

Effectiveness of Treadmill Walking and Kegels Exercise on Quality of Life and Sleep Quality among Young Women with Primary Dysmenorrhea

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Abstract

Background of the study: The study delves into the effects of treadmill walking and Kegel exercises on the quality of life and sleep patterns of young women grappling with primary dysmenorrhea, a condition characterized by painful menstrual cramps absent any underlying medical cause. Given its prevalence in India, where up to 90% of adolescent girls and young women experience some degree of menstrual discomfort, the research is vital. It aims to explore non-pharmacological approaches to mitigate symptoms and improve the overall well-being of this demographic.

Methodology: A total of 40 subjects were selected for the study according to the selection criteria. Then the subjects were assessed and randomized into 2 groups such as control group(n=20) and experimental group(n=20). Control group was not given any intervention for 8 weeks whereas the experimental group was given Treadmill Walking and Kegels exercise for 3 days per week for 8 weeks. The study parameters include HRQL test and PITTSBURGH SLEEP QUALITY INDEX for health related quality of life and sleep quality of dysmenorrhea women pre-test and post-test comparison done between the groups.

Results: The analysis revealed significant differences between the two groups regarding improvements in quality of life and reduction in sleep disturbances. In the experimental group (Group B), participants demonstrated a notably higher mean rank (27.70) for HRQOL_DIFF compared to the controlled group (Group A) with a mean rank of 13.30 ($z = -3.93$, $p < 0.001$). Conversely, for the PITTSBURGH_DIFF variable, the controlled group (Group A) exhibited a substantially higher mean rank (30.50) than the experimental group (Group B) with a mean rank of 10.50 ($z = -5.52$, $p < 0.001$). These findings suggest that treadmill walking and Kegel exercises significantly improve quality of life and reduce sleep disturbances among young women with primary dysmenorrhea.

Conclusion: It is concluded that treadmill walking and Kegels exercise was significant in improving HRQL and Sleep quality among young women with primary dysmenorrhea.