

# **Effect of Acupressure on Primary Dysmenorrhea Among Adolescence Girls**

**Fulfillment of the Requirement of  
Doctorate Degree in Nursing Science  
(Maternal & Obstetric health nursing)**

*By*

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**( 2018 )**

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## **ABSTRACT**

The aim of the present study was to study the effect of acupressure as nursing intervention on primary dysmenorrhea among adolescence girls. This study utilized quasi experimental design, study conducted at the faculty of nursing - Fayoum university. The sample was purposeful selective, it consisted of two hundred and eighteen adolescent girl, study included *five tools*: 1<sup>st</sup> tool included an interviewing questionnaire sheet to collect data related to sample and menstrual characteristics . 2<sup>nd</sup> tool; Verbal multidimensional scoring system.. 3<sup>rd</sup> tool; Visual Analogue scale. 4<sup>th</sup> tool: Hamilton anxiety scale and 5<sup>th</sup> tool included: Likert scale. *The Supportive materials* as power point presentation, video and pamphlet, it have been used to help for complete the practical application of the present study. *The results* of the present study revealed that, the severity of pain degree and level of anxiety was lower among studies, sample after application of acupressure as compared to pre application. While the level of satisfaction was higher with marked improvement of daily routine activities after acupressure application. There were positive correlations between the degree of pain and level of anxiety after acupressure application. There were strong negative correlation between level of satisfaction and degree of pain. The study *concluded* that, the effect of acupressure on adolescent girls with primary dysmenorrhea is affordable, well tolerated and accepted, improve dysmenorrheal syndrome, and decrease levels of pain and anxiety. The study was *recommended that*; acupressure as dysmenorrheal treatment is needed to develop and dissemination of illustrated guideline to control and relief on dysmenorrheal syndrome among adolescent girls and women in other ages.

**Key words:-** Adolescents girls , primary dysmenorrhea, acupressure.