



RELATIONSHIP BETWEEN THE ABSENTEEISM AND DYSMENORRHEA OTHER ASSOCIATED SYMPTOMS IN ADOLESCENT FEMALES ATTENDING THE PUBLIC UNIVERSITY.

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ABSTRACT

Introduction: These menstruation episodes amongst young women might be viewed as a pertinent issue since they cause absenteeism and may have a detrimental impact on academic performance. Awareness-building on the socioeconomic effects of absence is crucial. **Aims and objectives:** Since dysmenorrhea affects women of reproductive age, it is a cause for concern for the public. The focus of this research was to determine if menstrual periods or unpleasant complaints such as dysmenorrhea were present amongst normal undergraduates at Sindh Public University and also how they affected absenteeism. **Sample size and Material methods:** A total of 339 teenage students enrolled in the first year of study at the public university of Sindh from September 2019 to December 2019 engaged in this cross-sectional investigation. Statistics on socio-demographics, gynaecology, and noteworthy menstrual events were gathered by a questionnaire; the much more common of these was dysmenorrhea, which afflicted 95.3% of students. Significant pain-related dysmenorrhea was detected in 25.7% of cases, followed by medium and milder cases in 46% and 23.6% of cases. Absenteeism among students with period pain was observed in 65% of cases, with moderate cases affecting 53% of students and having a significant P value of 0.007. Nonetheless, it was shown that students with significant dysmenorrhea and stomach pain that reached their legs were much more probable to miss class (36%). **Conclusion:** These menstruation episodes amongst young women might be viewed as a pertinent issue since they cause absenteeism and have a detrimental impact on their school performance. It is crucial to create new menstrual experience-improving techniques and make people aware of economical effects of absence.

Key words: Absenteeism; Dysmenorrhea; University Students, Women's Health, Reproductive Problems of Woman.

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INTRODUCTION

These menstruation episodes amongst young women might be viewed as a pertinent issue since they cause absenteeism and may have a detrimental impact on academic performance. Awareness-building on the socioeconomic effects of absence is crucial. Abdominal discomfort that occurs soon prior and/or throughout period is a symptom of dysmenorrhea¹. Among the most prevalent gynecologic issues in women is dysmenorrhea, or unpleasant menstruation. One of most widely recognised idea to describe its genesis is that endometrial overproduces prostaglandins (PG) throughout ovulatory cycles.¹ Menstrual cramps are brought on by PG, which induces the myometrium's contraction and local vasoconstriction. Dysmenorrhea is characterised by crampy pelvic discomfort that starts just before or just after the start of menstruation and lasts for one to three days before the menstrual fluid is discharged from the uterus². The female population frequently reports dysmenorrhea as a reason for ill being unable to work. It has a detrimental impact on academic achievement and daily activities as well as being the main reason for brief job absences³. It affects between 16 and 91% of women who are of childbearing age⁴. Around 225.18 million inhabitants in 2021, Pakistan will have a total literacy level of about 58 %,

with women making up or less 46.49 percent of the total population⁵. However in neighboring countries like India ,Iran ,Bangladesh the prevalence is 51 to 92 %^{6,7,8}

As in current century increased numbers of females in education and jobs are seen every field of colleges and universities . Dysmenorrhea was hypothesized as major cause of absenteeism among women. According to one research, kids who are frequently absent are more likely to face a range of detrimental long-term effects, including poverty, deteriorated physical and mental wellness, and engagement in the law enforcement system as an adult⁷. While dysmenorrhea is a frequent gynaecological condition that affects young women's life quality, little research has been done on menstrual issues pertaining to this topic, notably absenteeism as well as its associated factors amongst some of the rapidly growing number of students of the university.⁸ As in Pakistan most of the researches done on the factors associated and severity of symptoms and knowledge regarding the MDS and prevalence in different regions. Students are anticipated to be present the sessions since young women, who have primary dysmenorrhea most frequently, make up the bulk of the student body. Nonetheless, it has

been demonstrated that absence affects the security of the individuals they are responsible for. University students were thus considered to be the most suitable demographic to research how dysmenorrhea affects her academic interests.

The current study intends to determine how much menstrual pains interferes with everyday living and the way it affects students of the university in Sindh's educational outcomes as well as to determine characteristics that raise the risk of absence. Thus, in order to assess the occurrence of period pain and absence in students of the university & attempt to link the absence to pain intensity.

