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Effectiveness of Self-Structured Teaching Programme on Menopause Problem and Its Management among Middle Aged Women

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ABSTRACT: Menopause is one of the natural and important processes of women's life. Menopause refer to the time of cessation of a women's reproductive ability. Menopause literally means "the end of monthly cycles". Women experience various transitional phase during their life style which may be developmental or transitional. Menopause occurs as the ovaries stop producing estrogen, causing the reproductive system to shut down gradually. some of menopause symptoms experienced by menopausal women can be severe enough to affect their normal Daily activities. Majority of the women are not aware of the changes brought about by menopause. In the urban community, most of the women are not aware about the menopausal problems and it needs intervention. So, this study aims to measure the amount of information that middle aged women have on menopause problem and its management and wanted to bring awareness about menopausal symptoms among menopausal women and use pills free treatment there by using exercise as a risk free treatment that can be used by everyone in all the level of economic background.

KEYWORDS: Menopause, middle aged women, menopause symptoms.

I. INTRODUCTION

Menopause is an event that typically occurs in women in midlife, during their late 40's or early 50's and it signals the end of the fertile phase of a women life .In addition to being defined by the state of the uterus and the absence of menstrual flow, menopause can also be described as the permanent cessation of the primary function of the ovaries .The ripening and release of ova and that the release of hormone that cause both the creation of the uterine lining and the subsequent shedding of the uterine lining. The transition from a potentially reproductive state is the result of changes in female hormonal production by the ovaries .This transition is normally not sudden or abrupt,tend to occur over a period of years, and is a consequence of biological aging for some women, the accompanying sign and effect that occurs during the menopause transition years can significantly disrupt their daily activities and sense of well being.

There are many signs and effects that lead up to this point,many of which may extend well beyond it too. These include: irregular menses, vasomotor instability (hot flashes and night sweats), atrophy of genitourinary tissue, increase stress, breast tenderness, vaginal dryness, forgetfulness, mood changes, and in certain cases osteoporosis and heart disease. These effects related to the hormonal changes a women's body is going through, and they affect each woman to a different extent. The only sign or effect that all women universally have in common is that by the end of the menopause transition every women will have a complete cessation of menses.

Menopause is not a disease .Menopausal care requires an assessment of a women need and provision of the means to manage symptoms and maintain or improve the health after the menopausal transition .Most often, this type of care is focused on the counseling and education must be based on accurate knowledge about menopause.

The study aims to measure the amount of information that middle age women have on menopause problems and its management and to provide the necessary information as well as to find out if middle age women have better knowledge regarding the menopause. The findings of this study are expected to help health authorities to organize the necessary educational programs, and better planning for awareness campaigns in order to provide up-to-date information and deliver the best practice to manage the menopausal symptoms.



II. MATERIALS AND METHODS

The research approach used in this study was quantitative approach with pretest and post test design. Purposive sampling technique was used to select 60 samples of Middle aged womens . The study was conducted in Nerkundram ,PHC,Chennai.

VARIABLES:

DEPENDENT VARIABLE:

Knowledge assessment on menopause problems and its management.

INDEPENDENT VARIABLE:

Self-structured teaching program

CRITERIA FOR SAMPLE SELECTION:

The sample was selected based on the following inclusion and exclusion criteria.

INCLUSION CRITERIA:

- Middle aged women who are:
- Who are willing to participate in this study.
- Who are available during the period of data collection.
- Study focused only on women aged >40 years, not other age group.

EXCLUSION CRITERIA:

Middle aged women who are:

- Women Who are not willing to participate in this study.
- Women Who are <40 years of age group
- Women Who can't read English and Tamil.

III. TOOLS FOR DATA COLLECTION:

- Section- A: Demographic variable.
- Section- B: self-structured questionnaire to assess the knowledge on menopause problems and its management after structured teaching program.

TOOL SCORING PROCEDURE:

KNOWLEDGE LEVEL	SCORE	PERCENTAGE
Inadequate knowledge	1-8	<50%
Moderately knowledge	9-14	51-70%
Adequate Knowledge	15-20	>75%



IV. RESULTS

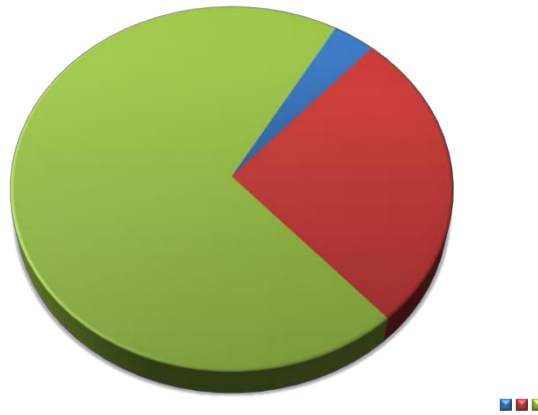
SECTION A: DESCRIPTION OF THE DEMOGRAPHIC VARIABLE OF THE MIDDLE AGED WOMEN.

