



ORIGINAL RESEARCH PAPER

Gynaecology

A STUDY TO ASSESS THE KNOWLEDGE, AND ATTITUDE REGARDING MENOPAUSAL CARE AMONG WOMEN IN POSTMENOPAUSAL PERIOD IN SELECTED RURAL AREAS OF INDORE

KEY WORDS: knowledge, attitude, menopausal, postmenopausal period

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ABSTRACT

BACKGROUND:The menopause is the cessation of the reproduction phase in women. "The change" as it is sometimes known, also signifies the cessation of menstruation and the end of the childbearing years. It is a natural biologic process. It is not an illness, nor it is a disease. Appropriate understanding of women that certain physical, mental, social and psychological changes occur during menopause helps them with greater readiness to cope with these changes. The purpose of this study was to investigate the knowledge and attitude of women toward the menopause phenomenon and care during postmenopausal period.

AIM: Assess the knowledge and attitude regarding menopausal care among women in postmenopausal period in selected area of Indore.

OBJECTIVES: 1. To assess the knowledge and attitude regarding menopausal care among women in postmenopausal period in selected areas of Indore. 2. To find the association between knowledge and attitude regarding menopausal care among women in postmenopausal period with their selected demographic variables.

METHODOLOGY: A descriptive study design was used to achieve the objectives of the study. The study was conducted with 100 postmenopausal women from selected area. Convenient sampling technique was adopted to select the sample. The data was collected with a structured interview schedule. The data obtained would be analyzed by both descriptive and inferential statistics.

RESULTS: The result shows that 86% of the samples had inadequate knowledge and 52 % of them had negative attitude. It also found that there is a need for health education and awareness regarding postmenopausal care and in knowledge age ($\chi^2=2.585$), education ($\chi^2=14.982$) occupation ($\chi^2=7.95$) type of family ($\chi^2=2.581$) domicile ($\chi^2=4.552$) source of information ($\chi^2=6.654$) are found as non-significant, religion ($\chi^2=0.74$) income ($\chi^2=4.138$) are found as significant. at 0.05 level and in attitude The chi-square value shows that religion ($\chi^2=3.448$) occupation ($\chi^2=3.137$) source of information ($\chi^2=3.147$) gravid ($\chi^2=1.007$) are found in significant. Age ($\chi^2=7.836$) income in rupees ($\chi^2=15.729$), type of family ($\chi^2=16.46$) domicile ($\chi^2=6.493$) are found in non-significant at 0.05 level

INTRODUCTION

Menopause is commonly defined as the "Final Menstrual Period" or as a period of time in a woman's life cycle in which hormonal changes in her body signal the end of her reproductive years. Menopause is a time of change and new priorities for many women. Many women start to notice changes in their menstrual cycle. Sometimes accompanied by night sweats, hot flushes and vaginal dryness all long before the actual moment of menopause.

The last Ovulation is a milestone event, heralding a new phase in a woman's life. Generally this final ovulation is the end result of a long process over many years of gradual changes in reproductive and endocrine functions of the ovaries, resulting long before menopause in ovulatory cycles, menstrual disorders and sub fertility. From the mid thirties, the duration of the menstrual cycle gradually and continuously declines up to approximately 4-6 years before menopause.

Problem Statement

A descriptive study to assess the knowledge and attitude regarding menopausal care among women in post-menopausal period in selected area of Indore

OBJECTIVES

1. To assess the knowledge and attitude regarding menopausal care among women in post-menopausal period in selected area of Indore
2. To find the association between knowledge and attitude regarding menopausal care among women in postmenopausal period with their selected socio demographic variable

Assumptions

- The postmenopausal women's may have some knowledge regarding postmenopausal care
- Knowledge and Attitude have strong influence on the adaption of healthy behavior practice.

Delimitation

1. The study is delimited to menopausal women in the age group of 45-55 years.
2. The study is delimited to those postmenopausal women's, who are not available during the time of data collection.
3. Who are not willing to participate in the study
4. Prescribed data collection provided in only 3 weeks.

Limitation

- 1 The study population is limited to selected area of Indore.
- 2 The study is delimited to those B. Sc Nursing 3rd year students, who are not willing to participate.

Review of Literature

An extensive review of literature has been done and it is organized according to the following headings

1. Need/Importance of menopausal care
2. Knowledge regarding menopausal care.
3. Attitude of women regarding postmenopausal change.

Research Methodology

Descriptive study design was used to achieve the objectives of the study. The study was conducted in selected area of Indore.

Target population: The term "postmenopausal women's" are the target population in the study. Accessible population: The term accessible population comprises of postmenopausal women between the age group of 45-55 years. Convenient sampling technique was used to select 100 postmenopausal women's as a study sample

INCLUSION CRITERIA

Postmenopausal women,

1. Who are willing to participate in the study.
2. Who are in the age group of 45-55 years.
3. women with the history of menstrual cessation continually for the last one year
4. Who are available during the period of data collection.
5. Who are able to understand and speak English or Hindi.

