"To evaluate the effectiveness of structured teaching programme on menopausal signs, symptoms and its management among perimenopausal women residing in field practice area, Dharwad"

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ABSTRACT

Background: Menopause which has short term changes and long term risk that can have major impact on overall women's health on quality of life. Particularly, menopause implies considerable process of physiological changes. **Objectives:** 1) To assess the pre-test knowledge regarding menopausal signs, symptoms and its management among perimenopausal women. 2) To evaluate effectiveness of structured teaching programme on menopausal signs, symptoms and its management among perimenopausal women. 3) To find the association between the pre-test knowledge score with selected socio-demographic variables. **Setting:** The study was conducted in the field practice area at Yerikoppa, Dharwad. **Sample:** 40 samples of perimenopausal women between the age groups of 45 to 55 years were included in the study. **Results:** The findings of the study reviled that there was overall enhancement in the knowledge scores of post-test after the STP with a mean knowledge score of 13.05. The student's paired t-test reflects the significance in the enhancement of overall knowledge studied at 5% level (P<0.05). Chi Square analysis revealed statistical significant association between knowledge of perimenopausal women with demographic variables such as; type of family (8.7*), occupational status (40.9*) of perimenapausal women at 0.05 level of significance. **Conclusion:** Use of the modified approach in discriminating health information indicated that there is a significant improvement in the knowledge of perimenopausal women after the implementation of STP. Hence health education and teaching programs are effective means to enhance knowledge among perimenopausal

women in maintaining healthy life style.

KEY WORDS: Perimenopausal women, knowledge, signs, symptoms and the management of menopause, Knowledge, structured teaching programme (STP).

INTRODUCTION

Menopause is an event that women no longer has menstrual period that occurs during their last 40 – 55 years of age. It is the time when there has been no menstrual period for 12 consecutive months. Menopausal symptoms are those which bring changes in physiological and hormonal changes. There was a general lack of knowledge among these women regarding menopausal, premenopausal symptoms and postmenopausal symptom, treatment options, hormonal replacement therapy (HRT), and possible risk associated with HRT. Perimenopause is the time before the occurrence of menopause in which body makes the natural transition, marking the end of physiological changes in the reproductive system. The symptoms of menopause usually last for the whole menopause transition, but some women may experience them for the rest of their lives. The most common symptoms are: hot flashes, night sweats, irregular periods, loss of libido and vaginal dryness, depression, anxiety, irritability, panic disorders, joint pain, burning tongue, digestive problems, muscle tension, tingling extremities and osteoporosis. Early recognition of symptoms can help in reduction of discomfort and fears among the women.

NEED FOR STUDY

Menopause raises important health care issues and present physical challenges. Menopause women which has short term changes and long term risks of menopause that can have major impact on overall health quality of life. According to Indian menopause society research there are about 65 million Indian women over the age of 45 and estimated that in the year of 2026, the population in India will be 1.4 billion people over 60 years will be 173 million with menopause. Menopausal knowledge implies the degree of understanding changes in the body as transition from a potentially reproductive to a non-reproductive state. Keeping this fact, the researcher realized the importance of problem in correct situation and created an intension to administer structured teaching programme to assess the knowledge of women in menopausal stage regarding the menopausal symptoms. There by enhancing their awareness on menopausal symptom and ability to manage and cope - up with those symptoms. This study will help in early recognition of symptoms, reduction of discomfort, fear and enable to seek appropriate medical care. Hence keeping in view of the above information the researcher has selected a study to assess the effectiveness of structured teaching programme regarding menopausal symptom and its management among selected menopausal women residing in field practice area at Dharwad.

STATEMENT OF THE PROBLEM

A study to evaluate the effectiveness of structured teaching programme on menopausal signs, symptoms and its management among perimenopausal women residing in field practice area Yerikoppa, Dharwad.

OBJECTIVES OF THE STUDY

1. To assess the pre-test knowledge regarding menopausal signs, symptoms and its management among perimenopausal women in experimental and control groups.

