

Correlation between Quality of Life and Dysmenorrhea among Nursing Schools Students

Abstract

Background: Dysmenorrhea is one of the most common health problems in young adolescent girls as it affects 50 - 90% of the general population. **Aim:** The aim of this study was to identify assess the correlation between quality of life and dysmenorrhea. **Method:** A correlational descriptive study was carried out at nursing schools students in government schools at El-Minia city. A total sample of 295 students participated in the study, of these, 278 participated in the study have dysmenorrhea. A structured interview questionnaire form was used for data collection including socio-demographic data, menstruation history and details of dysmenorrhea and question about Short Form-36 (SF- 36) health survey questionnaire. **Results:** Moderate positive association between students' age and physical function, and there was a moderate negative association between students' age with pain domain and total self-form. Also, there moderate positive association between students' emotional function and days of menstruation. **Conclusion:** Quality of life affects the regularity of menstruation. A significant correlation between QOL and presence, degree, site, and onset of menstrual pain was found. **Recommendations:** School health services should be started by raising awareness for education school girls about the dysmenorrhea and how they can adapt to daily activity to decrease menstrual pain.

Keywords Menstruation, Dysmenorrhea, Health related quality of life