

A study to assess menopausal symptoms among perimenopausal women and their knowledge and attitude regarding menopausal symptoms in a selected rural area in Haryana

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Abstract—One of the most important stages in woman's life is Menopause. Cessation of menstruation at the end of a reproductive life due to ovarian follicular inactivity. A descriptive study was conducted to assess menopausal symptoms among perimenopausal women and their knowledge and attitude regarding menopausal symptoms in a selected rural area in Haryana. The objectives of the study were to assess the menopausal symptoms, knowledge and attitude regarding Menopause among perimenopausal women in selected rural areas of Haryana. To find relationship between knowledge and attitude and to find association between knowledge and attitude with selected socio-demographic variables. Sample size was calculated and 200 Perimenopausal women between the age 42-60 years were selected by snowball sampling and convenient sampling techniques. The tool consisted of socio-demographic variables, Menopausal Rating Scale (MRS), a standardized health-related quality of life scale (HRQoL) to assess the menopausal symptoms and a structured knowledge questionnaire to assess the knowledge and structured five-point likert scale to assess the attitude towards the Menopause among perimenopausal Woman. The data was collected by face-to-face interview. The findings revealed that majority 106 (53%) are experiencing Mild Menopausal symptoms, 90 (45%) are experiencing Moderate Menopausal Symptoms 90(45%) and 4(2%) are experiencing Severe Menopausal Symptoms. The most common symptoms were hot flushes (60%), sleep problems (56%), joint and muscular discomfort (54%). 143 (71.5%) had average knowledge, 46 (23%) had poor knowledge and 11 (5.5%) had good knowledge of menopausal symptoms. 100% of the total women had favourable attitude toward menopausal symptoms.

There was a very weak positive correlation between knowledge and attitude of perimenopausal women regarding menopausal symptoms, but it was not significant at 0.05 level of significance. There were no significant association of knowledge and attitude with selected socio-demographic variable.

Index Terms—Perimenopausal women, menopausal symptoms, knowledge, attitude.

I. BACKGROUND OF THE STUDY

The word menopause is gotten from a Greek word. 'Men' means 'month' and 'pausis' means 'cessation'. Thus, menopause refers to permanent cessation of menstruation at the end of a reproductive life due to ovarian follicular inactivity. Menopause usually occurs between the ages of 45 to 55 years. This is a natural step in the aging process, represents the end of menstruation after the last menstrual period in the previous 12 months. It is experienced by middle aged women which affect their day-to-day life. Menopause symptoms which are most common in women are hot flush, night sweats, dizziness, vaginal dryness, mood swings. The most important symptom is the hot flush in menopause and most of the women complain of it.

STATEMENT: -

“A study to assess menopausal symptoms among perimenopausal women and their knowledge and attitude regarding menopausal symptoms in a selected rural area in Haryana”.

II. OBJECTIVES

1. To assess the menopausal symptom among perimenopausal women in selected rural area in Haryana.
2. To assess the knowledge and attitude regarding menopausal symptoms among perimenopausal women in selected rural area in Haryana.
3. To find relationship between knowledge and attitude regarding menopausal symptoms among perimenopausal women in selected rural area in Haryana.
4. To find association of knowledge and attitude with selected socio- demographic variables.

III. METHODOLOGY

Research approach: Quantitative non experimental research approach

Research design: Descriptive correlational survey research design

Setting of the study: Dayalpur in Haryana

Sample Size: Sample size was calculated on the basis of prevalence of previous research. Sample size calculation was done as

$$N = \frac{Z^2 \times p \times (1-p)}{e^2}$$

$$= \frac{1.642^2 \times 0.8 \times (1-0.8)}{0.05^2} = 0.43/0.002$$

$$= 172$$

Where,

- n = sample size
- p = prevalence, 80% taken from the previous study
- e = margin of error, 5%
- Z = 1.64 at 90% confidence interval

Although calculated sample size was 172, the final sample size selected for the study was 200 perimenopausal women considering non probability sampling technique.

Sample Technique: Convenient sampling technique & Snowball sampling technique

Development of tool: A face to face interview technique was used. A standardized menopausal rating scale was prepared to assess menopausal symptoms, Structured knowledge questionnaires was prepared to assess the Knowledge and a structured

likert scale was prepared to assess the Attitude regarding Menopause symptoms among perimenopausal Women.

Period of data collection:

Data collection procedure was carried out in the month of January 2023. During this period investigator collected the information from perimenopausal women by using structured interview technique. Sample consisted of 200 women. The sample was taken from Dayalpur village, District Faridabad, Haryana.

Major findings:

- Majority of the perimenopausal women were between the age of 47-50 years (73.5%), Homemakers (86%), Illiterate (45%), Hindu 130(65%), Having 3 children (35.5%), With no chronic illness 68.5%), Belongs to joint family (71.5%), With monthly income between Rs. 20,001-50,000, majority 154(77%), Previous information regarding menopause 153(76.5%).
- Majority of the perimenopausal women are experiencing Mild Menopausal symptoms 106 (53%), Moderate Menopausal Symptoms 90(45%), Severe Menopausal Symptoms 4(2%). The most common symptoms were hot flushes (60%), sleep problem (56%), joint and muscular discomfort (54%).

