

AWARENESS ON MENOPAUSE AMONG WOMEN IN SELECTED OUTPATIENT DEPARTMENTS OF SELECTED HOSPITAL

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ABSTRACT

Menopause is tough phase in a women's life, but she can make life as happy and productive as before, by adjusting to the changes in her life. Menopause has been defined as the point in time of the last menstrual bleeding in a women's life. Menopause is the end of menstruation, and fertility is a natural biological event, not a disease or illness. Menopause involves hormonal changes that may cause physical symptoms as the estrogen levels decline over a period of years. (Nidiya Mohan., 2012) Evidence show that women attain menopause at an earlier age compared to what it was before. Since life expectancy has increased, women have to live in menopausal years for a prolonged period of time. Hence they are exposed to the risk of menopausal problems and health hazards.

The main aim of the study was to assess the awareness on menopause among women attending selected outpatient departments of PSG hospitals, Coimbatore. The Objectives were to assess the level of knowledge on menopause among women and to find out the association between the knowledge levels of women on menopause with their selected demographic variables.

A descriptive design was used in the study. The purposive sampling technique was used to select 88 women attending selected outpatient departments of PSG Hospitals. Data was collected using a semi structured knowledge questionnaire for assessing the level of knowledge regarding menopause. Inferential and descriptive statistics were used to analyze the data. The study reveals that, out of 88 samples 50% of samples have inadequate knowledge regarding menopause, followed by 48% with moderately adequate knowledge and only 2% with adequate knowledge. There was a significant association level of knowledge of women on menopause with the demographic variable (family income).

KEY WORDS: menopause, semi structured knowledge questionnaire.

INTRODUCTION

Menopause occurs naturally or artificially. Natural menopause is recognized after twelve consecutive months without a menstrual period. Natural menopause is caused by ageing and occurs after a natural decline in estrogen and progesterone production

Menopausal symptoms affect about 70% of women approaching menopause. Symptoms of menopause vary from woman to woman. Many women go through the menopausal transition with few or no symptoms, while some have significant or even disabling symptoms. The vasomotor symptoms include hot flushes and night sweats. The vaginal symptoms include uterine prolapse and vaginal atrophy. The psychosomatic symptoms include depression, insomnia and mood swings. (Kruk, 2007)

India is yet to fully acknowledge the true impact of menopause on women, their lives and their productivity. When women reach this stage in their lives, they are at the peak of the productivity as workers and individuals. (Lewis, Heitkemper et al., 2004)

Even though awareness about menopause is growing, most Indian women have a history of self – denial and neglect. Their family's needs take precedence over their own. (Kenemans.P. 2003)

Menopause currently affects more than 50 million women in India. The good news is that when a women enters the second half of her life, the change can be beautiful if we become aware of what is happening to us on a physical, mental and emotional level. (Katz, 2001)

Objectives:

1. To assess the level of knowledge on menopause among women.
2. To find out the association between the level of knowledge of women on menopause with their selected demographic variables

Materials and methods

Descriptive design was used to assess the knowledge on menopause among women. Purposive sampling technique was adapted to select 88 women who are from 40 - 50 yrs, attending gynecology, endocrinology, medicine and surgery OPD and willing to participate in the study as study participants. Women who have attained menopause are excluded from the study. The present study was conducted in selected OPD's of PSG hospitals, Coimbatore. The sample's knowledge was assessed by a semi structured questionnaire. A pamphlet on awareness on menopause was distributed. The study was approved by IHEC and informed consent was obtained from all the participants of the study.

TOOL

A semi structured questionnaire was used to collect the data. The tool consists of two sections. Section A deals with demographic data which includes sample number, age, marital status, educational status, income, occupation, locality, religion, etc., Section B consists of semi structured knowledge questionnaire on menopause including general information about menopause, causes, symptoms, management of symptoms, complications and prevention of complication

RESULTS AND DISCUSSION

The significant findings of the study:

Table 4.2
Assessment of level of knowledge of women on menopause

n=88			
S No	Level of knowledge of women	Frequency	Percentage (%)
1.	Inadequate knowledge	44	50
2.	Moderately adequate knowledge	42	48
3.	Adequate knowledge	2	2

