

A study to assess the effectiveness of structured teaching programme (STP) on knowledge regarding premenopausal changes among the women between the age group of 40-45 years in keezhakasakudy, karaikal (District)

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Abstract: A study to assess the effectiveness of structured teaching programme (STP) regarding knowledge on premenopausal changes among the women between the age group of 40-45 years at keezhkasakudy rural community in karaikal district, puducherry state. one group pretest and posttest preexperimental design was adopted for the study. 40 mothers were selected by using purposive sampling technique. All participants were given a pretest questionnaire on premenopausal changes and STP was given about premenopausal changes. After one week posttest was conducted using the same questionnaire. The findings revealed that during pretest 85% of women had inadequate knowledge and 12.25% of women had moderate knowledge, 2.5% had adequate knowledge. During posttest 10% of women had inadequate knowledge, 47.5% of women had moderate knowledge and 42.5% women had adequate knowledge. After that the researcher concluded STP had improved the knowledge regarding premenopausal changes among women between the age group of 40-45 years. Such teaching programme can be carried out in the hospital and community to improve the knowledge and thereby reduce the risk of premenopausal symptoms among women.

Keywords: premenopausal changes, women knowledge, structured teaching programme, rural area women.

I. Introduction

Premenopause or menopause transition, begins several years before menopause. It's the time when the ovaries gradually begin to make less estrogen. It usually starts in woman's 40s, but can start in her 30s or even earlier. Premenopause lasts up until menopause, this drop in estrogen speeds up. At this stage, many women have symptoms. The average length of premenopause is 4 years, but for some women this stage may last on a few months or continue for 10 years. Premenopause ends when has gone 12 months without having her periods. (Traci C. Johnson 2014)

According to Indian menopause society research there are about 62 million indian women over the age of 45. Average age of menopause is around 48 years. But it strikes indian women as young as 30-35 years. Menopausal health demand is a higher priority in indian scenario. The goal of INDIAN MENOPAUSE SOCIETY is to enhance awareness about menopause and aging through public health and education activities, The year 2011 of indian menopause society is dedicated to peri and post menopausal women who had been suffering in silence; the theme is “HELPING HER BREEZE THROUGH MENOPAUSE”.(srivastava saroj,2011)

Menopause is a time of both physical and psychological changes. Physical symptoms such as hotflashes, night sweats, weight gain, headache, vaginal dryness and breast tenderness and sleep problems. Premenopause can also trigger emotional changes including anxiety, irritability, depression and a sudden inability to handle stress. These factors will affect the social life of the women .these symptoms begin premenopausal period itself. Different women behave differently to these changes and their coping level also different.(William w hurd 2008)

Many women over the age of forty years’ experience symptoms associated premenopause. General health problems as reported by respondents were gastritis (38.3%), headache (33.3%), by hypertension (19%), diabetes (17.7%).premenopausal symptoms as reported by were dizzy spell (44.78%), hot fluses (23.88%), painful period (19.40%) were more common age group 40-44 and palpitation (53.64%), history of fracture (44.90%), cold hand and feet (10.20%) were more common in the age group 40-54. Psychological problems were found most common in the age group 60 and above.(Dilaram Acharya et al 2013).

The above facts made the investigator to realize the importance of problem in current situation and created an intention to administer a structured teaching programme to assess the knowledge of the women in premenopausal stage regarding premenopausal symptoms, thereby enhancing their awareness on premenopausal symptoms and ability to manage and cope up with those symptoms.

1.1 statement of the problem

A study to assess the effectiveness of structured teaching programme (STP) on knowledge regarding premenopausal changes among the women between the age group of 40-45 years in keezhahasakudy, karaikal.

1.2 Objectives

- To assess the level of knowledge regarding premenopausal changes among the women between the age group of 40-45 years.
- To assess the effectiveness of structured teaching programme on premenopausal changes among the women between the age group of 40-45 years.
- To find the association between pretest level of knowledge on premenopausal changes among the women between the age group of 40-45 years with selected demographical variables.

1.3 Hypothesis

H1: There will be significant difference between pretest and posttest knowledge score on premenopausal changes among the women between the age group of 40-45 years.

H2: There will be significant association between pretest knowledge score on premenopausal changes among the women with selected demographic variables.

1.4 Operational definitions

Effectiveness:

It is the desired change brought about by the structured teaching programme and measured in terms of significant difference between pretest and posttest level of knowledge scores.

Structured teaching programme

It is a systematically designed teaching material prepared by the investigator on premenopausal changes.

Knowledge

It refers to the correct responses of the women to the structured knowledge questionnaire on premenopausal changes.

Women

It refers to the female who are in the age of 40-45 years in selected community area, karaikal.

II. Methodology

2.1. Research design

Pre- experimental with one group pretest and posttest design.

2.2. Setting and participants

The participants were selected by using a purposive sampling techniques with 40 methers (40-45 years) who are living in keezhakasakudy village at karaikal.

