

در دختران نوجوان با خشم ارتباط شدت سندرم قبل از قاعدگی

نویسندگان:

فاطمه غفاری *

عضو هیات علمی دانشگاه علوم پزشکی بابل - دانشکده پرستاری - مامایی فاطمه زهرا (س) رامسر

طیبه پور عزتین

عضو هیات علمی دانشگاه علوم پزشکی مشهد

تاریخ ارائه: ۸۴/۸/۱۰ تاریخ پذیرش: ۸۴/۱۲/۲۴

The Relationship of Severity Premenstrual Syndrome With Anger in Adolescent Girls

Abstract

Background and objectives: In the recent century, one of the most important problems and difficulties among families is anger, that can be the origin of numbers mental disorders. Emotional and cyclothymic disorders are the most common representation of premenstrual syndrome. Therefore, the researcher has tried to achieve a study with the aim of determining relationship between variables of anger and severe (density) premenstrual syndrome.

Materials & Methods: This research (survey) is a descriptive-analytic study. The case study includes 152 high school students, who through sampling method-multi-stages. By the To classification, cluster and random method, were selected. In order to collect the data, we use a evaluation form of signs, before premenstrual for surveying the rate of outbreak and severe (density) signs. Also, we used a standard Staxi questionnaire, in order to survey experience and presentation of anger.

Findings: The results of this research indicated that 54.7% units of those researched suffer from premenstrual syndrome. From the point of relationship of variables of anger with severe of signs premenstrually the results showed that among anger-in, trend to anger and severe (destiny/violent) of anger, on the time of testing with severe signs premenstrually is a meaningful relationship, (but) between variable of control of anger and anger-out with severe of signs premenstrual syndrome has no meaningful relationship. These results also showed that units (attacked) by premenstrual syndrome, in comparison to units without syndrome, meaningfully, in sub set of severe of anger during the test, trend to anger, anger-in and anger-out have acquired high (degrees).

Conclusion: Regarding the high spread a of anger among adolescents, and its relation to disorder of premenstrual synrome, the necessity of attention to health and mental health of a addescents, nationally has been revealed. In respect to findings of recent research, (responsibles), of education system and families, have an important task, that to choose plans, training in field of premenstrual syndrom, and the effective factors on premenstrual syndrom and methods of therapeutics. This disorder will help with hygiene and health of adolescents.

Key Words: Anger, Premenstrual Syndrome, Adolescent.

آدرس مکاتبه:

* رامسر - دانشکده پرستاری - مامایی فاطمه زهرا (س)

تلفن: ۰۲۲۵۱۰۱ - ۰۱۹۲ - نمابر: ۰۱۹۲۰۲۲۶۴۱۳