Table 4.2 reveals that, out of 88 samples 50% of samples have inadequate knowledge regarding menopause, followed by 48% with moderately adequate knowledge and only 2% with adequate knowledge

Table 4.3**4.3 Association of knowledge level of women on menopause with selected demographic variables**

n = 88

S.No	Demographic variables	Level of knowledge			Calculated value	Tabulated value
		Inadequate	Moderate	Adequate		
1.	Age					
	a)40-45 years	14	22	1	3.619	5.991 (NS)
	b) 46- 50 years	30	20	1		
2.	Marital status				0.2814	12.592 (NS)
	a)Single	-	-	-		
	b)Married	40	41	2		
	c)Widow	3	2	-		
	d)Separated	-	-	-		
3.	Educational status				4.043	12.592 (NS)
	a) Illiterate	9	6	-		
	b) Elementary	20	20	1		
	c) Higher secondary	14	12	1		
	d)Graduate	1	4	-		
4.	Occupation				7.6715	12.592 (NS)
	a) Unemployed	31	20	-		
	b) Daily wages	10	13	1		
	c) Government	1	1	-		
	d) Private	2	8	1		
5.	Family income				13.794	12.592*
	a) <5,000	18	16	1		
	b) 5001-1001	21	16	-		
6.	Locality				4.101	4.605(NS)
	a) Urban	20	26	2		
	b) Rural	24	16	-		
7.	Religion				2.388	9.488(NS)
	a) Hindu	39	40	2		
	b) Christian	3	2	-		
	c) Muslim	2	-	-		

8.	Dietary pattern a) Vegetarian b) Non-vegetarian	11 33	8 34	- 2	1.0091	3.841(NS)
9.	Awareness about menopause a) Yes b) No	12 32	14 28	1 1	1.5816	3.841(NS)
9. a	If yes, Source a) Newspaper b) Internet c) Friends and relatives d) Healthcare professionals	3 - 6 3	5 2 4 3	1 - - -	4.9392	12.592 (NS)
10.	Habit of physical exercise a) Yes b) No	6 38	11 31	- 2	2.65	3.841(NS)
10. a	If Yes, a) Daily b) Weekly once c) Monthly once	5 - 1	6 4 1	- - -	2.927	9.488(NS)

Note: Statistically significant - * $p < 0.05$, NS – not significant

Table 4.3 shows that there is a significant association of knowledge level of women on menopause with the demographic variable (family income).

Discussion

The present study shows that, 50% of women have inadequate knowledge, 48% have moderately adequate knowledge and 2% have adequate knowledge. **Moilanen J, (2012)** conducted a study to assess the knowledge on signs and symptoms of menopause among premenopausal women in selected hospital in thiruvallur using convenient sampling technique on 30 women. The study reveals that 56% of women had inadequate knowledge 37% had moderate knowledge and only 2% had adequate knowledge about menopause.

This is in consistent with our study findings as only 2% had adequate knowledge on menopause. The study findings showed that there is a significant association between knowledge level of women on menopause with the demographic variable (family income).

Kalabharathi, (2016) conducted a descriptive and cross sectional study to assess the knowledge on signs and symptoms of menopause among pre menopausal women in selected OPD's in thiruvallur hospital by using 30 samples among 35-45 years of women. The study reveals that there was a significant association between the knowledge level of pre menopausal women on menopause with the demographic variable (education status and age). There is contradictory with our study finding as there is no association between level of knowledge on menopause with age and education status.

Madhusudhan Rao, (2014) conducted a descriptive cross sectional study to assess the knowledge on importance of nutrition and lifestyle in prevention and management of osteoporosis among 100 post menopausal women aged above 45 years in NTR Nagar, Hyderabad. The study reveals that there was a significant association between the level of knowledge of post menopausal women on menopause with the demographic variables (age, educational status, working status, monthly income and family history of fracture)

This is in consistent with our study as there is a significant association of level of knowledge with family income.

Conclusion:

The study findings showed that about 50% of women had inadequate knowledge on awareness on menopause. This gave an insight to the investigator that more awareness need to be imparted to the women population to manage the symptoms of menopause and prevent complications of menopause like osteoporosis

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