

# Effectiveness of Acupressure on Dysmenorrhea among Girls (18-23 year) In Sangrur, Punjab

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**Abstract :** A quantitative pre experimental; study was undertaken on purposely selected 30 (18- 23 years) girls in sangrur with the objectives to evaluate the effectiveness of accupressure on dysmeorrhoea by comparing the degree of pain before and after accupressure using numeric pain rating scale..

## INTRODUCTION

Menstrual dysfunction especially dysmenorrhea is common problem experienced by girls leads to absenteeism in schools ,colleges and associated with the negative impact on social, academic and sports activities .Most girls do not seek medical advice for the dysmenorrhea , accupressure is a complemetary therapy which can be do it in home to relieve dysmenorrhea without any side effects .

## Statement of the problem

A Study to evaluate the effectiveness of acupressure on dysmenorrhea among girls (18 -23 years) in sangrur, Punjab.

## Objectives

Compare the level of pain before and after accupressure

## Research design and approach

Research approach selected for this study was quantitative approach and

Pre experimental - one group pretest, post test design

## Setting of the study

The study was conducting in fundamental lab in National institute of Nursing, Sangrur, Punjab

## Population

All girls between 18 – 23 years with dysmenorrhea in National Institute of Nursing, Sangrur, Punjab

## Sample size

30 girls between 18 -23 years with dysmenorrhea in National Institute of Nursing, Sangrur, Punjab

## Sampling technique

Purposive sampling technique was used to selecting the sample for the present study.

## Tools used

Numeric pain rating scale was used to assess the level of pain before and after accupressure

## Results and discussion

Before accupressure, 53.3% girls experienced severe pain and 46.67 % experienced moderate pain (table 5)

The maximum possible pain scale is 2 overall girls mean pain score is  $1.75 \pm 0.254$  which is 87% reveals that girls experienced severe dysmenorrhea before accupressure

**Table 5: Degree of pain experienced by girls before accupressure**

Degree of pain	Frequency	Percentage
No pain	0	0%
Mild pain	0	0%
Moderate pain	14	46.67%
Severe pain	16	53.3%

After accupressure, 66.67% girls experienced mild pain and 33.3 % experienced no pain (table 8)

The maximum possible pain score is 2; overall girls mean pain score is  $0.6 \pm 0.484$  which is 30 % reveals that girls experienced mild pain after accupressure

**Table 8: Degree of pain experienced by girls after accupressure**

Degree of pain	Frequency	Percentage
No pain	0	0%
Mild pain	0	0%
Moderate pain	14	46.67%
Severe pain	16	53.3%

**Table 9: Comparison of degree of pain experienced by girls (18-23 years) with dysmenorrhea before and after accupressure**

Group	Maximum possible score	Mean	Standard deviation	Mean deviation	t- value	p-value
Pretest	2	1.75	0.254	1.15	13.01	2.160
Post test	2	0.6	0.484			

The computed “t” value level is 13.01 “p”value (<2.160) depicts that there is a significant difference between dysmenorrhea experienced by girls before and after accupressure (table 9)

**Conclusion**

The findings of the study indicated that the need of girls to use accupressure to reduce dysmenorrhea. The degree of dysmenorrhea experienced by girls between age group of 18 -23 years was severe before accupressure and pain was reduced after accupressure. This study concluded that complementary therapies such as accupressure had an effect on dysmenorrhea hence reduce the pharmacological complications by using complementary therapies

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