

Assess the Knowledge on Menopausal Transition Among Women in the Age Group of 40 – 60 Years Residing in Selected Settings in Chennai

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Abstract - Background: Woman's lifecycle is a complex system. Menopausal transition is the period from reproductive (childbearing) years to non-reproductive stage (menopause). In this regard, woman experience significant climacteric syndrome which affects their normal lifestyle. Despite the menopausal problems, it is still a challenging task to put in prophylactic measures and the counseling services on menopausal health among woman's group. **Objectives:** 1. To assess the knowledge on menopausal transition among women in the age group of 40-60 years residing in selected settings in Chennai. 2. To associate the knowledge on menopausal transition among women in the age group of 40-60 years with demographic variables.

Materials and Methods: It is an evaluative research approach with descriptive research design. It was conducted among 30 women at selected settings using non - probability convenient sampling.

Result: Out of 30 samples, majority 89% of them had inadequate knowledge, 11% of the samples had moderate knowledge.

Conclusion: Woman's acceptance and adherence is a challenging one in their lifetimes that each and every individual should take appropriate measures to maintain healthy lifestyle modification in order to pass through smooth transition to get possible beneficial health outcomes in the postmenopausal years.

Index Terms - Menopausal transition, Women.

INTRODUCTION

Menopause is an important phase in every woman's life. The menopause refers to "change of life in women", when menstruation ceases. Menopausal transition is one of the most important distinctive periods that every woman undergoes during lifetime. World Health Organization has defined menopause as the permanent cessation of menstruation resulting from loss of ovarian follicular activity (World Health

Organization, 1996). It is a stage from reproductive to non reproductive series which her body goes through many changes that affects social and personal life. The onset of age has been reported as between 46 and 48 years; the average duration is 4 years (Treloar, 1981; McKinlay et al., 1992).

At this midlife, the woman experience climacteric syndrome due to fluctuation of endocrine hormones. Women with climacteric symptoms like hot flushes, night sweats, vaginal dryness and dyspareunia are more likely to report other psychological problems including anxiety and/or depressive symptoms. In this regard, some consider it to be a relief and have a positive approach, while others are uncertain about change over and encounter troublesome symptoms.

Woman's conceptions to menopause have distinctive consequences of hormonal changes not only lead to cessation of reproduction, but also dramatically impact long term health. Therefore, it is foremost to address all menopausal related problems and put in prophylactic measures to lead a healthy life.

Statement of the problem

A study to assess the knowledge on menopausal transition among women in the age group of 40-60 years residing in selected settings in Chennai.

OBJECTIVES OF THE STUDY

- To assess the knowledge on menopausal transition among women in the age group of 40-60 years residing in selected settings in Chennai.
- To associate the knowledge on menopausal transition among women in the age group of 40-60 years with demographic variables.

MATERIALS AND METHODS

Evaluative research approach with descriptive research design was used for the study. The study was conducted at selected setting. The samples size for this study was 30 women using non - probability convenient sampling. The data collection tool consists of demographic variables, self-structured interview schedule to assess the knowledge on menopausal transition among women. Descriptive and inferential statistics was used to analyze the data.

RESULTS AND DISCUSSION

Section A

TABLE 1: FREQUENCY AND PERCENTAGE DISTRIBUTION OF THE SAMPLES BASED ON THE DEMOGRAPHIC VARIABLES.

Table 1: Frequency and percentage distribution of the samples based on age, occupation, marital status, education, number of children, previous knowledge years of and sources of information had obtained. n=30

S. NO	Demographic Variables	Frequency	Percentage (%)
1.	Age		
	a) 40 -45 years	9	30
	b) 46 -50 years	9	30
	c) 51 -55 years	8	26.6
d) 56 -60 years	4	13.4	
2.	Occupation		
	a) House wife	17	56.6
	b) Self employed	7	23.3
	c) Private	5	16.6
d) Government	1	3.5	
3.	Marital status		
	a) Married	29	96.5
	b) Unmarried	0	0
	c) Widow	0	0
d) Separated	1	3.5	
4.	Education		
	a) Primary education	13	43.3
	b) Secondary education	14	46.6
	c) Graduate	2	6.6
d) Non literate	1	3.5	
5.	Number of children		
	a) No children	1	3.5
	b) One child	1	3.5
	c) Two child	19	63
d) Above three	9	30	
6.	Previous knowledge regarding menopausal transition	30	100
		0	0

a) Yes	13	43.4
b) No	3	10
If yes	6	20
a) Neighbors	8	26.6
b) Family		
c) Mass media		
d) Health care professional		

Section A

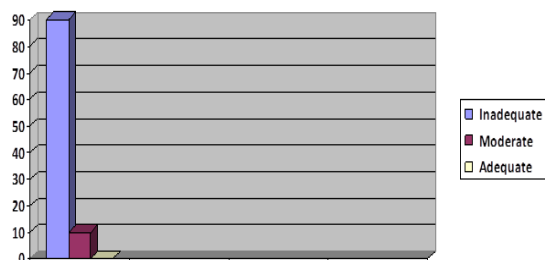
The findings related to the demographic variables of the woman showed that equal number of samples 30% were in the age group of 40 to 45 years and 46 – 50 years respectively. 56% were house wives, 96.5% of the samples were married, 46.6% of the samples have completed secondary education, and 63% of the women have two children, whereas 43.4% of the samples have obtained information on menopausal transition from neighbors.

Section B

Frequency and percentage distribution of the overall samples knowledge score showed 10% of the samples had moderate knowledge, whereas 90% of them had inadequate knowledge and none of them had adequate knowledge on menopausal transition.

TABLE 2: OVERALL FREQUENCY AND PERCENTAGE DISTRIBUTION OF THE SAMPLES BASED ON THEIR LEVEL OF KNOWLEDGE ON MENOPAUSAL TRANSITION AMONG WOMEN IN THE AGE GROUP OF 40-60 YEARS

Level of Knowledge	Knowledge	
	Frequency	Percentage (%)
Inadequate knowledge	27	90%
Moderate knowledge	3	10%
Adequate knowledge	0	0



Section C

With regard to demographic variables, there was a statistically significant association between age, occupation, and marital status at P<0.05 level and there was no statistically significant association

between education and previous knowledge on menopausal transition.

CONCLUSION

The present study assessed the knowledge on menopausal transition among women residing at selected setting. Therefore, STP related research follow up can be conducted to improve knowledge among large woman groups. Woman's acceptance and adherence is a challenging one in their lifetimes that each and every individual should take appropriate measures to maintain healthy lifestyle modification in order to pass through smooth transition to get possible beneficial health outcomes in the postmenopausal years.

NURSING IMPLICATIONS

NURSING PRACTICE

- The study findings signify the importance of implementing the organized menopausal teaching session.
- Nurses can take the opportunity to disseminate menopausal health care information.

NURSE EDUCATOR

- The nurse educator can integrate with the educational intervention such as preparing IEC module to reinforce menopausal health.

NURSING ADMINISTRATION

- Nurse administrator can arrange comprehensive education program on menopausal transition as it serves an update for the woman's group.
- Nurse administrator can provide opportunities for nurses to conduct teaching programs in order to emphasize strong counseling service.

NURSING RESEARCH

- A similar study can be conducted on various symptom factors.
- The nurse researcher can disseminate the findings of the research through conferences, seminars and publishing in nursing journal.
- The nurse researcher can explore the study in a large setting.

RECOMMENDATIONS

1. It is also recommended that teaching session with regard to menopausal transition topics be held in health care setting in sharing information among woman's group.
2. The research study can replicate with large sample size.

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