# ASSESSMENT OF LIFE STYLE AND THE OCCURRENCE OF DYSMENORRHEA AMONG UNMARRIED WOMEN

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**Abstract-** This is a desceiptive community based cross sectional study conducted in unmarried women their ages rang from 15 to 45 years old. Dysmenorrhea is medical term for menstrual cramps menstrual cramps are sharp pain in woman lower abdomen that occure when menstrual period begins and it is most common gynecological complaint among adolescent girls. The general objective of this research is to assess the effect life style and the occurrence of dysmenorrhea among unmarried women the study is done at sudan khartoum state. The study found 60% of unmarried women complain of painfull cramps every month, the highest age group between 15 and 20 years old. 68.7% practice exercise without complaining of dysmenorrhea which is a good sign that exercise had a great effect on dysmenorrhea.

**Index terms-** Dysmenorrhea, Exercise prctice, Smoking, Unmarried women.

## I. INTRODUCTION

Dysmenorrhea is medical term for menstrual cramps ,menstrual cramps are sharp pain in a woman's lower abdomen that occure when menstrual period begin and may continue for 2 to 3 days. It is common gynecological disorder affecting up to 50% of menstruated women,symptoms ranges in severity from mild annoyance to sever pain that interferse with normal activities. Primary dysmenorrhea usually start one to two years after menarch and its associated with normal ovulatory cycle without pelvic pathology wheres secondary dysmenorrhea is apainful menses associated with underlying pathology. Various treatments have been suggested among them NSAIDs which are effictive in 80% of cases. The importance of healthy diet and active life style has been branded to our mind out our life times and there is a good reasons for it these activities lead to overall better life. Menstrual cramps are the leading causes of absenteesim in women younger than 30 years, half of them are discomfort and 10% are temporarily disabled by symptoms. Dysmenorrhea is the most common gynecological complaint among adolescent girls, despite the progress in understanding the physiology of dysmenorrhea and the availability of effective traetment, many adolrscent girls do not seek medical advice or are under treated. Our life style can play amajor role regarding the severity of these unwanted monthly pain; The effect of exercise on primary dysmenorrhea, pain is spasmodic in character and felt mainly in the lower abdomen, but it may radiate to the back and along the thighs, there may be associated systemic symptoms like ( nausea, vomiting, diarrohea, headach, fatique, dizziness, and in sever cases syncope ). The prevalence in general population is 47% to 80% depending on the studied age group, 75% to 85% of women have mild dysmenorrhea, however one study found that 51% of women had been absent from school or work at least once and 8% had been absent with every menstruation. Cigarette somking and the risk of primary dysmenorrhea _clinical and epidemiology studies indicate that smokers may more frequently suffer long heavy menstrual cycle than non smokers but the existence of an association is still controversial. The following tabels show the relation of age, exercise,and smoking and dysmenorrhea:

1) Age distribuation of primary dysmenorrhea among unmarried women

| Age/year | Women with dysmenorrhea | Womenwithout dysmenorrhea | Total |
|---|---|---|---|
| 15-20 | 20% | 40% | 60% |
| 21-30 | 20% | 20% | 40% |
| Total | 40% | 60% | 100% |

2) Exercise practice and primary dysmonorrhea

| Exercise practice | Women with dysmenorrhea | Women without dysmenorrhea | Total |
|---|---|---|---|
| Daily | 2.2% | 11.1% | 13.3 % |
| 2-6 times/week | 22.2% | 46.6% | 68.8 % |
| Once/week | 6.6% | 6.6% | 13.2 % |
| Every 2weeks | 0% | 4.4% | 4.4% |
| Total | 31% | 68.7% | 99.7 % |

3) The smokers according to their extent of knowledge about the effect of smoking on dysmenorrhea

| Extent of knowledge | Smokers | Non smokers | Total |
|---|---|---|---|
| Agree | 1.6% | 11.6% | 13.3% |
| Diss agree | 15% | 21.6% | 36.6% |
| Don't know | 3.3% | 46.6% | 50% |
| Total | 20% | 80% | 100% |

## II. METHODOLOGY

1) Study design_this is descriptive community based cross sectional study
2) Study area_the geographical scope of the resaerch is intended to cover unmarried women in the study area (distric area) which are_ Technology academy football women, the general union of sudanese soccer khartoum sudan.
3) study population_convenes sampling: every women where present at that time in the district area are selective in the study
4) sample size_all unmarried women from these sport center are including in this study 60 women.
5) Data collection method_self administered questionnaire ensuring complete privacy of participants specially the smokers by excluding their names. Thequestionnaire including_age, education, having painful menstrual cramps, practice sport, smoke
6) Data analysis_ data where analyzed manually and presented in form of tables.

## III. DISCUSSION

1) Age distribution of primary dysmenorrhea among unmarried women between 15-45 years old, 15-20 years old represent 60% which is the highest age group of primary dysmenorrhea. 31- 45 years old not significant because no sample found.
2) Educational level_ 68.3% at university, 21.6% secondary school,10% primary education.
3) Frequency of painful cramps_ 40% monthly sever cramps, 30% sever in frequent 2-6 time/year, 25% never exposed to painful mense.
4) Practice exercise_75% practice exercise, 68.7% without complaing of primary dysmenorrhea, 6.3% with primary dysmenorrhea.
5) Smokers_20% of study group are smokers half of them complaing of primary dysmenorrhea.

## CONCLUSION

For almost half of century exercise has been thought that relief or even cure primary dysmenorrhea and in the last 15 to 20 years, researches done for the link between physical activity and menstrual disorders have increased significantly. The study found that 60% of unmarried women complain of painful menstrual cramps every month.

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