



KNOWLEDGE OF PRE-MENOPAUSAL WOMAN REGARDING MENOPAUSAL PROBLEMS AND ITS MANAGEMENT IN A SELECTED HOSPITAL: A DESCRIPTIVE STUDY

Shiny M Jose
(Sr. Therese Jose)

Professor, Holy family college of Nursing, Thodupuzha , Idukki , Kerala-685585

ABSTRACT

The journey of women hood, two milestones in her life are menarche and menopause. The present study aimed to assess the knowledge of pre-menopausal women regarding menopausal problems and its management and prepare a self-instructional module on it. The research design selected was descriptive survey design. The area selected for the study was gynecology OPD and female medical and surgical ward of Holy Family Hospital, Thodupuzha, Idukki. The study was carryout on women who belongs to age between 40-55 years and not attained the menopause and the sampling technique was purposive sampling. The tools used were demographic data and knowledge questionnaire on menopausal problems and its management. The data collected were analyzed using descriptive and inferential statistics. The findings of the study revealed that out of 60 women 6.66% had good knowledge, 76.66% women had average knowledge, and 16.6% had poor knowledge. There is a significant ($P < 0.05$) association of knowledge with age, occupation, types of family, number of children and religion.

KEYWORDS : Knowledge, Pre-menopausal Women, Menopausal Problems And Its Management, Self Instructional Module.

INTRODUCTION

Menopause is hall make of female's life, it makes not only the end of the fertile period but also for the beginning of a new era in which changes in metabolism and psyche may become prominent. The extent and severity of symptoms varies significantly among women [1]. Women who are their middle age should begin with proper education to understand about menopause which is a perfectly natural changes, so that they will not be afraid or embarrassed of anything [2] menopause may be induced at any age by surgical removal of ovaries, ablation with chemicals or pelvic irradiation addiction and also the side effects from hysterectomy may produce menopausal manifestations [3].

The pre-menopausal women experience many physical and psychological symptoms which include irregular menstruation, changes in sexual desire, hot flushes, anxiety, depression, weight gain due to less estrogen and progesterone [10]. It is necessary for all pre-menopausal women to understand menopause which will make them to cope up with menopausal symptoms and will also improve the quality of life of pre-menopausal women. Women, in their 40s or 50s offer less concerned with menopausal, symptoms, more interested towards well being and appearance, as one way they to look and feel younger. Actually menopause as a period of life crisis. The normal age of natural menopause range from 40-55 years [9]. According to international society in 1998, there were more than 477 million menopausal women in the world. By the year 2013, the WHO estimates 1.2 billion women will be of age 50 or over. So pre menopausal women should understand and motivates themselves to cope with menopausal problems and practice healthy life style in their later years [4]. Around 79% of women experience vasomotor symptom and 48% of women having difficulty in sleeping, mood changes, depression and anxiety. In Indian population 25.1% belongs to middle age and 12.89% belongs to menopausal age group [10].

MATERIALS AND METHODS

The research approach used was descriptive survey design. The study was conducted at OPD of gynecology, female medical and surgical ward of Holy Family Hospital, Thodupuzha. Purposive sampling techniques were used to select 60 women, who belong to age between 40-55 years and not attained menopause. The pilot study was conducted among 10 samples.

TOOLS AND TECHNIQUES.

- Performa to elicit demographic variables.
- Knowledge questionnaires regarding menopausal problems and its management (30 items questionnaire based on general information physiological changes, clinical manifestations, diagnosis and management)

DATA COLLECTION PROCESS

After obtaining the permission from the authorities to conduct the research study, the purpose of study was explained to the women individually and verbal consent was obtained. The subjects were identified according to the inclusion and exclusion criteria. The data was collected using structured interview schedule.

ANALYSIS AND INTERPRETATION

The data was entered in to the master sheet (Ms. Excel) and the results of the study were computed using the descriptive and inferential statistics. Grading and percentage used to find out the level of knowledge of pre-menopausal women and chi-square tests were used to find out the association of knowledge with demographic variables.

RESULTS

Table 4:1 Frequency an percentage distribution of subject based on their demographic characteristics.