Study design and sampling methods: A cross-sectional research of interested pupils attending that university was done a sample of 393 female university students from Sindh University Hyderabad Jamshoro (aged 18–35 years) that were recruited using random purposive sampling after taking ethical approval from ethical committee of Sindh university Jamshoro. Two female senior medical students performed face-to-face interviews to obtain the data. Based on a survey questionnaires that was created afterwards, the interview focused on the pre-exhaustive reviewed literature in addition to social economic characteristics. The questionnaire was divided into three main sections: the absence of menstrual cramps, the complaints it is connected with (such as tiredness, headaches, breast soreness, nausea, & vomiting), and the influence on school career, or absenteeism, as determined by their registers. By asking the pupils whether or not they experienced discomfort during their menstrual cycle in the previous year, the occurrence of dysmenorrhea was evaluated. Participants were classified as having dysmenorrhea if they responded "yes, always," "yes, frequently," or "yes, sometimes," whereas those who responded

"yes, seldom," "never," or "never" were classified as not having the condition. In a prior study conducted in Canada, a similar methodology was employed].

The questionnaire was created in English, translated into Urdu, and then translated back into English by a third party who was not involved in the study. On a horizontal visual analogue scale (VAS) that has a 100-mm line and one end that signifies "no pain" and the other the "worst possible pain," the menstrual pain was evaluated. By writing a mark on the line, the participants were asked to assess the intensity of their pain. The data collectors then used a ruler to measure the student-marked answers. The results of the scale were divided into mild (scores between 5 and 44 mm), moderate (scores between 44 and 74 mm), and severe (scores over 74 mm). The students were given the option of selecting more than one spot, and the question identifying the location of the menstrual discomfort was illustrated with illustrated graphics on the questioner. The question "Do you describe your period as being regular or irregular?" and the responses "regular or irregular" were used to evaluate data on menstrual cycle regularity. What do you do to ease your pain? was used to elicit information on pain management, and the student was free to choose from a list of possibilities that included bed rest, a heating pad, medicine that was given by a doctor, medication that I took, painkiller tea/herbs, and others with the student allowed to selected more than one option. Comparable information was gathered on symptoms by asking students, "Do you experience any of the following symptoms during your period? ", followed by a list of symptoms from which they may choose more than one. In addition to known risk factors for dysmenorrhea, such as menstrual cycle features, smoking, secondhand smoking, and intake of particular foods and beverages, we also gathered information on

sociodemographic variables. Also, questions concerning class absences were put to the students. By selecting 1 day or 2 days or more, you can also take the number of days. We also gathered information on any illness condition that has been identified by medical professionals. Also, we took measurements of each subject's height, weight, and BMI as well as their hip-to-waist ratio using portable stable audiometers (SECATMR) to the nearest 0.1 centimeter, and a digital weight scale (BeurerR) towards the accuracy of 0.1 kilogram.

Data analysis: Statistical package for social sciences 20.0 was used to determine the data. The Chi-square test, Student t test, Analysis of Variance (One Way ANOVA), and Backward Stepwise Logistic Regression analyses were utilised in the statistical evaluation of the data. According to the WHO's growth charts, BMI was calculated using the measured weight and height and classified as underweight, normal weight, overweight, and obese for students under the age of 18 and for those 18 and older as follows: underweight 18, normal 18.5 to 24.9, overweight 25 to 29.9, obese 30. The precise binominal distributions has been utilized to compute the 95% CI for the prevalence of menstrual cramps during a 12-month period.

Results : The mean age of the girls was in which dysmenorrhea is 18 to 30 years was 63% ,as for as marital status it was more seen in unmarried that was 72 % .It was more evident in girls who were from the rural areas as shown in (Table 1). The most prevalent type of which was the dysmenorrhea , which affected 95.3% students , which affected with severe pain were 25.7 % , moderate and mild dysmenorrhea was found in 46% and 23.6% as shown in (Table 2) . Students with dysmenorrhea had an absenteeism seen in 65% with moderate dysmenorrhea with

abdominal pain that was affecting 53 % students (Table 2) with significant P value of (0.007) . However absenteeism was found to be more likely in students having moderate dysmenorrhea. However Absenteeism was seen in the students with dysmenorrhea in 61 to 65% and the major associated symptoms moderate to severe back pain .

Demographic and Gynecological History (Table 1)

	n= 322 (percentage %)
AGE (18 to 35 years) 18 to 30 years 31 to 35 years	204 (63 %) 118 (34 %)
Marital status Single Married	232 (72 %) 90 (28%)
Residency Rural Urban	255 (79.1%) 67 (20.9 %)

SHOWS RELATION BETWEEN THE PAIN AND DYSMENORRHEA

Tables 2

	N=323	Percentage %
Dysmenorrhea		95.3
Yes	323	4.7
No	16	
Grade of pain		23.6
Mild	80	46
Moderate	156	25.7
Severe	87	
Associated symptoms		34
Abdominal pain	110	18.9
Abdominal cramps	61	25.4
Back pain	82	21.7
Pain in other location	70	

Relationship between absenteeism and dysmenorrhea Table :3

Chart 1 : DYSMENORRHEA AND SEVERITY OF PAIN .MILD ,MODERATE AND SEVERE.

