



Research Paper

“An Epidemiological Survey on Recent Gynaecological Problem Among Reproductive Age Group At Selected Community Area.”

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ABSTRACT

INTRODUCTION:

Polycystic ovary syndrome (PCOS), endometriosis, uterine fibroids, and adenomyosis are common benign gynecological conditions that affect women of reproductive age group. They are often associated with dysfunctional uterine bleeding, pelvic pain, sub fertility, psychological morbidity, and comorbid diseases. Genetic and environmental factors contribute to the risk of gynecological conditions, but none are currently specific enough to be clinically relevant. In addition, little is known regarding the reasons for the heterogeneity in symptomatology and contributing factors attributable to gynecological conditions in different populations of women, especially women of Middle Eastern origin.

STATEMENT OF THE PROBLEM:

“AN EPIDEMIOLOGICAL SURVEY ON RECENT GYNAECOLOGICAL PROBLEM AMONG REPRODUCTIVE AGE GROUP AT SELECTED COMMUNITY AREA.”

OBJECTIVES:

- To explore the recent gynecological problem among reproductive age group at selected community area.

RESEARCH METHODOLOGY:

The research approach used for this study was quantitative research approach. A phenomenological design was used to surgery on recent gynecological problems among reproductive age group at selected community area. By using purposive sampling technique, 30 samples were selected for the present study. The period of data collection was two week. The tool consist of demographic data was used. The outcome of the study was evaluated by using descriptive and inferential statistics.

STUDY FINDINGS:

The major findings of the study were:

- Majority of the reproductive age group 11(36.7%) of study population were in the age group are 40-50 years. Majority of the reproductive age group were Hindu 26(86.7%). All of the reproductive age group were Rural 30(100%). Majority of the reproductive age group, Educational status were Primary, Secondary and Diploma 8(26.7%). Majority of the reproductive age group, Monthly income 8(26.7%) were 5000-10000 and 1000-15000.
- Majority of the reproductive age group were Low class socioeconomic status 15(50%). Majority of the reproductive age group were married 17(56.7%). Majority of the reproductive age group were Nuclear family 18(60%). Majority of the reproductive age group were having 2 or more children 13(43.4%).
- Majority of the reproductive age group, Duration of menstrual bleeding were >7 days 13(43.3%).
- Majority of the reproductive age group were had Source of information regarding gynecological problems 21(70%).
- Majority of the reproductive age group were Non vegetarian 12(40%). Majority of the reproductive age group were had no Physical activity 16(53.3%).
- Majority of the reproductive age group, Menstrual patterns among participants (frequency of periods) were Infrequent (delayed) period 12(40%).
- Majority of the reproductive age group were had White discharge 24(80%).
- Majority of the reproductive age group were had Itching 19(63.3%).

- Majority of reproductive age group 13(43.3%) had bearable pain (moderate), 12(40%) had unbearable pain (severe) and 5(16.7%) had no pain.

CONCLUSION:

An epidemiological survey on recent gynecological problems among reproductive age group at selected community area. The finding of the study revealed that out of 30 samples female having gynecological problem.

Improved maternal health benefits the whole of society

-Isabellalovin

I. INTRODUCTION:

Polycystic ovary syndrome (PCOS), endometriosis, uterine fibroids, and adenomyosis are common benign gynecological conditions that affect women of reproductive age group. They are often associated with dysfunctional uterine bleeding, pelvic pain, sub fertility, psychological morbidity, and comorbid diseases. Genetic and environmental factors contribute to the risk of gynecological conditions, but none are currently specific enough to be clinically relevant. In addition, little is known regarding the reasons for the heterogeneity in symptomatology and contributing factors attributable to gynecological conditions in different populations of women, especially women of Middle Eastern origin.

About 40- 50% suffer from Dysmenorrhea of varying severity ranging from minimal discomfort to severe pelvic pain with headache, nausea and vomiting, diarrhea or constipation, fainting, premenstrual symptoms such as tenderness in breasts and swollen abdomen, which may continue throughout the period. Dysmenorrhea is a very common problem among adolescent girls, Studies from India reported the prevalence range between 50 to 87.8% and another study in 1648 adolescent girls in selected districts of Karnataka, the incidence of dysmenorrhea was found to be 87%. Many adolescents with menstrual disturbances never present to their family doctor or gynecologist

They are more likely to engage in health-risk behaviors such as smoking, substance abuse, and early sexual activity with multiple partners. Adolescents may present with Pelvic masses like Functional ovarian cyst, obstructing vaginal/uterine anomalies, ovarian tumour, Tubercular mass, in pelvi, kidney. In adolescents, most commonly the mature cystic teratoma is the most frequent neoplastic tumour of children and adolescents. The primary diagnostic technique for evaluating pelvic masses in adolescents is ultrasonography (or) if the results of the ultrasonography examination are inconclusive, CT, or MRI.

