



“EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE & PREVENTION REGARDING MENOPAUSAL HEALTH PROBLEMS AMONG MENOPAUSAL WOMEN”.

Nursing

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ABSTRACT

This research study was undertaken to assess the effectiveness of planned teaching program on knowledge regarding antenatal diet among primigravida and multigravida mothers attending antenatal clinics in SAIMS Hospital of Indore City (M.P.). The Target Population consists of antenatal mothers of the Indore city, sample size is 40, and the convenient sampling technique was used. Demographic Variables were used. The overall mean of pre-test knowledge scores on Antenatal Diet among primi gravida and multigravida mother was found 8.95 and the overall mean of post test score was found on Antenatal Diet among primi gravida and multigravida mother was 10.9 and enhancement in the mean percentage knowledge score was found to be highly significant at 57.5% level for all the aspects under study. There was no significant association of pretest knowledge score and any selected socio-demographic variables.

KEYWORDS

Menopausal health problems, Menopausal Women

INTRODUCTION

"Menopause is the time of woman's life when her reproductive capacity ceases. The ovaries stop functioning there and their production of steroid and peptide hormones fall. A variety of physiological changes take place in the body; some of these are the result of cessation of ovarian function and related Menopause events while others are a function of the aging process. Many women experience symptoms around the time of menopause most of which are self-limiting and not threatening, but are unpleasant and sometimes disabling. More important than the immediate symptoms of menopause are the effects of hormonal changes on many organs, symptoms of the body as women age, their health becomes a multidimensional issue influenced by factors such as career changes in home life, diet and physical activity, the economy, society and the environment. There changes together with the natural process of aging and those resulting from the loss of ovarian functions and failures arising out of environmental conditions.

According to WHO "for most women natural menopause takes place between the ages 45 and 55 yr. As life expectancy increases, more women spend a larger proportion of their lives in the post-menopausal state".

Objectives

1. To assess the pre-test knowledge score on knowledge & prevention regarding menopausal health problems among menopausal women at selected rural areas, in Indore (M.P.).
2. To assess effectiveness of structured teaching program on knowledge & prevention regarding menopausal health problems among menopausal women at selected rural areas, in Indore (M.P.).

Research Hypothesis

H₀-There is no significant difference between pretest and post test knowledge score regarding knowledge & prevention of menopausal health problems among menopausal women at selected rural areas, in Indore (M.P.)

H₁-There will be significant difference between pretest and post-test knowledge score regarding knowledge & prevention of menopausal health problems among menopausal women at selected rural areas, in Indore (M.P.)

Methodology

An evaluation approach was adopted for this study and the study was done in village Bardari Indore (M.P.). In this study pre-test and post-test research design was used. Samples were selected from non-probability convenient sample teaching. A total number of samples were 30 and data was collected by questionnaire and structured health teaching program was given. After taking post-test final data was analyzed by using both descriptive and inferential statistics.

RESULTS

The knowledge regarding prevention of menopausal health problems among the menopausal women is observed that most of the women (15,50%) were in Good (11-20) category which are not aware of the present problem while some (11,36.6%) women were in Average (6-10) category and slightly aware about knowledge regarding prevention of menopausal health problems which are needed careful attention towards the present problem very few patients were in (04,13.3%) women in Poor (0-5) category which clearly influenced that an awareness regarding prevention of menopausal health problems.

Knowledge in mean test score was -7.528 while in knowledge about prevention of menopausal health problems among menopausal women at village Bardari Indore (M.P.).

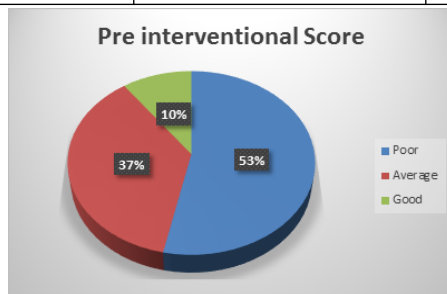
Hence, it is confirmed from the tables of section-II that there is a significant difference in mean of test scores which partially fulfill the first second objective of the present study.

Table 1 Comparison Between Mean, Sd, Mean Difference And "t" Value of Pre-test and Post-test knowledge regarding menopausal health problems and its prevention

Knowledge Score	S.D. (s)	Mean Difference	D. F.	t-Value	Significance
Pre-test	6.57+3.09	-7.700	29	-7.528	P<0.0001
Post-test	14.27+5.23				

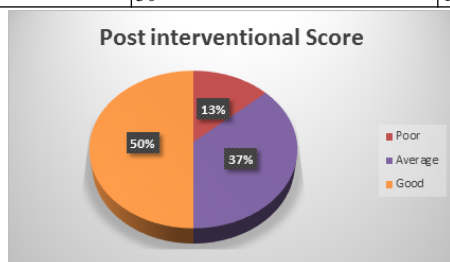
Table 2 Comparison Between Pre-test and Post-test knowledge score regarding menopausal health problems and its prevention

Knowledge Score	Pre-Interventional Score	%
Poor	16	53.3
Average	11	36.6
Good	03	10.0
Total	30	100



Knowledge Score	Post Interventional Score	%
Poor	04	13.3
Average	11	36.6
Good	15	50.0

Total	30	100
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CONCLUSION

Thus, after the analysis and interpretation of the data we can conclude that the hypothesis, H₁ that, "There will be significant difference between the mean post- test knowledge scores of the knowledge & prevention regarding menopausal health problems among menopausal women will be significantly higher than mean pre-test knowledge scores at the level of $P < 0.05$." is being accepted.

From the above results, we can conclude that there were a statistically significant in gaining knowledge on menopausal health problems & its preventive measures. Thus, the intervention "Structured Teaching Programme" was effective in gaining knowledge among the menopausal women.

Limitations

1. The present study is limited to only one test group; no control group is adopted for the study.
2. The study is also limited to a small sample in village Bardari hence the findings of the study cannot be generalized.
3. The structured knowledge questionnaire was developed as no standardized tool was available.
4. The study sample was confined only to menopausal women's who are leaving at village Bardari in Indore city.
5. The study is limited to menopausal women only.
6. Limited time available for data collection

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