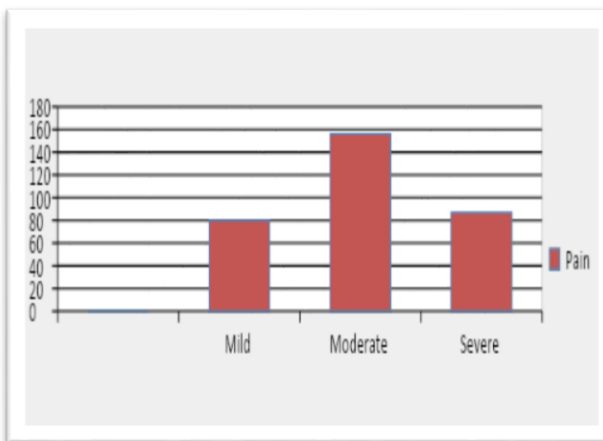
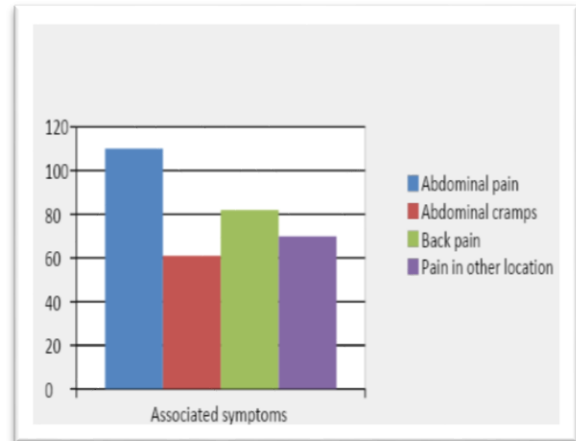


Chart 2: SHOWS DYSMENORRHEA AND ASSOCIATED SYMPTOMS.



Discussion:

This aspect of absenteeism with dysmenorrhea's in university students is the first study to evaluate to my best of knowledge . The majority of the research's participants also claimed a reproductive age range of 12–14 years, which was not consistent with past research on female students from Pakistan as well as India ¹⁰. Dysmenorrhea was reported among majority of more than 15 to 65 % with mild to severe type dysmenorrhea in university students ; this figure may be said to be consistent with the research done in various studies ¹¹ . Over than 60% of the women with dysmenorrhea in my research admitted experiencing either moderate or severe period pain, which is compatible with Burnett et al.'s[9] nearly identical findings. Several research ¹⁰ found that dysmenorrhea distribution decreased with age, showing that now the frequency of menstrual cramps rises in late teenage years and the early twenties & decreases as one gets older.⁶ Similar findings were made in our research, where it was determined that 65% of those with dysmenorrhea were older than 30 years. In current study, dysmenorrhea was associated with symptoms like abdominal cramps ,pain in thighs , back pain were very

significantly present in student of median age it does affect the quality of life and their educational activities on school ,college as well as university levels. In our study the association of dysmenorrhea with absenteeism was assessed that was about present more in women with moderate to severe pain was markedly present 53 % were absent from work¹² . However more absenteeism seen in women with associated symptoms like abdominal pain and cramps that was in high ratio. Dysmenorrhea has a detrimental effect on absenteeism from school and job, which is consistent with studies that have looked at this issue in adolescents and young adults⁵. At least one out of every three young women had to miss class on menstrual bleeding days owing to the severity of the discomfort or a limitation on their ability to do everyday tasks. Also, it was heartening to see a woman in considerable discomfort. Contrary to past research' findings, which indicated absenteeism as well as social and religious limitations, 91% of survey participants reported no influence on normal activities.^{13,6}.

Limitations

Girls who were enrolled in universities made up the study sample, which only covered the institutions of one city in Sindh. Moreover, there was little information about absenteeism in Pakistani literature. As a result, not all Pakistani girls may be represented by our findings.

CONCLUSION:

Dysmenorrhea & premenstrual complaints, the two menstruation issues with the highest prevalence in the target group, were closely related to absence, had an adverse effect on job performance, and diminished life satisfaction.. Therefore, it is recommended that students from age of menarche should be well informed about this highly incident

physiological problem and as well as provided with early gynecological counseling . It is also necessary for countries like Pakistan to include the reproductive health topics in curriculum to eliminate the taboos and prevent the absenteeism by using the nontoxic remedy and medicines to improve the quality of life and education and also early screening the severe cases to avoid the future complications.

Ethics approval: The ERC gave ethical review approval

Consent to participate: written and verbal consent was taken from subjects and next of kin

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Conflict of interest: No competing interest declared.

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