In our country, married women are often reluctant to seek health care advice because of lack of privacy, lack of female doctor at the health facility, and cost of treatment. Women also may not share, seek assistance or treatment when they have gynaecological issues because of ignorance or based on their assumption that the issues are normal. It is essential, therefore, to explore and identify issues related to the women's health.

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OPERATIONAL DEFINITION:

Epidemiological Survey:

- It refers to a medical survey conducted in an epidemic focus to discover the prevalence the means by which the newer condition related to gynecological disorders, its causative agent, and the circumstances that gave rise to the disease.

Gynecological Problem:

- Gynecological problems that affect the female reproductive system. The organs included in reproductive system are breasts, uterus, fallopian tube, ovaries, and external genitalia of reproductive age group woman.

Reproductive Age:

- Women can get pregnant & bear children from puberty (After the period of attained menarche to till menopause period). The average women reproductive years are in between 15 to 49 years.

LIMITATION:

- The sample size of the study was limited to 30 sample.
- The participants of the study was reproductive age group only
- The study was conducted within 4 weeks of duration.

II. REVIEW OF LITERATURE:

Review of literature is a summary of research on a topic of interest, often prepared to put a research problem in the context or as the basis for an implementation project. A literature review help to play the foundation of the study, and can also inspired new research studies.

1. Review of literature is related to recent gynaecological problems in reproductive age group.

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Gopal hirani et.al.2020 Various adolescent Gynecological problems are menstrual disorders like abnormal uterine bleeding, primary amenorrhoea, PCOD, puberty menorrhagia leading to severe anaemia, sexual abuse, pregnancy-related problems, adnexal masses, endocrinopathies, etc. The present study was done the prevalence of various gynecological problems in adolescent girls 10-19 years of age. Present observational study was conducted on 400 Adolescent girls (10-19years) presenting with gynecological problems. Dysmenorrhea was the most prevalent complaint in the early adolescent group. Menstrual disorders were the most common presentation to the adolescent gynecological outpatient department followed by abnormal vaginal discharge. Among menstrual disorders dysmenorrhea was the most common 42.5%, irregular menses 24.07%, and heavy menstrual bleeding 14.8%.

Hirani et.al.2019 Obstructive genital anomalies like imperforate hymen to transverse vaginal septa vaginal agenesis present with primary amenorrhea and pelvic mass. PCOD, obesity, endocrinopathies are increasing in incidence in the adolescent age group due to changes in lifestyle patterns, sedentary life, faulty eating habits].The present study was done with an aim to study the prevalence, etiological factors of various gynecological problems in adolescent girls 10-19years of age. India is a multifaceted society where no generalization could apply to the nation's various regional, religious, social, and economic groups.

III. RESEARCH METHODOLOGY

Research Methodology is one of the important sections because it is the best possible way to study the problem. It is the technique used to structure a study and to gather and analyze information in a systematic fashion. **Polit and Beck 2011**

It deals with the research approach, research design, setting of the study, population, criteria for sample selection, sample size, sampling technique development and description of the tool for data collection, content validity, procedure for data collection and statistical analysis. The chapter describes the research methodology followed to the survey on recent gynecological problems among reproductive age group at selected community area, Puducherry.

RESEARCH APPROACH:

A Qualitative research approach was adopted for this present study.

RESEARCH DESIGN:

A phenomenological research design will be a adopted or this present study.

SETTING OF THE STUDY:

The study was conducted in selected community area at Puducherry.

POPULATION:

The population of the study is all the reproductive age group females.

SAMPLE:

Recent gynecological problem patient at selected community area, Puducherry. Who are all fulfill the inclusion criteria

SAMPLING TECHNIQUE:

A purposive sampling technique was adopted for this study.

SAMPLE SIZE:

30 reproductive age group females who are residing at selected community area Puducherry.

SAMPLE SELECTION CRITERIA:

Inclusion criteria:

- Female who are under the reproductive age group
- Females who are willing to participate in the study.
- Female available during the data collection.

