



RESEARCH ARTICLE

KNOWLEDGE OF POST - MENOPAUSAL SYNDROME AMONG MENOPAUSAL WOMEN

Israel Jeba and \*Arti Devi

Bee Enn College of Nursing, Jammu, India

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ABSTRACT

**Introduction:** The term menopause simply refers to the last menstrual period which is defined by not having had a period in 12 months. Although a technical definition of menopause refers to your last period, it is not an abrupt event but a gradual process. The cessation of menstrual cycles at the end of a woman's reproductive period is termed as menopause. Menopause before age 45 is considered premature in industrialized countries. The age of menopause is largely a result of genetics; however, illnesses, certain surgeries, or medical treatments may cause menopause to occur earlier.

**Methodology:** In this pre-experimental study, 60 menopausal women in the age group of 45-55 years were selected as the samples for the study by using non-probability purposive sampling. The data was collected by using structured questionnaire on post-menopausal symptoms. Data analysis were performed by descriptive statistics and inferential statistics. SPSS-17 software was used and P values less than 0.05 were considered significant.

**Result:** In the pre- test [mean =6.2, SD= .879], majority of the menopausal women had inadequate knowledge regarding post – menopausal syndrome and in the post test[mean= 12.15, SD=1.022], majority of the menopausal women had moderate knowledge regarding post – menopausal syndrome.

**Discussion:** The result shows that there was improvement in knowledge regarding post – menopausal syndrome after implementation of structured teaching programme on post – menopausal syndrome which was calculated at 0.05 level of significance. So, it is concluded that the structured teaching programme on post – menopausal syndrome was effective to improve the knowledge of post - menopausal women.

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INTRODUCTION

Women's health refers to health issues specific to human female anatomy. These often relate to structures such as female genitalia and breasts or to conditions caused by hormones specific to, or most notable in, females. Women's health issues include menstruation, contraception, maternal health, child birth, menopause and breast cancer. They can also include medical situations in which women face problems not directly related to their biology, for example gender-differentiated access to medical treatment. One of the most important stages in woman's life is Menopause. Menopause is the permanent shutting down of the female reproductive system, a considerable length of time before the end of life span. The word menopause literally means the end of monthly cessation from the Greek word *pausis* (cessation) and the root word *men*

(9 month), because the word menopause was created to describe the change in human females, where the end of fertility indicated by the permanent stopping of monthly menstruation. The term menopause simply refers to the last menstrual period which is defined by not having had a period in 12 months. Although a technical definition of menopause refers to your last period, it is not an abrupt event but a gradual process. The average age of menopause in the western world is 51 years while as in India it is 44.3 years and the normal age range for the occurrence of menopause is somewhat between the age of 45 and 55. A natural or physiological menopause is that which occurs as a part of a woman's normal aging process. The cessation of menstrual cycles at the end of a woman's reproductive period is termed as menopause. Menopause before age 45 is considered premature in Industrialized countries. The age of menopause is largely a result of genetics; however, illnesses, certain surgeries, or medical treatments may cause menopause to occur earlier. Some health and medical research advocates, particularly the Society for Women's Health Research in the United States, define women's health more broadly than issues specific to human female anatomy to

\*Corresponding author: Arti Devi,  
Bee Enn College of Nursing, Jammu, India.

include areas where biological sex differences between women and men exist.

## MATERIALS AND METHODS

The methodology of research indicates the general pattern for organizing the procedure for gathering valid and reliable data for an investigation. In this present study a “Quantitative research approach” was used. The research design selected for this study was “pre-experimental one group pretest - posttest design”. Structured teaching programme on post-menopausal syndrome was independent variable, knowledge of menopausal women was dependent variable and age, religion, residential place, type of family, education status, occupation, dietary pattern and marital status of menopausal women were demographic variables. The present study was conducted at Keran village, Jammu.

And the accessible population was Women will be present at the age of 45-55 years at the time of data collection and fulfills the inclusion and exclusion criteria. Non- Probability purposive sampling technique was used to select the sample of 60 menopausal women. **The women who were** Between 45-55 years Willing to participate Women available at the time of data collection Women who are able to read and write Hindi and the women who were not willing to participate in the study women who were under social stigmas not present at the time of data collection women who are having any visual and hearing disability were excluded from study. Structured knowledge questionnaire on post – menopausal syndrome was used to assess the knowledge of menopausal women regarding post – menopausal syndrome. Content validity of the tool was made and necessary modifications were made according to the expert’s opinion and tool was finalized.

