



A STUDY TO ASSESS THE LEVEL OF KNOWLEDGE REGARDING MENOPAUSE AMONG PRE-MENOPAUSAL WOMEN

Nursing

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ABSTRACT

Menarche and menopause are the turning point in the life of a woman. "Menopause is a stage of life not a disease". The menopause is the time of women's life when reproductive capacity ceases. The pre-menopausal is a term used to denote the period during which menopausal changes are occurring. During the early menopausal transition, estrogen levels are generally normal or even slightly elevated; the level of follicle-stimulating hormone begins to increase but is generally in the normal range. The women, during the transition to menopause may experience vasomotor, urogenital, psychosomatic, psychological symptoms, physical symptoms like hot flushes and emotional changes such as mood swings, increased tendency to obesity, as well as sexual dysfunction. The prevalence of each of these symptoms related to menopause varies across ethnic, socio economic groups and between rural and urban women. These changes are due to a fall in the production of estrogen because the ovaries are no longer able to respond to pituitary gonadotrophins.

KEYWORDS

Menopause, Knowledge regarding menopause, Pre-menopausal women

1. INTRODUCTION

World Menopause Day is celebrated on 18th October every year. World Menopause Day started all the way back in 1984 and was instituted by the International Menopause Society and the World Health Organization (WHO). The Menopause day is devoted to creating awareness about one of the most difficult time in a women's life.

Menopause is a universal female experience, but ways of reacting to it varies from each other's. As the reproductive role ceases, women may take on new social roles and in culture where fertility is highly valued, menopause may have social and psychological ramification. Women often refer to period as a "change of life" because it marks the end of their ability to bear children and the beginning of a new phase of life.

As ageing and menopause together overburden the women's health, it is necessary to open up our eyes towards this population. So far the menopausal syndrome has not yet been a life threatening because of increased life span is only a recent phenomenon for Indian women

2. Problem Statement

A Study to assess the level of knowledge regarding menopause among pre-menopausal women at Palnellore village, Kanchipuram district

3. Methodology

3.1 Research Design

The research design selected was descriptive design.

3.2 Setting

The study was conducted in the Palnellore village, Kanchipuram district.

3.3 Population

The population for the study includes all the pre-menopausal with the age of 35-45 years.

3.4 Sample Size

Pre-menopausal women who satisfied the inclusive criteria of the study were selected as samples.

3.5 Sampling Technique

The investigator prepared the list of eligibility criteria to select pre and post-menopausal women. The investigator used the purposive sampling technique. The investigator then approached these women introduced herself and explained the objectives of her study to them. The women who consented for participation for the study were included in the study

3.5.1 Inclusion Criteria

1. Women between 35 to 45 years
2. Women who were willing to participate.
3. Women who speak Tamil and English.
4. Women without any chronic illness.

3.5.2 Exclusion criteria

1. Women with any psychiatric illness.
2. Women with deaf and dumb

3.5.3 Development and description of the tool

The tool is an instrument used to gather information desired by the investigator. The tool was developed based on Extensive literature review, Discussion with experts in the field of obstetrics and gynaecology, her own personal experiences in menopause The tool constructed for this study was structured interview schedules to assess the Knowledge Regarding Menopause

The tool for the data collection consists of three sections:

Section I: Demographic variables

Section II: knowledge regarding menopause

This Section of the tool collected the Demographic data of the women. This included 9 items that collected the information about age, marital status, education, and income, type of family, religion, diet, occupation and previous knowledge on menopause.

Section II: knowledge regarding menopause

>75% Adequate

51-75% moderately adequate

<50% Inadequate

4 Data Analysis

Frequency & percentage distribution were used to analyze the demographic data of pre-menopausal women

5 Results

Table 1: the knowledge on menopause among pre-menopausal women

To assess the level of knowledge regarding menopause among pre menopausal women						
KNOWLEDGE VARIABLE	Pre Menopausal women					
	Inadequate < 50%		Moderately adequate 50 -75%		Adequate >75%	
	NO	%	NO	%	NO	%
Menopause	5	25.00%	11	55.00%	4	20.00%
Signs & Symptoms	9	45.00%	4	20.00%	7	35.00%
Pharmacological management	16	80.00%	2	10.00%	2	10.00%
Non pharmacological management	15	75.00%	2	10.00%	3	15.00%

Table 1 shows the knowledge on menopause among pre-menopausal women. Majority of pre-menopausal women had inadequate knowledge, 16(80%) in pharmacological management, 15(75%) had non pharmacological management, 9(45%) had signs and symptoms of menopause and 5(25%) had knowledge on menopause.

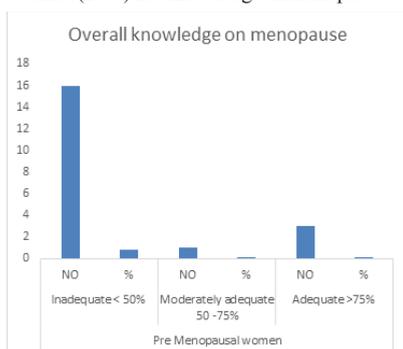


Figure 1: over all knowledge on menopause

DISCUSSION

A Study to assess the level of knowledge regarding menopause among pre-menopausal women at Palnellore village, Kanchipuram district. Findings of the analysis revealed that, the majority 28 (93.33%) had inadequate knowledge, 2 (6.67%) had moderate knowledge and no one had adequate knowledge in Experimental group and All 30 (100%) had inadequate knowledge, where as no one had moderate and adequate knowledge in Control group.

The over all improvement mean showed a 't' value of 12.07 which was statistically significant at $p < 0.01$. These findings revealed that there was a high significant difference in level of knowledge between the pre test and post test scores in experimental group.

6 Nursing Implication

This study shows that there are inadequate knowledge on menopause among pre-menopausal women. This emphasizes the need to educate and counsel the women in seeking health care services. This gives the signal to the nurses regarding the need for educating this population.

Nurses are being considered as first hand resources, in educating the transitional changes that take place as the age progresses. Nurses by early intervention can easily reduce the discomforts that women experience during this climacteric period. It's a great challenge to the nurses because most women at their climacteric period don't have a spouse to care for them and are living alone with the health problems that haven't been adequately addressed. So the nurses should find all the opportunities to approach these women and educate them about the health promoting behavior, self-care activities and other behavior modification therapies to reduce the severity of symptoms and prevent the complications. For nurses today, health promotion counselling is a major focus of health care delivery.

Thus, midwives and nurses play a major role in identifying these women from the general population, from the rural areas to meet their informational needs, clarify their doubts and to educate them on health promoting behaviors and counsel them.

7 CONCLUSION

Menopause being critical point in women's life, it is important to address their issues in the health care system. Many women make the menopausal period as a fruitful one by managing the menopausal symptoms and prevents the complications. Many women feel this as an embarrassing situation, so they ignore it without expressing to anyone. Thus nurses should involve in understanding their physiology and psychology in this period. Every women experience menopause in her life time. Yet most of them feel uncomfortable while talking about the changes going through menopause. Prior to actual menopause, when periods are erratic a women may be referred to as being premenopausal and following menopause as the post-menopausal. It is essential to ensure that a woman understands that the menopause represents a change of life and not end of life, and that unless she allows it to do so it will not result in her suddenly becoming aged and unattractive.

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