

STUDY OF DYSMENORRHOEA AND ITS EFFECTS ON DAILY ACTIVITIES AND SELF-MANAGING TECHNIQUES AMONG FEMALE FACTORY WORKERS IN PILIYANDALA MOH AREA, SRI LANKA 2017

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Dysmenorrhea is a common health problem among females because it has effects on physical, mental and social activities. This study was conducted among female factory workers in Piliyandala MOH area, Colombo, Sri Lanka aiming to identify the prevalence of dysmenorrhea and to determine self-managing techniques and association with daily activities. A community based, descriptive cross-sectional study was conducted. Convenience sampling method was used and data collection was conducted using a pre-tested self-administered structured questionnaire. Data were analysed using SPSS 23 version. Majority (95.2%) experienced painful menstruation. Dysmenorrhea was mild, moderate and severe in 40.6%, 29.5%, 28.1% respectively. From the pain experienced participants, majority used self-managing techniques but 19.4% have not used any technique. Paracetamol (53%) was the drug of choice for pain relief. Other commonly used methods were coffee (28.1%), hot water treatment (17.5%), rest (10.1%) and coriander water (7.4%). Mefenemic acid and Ibuprofen were used only by

2.3% and 2.2%. Majority stated poor knowledge and fear on pain killers as the reason for not using pain killers and responded that taking pain killers may cause infertility. Shyness (13.8%) was the common reason for not seeking health advices. Most of the participants reduced their activity level during menstrual period (75.6%). Majority answered "no absenteeism" (64.5%) due to menstrual pain and had bath during menstruation. Majority with dysmenorrhea did not visit doctors to have medical advices or medications and shyness was the common reason for it. Current findings indicate that there was an association between dysmenorrhea and working ability but there were no significant effects on absenteeism. Educating female factory workers on pain-relieving methods is extremely important to improve their productivity, working capacity and quality of life.

Keywords: Dysmenorrhea, Self-Managing Techniques, Female Factory Workers