

UNIVERSITI TEKNOLOGI MARA

CONFRONTING WOMEN'S DILEMMA:

A QUALITATIVE STUDY ON

PREMENSTRUAL SYNDROME (PMS)

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ABSTRACT

Background: Premenstrual syndrome (PMS) is a common thing in women. It occurs from one day to two weeks before getting the onset of menstruations. Many kinds of experiences that women felt and the severity differs from one woman to another.

Objectives: This study focuses on the methods that women use to cope with PMS and their honest opinions about PMS.

Methods: Respondents were recruited from February to June 2013 through poster advertisements around UiTM Puncak Alam campus, advertisement through social network (Facebook) and some respondents were individually approached. Semi-structured interviews were conducted and all face-to-face interviews were audio recorded and transcribed verbatim. For those who responded through Facebook chat, the online conversation was saved. The transcripts were analyzed using thematic analysis.

Results: ignoring the symptoms of PMS had been the most used method in coping with PMS among women. There are still many strategies used such as resting, emotional coping and traditional methods were found depending on the severity of PMS. Besides, opinions from women about PMS mostly agree that it would be satisfying if PMS is absent.

Conclusions: The methods in coping with PMS are usually depending on the severity of PMS that the women had to go through. Besides, the personal opinions from women on PMS could aid in improving the education of society on PMS.

CHAPTER 1

INTRODUCTION

1.1. Background of study

Premenstrual syndrome or mostly known as PMS is a very familiar thing to a woman. Almost every woman in their reproductive age will face the syndrome. For girls getting the menarche, the syndrome may be something new. This syndrome is something that is absent in female before reaching the puberty, while in the pregnancy period and after menopause (Erbil, Karaca, & Kiriş, 2010). PMS was known as premenstrual tension (PMT) before, was also called the premenstrual changes and “late luteal phase dysphoric disorder”. PMT was changed into PMS because the reported experiences during the premenstrual had brought a wider meaning of experiences than the used term which was tension (Sveinsdóttir, Lundman, & Norberg, 2002). Besides PMS, another term showing the more severe condition of PMS is known as premenstrual dysphoric disorder (PMDD). PMDD mostly denotes the range of mentally, physically, the behavioural symptoms and the experiences face and reported by the woman during the premenstrual phase (Sveinsdóttir et al., 2002).