2.3. Data collection

Data were collected using structured questionnaire, which consist of Demographic variables and knowledge questionnaire 30 items regarding premenopausal changes. Pretest was done after that structured teaching programme on premenopausal changes was conducted by researcher . After pretest, the investigator informed the time of pottest interview schedule. After seven days, pottest was conducted using the same structured interview questionnaire.

2.4. Data Analysis

The collected data was planned to be organized, tabulated and analyzed based on the objectives of the study by using descriptive statistics such as percentage, mean, standard deviation and inferential statistics such asa chi-square and paired t-test. The paired 't' test was planned to find the difference in knowledge between pre-test and posttest. Chi-square test was planned to find the association between pretest knowledge with demographical variables. The data was planned to be presented in the presented in the form of tables and figures.

III.Results

3.1. Demographic characteristics of mothers

Table 1: Demographic variables

(n=40)

S.NO	VARIABLES	NO.	%
1.	Age in years a) 40-43 b) 44-45	26 14	65% 35%
2.	Religion a) Hindu b) Christian c) Muslim	33 6 1	82.5% 15% 2.5%
3.	Eductional Status a) Illiterate b) Primary education c) Higher secondary d) Graduate/Diploma	4 14 11 11	10% 35% 27.5% 27.5%
4.	Occupation a) House wife b) Government Employee c) Private Employee d) Self Employee	20 7 9 4	50 17.5 22.5 10
5.	Family Income a) < 2000 Rs b) 2001-4000 Rs c) 4001-6000 Rs d) > 6000 Rs	4 14 5 17	10 35 12.5 42.5
6.	Type of family a) Nuclear family b) Joint family	25 15	62.5 37.5
7.	Age of menarche a) 11-12 years	11	27.5

	b) 12-13 years c) > 13 years	16 23	15 57.5
8.	Marital status a) Married b) Un married	40 -	100 -
9.	Age at marriage a) Below 15 year b) 16-20 year c) 21-25 year d) >26 year	- 18 19 3	- 45 47.5 7.5
10.	Number of Children a) Nil b) 1-2 c) 3-4 d) 5 and above	3 25 12 -	7.5 62.5 30 -
11.	Use of contraceptives a) Yes b) No	19 21	47.5 52.5
12.	Presence of illness a) Hypertention b) Diabetes c) Heart diseases d) No illness	3 7 2 28	7.5 7.5 5 70
13.	Availability of family support a) Yes b) No	36 4	90 10
14.	History of gynecological illness a) Fibroid b) DUB c) Cyst d) No illness	3 2 3 32	7.5 5 7.5 80
15.	Menstrual history		

	a) Regular	23	57.5
	b) Irregular	17	42.5
16.	Days of menstrual history		
	a) 28 days	23	57.5
	b) Above 30 days	17	42.5
17.	History of abortion		
	a) Yes	3	9.5
	b) No	37	92.5

Table 1, results shown that, majority of mother 26 (65%) belongs of the age group of 40-43 years, whereas religion 33(82.5%) hindu, educational status 14 (35%) primary education, occupation 20 (50%) housewife, family income 17 (42.5%) Rs >6000, family type 25 (62.5%) were nuclear family, age of menarche 23 (57.5%) > 13 years, marital status 40 (100%) were married, age at marriage 19 (47.5%) married at b21-25 years, number of children 25 (62.5%) had 1-2 children, 21(52.5%) of mother not used any contraceptives, presence of illness 28(70%) mother had no illness, availability of family support is 36(90%), 32 (80%) had no history of gynecological disease, 23 (57.5%) had regular menstrual history, 37 (92.5%), mother had no history of abortion.

3.2. Pretest and posttest knowledge score of mothers regarding premenopausal changes

Table 2: over all knowledge of score of mothers (n=40)

S.no	Knowledge	Mean	SD	Knowledge %
1.	pretest	10.6	4.817	26.5%
2.	posttest	21	4.663	52.5%

