



معاونت تحقیقات و فناوری

دانشگاه علوم پزشکی و خدمات بهداشتی درمانی استان اصفهان
دانشکده بهداشت

پایان نامه کارشناسی ارشد آموزش بهداشت

شماره طرح: ۳۹۳۷۳۸

عنوان طرح:

بررسی تأثیر آموزش همسران جهت انجام رفتارهای حمایتی بر کنترل علائم سندرم
پیش از قاعدگی در زنان ۲۰-۴۵ سال شهرستان فلاورجان سال ۱۳۹۳

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شهریور ۱۳۹۴

چکیده پژوهش:

مقدمه

سندرم پیش از قاعدگی ترکیبی از اختلالات جسمی، عصبی و روانی است که بر سازگاری اجتماعی، ارتباط درون فردی و فعالیت‌های طبیعی و کیفیت زندگی فرد تاثیر منفی می‌گذارد، با توجه به اهمیت مشارکت همسران در بهداشت باروری و ارتقاء سلامت زنان این پژوهش به بررسی تاثیر آموزش همسران جهت انجام رفتارهای حمایتی بر کنترل علائم سندرم پیش از قاعدگی در زنان ۲۰-۴۵ سال شهرستان فلاورجان سال ۱۳۹۳ پرداخته شد.

مواد و روشها:

این مطالعه نیمه تجربی در سال ۱۳۹۳ با شرکت ۱۰۰ زوج در سن باروری مراجعه کننده به مراکز بهداشتی درمانی شهری شهرستان فلاورجان انجام شد، زنان بطور تصادفی به دو گروه آزمون و کنترل تقسیم شدند. همسران گروه آزمون طی سه جلسه آموزشی در زمینه انجام رفتارهای حمایتی در کنترل علائم سندرم پیش از قاعدگی زنان آموزش دیدند. اطلاعات با پرسشنامه خود ایفاء، PSA و پرسشنامه سبا قبل و سه ماه بعد از آموزش جمع‌آوری شد و با نرم افزار SPSS21 و آزمون‌های آماری مناسب تجزیه و تحلیل شد.

یافته‌ها:

سه ماه بعد از مداخله آموزشی افزایش معناداری در نمره رفتارهای حمایت همسران و کاهش علائم جسمی و روحی - رفتاری سندرم پیش از قاعدگی گروه آزمون نسبت به قبل از مداخله و گروه کنترل دیده شد و در گروه آزمون افزایش معناداری در انجام فعالیت بدنی زنان نسبت به قبل از مداخله و گروه کنترل دیده شد ($p < 0/05$). ولی میزان BMI در گروه آزمون کاهش معنی داری نسبت به گروه کنترل پیدا نکرد ($p > 0/05$).

بحث و نتیجه‌گیری:

رفتارهای حمایتی همسران می‌تواند علائم سندرم پیش از قاعدگی زنان را کاهش دهد و همسران به عنوان یک رابط آموزشی به خوبی توانسته بودند زنان را به انجام فعالیت بدنی تشویق نمایند و علائم سندرم را کاهش دهند پیشنهاد می‌گردد دوره‌های آموزشی ویژه همسران در سیستم بهداشت و درمان جهت انجام رفتارهای حمایتی اجرا گردد.

کلمات کلیدی:

آموزش، سندرم پیش از قاعدگی، همسر، علائم روحی - رفتاری، علائم جسمی، رفتارهای حمایتی

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The effect of educational intervention for spouses to do supportive behaviors about control symptoms of premenstrual syndrome in woman 20 – 45 years falavarjan city in 1393

Abstract:

Background: Premenstrual Syndrome is the combination of physical, neurological and psychological disorders, which negatively effects on social adjustment, interpersonal relationships and normal activities and individual's Quality of Life. With given the importance of the men participation in promoting reproductive health and women's health, the aim of this study was to determine the effect of educational intervention for spouse on supportive behaviors to control symptoms of premenstrual syndrome in women 20-45 years city is Falavarjan 1393.

Methods: This quasi -experimental study was down with the participation of 100 women of reproductive age with PMS were referred to health centers Falavarjan city. Women were divided randomly into two groups as intervention and control. Educational intervention about supportive behaviors to control premenstrual symptoms was performed for spouses during the three educational sessions in the intervention group. Data were obtained with self-administered, PSA and Saba questionnaire before and three months after educational intervention and were analyzed by SPSS21 and appropriate statistical tests.

Resulting: Three mounts after the intervention the score of spouse's supportive behaviors was increased significantly compare to before of the educational intervention and the control group. As well as significant decrease was occurred in case of physical and psychological-behavioral symptoms of women in the intervention group compare to before of the educational intervention and the control groups ($p < 0.05$). And physical activities of women in the intervention group significantly were increased ($p < 0.001$). However, the BMI did not decrease significantly compared to the before and control group ($p > 0.05$).

Conclusion: Spouses supportive behaviors can reduce PMS symptoms in women. And Spouses could encourage women to perform physical activities and reduce symptoms of PMS As a result it is recommended that the health care system organize the educational intervention to increase spouse supportive behaviors.

Key Words:

Education, Premenstrual Syndrome, Spouse, Psychologic - Behavior Symptom, Physical Symptom, Supportive Behaviors