

Analysis of Emotional Symptoms of Premenstrual Syndrome

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Abstract

"Premenstrual Syndrome (PMS)" is a bunch of emotional, physical, and behavioral symptoms that generally begins during the week foregoing menstrual flow. Every month, a few women suffer from a premenstrual syndrome which brings several emotional symptoms. The present study has investigated the evaluation of several emotional symptoms in premenstrual syndrome. The researcher has associated with the understanding of how premenstrual syndrome can affect the situation on the quality of life and also seeking about the connected risk factors. Based on the elaboration of the literature review section, the research topic has been described in a better way with the implication of effective theory.

Data were extracted on basis of the research topic as the researcher has selected both a "secondary qualitative data collection method" and a "primary quantitative data collection method" to collect relevant information. Estimating the collected data, the researcher has used the tools such as SPSS software and thematic analysis. Severe PMS is connected with more disability of psychological distress as well as daily activities. Rural residence, regular cycles, older student age, and earlier age of menarche are considered the potential risk factors for the increase of PMS with emotions. Moreover, this research paper can help readers to understand the reasons and applicable tools for managing the emotional symptoms of PMS.

Keywords: premenstrual syndrome, emotional symptoms, health condition, women, therapy.

1. Introduction

1.1 Background of the study

Premenstrual Syndrome or PMS is a set of emotional and behavioral as well as physical symptoms that occur before the menstrual cycle of a woman gets started. PMS is seen in every woman who is their reproductive age, and the symptoms of PMS can affect the daily life and regular activities of women. PMS develops right between the time of ovulation and the start of the menstrual cycle, almost 2 weeks prior [1]. PMS symptoms begin any time after ovulation and last after 5 to 7 days as bleeding begins. PMS occurs because of hormonal changes in a woman's body and chemical changes in their brain impact the emotional changes in women. This study has thus focused on the emotional changes that occur in women just one or two weeks before the

start of the menstrual cycle.

1.2 Aim and objectives

The aim of the study focuses on the emotional and psychological behavioral changes before the menstrual cycle starts and the symptoms of premenstrual syndrome and its impact on the emotions of women.

Objectives

- To find out the behavioral changes in women before the menstrual cycle occurs
- To find out the impact of PMS on women
- To identify emotional symptoms among women that occur during the PMS

1.3 Definition of key terms

Premenstrual syndrome: The behavioral changes and symptoms that occur right before the start of the menstrual cycle of women are known as

premenstrual syndrome. PMS has various signs and symptoms such as depression, anxiety, joint muscle pain fatigue and many others. PMS symptoms are different for every woman and every woman experiences different types of pain during this time. However, when PMS occurs in a woman's life, the cycle of hormones starts to change and this change creates different reactions for every woman individually. However, these hormonal changes impact the psychology of women and create changes in their emotions rapidly.

2. Methods

The study will be based on secondary qualitative and primary quantitative research designs. Secondary qualitative strategy refers to the use of secondary sources which are capable of providing qualitative and subjective data such as articles, news reports and journals [2]. Apart from that, primary quantitative strategy refers to the use of primary sources that provide quantitative and objective data such as surveying people [3]. Several articles and journals that provide relevant information about the emotional changes due to PMS and its effects are reviewed for gathering qualitative data [1].

On the other hand, a survey is conducted among some groups of women to gather their opinions of the emotional changes due to PMS. Women and girls who are above 15 years old were allowed to participate in the survey and there were 51 respondents who provided their respective opinions on all the statements. Further, there were a total of 10 questions in the questionnaire including demographic questions on which data are collected and thematically evaluated with the support of the information collected from journals. Along with that, SPSS software is used as an instrument for generating statistics and conducting a statistical analysis in this study.

