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Prevalence and impact of dysmenorrhea among adolescent girls in kageshwari manahara municipality, Kathmandu, Nepal

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Dysmenorrhea is a common gynaecologic complaint among adolescent female. Despite of being a natural phenomenon it has severe impact on day to day activities such as school absenteeism, decreased social and physical activities. Hence, this study aimed to assess the prevalence of dysmenorrhea among adolescent girls of Kageshwari Manahara Municipality of Kathmandu. A cross-sectional study was conducted among 290 female adolescent female students who were studying in grade 8,9,10 schools of Kageshwari Manahara. Students were selected through proportionate stratified random sampling technique. Data were collected by using structured self-administered questionnaire. Data were analysed in SPSS software version 23 for window. The study found a high prevalence of dysmenorrhea (86.6%) among participants, with 63.7% experiencing mild pain, 29.9% moderate pain, and 6.4% severe pain. Stomach cramps (92%) and mood swings (73.7%) were the most common symptoms reported. Dysmenorrhea significantly affected daily activities, with a majority of respondents reporting missing classes (80%), experiencing concentration difficulties (87.1%), and reduction

in study time (62.7%). Psychological impacts, including stress (58.9%) and irritability (66.5%), were also prevalent. Despite the burden of dysmenorrhea, health-seeking behaviors were limited, with only 3.6% consulting healthcare professionals. Dysmenorrhea is the most common problem among the adolescents that affects various domains of life which negatively affects the daily activity of majority of them. Hence, the concerned authorities need to consider various factors such as health seeking behavior, educational intervention and counselling in order to mitigate the silent problems related to menstruation

Biography

Shrishti Thapa is a public health researcher from Nepal with a strong interest in adolescent health, reproductive well-being, and menstrual hygiene management. She has been actively engaged in community-based and school-based health research projects aimed at improving awareness, reducing stigma, and promoting evidence-based interventions for adolescent girls. Her academic background and field experiences have driven her passion for addressing women's reproductive health issues and advocating for youth-friendly health programs in Nepal.