EXCLUSIVE CRITERIA

Postmenopausal women,

1. having systematical illness
2. who had undergone hysterectomy.
3. who are terminally ill.
4. who are in the age group below 45 years.
5. Data Collection Tool: The tool consists of 4 sections.

Section-1: This section comprised of items related to socio demographic variable of postmenopausal women.

Section-2: A structured questionnaire to assess the knowledge of postmenopausal women regarding selected aspect of menopausal care.

Section-3: It consists of 3 points likert's type scale to assess the attitude of women regarding menopausal care

METHODS OF DATA COLLECTION

The study was conducted in selected area of the Indore. After verified with criteria 100 postmenopausal women were selected as a sample by using convenient sampling technique. After adequate explanation, oral consent was obtained from the sample and on the same day structured interview schedule was given to the samples. After collecting the data, a self-prepared instructional module was described to the sample. Same procedure was repeated for all the 100 samples. The collected data was analyzed and tabulated in the form of frequency and percentage distribution

RESULT

Distribution of Socio- Demographic Variable:-

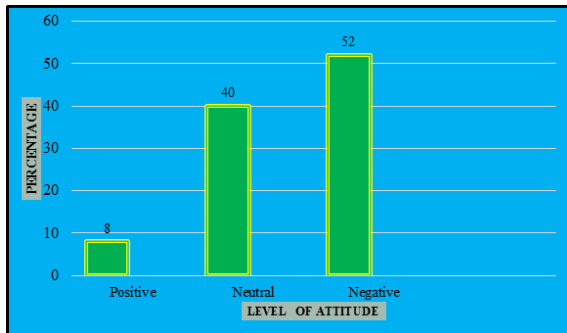
Majority 60% of participants was from the age group of 50-55 years .46% of them had primary education. 64% of them are Hindu. Working women's are only 32%.58% of them living in joint family.

Level of knowledge regarding menopause and postmenopausal care

Inadequate (<50 %)		Moderate (50 % – 75 %)		Adequate (>75 %)	
No	%	No	%	No	%
86	86%	14	14%	-	-

Aspects wise distribution of level of knowledge

Aspects of Knowledge	Max Statements	Max Score	Mean	SD
General information	09	09	3.01	1.02
Physiological Changes	08	08	4.21	2.11
Common Health issues	12	12	5.86	.89
Prevention and Management	11	11	2.8	1.32
OVERALL	40	40	12.32	4.22



Association between Knowledge, Practice and Attitude with selected demographic variable

Knowledge

The result shows that in age ($\chi^2=2.585$), education ($\chi^2=14.982$) occupation ($\chi^2=7.95$) type of family ($\chi^2=2.581$) domicile ($\chi^2=4.552$) source of information ($\chi^2=6.654$) are found as non-significant, religion ($\chi^2=0.74$) income ($\chi^2=4.138$) are found as significant. at 0.05 level

Attitude:-

The chi-square value shows that religion ($\chi^2=3.448$) occupation ($\chi^2=3.137$) source of information ($\chi^2=3.147$) gravid ($\chi^2=1.007$) are found in significant. Age ($\chi^2=7.836$) income in rupees ($\chi^2=15.729$), type of family ($\chi^2=16.46$) domicile ($\chi^2=6.493$) are found in non-significant at 0.05 level

IMPLICATION

Nursing practice:

Nurses should enhance their professional knowledge the findings of the study can be used to bring about awareness among the staff nurse regarding the importance of health education to menopausal women's regarding menopausal care, and also they can use there knowledge for their professional enhancement and can give best possible care to the menopausal women's

Nursing Education:

Student must be enlisted and supervised to give health education to menopausal women's in hospital and community setup. Nurses must conduct mass educational programme in the community using different audio visual aids to create awareness regarding importance of post menopausal care and to develop a positive attitude towards menopausal care

Nursing administration

Nursing administration can be able to take the initiative in improving health information through different effective teaching methods regarding menopausal care through proper Nursing administration. Nurses can organize various in-service educational programmed to upgrade the knowledge and promote the awareness regarding importance of menopausal care so that they can implement the knowledge in Hospital and community set up

Nursing research

This study finding can be effectively utilized by the emerging researchers. It can be utilized by nurse researchers in the future to conduct extensive studies to assert the knowledge practice and attitude regarding in community and clinical setting will find the opportunity to teach and improve the knowledge of menopausal women's.

RECOMMENDATION

1. A similar study can be replicated on larger sample to generalize the finding.
2. The same study can be conducts to assess the effectiveness of STP (or) video assisted teaching.
3. A comparative study can be conducted with rural and urban areas.

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