3. Results

	Descriptive Statistics				
	N	Minimum	Maximum	Mean	Std. Deviation
3. Premenstrual syndrome is common among women in their 30s	50	0	2	1.16	.976
4. Mood swing is one of the most common emotional change in PMS	50	0	2	1.86	.495
5. Anxiety and stress are common psychological issues among women with PMS	50	0	2	1.58	.785
6. Smoking and unhealthy food habits can leads to PMS at a high level	50	0	2	1.80	.571
7. Lack of physical activity and quality sleep are the reasons of having PMS	50	0	2	1.90	.416
8. Irritability and unusual anger enhances with PMS which are other emotional changes	50	0	2	1.68	.683
9. Lack of sleep enhances difficulty in concentrating on work	50	0	2	1.76	.555
10. Exercise, healthy eating and drinking a lot of water can reduce PMS	50	0	3	2.62	.967
Valid N (listwise)	50				

Figure (3.1): Descriptive statistics (Source: SPSS software)

about the average responses of the participants. The mean statistics are crucial in this part which signifies whether most of the responses are positive or not [4]. Hence, the mean statistics of this study are 1.16, 1.86, 1.58, 1.80, 1.90, 1.68, 1.76 and 2.62. All the mean statistics are larger than 1 and that indicates that most of the responses provided by the respondents were positive.

	Correlations									
	3. Premenstrual syndrome is common among women in their 30s	4. Mood swing is one of the most common emotional change in PMS	5. Anxiety and stress are common psychological issues among women with PMS	6. Smoking and unhealthy food habits can leads to PMS at a high level	7. Lack of physical activity and quality sleep are the reasons of having PMS	8. Irritability and unusual anger enhances with PMS which are other emotional changes	9. Lack of sleep enhances difficulty in concentrating on work	10. Exercise, healthy eating and drinking a lot of water can reduce PMS		
3. Premenstrual syndrome is common among women in their 30s	1	.343*	.649**	.424*	.291	.568*	.524*	.477*		
4. Mood swing is one of the most common emotional change in PMS		1	.581**	.309*	.925**	.709**	.849**	.782**		
5. Anxiety and stress are common psychological issues among women with PMS			1	.719**	.493*	.924**	.889**	.808**		
6. Smoking and unhealthy food habits can leads to PMS at a high level				1	.772**	.878**	.874**	.931**		
7. Lack of physical activity and quality sleep are the reasons of having PMS					1	.682*	.778**	.664*		
8. Irritability and unusual anger enhances with PMS which are other emotional changes						1	.923**	.924**		
9. Lack of sleep enhances difficulty in concentrating on work							1	.897**		
10. Exercise, healthy eating and drinking a lot of water can reduce PMS								1		

* Correlation is significant at the 0.05 level (2-tailed).

** Correlation is significant at the 0.01 level (2-tailed).

Figure (3.2): Correlation statistics (Source: SPSS software)

Correlation statistics is another vital part which includes the P values and significance values of variables and that helps to gain knowledge whether the variables have positive or negative relationships [5]. The significance values need to be lower than 0.05 for proving that the variables have a positive relationship. As the figure shows that the significance values are 0 and that is less than 0.05 (0.05 > 0); therefore, it can be stated that there are positive relationships among the variables in this study which maintains the significance of this article.

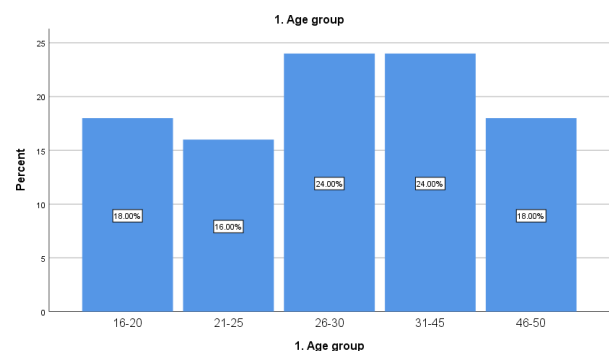


Figure (3.3): Age group of the participants (Source: SPSS software)

There were five groups of respondents based on their age and girls from 16 years old were allowed to participate in the survey. Five groups were 16-20 group, 21-25 group, 26-30 group, 31-45 group and 46-50 group. About 18% of the women were in the first group, 16% of the women in the second group, 24% of the respondents were in the third group, 24% participants in the fourth group and another 18% of the women in the fifth group. Most of the respondents were in the third and fourth group who were between 26-45 years old.