N = 60

Demographic variables	Categories	Frequency	Percentage
Age	40-44yrs	24	40%
	45-49yrs	26	43.33%
	50-54yrs	8	13.33%
	>54	2	3.34%
Education	Up to SSLC	30	50%
	Plus Two	22	36.66%
	Graduate Post graduate	6 2	10% 3.34%
Occupation	Housewife	11	68.33%
	Daily wages		10%
	Medical		3.34%
	Profession Other profession		18.33%
Type of family	Nuclear	44	73.33%
	Family	16	26.7%
	Joint Family		

Number of Children	Nil	2	3.34%
	One	21	35%
	Two	32	53.33%
	Three or more	5	8.33%
Religion	Christian	32	53.33%
	Hindu	17	28.33%
	Muslim	11	18.34%

Table 4.2: Distribution of Pre-menopausal women according to their knowledge regarding menopausal problems and its management

Grading	Percentage of Scoring	Frequency	Percentage	Mean + SD
Very Good	>80%	0	0	12.15/3.18
Good	60-79%	4	6.66%	
Good	40-59%	46	76.66%	
Average	<40%	10	16.66%	
Poor				

Distribution of pre-menopausal women according to their knowledge regarding menopausal problems and its management shows that 76.66% had average knowledge, 16.66% of them had poor knowledge and 6.66% had good knowledge with a mean of 12.15 (SD: 3.18)

ASSOCIATION BETWEEN KNOWLEDGE SCORE AND SELECTED DEMOGRAPHIC VARIABLES

There was association between knowledge score and demographic variables like age, occupation, type of family, number of children, religion except education.

DISCUSSION

In the present study, the descriptive survey design and purposive sampling techniques were used. The sample consisted of 60 pre-menopausal women and the data was collected by admitting knowledge questionnaire. The study findings showed that out of 60 pre-menopausal women 6.66% had good knowledge, 76.66% had average knowledge and 16.66% had poor knowledge.

The present study ,40% pre-menopausal women belongs to 40-44 yrs and 43.33% belongs to 45-49,50% women had education up to SSLC, 69.34% hose wife, 73.33% from nuclear family, 53.33% have 2 children.

The study result was supported with a research conducted in Pondicherry to assess knowledge, attitude and experience of menopause of 330 post menopausal women, mean age at 45.9yrs, 54.5% were aware about menopause ,5.5% unaware about menopause, where as 3.6% said it is due to God's decision.

IMPLICATIONS

The findings of the study revealed certain facts that have far reaching implications for nursing areas of practice, education, administration and research. In nursing practice to increase women's health, Knowledge and good awareness of nurses will helps to render better care and health education to the pre-menopausal women by identifying and modifying factors that contribute to menopausal problems and its managements.

In nursing education, with self-aware and educated nurse does not allow women to take pharmacotherapy with menopausal problems, instead of it she can guide them to improve their knowledge and practice for the management of minor problems of menopause with other alternative health care techniques like exercise diet control etc. So we can be emphasized more about changes of women life cycle and quality of life in curriculum of the student nurses.

Nursing administration and research also important areas of

study results. It helps to nurse administrators to organize mass awareness programme hospital or community bases and conduct medical camps for pre-menopausal women with planned annual budget. Research also can be conduct experimental or descriptive study with large sample size, more research is needed to establish best evidence based practice and nurses have an opportunity to make an impact on quality of pre- menopausal women's health.

CONCLUSION

The student nurses did a research study with the support and guidance of research guide to assess the knowledge of pre-menopausal women regarding menopausal problems and its management by using knowledge questionnaire. The findings showed that 6.66% women had good knowledge, 77.66% women had average knowledge and 16.66% had poor knowledge women were not sufficiently equipped with adequate knowledge regarding menopausal problems and its management, so depth knowledge is more important for self health concern of pre menopausal women and avidness of chronic health problems related to menopause.

ACKNOWLEDGEMENT

We offer our heartfelt thanks to god almighty and grateful to management of our educational institution, our principal Rev. Sr. Mercy Angel M.Sc (N), special thanks to Holy Family Hospital authority for given us permission to conduct the study and also thanks to all study participants.

REFERENCES

1. Thamilmani Dr.(2006) menopause and hormone replacement therapy Jr.Nightingale,2,24-27.
2. Sofia J.(2012).Menopause and coping strategies. The nurse 4,9-12.
3. Sivagani(2013). Menopause.Health Action 26,36-37.
4. National institute of health consensus conference (1997). Prevention of osteoporosis. <http://www.google>.
5. The women's experience and understanding of menopause. <http://www.google>.
6. Eli sharadha (2012). Sthreejeevithande randham pakuthi. Mathrubhumi 16,46-48.
7. Elizebeth Dr.(2007).sthrri muppathi muthal arupathu vare . Manorema arogyam 1,24-36.
8. Isra University Hospital (2005) department of OBg.Hyderabad. <http://www.google>.
9. Shivaraj more, Sujatha p.Karthika (2013). Knowledge ,attitude and experience of menopause in the post menopausal women at tertiary care centre . <http://www.google>.
10. Sagar a Borker ,PPVenngopalam(2009).study of menopausal symptoms and perceptions about menopause among women at a rural community. <http://www.google>.
11. Bimal MK (2008). Menopause Health action,21,18-20