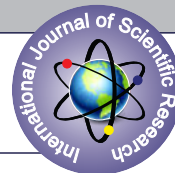


A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PHYSICAL EXERCISES FOR MENOPAUSAL SYMPTOMS AMONG POSTMENOPAUSAL WOMEN IN NEHRU NAGAR, TIRUPATI.**Nursing****G. Hemalatha**

Msc nursing, assistant professor, Department of Nursing, SPMVV, Tirupati, 517502.

J. Victoria

Bsc nursing, clinical instructor/ Tutor, Department of Nursing, SPMVV, Tirupati - 517502.

ABSTRACT

Menopause, also known as the climacteric, is the time in women's lives when menstrual periods stop permanently, and they are no longer able to bear children. Menopause usually occurs between the age of 45 and 55 years. According to National Institutes of Health, the prevalence of menopausal symptoms in India was found to be 87.7% . According to Global Reproductive health "International federation of fertility societies", almost 63.5% of postmenopausal women are unaware of menopausal symptoms.

Study conducted to assess the level of knowledge regarding menopausal symptoms and to assess the effectiveness of structured teaching program on physical exercises for menopausal symptoms among post menopausal women. Quantitative research approach, one group pre test post test design was used to assess the effectiveness of STP on physical exercises among 50 post menopausal women selected by purposive sampling. Data collected using a structured questionnaire and analysed using descriptive and inferential statistics. The results showed that 74% had average knowledge, 26% had poor knowledge and 0% had good knowledge on physical exercises. But after STP 58% had good knowledge, 42% had average knowledge and 0% had poor knowledge. The study concluded that there was a significant relationship between level of knowledge and demographic variables like previous knowledge about exercises and the source of previous knowledge which emphasizes the need for educational programs on physical exercises for postmenopausal women.

KEYWORDS

menopause, knowledge, exercises, post menopausal women.

INTRODUCTION:

The term postmenopausal women means the women who has menopause final transition phase, from 12 months after an individual's last period. Within this period, there is a significant decrease of production of the reproductive hormones: estrogen and progesterone. The term menopause comes from the Greek word, in which "meno" means monthly and "pause" means cessation. Menopause is a part of a women's natural aging process in which their ovaries produce lower level of the estrogen and progesterone and when she no longer able to become pregnant.

OBJECTIVES:

- > To assess the pre-test level of knowledge among postmenopausal women regarding menopausal symptoms.
- > To assess the effectiveness of structured teaching programme on physical exercises for relieving menopausal symptoms in postmenopausal women.
- > To find out the association between level of knowledge on menopause among Post menopausal women and selected demographic variables.

METHODOLOGY:

One group pre-test and post-test design is used to assess the effectiveness of structured teaching programme on physical exercises for menopausal symptoms in postmenopausal women in Nehru Nagar, Tirupati. The subjects were selected by using purposive sampling technique, the pre-test was done by using structured questionnaire.

Variables Of The Study:

Independent variable: In this study, the independent variable is "structured teaching programme".

Dependent variable: In this study, the dependent variable is "knowledge regarding physical exercises for menopausal symptoms among postmenopausal women."

Description Of Tools:

- Part A: Socio demographic data
- Part B: Greene climacteric scale
- Part C: Structured questionnaire.

The investigator explain about the nature and purpose of the study and the consent was obtained from the subjects. The structured teaching programme was done on 1st day using flip charts for providing knowledge regarding physical exercises for postmenopausal women. On 7th day post-test was done. The data was analyzed by using the descriptive and inferential statistics. The data was analyzed and

organized according to the objectives and hypothesis.

RESULTS:

Table 1: Frequency And Percentage Distribution Of The Pre-test Level Of Knowledge Among Postmenopausal Women Regarding Menopausal Symptoms.

S. No.	Pre-test scores	Frequency	Percentage (%)
a.	Poor knowledge	13	26.0
b.	Average knowledge	37	74.0
c.	Good knowledge	0	0

Regarding pre-test level of knowledge, among 50 respondents, 74% (37/50) had average knowledge and 26% (13/50) had poor knowledge and 0% (0/50) had good knowledge in pre-test.

Table 2: Frequency And Percentage Distribution Of The Post-test Level Of Knowledge Among Postmenopausal Women Regarding Menopausal Symptoms.

S. No.	Post-test scores	Frequency	Percentage (%)
a.	Poor knowledge	0	0
b.	Average knowledge	21	42.0
c.	Good knowledge	29	58.0

Table 3: Effectiveness Of Structured Teaching Programme On Physical Exercises For Relieving Menopausal Symptoms In Postmenopausal Women.

	N	Mean	Standard Deviation	Independent t-Value
Pre-Test	50	12.14	3.3685	Cal. Value: 13.9378 Table Value: 1.96
Post-Test	50	21.0	2.9760	

MAJOR FINDINGS OF THE STUDY:

Regarding pre-test level of knowledge on physical exercises for menopausal symptoms, out of 50 postmenopausal women, 74% (37/50) had average knowledge and 26% (13/50) had poor knowledge and 0% (0/50) had good knowledge. Regarding post-test level of knowledge on physical exercises for menopausal symptoms, out of 50 postmenopausal women, 58% (29/50) had good knowledge and 42% (21/50) had average knowledge and 0% (0/50) had poor knowledge in post-test. There was significant association between level of knowledge on physical exercises for menopausal symptoms among menopausal women with their previous knowledge and source of previous knowledge at $P < 0.05$. The obtained "t" value is 1.96 was highly significant at $p < 0.05$ which indicates that the structured

teaching programme on physical exercises for menopausal symptoms among the postmenopausal women was effective.

CONCLUSION:

The study concludes that there is a need to educate postmenopausal women regarding physical exercises to reduce post menopausal symptoms and to enhance their quality of life.

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