**Table 1. Distribution of menopausal women based on their demographic variables such as age, religion, residential place and type of family**

N=60

S.No	DEMOGRAPHIC VARIABLES	NUMBER	PERCENTAGE
<b>1. Age {yrs.}:-</b>			
	a. 40-45	20	33.33
	b. 46-50	20	25
	c. 51-55	20	33.33
<b>2. Religion:-</b>			
	a) Hindu	45	75
	b) Sikh	7	11.66
	c) Muslim	6	10
	d) Christian	2	3.33
<b>3. Residential place:-</b>			
	a) Rural	60	100
	b) Urban	0	0
<b>4. Type of family:-</b>			
	a) Nuclear	40	66.66
	b) Joint	20	33.33
	c) Extended	0	0
<b>5. Education status</b>			
	a) Fifth	25	15
	b) Matric	35	58.33
	c) Twelfth	20	33.33
	d) Graduate	0	0
<b>6. Occupation:-</b>			
	a) Non-working	50	83.33
	b) Working	10	16.66
<b>7. Dietary pattern:-</b>			
	a) Vegetarian	40	66.66
	b) Non-vegetarian	20	33.33
<b>8. Marital status</b>			
	a) Single	0	0
	b) Married	57	95
	c) Widow	03	5

Ethical approval to conduct the study was obtained from sarpanch of Keran village, Jammui. Written informed consent was obtained from the study subjects regarding their willingness to participate in the research project. Demographic variables were collected by using interview technique and privacy was provided. Ethical principles were adhered too throughout the study. After selecting the sample, researcher introduced himself and explained the purpose of the study to the menopausal women. For experimental group in the pre -test, demographic variable and structured questionnaire was collected. After that teaching on post-menopausal syndrome was taught to the menopausal women. After teaching, the post - test level of knowledge was assessed. According to the objectives the data was organized, tabulated. The data was analyzed by using both descriptive and inferential statistics i.e. Frequency, Percentage, Mean and Standard deviation, Paired “ t “ test.

## RESULTS

### Demographic variables description

Demographic variables were age, religion, and residential place, type of family, education status, occupation, dietary pattern and marital status of menopausal women.

**The first objective of the study was to assess pre-test knowledge of selected area women regarding post menopausal women during menopause.**

The level of knowledge on post menopausal syndrome during menopause before structured teaching program among women in Keran village none of them were adequate and 20 (33.33%) was moderate level of knowledge and 40 (66.66%) was inadequate. The pre-test knowledge [mean=6.2, SD=.879], the investigator feels that by assessing the existing knowledge we can identify their previous exposure regarding post menopausal syndrome during menopause.

**The second objective of the study was to assess the post test the level of knowledge regarding post menopausal syndrome during menopause among village women.**

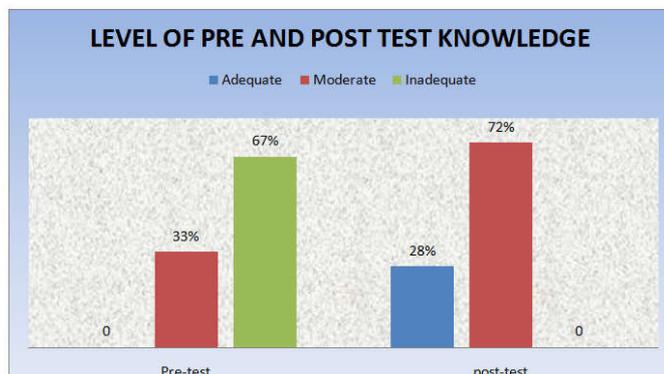
The post test level of knowledge revealed village women 17 [28.33] had adequate knowledge and 43 [71.66] had moderately adequate knowledge. The post test knowledge [mean=12.15, SD=1.022] shows that structured teaching program as effective. It was observed that structured teaching program plays a vital role in improving level of knowledge of village women.

**Table 2. Pre test and post test level of knowledge on post menopausal symptoms among menopausal women**

GROUP	MEAN	SD	't' test value
PRE-TEST	6.20	0.879	
POST-TEST	12.15	1.022	*47.800

\*significant at 0.05 level

The above figure reveal that 40(67%) menopausal women had inadequate knowledge and 20(33%) women had moderate knowledge on post -menopausal syndromes in pre-test. Inpost -test 17(28%) women had adequate knowledge and 43(71%) women had moderate knowledge regarding post - menopausal syndromes.\



**Figure 1. Distribution of level of pre and post test knowledge regarding post menopausal syndrome among menopausal women**

## DISCUSSION

The study was conducted using a pre-experimental design subject were selected by purposive sampling method. The sample size was 60.

Even though there was remarkable improvement in level of knowledge after the teaching program, the investigator was not able to achieve 100 of knowledge in all aspects; It may be due to their lack of interest and previous exposure to post menopausal syndrome during menopause. The investigator feels that by giving effective planned teaching program with appropriate A.V aids can improve their level of knowledge regarding menopause.

## Conclusion

The following conclusions were drawn from the study i.e. the structured Teaching Programme was an effective strategy in improving the knowledge of menopausal women regarding post-menopausal syndrome.

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