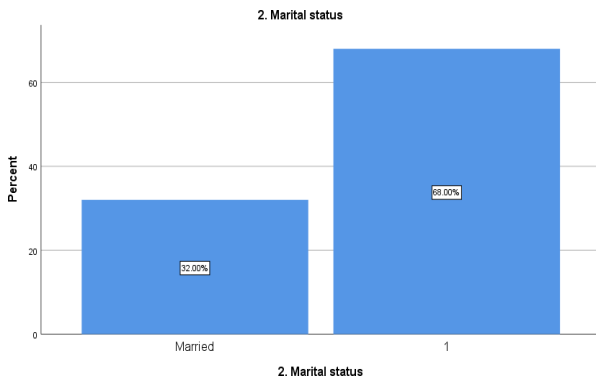


Figure (3.4): Marital status of participants (Source: SPSS software)

Next, the participants were asked about their marital status. About 32% of the women were married and 68% of the respondents were unmarried. Most of the women were unmarried in the survey.

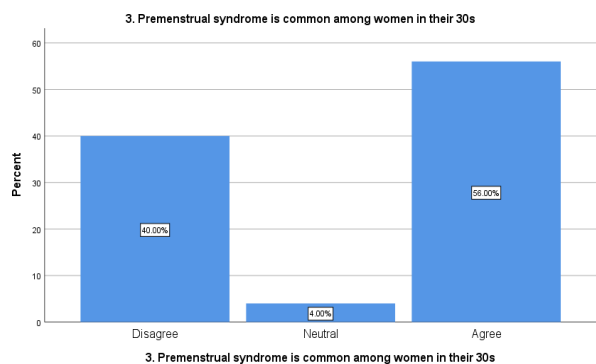


Figure (3.5): Premenstrual syndrome is common among women in their 30s. (Source: SPSS software)

Next statement was “premenstrual syndrome is common among women in their 30s” on which the women were requested to provide their opinions. About 40% of the women denied and stated that PMS can occur before their 30s and so many of them have experienced PMS before their 30s. Further, 56% of the participants have “agreed” and opinionated that most of the time women experience PMS after their 30s. Besides, 4% of the women have avoided providing any answer to the question.

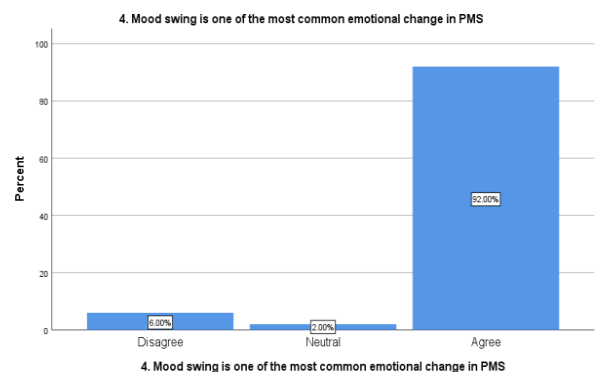


Figure (3.6): Mood swing is one of the most common emotional changes in PMS. (Source: SPSS software)

“Mood swing is one of the most common emotional changes in PMS” was the next statement for the

women in the survey. Nearly 6% of the participants have “disagreed” and 92% of the women have “agreed” with the specific statement. Almost all the women in the survey have positively responded to the statement and opinionated that mood swing is absolutely the most common emotional change among women due to PMS. A few of the women have disagreed and stated mood swings can be controlled. Hence, 2% of the women were neutral for this statement and did not provide one specific opinion.

