EXPLORING PREMENSTRUAL SYMPTOMS AND COPING STRATEGIES AMONG STUDENTS IN NURSING COLLEGES: A COMPREHENSIVE LITERATURE REVIEW

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ABSTRACT:

A review of literature on premenstrual syndrome and coping behavior among students involves a thorough and systematic examination of existing research and studies related to this topic. By analyzing previous works, one can gain a better understanding of the facts, findings, and insights available on premenstrual syndrome and coping mechanisms among students. This process helps in developing a solid foundation of knowledge about the issue at hand and aids in constructing a conceptual framework for further study and analysis.

This literature review delves into the realm of premenstrual symptoms and coping behaviors among students in selected nursing colleges. By analyzing existing research, this study aims to provide a comprehensive understanding of the challenges faced by students experiencing premenstrual symptoms and the various coping mechanisms employed. The review synthesizes findings to shed light on the prevalence of premenstrual symptoms, their impact on students' academic performance and well-being, and the effectiveness of coping strategies. Insights gained from this review can inform future research and interventions aimed at supporting students in managing premenstrual symptoms effectively.

KEYWORDS:

Premenstrual symptoms, coping behavior, students, nursing colleges, literature review, academic performance, well-being, interventions, challenges, strategies.

INTRODUCTION

The introduction of the literature review on premenstrual symptoms and coping behaviors among students in selected nursing colleges sets the stage for understanding the significance of this topic. Premenstrual syndrome (PMS) is a common phenomenon experienced by many individuals, particularly women, and can have various effects on their physical, emotional, and psychological well-being. In the context of students in nursing colleges, where academic demands are high and stress levels can be significant, exploring how premenstrual symptoms impact their daily lives and academic performance is crucial. This introduction aims to provide an overview of the rationale behind studying premenstrual symptoms and coping behaviors among students in nursing colleges. By highlighting the potential challenges faced by students dealing with PMS and the importance of effective coping strategies in managing these symptoms, the introduction sets the groundwork for the literature review. Understanding the unique experiences of students in nursing colleges regarding premenstrual symptoms and coping behaviors can offer valuable insights for educators, healthcare providers, and policymakers in developing support systems and interventions tailored to the specific needs of this population.

The review of literature allows researchers to identify gaps in current knowledge, understand different perspectives, and recognize trends or patterns in the research findings regarding premenstrual syndrome and coping behaviors among students. It helps in establishing the context of the study, clarifying the research questions, and guiding the methodology for future investigations. By synthesizing information from various sources, researchers can build upon existing knowledge and contribute to the advancement of understanding in this area. Moreover, a comprehensive review of literature provides a basis for theoretical underpinnings, offers insights into potential factors influencing premenstrual syndrome and coping strategies, and aids in formulating hypotheses or research objectives. It serves as a critical component in academic research, helping scholars to situate their work within the broader scholarly conversation and draw upon the wisdom and findings of previous studies to enhance the quality and relevance of their own research on premenstrual syndrome and coping behaviors among students.

Review of literature related to premenstrual symptoms

A study was done to check PMS in future healthcare pros at Masterskill Global College. They picked 300 healthcare pros using simple random sampling. They used the American College of Obstetricians and Gynecologist criteria to gather data. Results showed that 37% out of 300 had PMS; 22% had mild PMS, 9% had moderate PMS, and 5.3% had severe PMS. 7% had Premenstrual Dysphoric Disorder (PMDD). The study found that PMS severity was linked to a younger age group, stressful lifestyle, academic stress, and sleeping issues (Nagashekhara & Anil, 2016).

A study was carried out to evaluate premenstrual syndrome and coping behavior among nursing students at the

National Institute of Nursing Education, PGIMER, Chandigarh in 2008. They selected 248 students from all classes for data collection. They used a self-structured questionnaire with two parts: one for assessing premenstrual syndrome and the other a checklist on coping behavior. Results showed that common symptoms among the 248 students included lower abdominal pain (79.43%), backache (66.12%), and low work performance efficiency (52.01%). The majority of students utilized healthy coping strategies, such as not blaming themselves (89.11%), accepting it as a natural process (75.40%), and using hot or cold drinks to manage symptoms (98.11%). The study concluded that most students experienced lower abdomen pain, backache, irritability, and mood fluctuations. Fewer students reported somatic symptoms like suffocation, chest pain, tingling sensation, and ringing in the ear. To address these issues, most students adopted healthy coping mechanisms, refraining from blaming themselves, accepting it as a natural process, and using hot drinks for relief (Kaur & Thakur, 2009).

