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EXPLORING THE IMPACT OF PREMENSTRUAL SYNDROME (PMS) ON PHYSICAL, EMOTIONAL, AND DAILY FUNCTIONING AMONG WOMEN

Introduction

Premenstrual Syndrome (PMS) is a common condition affecting women of reproductive age and is characterized by a combination of physical, emotional, behavioral, and psychological symptoms that occur during the luteal phase of the menstrual cycle. These symptoms typically resolve with the onset of menstruation but can significantly interfere with daily activities, work productivity, interpersonal relationships, and overall quality of life [1, 2].Common physical symptoms of PMS include abdominal cramps, bloating, breast tenderness, headaches, fatigue, and changes in appetite, while emotional symptoms often include mood swings, irritability, anxiety, sadness, and difficulty concentrating [3]. The severity of PMS varies among individuals, and in some cases, symptoms may be severe enough to disrupt normal functioning. Despite its high prevalence, PMS is often underdiagnosed and undertreated, partly due to social stigma, lack of awareness, and normalization of menstrual discomfort. Understanding the pattern of symptoms, lifestyle factors, and coping strategies related to PMS is essential for improving women's health education and management strategies [4].

Goal

To study the impact of Premenstrual Syndrome (PMS) on physical health, emotional well-being, lifestyle, and daily functioning among women.

Material and methods of research

An anonymous online survey of 50 female respondents covered six sections: demographic data, menstrual symptoms, physical discomfort, emotional changes, lifestyle habits, coping mechanisms, and the impact of PMS on daily activities. Data were analyzed using descriptive statistics, presented as percentages and figures.

The results of the research and their discussion

The study included 50 female respondents from multiple countries. The majority of participants were from Sri Lanka (80%), followed by other countries (14%) and Belarus (6%). Out of 50 respondents, 31 belonged to the 18–24 age group, which accounts for 62%. This group primarily consists of students and working women. This age group represents an active reproductive population, making PMS a relevant health concern.

When asked about the age of their first menarche, 52% of respondents indicated it occurred between the ages of 11 and 13, which is considered normal. However, 6% reported that it happened after age 16. When questioned about the regularity of their menstrual cycles, 50% (24 respondents) stated that their periods are sometimes early or late, while 10,4% described their cycles as very irregular or unpredictable and 39.6% told the cycle is regular like clockwork.

When asking about the physical changes before and after periods, A large proportion of respondents reported experiencing bloating (50%), breast tenderness (36,7%), headaches (26,5%), overeating (45,8%) and fatigue (57,1%) before menstruation. Among these, tiredness was the most frequently reported symptom.

Emotional changes were highly prevalent. More than half of the respondents (61,2%) reported:increased irritability or a short temper, mood swings, feelings of sadness or emotional sensitivity, anxiety or restlessness, and difficulty concentrating (30,6%), along with disturbed sleep patterns (24,5%).These findings highlight the significant neuropsychological impact of PMS, consistent with previous studies linking hormonal fluctuations to emotional instability [5]. Lifestyle factors such as low (42,9%) to moderate physical activity (34,7%), regular caffeine consumption (54,2%), and unhealthy eating habits (18.4%) during the premenstrual period may worsen PMS symptoms, 20% of respondents reported that PMS significantly affected their daily functioning, while 56% has a slight impact causing missed work or classes. Yet few sought professional help (14,3%), often relying on self-management strategies which is a whole 85,7%.

Common coping methods included: Rest and sleep, Painkillers, Emotional support from family or friends and warm compresses and home remedies. While some respondents felt supported by people around them, others reported insufficient understanding of PMS from their social environment, highlighting the need for increased awareness and education.

Conclusions

Premenstrual Syndrome (PMS) is prevalent among women, significantly impacting physical health, emotional well-being, and daily functioning. Both emotional and psychological symptoms are as significant as physical ones and warrant attention. Lifestyle factors greatly influence the severity of PMS symptoms, and increased awareness, lifestyle modifications, and early medical consultations can enhance PMS management and improve quality of life.

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COMPARATIVE STUDY OF KNOWLEDGE, AWARENESS, ATTITUDES AND ACCEPTABILITY OF HPV VACCINATION AMONG YOUNG WOMEN (18–26) IN BELARUS AND SRI LANKA

Introduction

The landscape of modern medicine is defined by the tension between technological prophylaxis and the sociocultural barriers impeding its implementation. Human Papillomavirus (HPV) – a group of over 200 viruses – remains a leading cause of cervical cancer, prompting the World Health Organization to advocate for universal immunization [1]. Despite this, global uptake remains uneven, influenced by socioeconomic and cultural variables. This study explores the "problems and prospects of modern medicine" by comparing Belarus and Sri Lanka, two nations