Table 1: distribution of the sample according to demographic variables of the middle aged women.

N = 60

Demographic Variables	No.	%
Age		
40--45 yrs.	02	3.33
41 – 45 yrs.	16	26.6
45 – 50 yrs.	42	70.0
Education		
Illiterate	08	13.3
Primary	17	28.03
Secondary	20	33.3
Graduate	15	25.0
Religion		
Hindu	28	46.6
Christian	20	33.3
Muslim	04	6.66
Others	00	00
Employment		
Employed	39	65.0
Unemployed	21	35.0
Income		
<Rs.5,000	21	35.0
Rs.5,001 – 10,000	29	48.3
Rs.10,001 – 15,000	10	16.6
Type of family		
Nuclear	37	61.6
Joint	23	38.3
Body weight		
Normal(60-70kg)	18	30.0
Underweight(30-40kg)	32	53.3
Overweight(>9kg)	10	16.6

The table 1 shows that, most of the middle-aged women (40 – 50 yrs.), 42(70%) were aged between 45 – 50 yrs., 20(33.3%) had secondary education, 28(46.6%) were Hindu, 39(65%)were unemployed, 29(58%) had income of Rs.5,001 -10,000, 37(61.6%) belonged to nuclear family, 32(53.3%) had underweight(30-40kg).



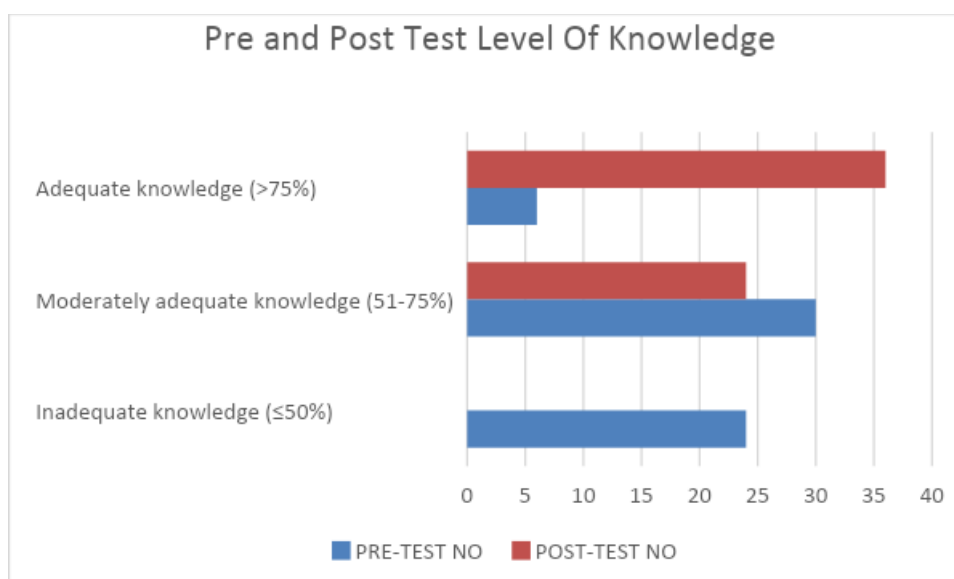
Percentage distribution of age of the middle aged people women

SECTION B: ASSESSMENT OF PRE-TEST AND POST-TEST KNOWLEDGE ON MENOPAUSE PROBLEMS AND ITS MANAGEMENT AMONG MIDDLE AGED WOMEN.

Table 2: Distribution of middle aged women according to the pretest and post test level of knowledge.
n = 60

Level of Knowledge	PRE-TEST		POST-TEST	
	NO	%	NO	%
Inadequate knowledge ($\leq 50\%$)	24	40%	0%	0%
Moderately adequate knowledge (51-75%)	30	50	24	40%
Adequate knowledge ($>75\%$)	6	10	36	60%

The above table 2 shows that in pre-test 24(40%) of inadequate knowledge,30(50%) had moderately adequate knowledge and 6(10%) had adequate knowledge, In posttest 0(0%) inadequate knowledge ,24(40%) were moderately adequate 36(60%) had adequate knowledge.