A descriptive cross-sectional survey was carried out to evaluate premenstrual syndrome (PMS) among female students at Assumption University in Bangkok, Thailand. A total of 266 female students aged 16 to 35 were chosen as the study's sample. The sample was selected using a simple random sampling technique. Data collection was done through a self-administered questionnaire. The results showed that 41% of the participants had mild PMS symptoms, indicating the presence of symptoms but not significantly affecting daily activities. In contrast, 53% reported moderate PMS symptoms causing notable discomfort, while 6% experienced severe symptoms that interfered with daily functioning, including school performance and relationships. The study concluded that the majority of female students had moderate PMS symptoms, with common symptoms including breast discomfort/swelling, lower abdominal cramps, stress, irritability, depression, confusion, headaches, sadness, weight gain, ineffective coping, and conflicts with friends (Thu, Diaz, Sawhsarkapaw, 2006).An investigation was conducted in 2010 to assess the frequency and prevalence of premenstrual disorder. A total of 171 adolescent girls aged 17-19 years were included. Data collection was done using a rating scale. The study findings revealed that 61.4% of females met the criteria for PMS according to DSM-IV. Among the 171 participants, 49.5% had a mild level of PMS, 37.1% had a moderate level, and 13.4% had a severe level. Common symptoms included abdominal bloating, pain, cravings for specific foods, and increased appetite (Derman, Kanbur, Tokur et al., 2004).

The symptoms of premenstrual disorder vary, with over 150 identified. It is not uncommon to observe that within any group of women, no two women share exactly the same symptoms; furthermore, their symptoms may change over time. It is also evident that premenstrual disorder symptoms are not exclusive to PMS; most are also associated with other conditions. PMS symptoms consistently show some form of variation with changes in time. Premenstrual disorder often worsens over time as symptoms become prolonged; the symptom-free phase of the cycle decreases. Some women experience PMS symptoms almost throughout the month (Reddy, 2011). Initial studies suggest that up to 40% of women with premenstrual disorder symptoms experience a moderate decrease in their circulating serum levels of beta-endorphin.

Initial surveys propose that up to 40% of ladies with side effects of premenstrual disorder have a moderate decrease in their circulating serum levels of beta-endorphin. Beta endorphin is a normally happening opioid neurotransmitter which has a preference for a similar receptor that is gotten to by heroin and different sedatives. Numerous medications of premenstrual disorder incorporate limiting water retention by giving diuretics and limiting liquid and electrolyte consumption, eating regimen or way of life changes, psychotherapy and so on (Schnall, Abrahamson , Laird, 2002).

Ladies with gentle manifestations ought to be told about way of life changes, including sound eating regimen, sodium and caffeine confinement, exercise, and stress decrease. Additional methodologies, for example, keeping daily record of symptoms, might be useful in diagnosing and dealing with the symptoms. In ladies with medium PMS, treatment incorporates both drug and way of life alterations. Dietary supplements, for example, calcium and night primrose oil, may offer humble advantage. Particular serotonin reuptake inhibitors, for example, fluoxetine and sertraline are the best pharmacologic drugs. Prostaglandin inhibitors and diuretics may give some help. Just feeble confirmation bolsters the adequacy of gonadotropin-discharging hormone agonists, androgenic agonists, estrogen, progesterone, or different psychotropics, and symptoms restrain their utilization (Dickerson, Mazyck, Hunter, 2003).

Treatment of medium to extreme PMS in the past has mainly relied on medical therapies e.g. radiotherapy of the ovaries and serotonin reuptake inhibitors. This kind of treatment accepts an absolutely biomedical perspective of premenstrual experience, situating PMS and PMDD as settled pathologies inside the lady, caused by hormonal or neurotransmitter disorder. Notwithstanding, there is developing confirmation that psycho-social variables are related with the improvement and course of premenstrual indications, and that psychological interventions are helpful in lessening premenstrual distress. For instance, intellectual rebuilding abilities instructed as a major aspect of subjective conduct treatment, have been observed to be viable in lessening

psychological, emotional and substantial premenstrual side effects. The utilization of dynamic behavioral adapting techniques, which incorporate working out, going out with companions and keeping occupied, has additionally been found to bring about better results. This proposes consideration ought to be paid to the variables that encourage ladies' capacity to adapt to negative premenstrual change (Read, Perz, Ussher, 2014). Numerous non-hormonal medications are utilized for the premenstrual disorder, however few appear to be successful. Psychotropic medications, especially serotonin reuptake inhibitors, have lately been found to be useful in ladies with only premenstrual psychological disorder and those with secondary premenstrual disorder: fluoxetine and clomipramine have both been discovered in double blind trials. Diuretics are valuable just in ladies who have considerable increase in weight in the luteal period of the cycle. Ladies with swelling and extreme stomach distention without increase in weight can't be holding liquid and won't be helped by diuretics. At the point when diuretics are vital, the utilization of an aldosterone antagonist, for example, spironolactone ought to lessen the odds of creating idiopathic edema (O'Brien, 1993).

CONCLUSION

To conclude premenstrual symptoms and coping behaviors among students in nursing colleges through this literature review has shed light on the challenges faced by students experiencing PMS and the strategies they employ to manage these symptoms effectively. The synthesis of existing research has highlighted the prevalence of premenstrual symptoms among students, their impact on academic performance and well-being, as well as the importance of developing tailored interventions to support students in coping with these challenges. By recognizing the significance of addressing premenstrual symptoms in the academic setting, educators, healthcare providers, and policymakers can work towards creating a more supportive environment for students in nursing colleges to thrive academically and maintain their overall well-being. Also the risks associated with drug use and the significance of prioritizing health. Remember, taking care of your own self is important, and making informed decisions plays a key role in our well-being.

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