CHAPTER III

DESIGN OF THE STUDY
CHAPTER II

DESIGN OF THE STUDY

In this chapter the procedure for the source of data, method of sampling, collection of data and the administration of the tests had considered.

3.1 SOURCE OF DATA –

Central Schools of Maharashtra state are mainly divided in to two Regions i.e. Bhopal Region and Mumbai Region. Under Bhopal Region, there is Nagpur Cluster and in Mumbai Region, there are three Clusters Mumbai, Pune, and Nasik. Fifty percent schools from each cluster of Maharashtra State were randomly selected as the source of data. Fifty percent female players and non-players of 9th & 10th standards of these schools were the source of data.

3.2 METHODS OF SAMPLING –

Sampling is representative, or random as it is frequently called, when each person in the population from which the sample is obtained has an equal chance of being chosen. Central Schools of Maharashtra state are mainly divided in to two region i.e. Mumbai and Bhopal. And For the present study Simple random method was used to select the sample as Non-players as they were more than Players of Central school of Maharashtra state.

3.3 POPULATION-

There were fifty-one Central Schools in Maharashtra State out of which fifty percent from each cluster were covered for the study as showed in the table no. 1.1, hence the female players and non-players of twenty-five Central schools were taken as the population.
## Table No 6.1

Region Wise Distribution of Central Schools in Maharashtra State

<table>
<thead>
<tr>
<th>Bhopal Region</th>
<th>Nagpur Cluster</th>
<th>Mumbai Cluster</th>
<th>Pune Cluster</th>
<th>Mumbai Region</th>
<th>Nasik Cluster</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL NO OF SCHOOL</td>
<td>04</td>
<td>03</td>
<td>MUMBAI</td>
<td>08</td>
<td>04</td>
</tr>
<tr>
<td>50% SCHOOL FROM EACH DISTRICT</td>
<td></td>
<td></td>
<td>THANE</td>
<td>02</td>
<td>01</td>
</tr>
<tr>
<td>NAME OF THE DISTRICTS</td>
<td></td>
<td></td>
<td>RAIGARH</td>
<td>02</td>
<td>01</td>
</tr>
<tr>
<td>Total No of Schools</td>
<td>01</td>
<td>01</td>
<td>OJHA</td>
<td>01</td>
<td></td>
</tr>
<tr>
<td>Total No of Schools</td>
<td>01</td>
<td>01</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>50% SCHOOL FROM EACH DISTRICT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NAME OF THE DISTRICTS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total No of Schools</td>
<td>09</td>
<td>05</td>
<td>13</td>
<td>06</td>
<td>17</td>
</tr>
</tbody>
</table>

**Total number of Central Schools in Maharashtra state - 51**

**Number of Central School taken for study - 25**
3.4 TOOLS FOR COLLECTION OF DATA –

The following tool was used for the collection of data.

I. Questionnaire – Specially designed for female players and non-players with consultation of Supervisor, Gynecologist, and Sports Medicine Expert.

Purpose: To compare the female players and Non-players of senior secondary standards in regards to symptoms of Dysmenorrhea.

Evaluation: The questionnaire is adapted under with school female players and Non-players.

Level & Sex: Developed for use with senior secondary standard students.

Scoring: The answers represent the various degree of pain.

<table>
<thead>
<tr>
<th>Degree of pain</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild</td>
<td>05</td>
</tr>
<tr>
<td>Moderate</td>
<td>10</td>
</tr>
<tr>
<td>Severe</td>
<td>15</td>
</tr>
</tbody>
</table>

II. Questionnaire contents: Twenty-two questions out of which sixteen questions were categorized in the degree of pain, and seven questions were related to associate symptoms of dysmenorrhea.

Questionnaire items were as follows:

1] Family History
2] Age at onset of menstruation cycle
3] Psychophysical symptoms
4] Pain
5] Rest
6] Participation in sports, exercise
7] Physical Activity
8] Medication
9] Remedies
10] Hospitalization
3.5 PILOT STUDY:

A Pilot study was conducted to replace pitfalls in questionnaire construction and contents of questionnaire, to know the availability of subjects as players and non-players, to examine whether questionnaire is understandable to subjects or not, whether the females are free to express oneself regarding the topic. Previously the study was delimited to athletes and non athletes of Central Schools, but during pilot study it was found that female athletes of track events were less, hence the study was further delimited to players and non-players with the permission of R.R.C.

To fulfill the purpose of the research a pilot study was conducted on sixty female players and non-players as subject of 9th & 10th standards form Central School of Kamptee. Simple random method was used to select non-players as they were available more than players were. Test-retest method was applied for making tool reliable. The result of pilot study showed that the moderate and severe category type of symptoms of Dysmenorrhea were more in female non-players.

3.6 COLLECTION OF DATA:

For the research, data was collected from IXth and Xth standard female players and non-players of Central Schools of Maharashtra state by Questionnaire administration regarding symptoms of Dysmenorrhea. For the collection of data, research scholar mailed questionnaire to the schools, and later reminders were mailed but responses were negligible. Hence, research scholar personally visited to the schools of Maharashtra state and responses were collected in the form of questionnaire wherever permission was granted for the data collection.