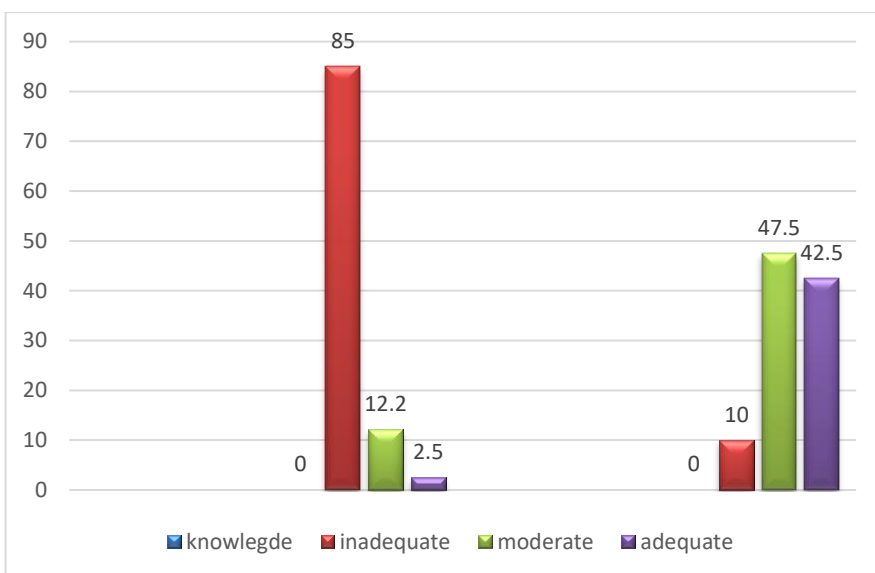


Figure.1. comparison of pretest and posttest level of knowledge

The results of table 2 shown, the knowledge level about premenopausal changes among women in pretest and posttest. In pretest 34 (85%) women had inadequate knowledge, 5 (12.5%) of them had moderately adequate knowledge and 1 (2.5%) of them had adequate knowledge. In posttest 17 (42.5%) women had adequate, 19 (47.5%) of them had moderate and 4 (47.5%) of them had moderately adequate knowledge. This result inferred that there was improvement in level of knowledge among premenopausal women.

Table 3: Effectiveness of structured teaching programme on knowledge regarding premenopausal changes among women

Effectiveness of pretest and posttest	N	Mean	S.D	Std.Error Mean	t value	d.f	p value	Significance
Knowledge regarding premenopausal changes among women	40	10.65	4.817	0.762	20.412	39	0.000*	significance

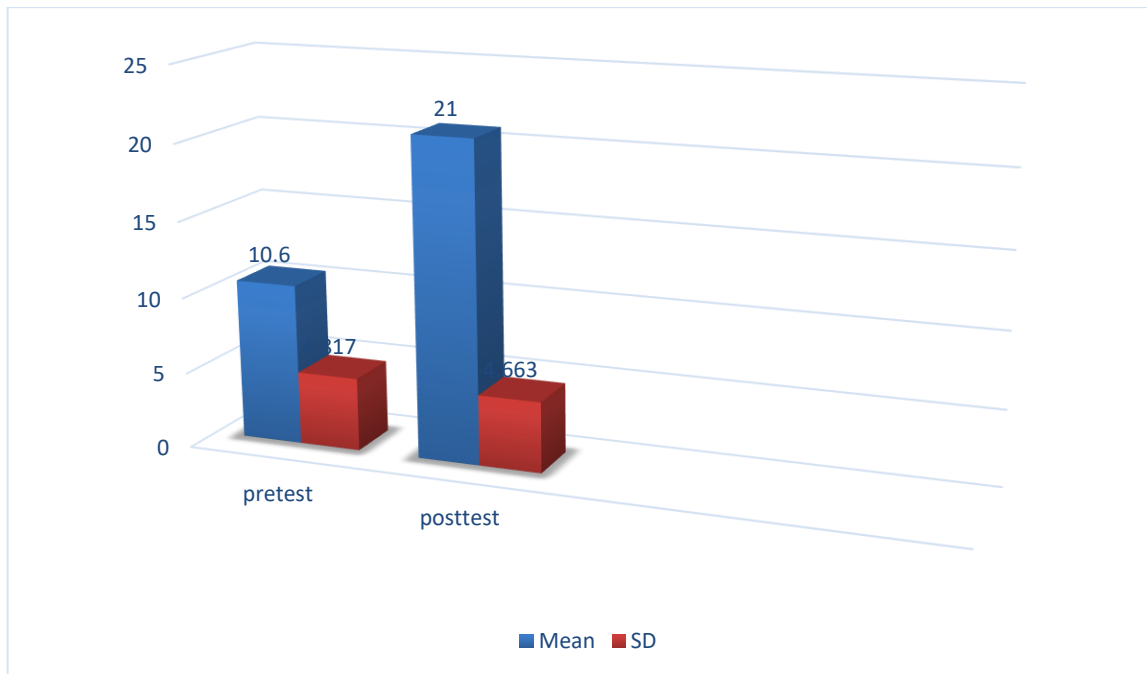


Fig.2: Comparison of Mean and Standard Deviation of Pretest and Posttest Level of Knowledge score on perimenopausal changes among women

Table .3, Fig.2, shows the pretest knowledge mean score and standard deviation was 10.6 ± 4.817 which is 26.5% of the total mean score whereas in post-test mean score and standard deviation was 21 ± 4.663 which is 52.5% of the total mean score.

V.Conclusion

The current study, thus, attempted to know the symptomatology for Premenopause. It clearly states that the prevalence of menopausal symptoms is definitely high among women in the current study setting. There are many misunderstandings regarding premenopausal symptoms among the rural women in Karaikal. Such studies help in creating awareness since disseminating health education for menopausal women is of prime importance. Women's clinic might be a good idea. Health workers may be most fruitful in this area. Further research studies to assess the severity of the symptoms using a standard field tested and simple scales should be done in the community setting.

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