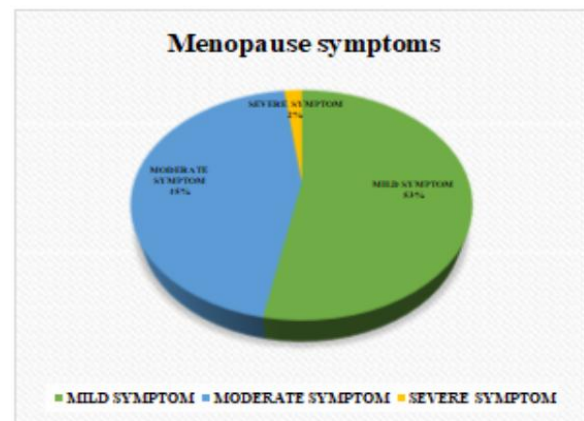


Figure 1: Pie chart showing in the percentage distribution of severity of Menopausal symptoms of perimenopausal women.

- Majority of perimenopausal women 143 (71.5%) were having average knowledge of menopausal symptoms, poor knowledge 46 (23%) and 11

(5.5%) were having good knowledge of menopausal symptoms among perimenopausal women.

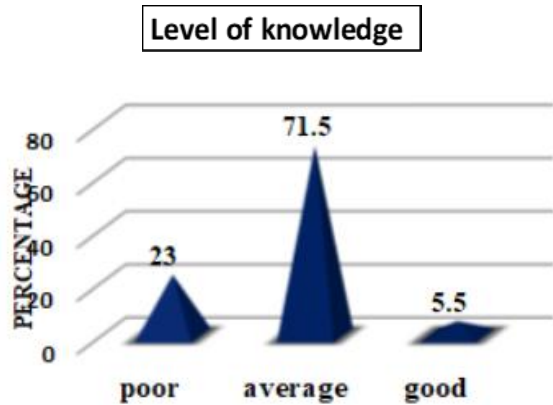


Figure 2: Pyramidal graph showing in the percentage distribution of level of knowledge of perimenopausal women regarding menopausal symptoms.

Table- 1 Mean and standard deviation of knowledge of perimenopausal women regarding menopausal symptoms.

N=200

Variables	Maximum score	Mean	Sd
Knowledge	20	9.46	2.55

Data in Table 1 represent that mean value for level of knowledge was 9.46 whereas standard deviation value for level of knowledge was 2.55.

- All perimenopausal women 200 (100%) were having favourable attitude regarding menopausal symptoms.

Table- 2 Mean and standard deviation of attitude of perimenopausal women regarding menopausal symptoms.

N=200

Variables	Maximum score	Mean	Sd
Attitude	100	63.30	2.01

Data in Table 2 represent that mean value of attitude was 63.30 with standard deviation was 2.01.

- There was no significant correlation between knowledge and attitude of perimenopausal women regarding menopausal symptoms. There were no significant association between knowledge and attitude found.

IV. SUMMARY

The present study was conducted to assess menopausal symptoms among perimenopausal women and their knowledge and attitude regarding menopausal symptoms in a selected rural area in Haryana. A Convenient sampling technique & Snowball sampling technique was used for selection of samples. Pilot study was conducted during the month of December, 2022. This procedure was done to ensure the reliability of tool and feasibility of the study. The actual data collection procedure was carried out in the month of January, 2023. The sample were taken from Dayalpur village, District Faridabad, Haryana. Sample consist of 200 perimenopausal women of Dayalpur village, District Faridabad, Haryana. Before collecting data researcher introduce herself, explain the purpose of study, clarifies queries and taken face to face interview technique from perimenopausal women. The gathered data was analysed by calculating mean and standard deviation, correlation to find out the relationship between knowledge and attitude and chi-square to find out the association of knowledge and attitude with selected demographic variables.

V. NURSING IMPLICATIONS

The findings of the study have several implications for nursing practice, nursing education, nursing administrations and nursing research.

Nursing practice:

- Nurses should conduct awareness programe for the public regarding menopausal symptoms and its management.
- Public health nurses should plan for a periodic health education to the women to providing necessary information about the menopausal symptoms, treatment and the complications.
- Nurses should do health assessment of perimenopausal women and do referal to institutions for treatment and complications if needed.
- Nurses should conduct awareness program for ASHA workers about the menopause and their sympotms and home remedies to reduce the symptoms of menopause.

Nursing Education:

- The curriculum for undergraduate nursing student should include community health education and assessment regarding menopausal symptoms.
- The nurse educators should organize in-service education programme for the public about menopausal symptoms, its severity and management among women.
- Educate ASHA worker and ANM, so that they can educate the women about the home remedies to reduce the symptoms of menopause.

Nursing administration:

- Ensure that education programs are organised by the nurses at all level in hospital and community setting women to increase the knowledge about the menopausal symptoms and change their attitude towards menopause.
- Nursing administrator must take initiative in organizing in-service education programme for community nurses and health workers on screening of severity of menopausal symptoms and its management, thereby inspiring them to disseminate the information skilfully and confidently.
- In hospital and community setting nurses at all level should give the counselling to the women about the severe effect of menopausal symptoms in her daily life.

Nursing research:

- The finding of the study should be utilized for conducting research using large sample. Further research on assessing the knowledge and attitude of women towards Menopause.
- Nurse researcher should develop a body of knowledge, test the various strategies and bring new findings.
- Nurse researcher have a major role in collecting scientific data and give recommendations to improve knowledge and attitude towards menopause.

VI. RECOMMENDATIONS

- The same study could be conducted on a large scale to generalize the results.
- The study can be conducted in different settings with similar facilities.

- A comparative study can be conducted between the rural and urban women.
- An experimental study can be done to assess the effectiveness of a teaching program knowledge and attitude towards Menopause among Menopausal women.
- Research may be done on women's opinion regarding with menopausal symptoms.

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