

Original Article

Assessment And Comparison of Dysmenorrhea in Terms of Severity of Pain and Utilization of Non Steroid Anti-Inflammatory Drugs among Unmarried and Married Women

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Abstract

Introduction: Dysmenorrhea means painful menstruation. The menstrual period is a natural phenomenon which occurs throughout the reproductive years of every woman. Most female experience some degree of pain and discomfort in their menstrual period.

Aim: The objective of the study was to assess and compare the dysmenorrhea in terms of severity of pain and utilization of NSAIDs among unmarried and married women.

Materials and Methods: Non Experimental research approach with comparative survey research design was used. The sample size comprised of 163 women which includes 100 unmarried and 63 married women selected by purposive sampling techniques of selected institutes of M.M. University Mullana. Numeric pain rating scale and Utilization of NSAIDs performa was used to assess severity of pain and utilization of NSAIDs during menstruation respectively.

Results: On the first day of menstruation, there was significant difference in the level of severity of pain among unmarried and married women as majority (78.57%) of unmarried experienced worst pain whereas majority (80%) of married reported mild pain during menstruation. There was no significant difference in the level of severity of pain among unmarried and married women on second and third day of menstruation. There was no significant difference in the utilization of NSAIDs during first, second and third day of dysmenorrhea among unmarried and married women

Conclusion: It concluded that there was significant difference in the level of severity of pain among unmarried and married women on first day of menstruation as majority (78.57%) of unmarried experienced worst pain whereas majority (80%) of married reported mild pain during menstruation. There was no significant difference in the utilization of NSAIDs during first, second and third day of dysmenorrhea among unmarried and married women

Key words: Dysmenorrhea, Severity of pain and Utilization of non steroid anti-inflammatory drugs