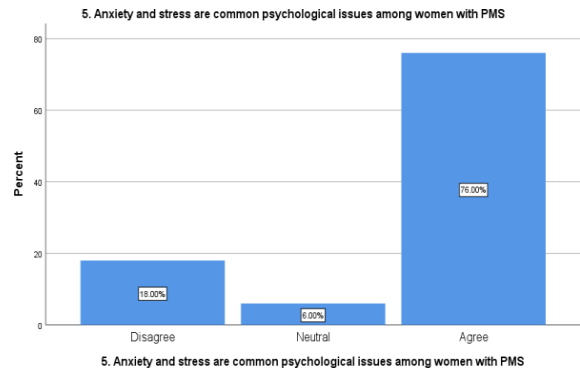


Figure (3.7): Anxiety and stress are common psychological issues among women with PMS. (Source: SPSS software)

Maximum number of women, which is about 76% of the women, has “agreed” that anxiety and stress are common psychological issues among women with PMS. They have opinionated that PMS increases stress and anxiety among women which leads to frequent mood swings. Anxiety is the most common psychological issue among women due to PMS. Apart from that, 18% of the women denied and opinionated that regular exercise and meditation can reduce anxiety and stress during PMS. Besides, 6% of the respondents did not reply on the statement and they were neutral.

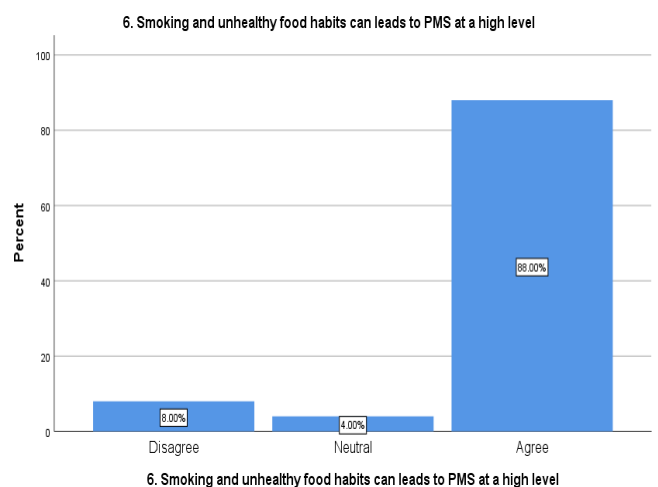


Figure (3.8): Smoking and unhealthy food habits can lead to PMS at a high level. (Source: SPSS software)

Next statement was “smoking and unhealthy food habits can lead to PMS at a high level” on which the women were requested to provide their opinions. About 8% of the women denied and stated that

smoking and unhealthy foods are not the only reasons for having PMS and without smoking women suffer from PMS. Further, 88% of the participants have “agreed” and opinionated that smoking is a major reason which enhances the chances of PMS as well as unhealthy food habits are also harmful. Besides, 4% of the women have avoided providing any answer to the question.

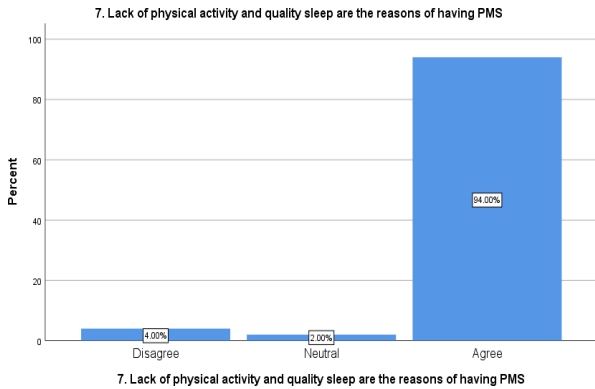


Figure (3.9): Lack of physical activity and quality sleep are the reasons of having PMS (Source: SPSS software)

“Lack of physical activity and quality sleep are the reasons for having PMS” was the next statement for the women in the survey. Nearly 4% of the participants have “disagreed” and 94% of the women have “agreed” with the specific statement. Almost all the women in the survey have agreed and stated that people are too busy in recent times and that led to lack of quality sleep and lack of physical activity. This highly influences PMS and enhances the chances of suffering from PMS. A few of the women have disagreed and stated these may be not the core reason for enhancing PMS. Hence, 2% of the women were neutral for this statement and did not provide one specific opinion.

