

**EXPLORE THE SELF CARE STRATEGIES, PHYSICAL AND PSYCHOSOCIAL
PROBLEMS ASSOCIATED WITH PREMENSTRUAL DYSPHORIC
DISORDER WITH A VIEW TO DEVELOP A PREMENSTRUAL COPING
STRATEGY MODULE AMONG ADOLESCENT GIRLS AT ADESHWAR NURSING
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ABSTRACT

Background: Premenstrual dysphoric disorder is a group of somatic behavioral, cognitive and mood symptoms that occur during luteal phase of menstrual cycle distressing enough to impair interpersonal relationship or interfere with the daily activities.

Aims and Objectives: The aim of this study is to explore the self care strategies, physical and psychosocial problems associated with Premenstrual dysphoric disorder with a view to develop a Premenstrual coping strategy module among adolescent girls.

Methods: A descriptive non experimental explorative design was undertaken to study the Premenstrual dysphoric disorder among adolescent girls selected by purposive sampling technique. DSM-IV criteria was used for screening, Premenstrual dysphoric disorder assessment scale and self care coping strategies assessment scale were used.

Results: The study revealed that Majority 34(56.67%) had mild, 22(36.67%) had moderate level and only 4(6.66%) had severe level of premenstrual dysphoric disorder among adolescent girls. Most of them never used any coping strategies to manage dysphoric disorder.

Conclusion: There was a high incidence of Premenstrual dysphoric disorder among adolescent girls and most of them never used any kind of self care coping strategies so we recommend a large scale study and education regarding effective self care management of Premenstrual dysphoric disorder.

KEYWORDS: *Premenstrual Dysphoric Disorder, Self Care Coping Strategy and Adolescent Girls*

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