

# A Descriptive Study to Assess the Knowledge and Attitude Regarding Menopausal Symptoms Among Perimenopausal Women at Selected Urban Area of Jagdalpur (C.G.)

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**Abstract** - WHO defined menopause as the permanent cessation of menstruation due to loss of ovarian follicular activity. It is the period of transition between the two phases of women's life from reproductive to non reproductive years which is characterized by cessation of menstruation and loss of reproduction ability and aging. Menopause brings about many physical, physiological, psychological and social changes in a women's life and this worsens health related quality of life. Postmenopausal women can be considered a risk population even though menopause itself is not considered as a disease. Many women believe that once they have crossed the threshold of twelve months without periods, they won't have to face the discomforts that are associated with menopause. In majority of the women, they gradually stop feeling symptoms but it is not true always. During postmenopausal period, hormone levels may continue to fluctuate, bringing with them symptoms that the women is already familiar with and newer symptoms that fewer women experience during this stage.

**Aim:** - The aim of the present study was to assess the knowledge and attitude regarding menopausal symptoms among perimenopausal women at selected urban area of Jagdalpur (C.G.)”

**Methodology:** - In view of the nature of the problem and to accomplish the objectives of the study, descriptive design was adopted. 60 perimenopausal women who were. Found on urban area of Jagdalpur(C.G.) were selected by convenient sampling method from self-structured questionnaire, and standard scale was prepared. Tool was validated by experts. Reliability was also obtained. Data is collected from urban area of Jagdalpur by using self-structured knowledge questionnaire., and standard tools. Data was analyzed by using descriptive and inferential statistics.

**Findings:-** The findings of the study represent over knowledge score of women regarding menopausal

symptoms among 60 Women majority 36 (60%) had adequate knowledge score, 17 (28.33%) had moderate knowledge and only 7 (11.66%) had inadequate knowledge regarding menopausal symptoms and over all attitude score of women regarding menopausal syndrome majority 32 (53.33%) were having positive attitude, 22 (36.66%) were neutral attitude and only 4 (6.66) were negative attitude .Correlation between knowledge and attitude with mean score of  $15.8 \pm 5.8$  and  $33.31 \pm 7.9$  respectively among peri menopausal women. Coefficient of correlation was computed and as r calculated is +0.3, a lower degree of positive correlation found between knowledge and attitude is proved.

**Conclusion:** - The result of the study concluded that lack of knowledge regarding menopause among perimenopausal women the teaching activity should be organized to gain knowledge regarding menopause and its symptoms.

**Key words** - Menopause, Knowledge, Attitude, Perimenopausal women

## I. INTRODUCTION

"Menopause is an event in life, nor a disease". It is a single event in women's life-her last menstrual period. Menarche heralds the onset of reproductive function, and menopause signals its end.

Human life constitutes various specific stages, both for men and women which each one of us has to pass through. Each stage of human life is very important and unique in nature as certain physical development takes place in its own way. There is no doubt that one stage of life is interconnected with the other; accordingly, physical growth takes place in a natural

process. Midlife is a period of transition for both men and women.

The slogan "healthy women, healthy nation, healthy world" denotes that as the custodian of family health, women demonstrate an inevitable role in providing, promoting, and maintaining the health of their communities. In fact, the health of the families and communities strongly depends on the health of the women. Sickness or disability or death of the women reflects serious effects for the health of their children, family, and community.

A normal healthy woman's reproductive phase is usually known by the terms such as menarche, which means the age of first menstruation. Menstruation denotes the periodic and cyclical shedding of the endometrium. Puberty is the period of increased general body growth and development of secondary sexual characters and sex organs, and girls become capable of reproduction. Menopause is the cessation of menstruation due to a rapid decrease in the production of female sex hormones by the ovaries at the age of about 45-50 years. A normal woman's life cycle consists of pre-pubertal stage, puberty, menstruation, premenopausal phase, menopause, and post-menopause. Females begin to develop secondary sexual characteristics at a wide range of ages. The average age for a girl to begin puberty is 11 years of age. Menstruation is cyclic shedding of the endometrial lining of the uterus. Menarche is the female's first menstruation and sign of puberty. Most girls begin to menstruate between 10 and 16 years of age. The occurrence of cyclic menstruation and reproduction depends on the maturation of the hypothalamic-pituitary-ovarian-uterine axis. Regular menstrual cycles indicate normal sex hormone production.

WHO defined menopause as the permanent cessation of menstruation due to loss of ovarian follicular activity. It is the period of transition between the two phases of women's life: from reproductive to non-reproductive years, which is characterized by cessation of menstruation and loss of reproduction ability and aging. Menopause brings about many physical, physiological, psychological, and social changes in a woman's life, and this worsens health-related quality of life. Postmenopausal women can be considered a risk population even though menopause itself is not considered a disease. Many women believe that once they have crossed the threshold of twelve months without periods, they won't have to face the

discomforts associated with menopause. In the majority of women, they gradually stop feeling symptoms, but it is not true always. During the postmenopausal period, hormone levels may continue to fluctuate, bringing with them symptoms that women are already familiar with and newer symptoms that fewer women experience during this stage.