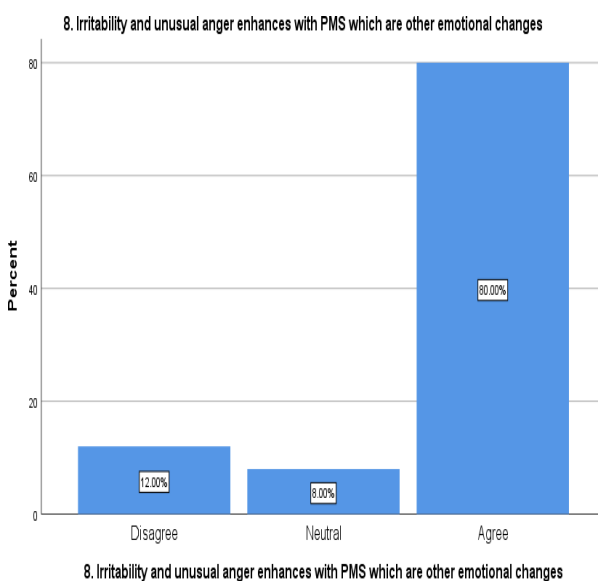


Figure (3.10): Irritability and unusual anger enhances with PMS which are other emotional changes. (Source: SPSS software)

“Irritability and unusual anger enhanced with PMS

which are other emotional changes” was the next statement for the women in the survey. About 12% of the women denied and stated that irritability and unusual anger are emotional changes but anxiety is the most crucial emotional change due to PMS. Moreover, 80% of the participants have “agreed” and opinionated that PMS enhances anxiety, stress and other psychological issues which lead to irritability and unusual anger among women during PMS. Apart from that, 8% of the women have avoided providing any answer to the question.

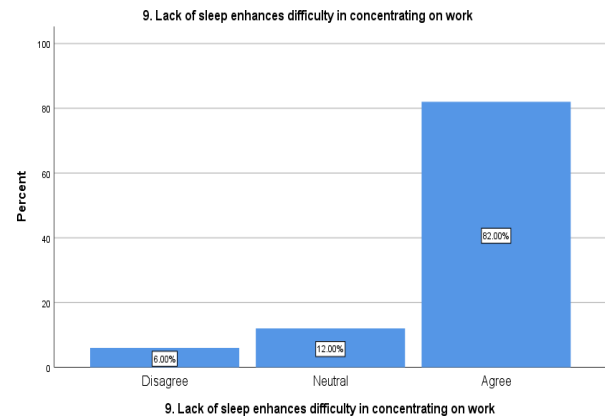


Figure (3.11): Lack of sleep enhances difficulty in concentrating on work (Source: SPSS software)

Most of the women, which is about 82% of the women, have “agreed” that lack of sleep enhances difficulty in concentrating on work. They have also stated that PMS increases stress and anxiety among women which causes lack of sleep and that enhances difficulty in concentrating on work. Anxiety is the most common psychological issue among women due to PMS. Apart from that, 6% of the women denied and opinionated that regular exercise and meditation can reduce anxiety and stress during PMS. Besides, 12% of the respondents did not respond to the statement which signifies that they did not have proper knowledge about PMS.