Exclusion criteria:

- The women who are in pregnancy
- The females who are recently underwent any health campaign
- Nursing mothers

IV. DISCUSSION

This chapter deals the discussion of the study findings and comparing with appropriate review of literature, statistical analysis based on the objective of study. The aim of present study was a qualitative study on an epidemiological survey on recent gynecological problems among reproductive age group at selected community area. A phenomenological research design was selected for this study. A total of 30 reproductive age women selected by using purposive sampling technique. Individual consent both verbal and written was obtained from women's of reproductive age group with recently diagnosed gynecological problem

The participant information sheet was provided and written consent was obtained from caregiver's of mentally ill client. Demographic variables were collected using Interview schedule. A explore the women with recently diagnosed gynecological disorder selected community area, Puducherry. Researcher will collect the data from the women who have recently diagnosed gynecological problem. The collected data were documented and. The data was analyzed using descriptive statistics (distribution). The discussion of the present study is based on the findings obtained from the statistical analysis of assessment based on the objectives of the study.

DISCUSSION OF THE RESULT ORGANIZED INTO FOLLOWING SECTIONS:

SECTION -A: Description of the demographic variables among recent diagnosed gynecological disorder women

Shows frequency and Percentage wise distribution of demographic and clinical variables among reproductive age group. Out of the 30 women's in age group who were interviewed, Majority of the reproductive age group 30- 40 (36.7%), in religion hindu was the majority of women comes under (86.7%). For residency all the samples were residing in rural area 30(100%). Majority of the women under the educational status were coming in Primary, Secondary and Diploma was 8 (26.7%). In monthly income 8(26.7%) were 5000-10000 and 1000-15000. In Socioeconomic status the Middle class socioeconomic status are in majority of the women 8(26.7%), in marital status the highest women ratio was married 17(56.7%), in no of children delivered the majority of women have delivered more then 2 to 3 number of children, in type of family the nuclear type of family was hold in majority of the women 18 (60%), and in dietary habits most of the women are coming under the habit of having non vegetarian type of diet.

Reproductive age group of women with recent gynecological disorder with their sfrequency and percentage wise distribution of clinical variable of woemn with reproductive agr group with recent gynecological problem. From that physical activity the majority of the women coming under occasionally working 14 (46.7%). In Source of information regarding gynecological problems already have knowledge about recent gynecological problem was 11 (36.7%). Majority of thereproductive age group, Duration of menstrual bleeding were >7 days 13(43.3%). Menstrual patterns among participants (frequency of periods) the majority of women having the regular cycle was in between 17 (36.7%). majority of thereproductive age group were had White discharge 24(80%). And majority of thereproductive age group were had Itching 19(63.3%).

SECTION- B: To explore the recent gynecological problem among reproductive age group at selected community area.

The objective of the study the recent gynecological problem among reproductive age group at selected community area, Puducherry

Theme:

1. Nature of menstrual pain during menstruation cycle

- Followed by 30 reproductive age group women 8(26.6%) women's were not having pain during menstrual cycle, regarding bearable pain 11 (36.6%) and unbearable type of pain was 11(36.6%).

2. What kind of gynecological problem your having

- Theme of disorder is out of 30 respondent 8(26.6%) women's were have recently diagnosed as Poly cystic ovarian disorder, 11(36.6%) women's have diagnosed as fibroids uterus , regarding virginities condition 7(23.3%) and regarding pelvic inflammatory disease 4(13.3%), about fibroids uterus the prevalence were 11(36.6%), Virginities were developed 5(16.6%), pelvic inflammatory disease was 4(13.3%), and Leucorrhoea was 2(6.6%) among 30 reproductive age group women.

3. Whether you are in regular treatment

Regarding regular treatment for women who have developed gynecological problem recently out of 30 women 28(93.3%) of them have regularly getting treatment as per the doctors order and also they have regular follow up for their consultation and only the 2(6.4%) of reproductive age group women alone not have a habit of regular treatment process due to their busy work schedule

4. Which type of treatment your receiving

About the type of treatment receiving from health sector was out of 30 reproductive age group women majority of them 28(93.3%) of women were receiving oral medication regularly followed the physician consultation and

only 2(6.4%) of the reproductive age group women alone receiving both the oral and parental mode of medication in order to recover from the gynecological problem.