WHO Statistics (2021) draw samples from 100,000 women across 26 states. The study revealed that Indian women fare abysmally with regard to their menopause health. While the percentage of menopausal women was higher in Andhra Pradesh (31.4%), Bihar (21.7%), and Karnataka (20.2%), Kerala (11.6%) was better, while West Bengal (12.8%) and Rajasthan (13.1%) were just a rung lower. Overall, the percentage of women hit by menopause is marginally lower in urban areas (16.1%) against rural (18.3%) areas.

Women are taught to remain silent and are usually forced to remain in the home or work very close to it. Topics that were once forbidden in Western society: menstruation, reproduction, and health matters, including menopause, are still not discussed. As a result, women's health issues are given little attention and hardly any funding.

The above facts made the investigator realize the importance of the problem in the current situation and created an intention to administer an information booklet to assess the knowledge of the women in the perimenopausal stage regarding the menopausal symptoms, their awareness of menopausal symptoms, and their ability to manage and cope up with those symptoms.

Based on the above facts and review of literature, the investigator felt that there is a need to educate the women regarding the prevention and management of psychological problems of menopause to improve the quality of life. The time has come to improve women's lives everywhere and remember that menopause does not discriminate. Nations around the world should continue to educate women about menopause and the benefits of preventive health care, knowledge, attitudes, and behaviors regarding menopausal issues among women.

## II. MATERIALS AND METHODS:

Review of related research and non-research literature helped the investigator to formulate the conceptual

framework based to Health Promotion Model and to adopt suitable methodology for the study. The literature review further enables the investigator to develop the tools for data collection. The quantitative research approach was used. The research design adopted for the present study was descriptive research design. The dependent variable of the study was knowledge and attitude regarding menopausal symptoms among peri menopausal women.. The Convenience sampling techniques will be used to select the samples and the sample size consist of 60 subjects who were peri menopausal women..The tool are validated by 6 experts. Tool were found feasible and therefore were finalized for the study. The reliability was assessed by using Karl’s person’s coefficient of correlation ‘r’ and it was found to be 0.99. Pilot study was conducted among 10 women from urban area. Samples were selected to find out feasibility of conducting the main study and to assess the knowledge and attitude. The study result reveal that lack of knowledge regarding menopausal symptoms and positive correlation found between knowledge and attitude score regarding menopausal symptoms. The data were analyzed using descriptive and inferential statistics.

### III. RESULT

Overall analysis to assess the level of knowledge regarding menopausal symptoms among peri-menopausal women by using frequency, percentage, mean and mean %

Overall knowledge	(n)	(%)	Mean	Mean%
Adequate knowledge	36	60	15.8	71.2
Moderate knowledge	17	28.33		
Inadequate knowledge	7	11.66		

Depicts that among 60 Women majority 36 (60%) had adequate knowledge score, 17 (28.33%) had moderate knowledge and only 7 (11.66%) had inadequate knowledge regarding menopausal symptoms.

Overall analysis to assess the level of attitude regarding menopausal symptoms among peri-menopausal women by using frequency, percentage, mean and mean %

Overall Attitude	(n)	(%)	Mean	Mean%
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Positive attitude	32	53.33	33.31	69
Neutral attitude	22	36.66		
Negative attitude	4	6.66		

Depicts that majority 32 (53.33%) were having positive attitude, 22 (36.66%) were neutral attitude and only 4 (6.66) were negative attitude .

Karl Pearson analysis to correlate knowledge and attitude regarding menopausal symptoms among peri menopausal symptoms

Area	Mean score	Mean % Score	SD	R	Inference
Knowledge	15.8	71.2	5.8	+0.3	Lower degree of positive correlation
Attitude	33.31	7.9	7.81		

Depicts correlation between knowledge and attitude with mean score of  $15.8 \pm 5.8$  and  $33.31 \pm 7.9$  respectively among peri menopausal women. Coefficient of correlation was computed and as r calculated is +0.3, a lower degree of positive correlation found between knowledge and attitude is proved.

### IV. RECOMMENDATIONS

In the light of the study the following recommendations were made:

- A similar study can be undertaken with a large sample size for wider generalization.
- A similar study can be conducted to explore the effectiveness of structured teaching programme on menopausal symptoms & its prevention.
- A comparative study can be conducted to find out the differences in knowledge level with regards to different demographic variables.
- The same study can be conducted to assess the effectiveness of structured teaching program using different teaching methods i.e. video cassette methods etc.
- A similar study can be conducted with a large sample in different study by including knowledge nurse regarding menopausal symptoms.
- This study repeated periodically to update the knowledge of nurse.
- A similar study can be carried out by using different teaching strategies like pamphlet/ leaflet /booklet/ poster etc.

- A follow up study could be conducted on the basis of assessing knowledge and attitude regarding pre-menopausal syndrome & its management.
- A comparative study done between Urban and Rural area people to assess the knowledge regarding menopausal symptoms.

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