SECTION C: EFFECTIVENESS OF SELF-STRUCTURED TEACHING PROGRAM ON MENOPAUSE PROBLEM AND ITS MANAGEMENT AMONG MIDDLE AGED WOMEN.

Table 3: Comparison of pretest and posttest level of knowledge on menopause problem and its management

n = 60				
Variables	Knowledge	Mean	S.D	Paired 't' test Value
Level of knowledge	Pretest	21.53	5.34	t = 3.022 p = 0.005 S**
	Post Test	17.83	3.96	

**p<0.01, S – Significant

The table 3 depicts that the pretest mean score of symptoms was 21.53 with standard deviation 5.34 and the posttest mean score of symptoms was 17.83 with standard deviation 3.96. The calculated paired „t“ test value of t = 3.022 was found to be statistically significant at p<0.01 level.

This clearly infers that there was significant improvement was level of knowledge after self-structured teaching Programme.

SECTION D: ASSOCIATION OF POST-TEST KNOWLEDGE LEVEL AND SELECTED DEMOGRAPHIC VARRIBLES.

Table 4: Association of level of knowledge regarding menopause problem and its management among middle aged women (35 – 50 yrs.) with their selected demographic variables.

n= 60							
Demographic Variables	Inadequate		Moderate		Adequate		Chi- Square Value
	No.	%	No.	%	No.	%	
Age							χ ² =6.1755 d.f=2 p=0.045 6N.S
35 – 40 yrs.	-	-	16	26.7	13	21.7	
41 – 45 yrs.	-	-	4	6.7	16	26.7	
45 – 50 yrs.	-	-	4	6.7	7	11.7	
Education							χ ² =23.198 3 d.f=3 p=0.00367 2 S*
Illiterate	-	-	13	13.0	2	3.3	
Primary	-	-	4	6.7	25	41.7	
Secondary	-	-	5	8.3	4	6.7	
Graduate	-	-	2	3.3	5	8.3	
Religion							χ ² =11.543 2 d.f=2 p=0.00311 5N.S
Hindu	-	-	12	20.0	12	20.0	
Christian	-	-	5	8.3	22	36.7	
Muslim	-	-	7	11.7	2	3.3	
Others	-	-	-	-	-	-	



Employment							$\chi^2=15.228$ d.f=1 p=0.00952 8N.S
Employed	-	-	19	31.7	10	16.7	
Unemployed	-	-	5	8.3	26	43.3	
Income							$\chi^2=4.48202$ d.f=2 p=0.1064 S*
<Rs.5,000	-	-	11	18.3	12	20.0	
Rs.5,001 – 10,000	-	-	7	11.7	20	33.3	
Rs.10,001 – 15,000	-	-	6	10.0	4	6.7	
Type of family							$\chi^2=6.7685$ d.f=1 p=0.00927 8N.S
Nuclear	-	-	10	16.7	27	45.0	
Joint	-	-	14	23.3	9	15.0	
Body weight							$\chi^2=6.4623$ d.f=2 p=0.0395 1N.S
Normal(60-70kg)	-	-	16	26.7	12	20.0	
Underweight(30-40kg)	-	-	3	5.0	10	16.7	
Overweight(>90kg)	-	-	5	8.3	14	23.3	

P<0.001 N.S – Not Significant

The table 4 shows that none of the demographic variables such as education and income had shown statistically significant association with posttest level of knowledge regarding menopause problem and its management among middle aged women (35 – 50 yrs) at level of p<0.001. Other demographic variables has no association with posttest level of knowledge .

V. DISCUSSION

Menopause is not a disease. Menopausal care requires an assessment of a women need and provision of the means to manage symptoms and maintain or improve the health after the menopausal transition. Whereas preventive aspects need to be grossly understood by all individuals. The pretest mean score of symptoms was 21.53 with standard deviation 5.34 and the posttest mean score of symptoms was 17.83 with standard deviation 3.96. The calculated paired ‘t’ test value of t = 3.022 was found to be statistically significant at p<0.01 level. Hence concluded that there was significant improvement in the level of knowledge after self-structured teaching Programme on menopausal problem and its management among middle aged women.

VI. CONCLUSION

The present study indicates that Self-structured teaching program has helped the middle-aged women to gain knowledge and help them to follow healthy lifestyle.

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AUTHORS CONTRIBUTION

All the authors actively participated in the work of study. All the authors read and approved the final manuscript.



CONFLICT OF INTEREST

The authors declare no conflict of interest.

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