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Effectiveness of Ginger tea on dysmenorrhea among college students

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Abstract
A study was carried out to find out the effectiveness of ginger tea on dysmenorrhea among College students nonequivalent pretest posttest control group design with quatitative evaluator approach which was undertaken in Sree Mookambika College of Nursing, Kulasekharam at Kanyakumari District. The data were collected from 60 college students. 30 in experimental and 30 in control group with dysmenorrheal selected by purposive sampling technique. The data were analyzed by descriptive and inferential statistics. The study identified that the pretest mean value for experimental group is 7.03 ± 1.09 and in control group the pretest mean value is 6.96 ± 1.06. The posttest mean value for both experimental and control group were 3.36 ± 1.54, 6.26 ± 1.17, respectively. The mean difference is 3.66. The calculated 't' value is 15.19 is higher than the table value 2.05. There is statistically significant difference was found in pre and posttest ($P>0.05$). Hence ginger tea found to be an effective non – Pharmacological measures to reduce dysmenorrheal among college students.

Keywords: Dysmenorrhea, College students, Ginger

1. Introduction
The College students are prone to get social problems, psychological and physical problems some of the major common problems are menstrual problems (78%) anemia (15.5%) and infection (10.6%) women who have menstrual problems of they cannot work, attend school or participate in their normal daily activities. Which can further lead to poor academic results. They feel reluctant to attend social functions and remain isolated due to dysmenorrheal.

The term dysmenorrheal is derived from Greek words dys (difficult, painful or abnormal) mena (month) and reha (flow). It is considered as a very common gynecological problems. Dysmenorrhea (menstrual cramps) are throbbing or cramping pains in the lower abdomen which radiate into the things.

Ginger has been recognized as the 'universal medicine' by the ancient oriental china. Ginger has been used for the treatment of dysmenorrhea as a spasmodic, anti – inflammatory and circulatory stimulant. The anti-inflammatory effects of ginger has been reported to result from its from its efficacy in the inhibition of cyclooxygenase and 5 lipoxygenase followed by the reduction of leukotriene and prostaglandin synthesis. (Van Breemen, Tao and Li 2011)

1.1 Statement of the Problem
A study to assess the effectiveness of ginger tea on dysmenarrhea among college students in Sree Mookambika College of Nursing, Kulasekharam at Kanyakumari District.

1.2 Objectives
➢ To assess the level of dysmenorrhea among college students in experimental and control group in pretest.
➢ To assess the level of dysmenorrhea among college students in experimental and control group in posttest.
➢ To determine the effectiveness of ginger tea on dysmenorrhea among college students in experimental group.

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➢ To findout the association between the pretest level of dysmenorrheal among college students with selected demographic variables such as age, socio – economic status, diet pattern menstrual history including age at menarche and duration of menstruation.

1.3 Hyphothesis
H_1 - There is a significant reduction in posttest mean pain perception score of dysmenorrhea among experimental group.

H_2 - There is a significant association between the severity of dysmenorrheal among college students with demographic variables such as age, education, socio – economic status, diet pattern menstrual history including age at menarch and duration of menstruation.

2. Methodology
The research approach adopted was quantitative research approach and non – equivalent pretest and posttest control group design was used for this study. The study was conducted in Sree Mookambika College of Nursing Kulasekharam. The data were collected from 60 college students (30 in experimental group and 30 in control group) with dysmenorrheal selected by purposive sampling

technique. The pain level was assessed on the first day by using numerical pain rating scale for both experimental and control group. Followed by Ginger tea 100ml administered for experimental group 3 times (morning afternoon and evening) for the first 2 days of menstruation. Posttest was assessed second day evening for both experimental and control group by using the same scale. Descriptive and inferential statistics methods were used to analyze the data.

3. Results and Discussion
The study findings showed that 43.33% had moderate pain 56.67% had severe pain and none of them had mild pain and no pain for the experimental group. In control group 46.67% had moderate pain 53.33% had severe pain. The study result shows that the pretest mean value for experimental group is 7.03 and pretest SD is 1.09. In control group the pretest mean value is 6.96 and pretest SD is 1.06. The posttest mean value for experimental group is 3.36 and posttest SD is 1.54. In control group posttest mean value is 6.26 and SD is 1.17. The mean difference is 3.66. The calculated 't' value is 15.19 is higher than the table value 2.05. Hence there is a reduction in level of dysmenorrheal after administration of Ginger tea among college students.

Table 1: Comparison of pre and posttest level of dysmenorrhea.

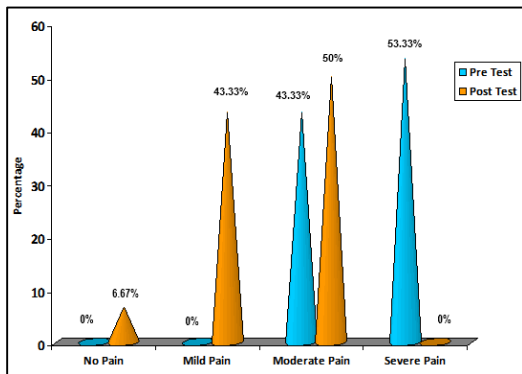| Group	Pre test				Post test			
	No Pain	Mild Pain	Moderate Pain	Severe Pain	No Pain	Mild Pain	Moderate Pain	Severe Pain
Experimental Group	0%	0%	43.33%	56.67%	6.67%	43.33%	50%	0%
Control Group	0%	0%	46.67%	53.33%	0%	0%	60%	40%

Fig 1: Bar diagram showing comparison of pre and posttest level of dysmenorrhea among college students in experimental group.
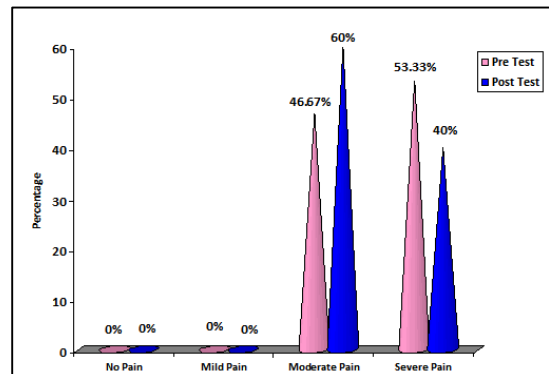

Fig 2: Bar diagram showing the comparison of pre and post test level of dysmenorrhea among college students in control group

Table 2: Effectiveness of ginger tea on dysmenorrhea

Categoy	Experimental group		Control Group		Mean difference	't' value	df	Table value
	Mean	SD	Mean	SD	MD			
Level of Dysmenorrhea	3.36	1.54	6.26	1.17	2.9	8.10*	58	2.0

*Significance P<0.05

Paired t test was calculated to analyze the significant difference in pre and post test score among college student with dysmenorrhea. Depicts that significant difference was found in posttest.

4. Conclusion
Non – equivalent pretest and posttest control group design was used to assess the effectiveness of ginger tea on dysmenorrhea among college students in Sree Mookambika College of Nursing Kulasekharam. Purposive sampling technique was used to select the sample. Numerical pain scale was used to assess the level of pain. From the present

study it can be concluded that ginger tea was effective for college students with dysmenorrhea.

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