2. To evaluate effectiveness of structured teaching programme on menopausal signs, symptoms and its management among perimenopausal women in experimental group.

3. To find the association between the pre-test knowledge scores with selected socio- demographic variables of perimenopausal women.

HYPOTHESES

1. **H₁:** The mean post-test knowledge scores will be significantly higher than the mean pre-test knowledge score in experimental group at 0.05 level of significance.

2. **H₂:** To determine the association of menopausal signs, symptoms and its management among perimenopausal women with selected socio-demographical variables at 0.05 level of significance.

OPERATIONAL DEFNITIONS

⮝ **EVALUATE:** In this study, evaluate refers to the process of systematically determining the impact of Structured Teaching Programme on knowledge among perimenopausal woman regarding menopausal signs and symptoms and its management.

⮝ **EFFECTIVENESS:** In this study, effectiveness refers to the extent to which the Structured Teaching Programme will achieve the desirable knowledge in reducing menopausal problems.

⮝ **STUCTURED TEACHING PROGRAMME (STP):** In this study, STP refers to the systematically developed instruction teaching aids designed for women's to provide information regarding psychological and physiological problems.

⮝ **MENOPAUSE:** In this study, menopause means the normal natural event, a change of life in woman who has no longer menstrual cycle and marking the end of her reproductive period.

⮝ **MENOPAUSAL SYNMPTOMS:** In this study, menopausal symptoms means the physical and emotional symptoms experienced by the women during menopausal period due to hormonal imbalance includes mood swings, hot flashes, night sweats, irregular period, loss of libido and vaginal dryness.

⮝ **PERI–MENOPAUSAL WOMEN:** In this study, perimenopausal women refers to a woman who is at the age of 40 to 55 years and who have not attained the cessation of menstruation and still have regular

or irregular menstrual cycle.

ASSUMPTION

➤ It is assumed that the woman may have some knowledge regarding menopausal symptoms and its management.

RESEARCH METHODOLOGY

- **Research approach:** Quantitative evaluative approach was used in this proposed study.

- **Research design:** A pre-experimental (one group pre-test post-test) research design is used in this proposed study.

Group	Day 1	Day 1	On 7th day
	Pre-test(O_1)	**Intervention(X)**	**Post-test(O_2)**
Perimenopausal women	Administration of pre-test.	STP regarding menopausal signs, symptoms and its management.	Administration of post-test.

KEY:

O_1- Pre-test will be conducted by using structured teaching questionnaires.

X- Structured teaching programme.

O_2- Post-test will be conducted by using same structured teaching questionnaires which was used for the pre-test.

- **Research Study Setting:** The study was conducted at the Yerikoppa village, Dharwad.

- **Population:** Perimenopausal women residing in the field practice area of Yerikoppa, Dharwad.

- **Sample:** 40 Perimenopausal women between the age group of 45-55 years.

- **Sampling procedure:** Non-probability convenient sampling technique was used for sample selection.

- **Sample size:** 40 Perimenopausal women with one control group.

CRITERIA FOR SAMPLE SELECTION

Inclusion criteria:

Women who are,

1. Perimenopausal women residing in field practice area, Dharwad

2. Women willing to participate in this study

3. Women who are at the age of 45 to 55 years.

4. Able to read and write kannada.

Exclusion criteria:

1. Perimenopausal women residing in field practice area at Yerikoppa, Dharwad but not attend at the period of data collection.

DESCRIPTION OF THE TOOL

1) Section A: Socio-demographic variables of perimenopausal women.

2) Section B: Structured knowledge questionnaires.

DATA COLLECTION PROCEDURE

Data collection was started after obtaining necessary permissions from the ethical committee.

Details of the data collection procedure are as follows;

- The research investigator introduced them selves and explained the purpose of the study to rural perimenopausal women for the age group between 40-55 years.

- Participants were selected by convenient sampling technique.

- Prior written consent was obtained from the subjects to maintain confidentiality before the data was collected.

