troublesome around late adolescence and can have a negative impact on adolescent quality of life. To lessen the intensity of the symptoms early and without creating side effects, a non-pharmacological strategy is indicated. The decrease in PMS symptoms in the experimental group of young adolescent females might have been caused by the Psychological Interventional Package.

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CONFLICT OF INTEREST- None declared

ETHICALCLEARENCE- Ethical Clearance Certificate was obtained by Institutional Ethical Committee**.**

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