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The relationship between personality traits and premenstrual syndrome prevalence on students of health high schools

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The purpose of this research is to determine the relationship between personality traits and premenstrual syndrome prevalence on students in nursing, midwifery & nutrition and dietetics departments of Aydin Health High schools. This research, which was planned as cross-sectional, covers 490 students, who are studying in these 3 departments along with students who were at school and accepted to join the research that day which this survey has been done, created the working group. To collect the data, questionnaire which questioned on sociodemographic characteristics of the students, Premenstrual Syndrome Evaluation Scale and Basic Personality Traits Scale has been used. For this research, prevalence of premenstrual syndrome is 57.1%. Premenstrual syndrome is more frequent for those who live in rural areas, who have chronic diseases, who has menstrual pains and who use alcohol and tobacco products. The most frequent indications are strain, unknown origin unhappiness, tension or distention on breasts, headache, stomach distention, distention or gaining weight sensation as shoes, clothes or rings become narrower, feeling tired or lazy or losing energy. The methods for handling with premenstrual syndrome are using pain killers, keeping the stomach warm or using herbal teas, respectively. It has been seen that premenstrual syndrome prevalence is increasing as emotional incoherence or negative mood; as well as they become less extrovert or more irresponsible. According to these findings, to make students able to handle the premenstrual syndrome more effectively, programs like health education, guidance and psychological counseling and guiding properly about personality qualifications with a healthy diet and practice advices, might be useful.

Biography

Şule Çınaklı is working as general clinic nurse of Bodrum Hospital 2010-2011 and Neonatal Unite Care nurse of Adnan Menderes University Medical Faculty Hospital, since 2011. She is a Psychiatry Nursing Master Programme student of Adnan Menderes University.

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