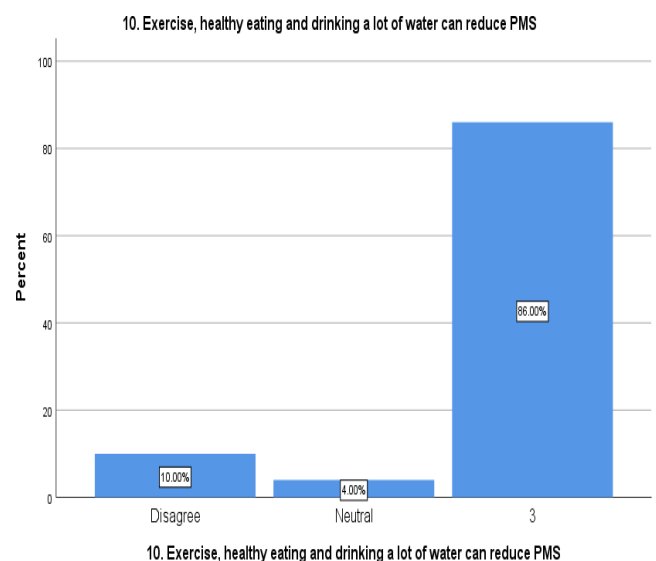


Figure (3.12): Exercise, healthy eating and drinking a lot of water can reduce PMS. (Source: SPSS software)

Next, the last statement was “exercise, healthy eating and drinking a lot of water can reduce PMS” on which the women were required to provide their specific perspectives. About 10% of the women denied and stated that sometimes exercise and healthy food habits cannot reduce the chances of PMS and people need to take proper treatment for these syndromes. Further, 86% of the participants have “agreed” and opinionated that physical activity is highly essential as well as healthy eating is also important for avoiding PMS. Besides, 4% of the women have avoided providing any answer to the question.

4. Discussion

Theme 1: Premenstrual syndrome and its related psychological syndrome

Premenstrual syndrome or PMS is a health condition which includes a combination of psychological, emotional and physical symptoms that occurs before the luteal phase of the menstrual cycle. These symptoms are different for every woman and the severity of the pain is also different for everyone. The physical pain during this time can be minor or majorly severe depending on the hormonal changes in a woman's body [6]. The treatment of PMS can range from medication and therapies to even surgery and often involves multidisciplinary teams while introducing the symptoms in a stepwise manner. Health professionals must treat women with PMS as 3% to 8% of women suffer from these symptoms that are majorly severe and 40% of women with symptoms of PMS are indifferent and crucial to understanding hence, it created difficulty and crucial situations for the professionals to treat the patients appropriately.

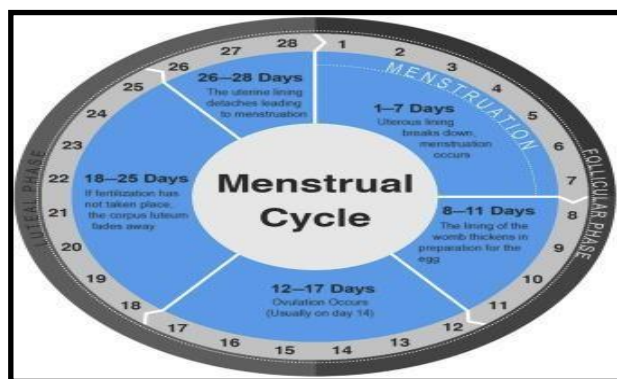


Figure (4.1): Menstrual cycle of women
(Source: Influenced by [6])

Before the start of the menstrual cycle and during the cycle there are somatic and psychological changes that occur in the luteal phase of the cycle which impact the emotional well-being of the women. The somatic symptom of PMS is swelling. Breast tenderness, pain in the lower abdomen and many others. Besides these somatic symptoms, there are symptoms related to the psychology of the women such as anxiety, rapid mood swings, anger, depression, palpitation, fatigue, social isolation,

loneliness, aggressive nature and many others [7]. PMS affects the lifestyle and regular activities of a woman and impacts their quality of leading their lifestyle.