5. Do you have developed any complication followed by gynecological problem

Regarding complication followed the gynecological problem based treatment 17(56.6%) of them have gained weight drastically followed by after the treatment of gynecological problem. And 7(23.4%) of the women have the feeling of tiredness after getting the gynecological problem and treatment. And 4(13.3%) of women alone have the feeling of gained weight and also feeling of tiredness after the gynecological problem developed as well as after initiated the treatment regimen out of 30 reproductive age group women.

The study was supported by Gopal hirani et.al.2020 Various adolescent Gynecological problems are menstrual disorders like abnormal uterine bleeding, primary amenorrhea, PCOD, puberty menorrhagia leading to severe anemia, sexual abuse, pregnancy-related problems, adnexal masses, endocrinopathies, etc. The present study was done the prevalence of various gynecological problems in adolescent girls 10-19 years of age. Present observational study was conducted on 400 Adolescent girls (10-19years) presenting with gynecological problems. Dysmenorrhea was the most prevalent complaint in the early adolescent group. Menstrual disorders were the most common presentation to the adolescent gynecological outpatient department followed by abnormal vaginal discharge. Among menstrual disorders dysmenorrhea was the most common 42.5%, irregular menses 24.07%, and heavy menstrual bleeding 14.8%.

V. SUMMARY AND CONCLUSION

This chapter respondents a brief summary of the study, conclusion and implications for further recommendations.

The primary aim of the study is to assess the epidemiological survey on recent gynecological problem among reproductive age group at selected community area.

MAJOR FINDINGS OF THE STUDY:

Table –1: shows that frequency and percentage wise distribution of the recent gynecological problem among reproductive age group at selected community area. Majority of reproductive age group 13(43.3%) had bearable pain (moderate), 12(40%) had unbearable pain (severe) and 5(16.7%) had no pain.

Table –2: Reproductive age group of women with recent gynecological disorder with their frequency and percentage wise distribution of clinical variable of women with reproductive age group with recent gynecological problem. From that physical activity the majority of the women coming under occasionally working 14 (46.7%). In Source of information regarding gynecological problems already have knowledge about recent gynecological problem was 11 (36.7%). Majority of thereproductive age group, Duration of menstrual bleeding were >7 days 13(43.3%). Menstrual patterns among participants (frequency of periods) the majority of women having the regular cycle was in between 17 (36.7%). majority of thereproductive age group were had White discharge 24(80%). And majority of thereproductive age group were had Itching 19(63.3%).

CONCLUSION:

The present study was a qualitative study on to assess the epidemiological survey on recent gynecological problem among reproductive age group at selected community area

This qualitative research focused on the recent gynecological problem among reproductive age group at selected community area. It has put in place various plans and strategies to ensure the well-being of all reproductive age group women, including all the female gender. The advancement of gynecological problem based treatment regimen in India takes into account every single reproductive age group women, including the women who were not developing the gynecological problem have prefer them for regular screening in order to avoid the prevalence of gynecological problem. the government's efforts must be sustained and improved.

NURSING IMPLICATIONS:

The findings of the study were empirical in the area of Nursing administration, Nursing practice, Nursing education and Nursing research.

NURSING PRACTICE:

The prime role of the staff nurse is to educate the public (especially reproductive age group women) about the early screening methods and advance treatment which are available in health sectors and how to utilizes the investigation and screening to detect the gynecological problem in early stage and its controls measures among women gender.

NURSING EDUCATION:

The study results can motivate the nursing students to understand the importance of regular screening of cervical examination (pap smear), breast examination in order avoid prevalence of gynecological disorder among reproductive age group women.

NURSING ADMINISTRATION:

Nursing administration can take an active role in teaching about control measure of towards developing a gynecological disorder among reproductive age group women, through over the state Puducherry. It is the duty of the health administration to make health department aware of existing a gynecological problems. Public should be aware of the problem and promotion of such health behaviors can be done through media, newspaper, TV, magazine etc. administrative support should be provided to such activities.

NURSING RESEARCH:

The findings of these study will help researchers to know about gynecological disorders among reproductive age group women with recent diagnosis of disorder, which helps to plan and do further research study towards the prevalence of gynecological disorder among reproductive age group women.

LIMITATION:

- Women with recent gynecological problem available at time of data collection
- The study is limited to women with recent gynecological problem
- Duration of study is limited to a period of one week

RECOMMENDATION:

Based on the findings of the present study the following recommendations have been made,

- The same study will be conducted in urban area with large sample.
- The same study will be conducted in hospital settings.
- The study will be replicated with 100 samples for better generalization with extended period of duration

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