

- PREMENSTRUAL SYNDROME AND DYSMENORRHEA
- The purpose of this study was to identify the effect of foot reflexology on premenstrual syndrome and dysmenorrhea in female college students. The research design of this study was a quasiexperimental design. Of the forty female college students, twenty were assigned to the experimental group and, twenty to the control group. The data were obtained over 2 months (November 26, 2001 to January 31, 2002) from a nursing of C college located in S city. The instrument used to assess premenstrual syndrome and dysmenorrhea was Keele's VAS (Visual Analogue Scale) and opening records. Subjects in the experimental group received foot reflexology for 6 times with 1 hours during 60 days, and subjects assigned to the control group did not receive foot reflexology. Data were analysed with percentage, mean, standard deviation, X(2)-test, unpaired t-test, and repeated measure ANOVA, using SAS Program. The results of the study are as follow,
 - 1.The symptoms which the group of experimental and the group of control discomforts the most are sensitiveness (35%), abdominal pain (30%), lower abdominal pain (30%) and lumbago (20%). The method of relieve premenstrual syndrome and dysmenorrhea by which the subjects employ the most to solve their premenstrual syndrome and dysmenorrhea is the getting along by enduring (67.5%) and bed rest (32.5%).
 - 2.The mean score of the premenstrual syndromes and dysmenorrhea before foot reflexology was 8.35, it was 4.16 at the first menstruation after foot reflexology and 3.25 at the second menstruation for the experimental group.
 - 3.The relieved symptoms after foot reflexology was fatigue (50%), insomnia (40%), abdominal pain (35%), lower abdominal pain (30%) and constipation (30%). Foot reflexology was effective in improve the symptoms of the female college students who have the premenstrual syndrome and dysmenorrhea.
- Kim YH, Cho SH, "The Effect of Foot Reflexology on Premenstrual Syndrome and Dysmenorrhea in Female College Students," Korean J Women Health Nurs. 2002 Jun;8(2):212-221. Korean. Department of Nursing, Sun Cheon Cheong Am College, Korea.