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## The relationship between dysmenorrhea and personality characteristics in university students

Nurdilan Sener, Sermin Timur Tashan and Sidar Aytakin  
Firat University, Turkey

**Objective:** The research was conducted to determine the relationship between dysmenorrhea and personality traits in university students.

**Method:** Research is descriptive and correlation study's. The study universe consisted of 2426 female students of Mus Alparslan University. The sample of the study consisted of 772 students by determining via power analysis. Participant Presentation Form and Cervantes Personality Scale were used in the data collection; the data were collected between 1 February and 1 March 2017. Arithmetic mean, standard deviation, Chi square and independent t test were used in the evaluation of the data.

**Results:** In the study, 85% of the students had dysmenorrhea. There was a significant relationship between dysmenorrhea and age of the students and the class they were in ( $p < 0.05$ ). In addition, it was found that those who did not consume cola had more dysmenorrhea than those who consumed cola ( $p < 0.05$ ). According to the Cervantes Personality Scale of the students, the average subscale score of emotional balance-neuroticism was  $14.36 \pm 5.74$  consistent-inconsistent average subscale score was  $20.33 \pm 20.0$  and outward inward average subscale score was  $18.65 \pm 19.5$ . As the average score of emotional balance neuroticism and consistency inconsistency of students increased, the frequency of dysmenorrhea was also increased ( $p < 0.05$ ).

**Conclusion:** In the study, it was found that most students experienced dysmenorrhea and it was more common in neurotic and incoherent persons. It is suggested that the health staff should approach women in a holistic way by knowing that personality traits are a factor affected by dysmenorrhea.

### Biography

I am Nurdilan Sener. I am from Turkey. I graduated from Firat University Nursing Faculty in I am a research assistant in Firat University. Now, I am a PhD student in the university.

nurdilansener@outlook.com

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