

The Effect of Exercise on Primary Dysmenorrhea

Maryam Rostami¹ Zahra Abbaspour Shahnaz Najjar

¹ Azad University of Iran, Behbahan, Iran

OBJECTIVE: The main objective of this research was to determine the effects of exercise on primary dysmenorrhea in the high school girls.

STUDY DESIGN: This study was a randomized clinical trial of 150 students suffering from severe dysmenorrhea. After getting permission from those appropriate for this study, complete explanation was taken from them and they were studied in two exercise and non exercise groups. Then all of them were studied in accordance to the prospectus, from the signs of the dysmenorrhea (intensity of the pain, duration of the pain and the number of used medicine) for two periods. Then the "exercise" group were given some exercises and the results of the two periods after the exercise were registered. ALL after in all, the study took four periods in each group. The descriptive statistics, repeated measure design and the least significant different way were used for analyzing the statistical information.

RESULTS: The intensity of the pain in the exercise group declined from 8.59 to 4.63 in the third period and 2.84 in the fourth period, hence, the difference is $p < 0.01$ in two groups. The average of the duration pain declined from 7.15 hours to 4.22 hours in the third period and 2.23 in the fourth period, and the difference of $p < 0.01$ is seen in the groups. The average of using sedative tablets also decreased from 1.13 tablets to 0.35 tablets in the third period and 0.0 tablets in the fourth period, which the difference is $p < 0.01$ between the two groups.

CONCLUSION: The exercise will decrease duration and severity of dysmenorrhea and also using of sedative tablets in high school girls.