PMS negatively impacts the psychology and the mood of women, and they suffer from various feelings at a time. With the hormonal fluctuation in the body, PMS occurs, and the woman suffers from anxiety, depression and many others. There is no clear etiology of PMS found out yet but there are some prescribed procedures available in the medical field to treat PMS for a while. Every woman goes through different symptoms either psychological or somatic and the symptoms cause physical and mental stress for the women [8]. Although medical department across the whole world presently depends on chamomile drugs with a variety of medicinal and therapeutic changes in women to get relaxation from the stress during PMS.

Theme 2: Emotional changes during the premenstrual cycle and its causes

The emotional changes during the premenstrual cycle are long such as tension, palpitations, feeling low, fatigue, aggressive nature, feeling lonely, sudden mood swings and many others. These symptoms last up to 5 to 10 days before the start of the menstrual cycle and end in 1 to 2 days after the start of bleeding. However, some women face PMS symptoms every month and this form is known as a premenstrual dysphoric disorder or PMDD [9]. Hence, emotional changes happen in their life every month and they suffer from the same kind of somatic and psychological stress every month. The emotional changes occurring in PMS make a woman restless and they become anxious every time. These changes affect their routine and sometimes they become emotional which affects their daily lifestyle. The emotional condition is severely associated with the mental health of a woman and the mental health condition of a woman can get worsened over time which is named premenstrual exacerbation or PME and can severely impact the emotional changes of a woman during PMS [10].

The main reason behind the emotional symptoms of PMS is connected with the rise and fall of hormones, especially the estrogen hormone, during the whole menstrual cycle. Apart from this, the chemical reactions in the brain constantly change during the menstrual cycle which also impacts the emotional well-being of women during their periods. Those women who suffer from PMDD become seriously depressed during this period and some also get panic attacks during this time [11]. During the ovulation of a woman the estrogen and progesterone hormones are dropped, and this sudden shift of hormones leads to physical and emotional symptoms that are related to PMS.

Emotional wellbeing impacts the daily life routine of a woman, and it can severely impact the mental health of a woman during PMS. Those who severely suffer from PME during this time worsen their condition mentally and physically. Rapid emotional

changes occur due to the rapid rise and downfall of hormones in the body of a woman during their periods. Emotional changes sometimes occur due to the physical pain they feel during this time and which is unbearable sometimes and women become emotionally very weak during this time [12]. It is very necessary for every woman in the PMS stage to lead a healthy and proper lifestyle with proper diet, exercise and medication during their menstrual cycle to prevent the symptoms of PMS.

This study has been conducted by selecting a secondary qualitative and primary quantitative data collection method to collect relevant, reliable and authentic data related to the topic. There is a detailed discussion about the facts and factors of the topic through the review of the literature in the study.

5. Conclusion

It can be concluded that premenstrual syndrome is a common issue among women of 30 or above years old. Some of the participants have opinionated that PMS can occur before 30s as well which signifies that the effects of PMS is increasing among women of different ages. Unhealthy food habits and smoking have been enhanced among a woman who values these syndromes and affects psychological health of women. Regular exercise is one of the most significant ways of preventing PMS. Along with that, women should have a healthy diet which is not only good for preventing PMS but also good for reducing the chances of other diseases.

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Appendix: Survey Questionnaire

Age group

- 16-20
- 21-25
- 26-30
- 31-45
- 46-50

Marital status

- Married
- Unmarried

(Please rate your opinion against the following statements as per the following scale
0 = Disagree, 1 = neutral, 2 = Agree)

Statements	0	1	2
Premenstrual syndrome is common among women in their 30s	20	2	29
Mood swing is one of the most common emotional change in PMS	3	1	47
Anxiety and stress are common psychological issues among women with PMS	9	3	40
Smoking and unhealthy food habits can leads to PMS at a high level	4	2	45
Lack of physical activity and quality sleep are the reasons of having PMS	2	1	48
Irritability and unusual anger enhances with PMS which are other emotional changes	6	4	41
Lack of sleep enhances difficulty in concentrating on work	3	6	42
Exercise, healthy eating and drinking a lot of water can reduce PMS	5	2	44