- A pretest was conducted prior to administration of STP.

- On 7th day after the STP, a post test was conducted to evaluate the effectiveness of STP. Hence the data was collected, tabulated and analyzed.

PLAN FOR DATA ANALYSIS

The data obtained was analyzed using descriptive statistics (frequency & percentage distribution, Mean and standard deviation) & inferential statistics (Paired 't' test). The association between selected demographic variables and pre-test score was determined by using Chi-square test.

RESULTS AND DISCUSSION

SECTION – I:

Table: 1 - Frequency and percentage distribution of the perimenopausal women according to their socio demographic variables of the respondents.

Sl. No.	Characteristics	Number of Respondents (Frequency)	Percentage of Respondents %
1.	**Education Status**		
	Primary education	37	92.5
	Secondary education	02	7.5
	PUC	01	2.5
	Graduate	00	00
2.	**Types of Family**		
	Nuclear	27	67.5
	Joint	13	32.5
3.	**Religion**		
	Hindu	40	100
	Muslim	00	00
	Christian	00	00
	Jain	00	00
	Others	00	00
4.	**Numbers of Children**		
	Zero	05	12.5
	One	06	15
	Two	10	25
	Two or more	19	47.5
5.	**Occupational Status**		
	Government employee	01	4
	Private employee	00	00
	Agriculture	16	40
	Homemaker	24	57.5
6.	**Total income**		
	<5000 rupees	34	85
	5001-10,000/ rupees	04	10
	10,001-15,000/ rupees	02	5

	15,001 and above	00	00
7.	**Source of information**		
	Yes	04	10
	No	36	90
	If yes Health professionalist	02	50
	Mother Sanghams	00	00
	Relatives	02	50
	Mass media	00	00

SECTION – II:

Table: 2 - Distribution of respondents according to level of knowledge scores on signs, symptoms and management of menopause.

Knowledge level	Pre-test		Post-test	
	Number	**Percent**	**Number**	**Percent**
Average (0-6)	36	90	0	0
Good (7-13)	4	10	24	60
Excellent (14-20)	0	0	16	40

Table 3: Effectiveness of Structured Teaching Programme on menopausal signs, symptoms and its management among perimenopausal women residing in field practice area Dharwad with Statistical Significance to knowledge scores

Knowledge	Mean	Mean difference	Standard deviation	SD difference	Calculated t-value	Table t-value
Pre-test	4.5	8.55	1.7	0.15	6.1	2.02
Post-test	13.05		1.55			

SECTION – III:

Table 3: Association between the pre-test knowledge scores and selected socio- demographical variables.

SL. NO.	PERSONAL VARIABLES	FREQUENCY	CHI - SQUARE	df	LEVEL OF SIGNIFICANCE
01	**Education**				
	a. Primary	37			
	b. Secondary	02	2.5	4	NS
	c. PUC	1			
02	**Types of family**				
	a. Nuclear	27	8.7	2	S
	b. Joint	13			
03	**Number of children**				
	a. Zero	05			
	b. One	06			
	c. Two	10	4.27	6	NS
	d. More than two	19			
04	**Occupational Status**				
	a. Govt. employee	01			
	b. Agriculture	16	40.9	4	S
	c. Homemaker	23			
05	**Total Monthly Income** (Rupees)				

a. <5000	34			
b. 5001-10000	04	6.005	4	NS
c. 10001-15000	02			

The data presented in table 3 represents that significant association between in types of family and occupational status of women with pre-test knowledge score at 0.05 level of significance. Hence hypothesis H_2 is accepted.

CONCLUSION

The present study was undertaken "A study to evaluate effectiveness of structured teaching programme on menopausal signs, symptoms and its management among perimenopausal women residing in field practice area Yerikoppa, Dharwad." The findings of the post-test score revealed that there was a significant improvement in the level of knowledge towards positive direction after giving structured teaching programme and there was a significant association between knowledge with the types of family and occupation related to menopause.

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