



“A Study To Assess The Knowledge Regarding Menopausal Symptoms And Its Management Among Perimenopausal Women , Nadathara Gramapanchayath, Thrissur”

**Mrs. Sikha Thomas¹, Ms. Alna Rose², Ms. Amrutha K Jayan³, Ms. Meharin Ashraf⁴,
Ms. Nimitha Babu⁵, Ms. Praveena PJ⁶, Ms. Sneha K Pradeep⁷, Ms. Soya Sabu⁸**

Lecturer¹, Fourth year B.SC Nursing students²⁻⁸
Aswini College Of Nursing¹⁻⁸

Abstract: Menopause is a natural process that marks the end of menstrual cycles in a woman. It causes natural decline in the reproductive hormones. The symptoms include wide range of physical changes such as hotflushes, night sweats, sleep disturbances, fatigue and cardiovascular changes , irregular menstruation ,vaginal changes such as dyspareunia, vaginal dryness, atrophy, urinary incontinence, osteoporosis, psychological changes include mood swings, irritability, inability to concentrate ,depression, anxiety, dementia etc. Hence the study was undertaken to assess the knowledge regarding menopaousal symptoms and its management among perimenopausal women at Nadathara grama panchayath, Thrissur. A descriptive design was adopted for this study and conducted over 60 perimenopausal women, who were selected by convenience sampling technique from Nadathara grama panchayath, Thrissur. The knowledge was assessed by using a structured questionnaire regarding menopausal symptoms and its management. The study finding revealed that 10% were adequate knowledge, 85% were moderate knowledge and 5% were inadequate knowledge regarding menopausal symptoms and its management. Also the study findings revealed that there was a significant association between knowledge on menopausal symptoms and its management among perimenopausal women with their selected demographic variables. Thus the study concluded that perimenopausal women need to be educated on menopausal symptoms and its management.

Keywords: *perimenopausal women, menopaousal symptoms and management*

INTRODUCTION

Menopause is a unique stage of the female reproductive life cycle, a transition from reproductive to non-reproductive stages. It is characterized by cessation of menstruation and implies loss of child bearing capacity and aging. Menopause has been considered a major transition point in women's reproductive and emotional life . Menopause is not a disease but a natural transition in a women's life that results from a decrease in the ovarian production of sex hormones such as estrogen, progesterone and testosterone. This transition will be smooth only, if women are aware of the natural changes occurring during which will help

them to adopt self- help behaviour and to improve their physical and mental health.

NEED AND SIGNIFICANCE OF THE STUDY

The objective of the study was to asses the knowledge regarding menopausal symptoms and its management among perimenopausal women Nadathara grama-panchayath , Thrissur. Perimenopause refers to the time during which body makes the natural transition to menopause, marking the end of reproductive years. Due to hormonal imbalance women may experience psychological as well as physiological changes that affect their overall health status. There is lack of

knowledge and awareness regarding Perimenopause and menopause and its problems among women. During the community posting, the researchers of the study have seen most of the woman reach menopausal age without having adequate knowledge of this period and the way to deal with it. In the societies where woman have high knowledge about menopause, the consequences dealing with perimenopause are still less obvious.

Statement of the study

A study to assess the knowledge regarding menopausal symptoms and its management among perimenopausal women at Nadathara gramapanchayath, Thrissur.

Objectives of the study

- To assess the knowledge regarding menopausal symptoms and its management among perimenopausal women .
- To associate the level of knowledge regarding menopausal Symptoms and its management among perimenopausal women with their selected demographic variables.
- To prepare and distribute an information booklet regarding menopausal symptoms and its management.

Hypothesis

(Significant at 0.05 level)

H1 : There is a significant association between knowledge regarding menopausal symptoms and its management among perimenopausal women with selected demographic variables.

H0 :There is no significant association between knowledge regarding menopausal symptoms and its management among perimenopausal women with selected demographic variables.

METHODOLOGY

Research approach: In this study quantitative research approach was used .

Methods of data collection

Data collection procedure are the means of gathering information to address the research problem. Data was done from 16/8/2023 to 17/8/2023. A formal permission was obtained from the principal, Aswini College Of Nursing, Thrissur. Followed by, permission from the ward member of Nadathara gramapanchayath, Thrissur for the collection of data. The data collection period was from 16/8/2023 to 17/8/2023. The investigators selected samples from 12,13,14 wards of Nadathara panchayath by non-probability convenience sampling. The investigators selected a total of 60 samples within 2

days. After a brief introduction the investigator explained the need and purpose of the study. Written consent was obtained from the samples who met the inclusion criteria. Confidentiality of the information and privacy was assured. The time taken by the sample to complete the questionnaire was 20-30 minutes. After the collection of data the investigators distributed an information booklet to all perimenopausal women.

Research Design: In this study non experimental descriptive research design was used.

Demographic variables: In this study the demographic variables are age ,religious status, marital status,education,occupation, previous knowledge, menopause attained or not.

Population: in this study the population selected comprises of women of age group 40-55 years.

Targeted population : It includes all the perimenopausal women belonging to Nadathara gramapanchayath,Thrissur.

Accessible population: The accessible population consisted of perimenopausal women from 12,13,14 wards of Nadathara gramapanchayath,Thrissur.

Sampling technique: The samples were selected by convenience sampling technique.

Sampling size: The sample of the present study comprised of 60 perimenopausal women in Nadathara gramapanchayath,Thrissur.

Sample criteria ,Inclusion criteria

Perimenopausal women who were

- Between the age group of 40-55 years
- Willing to participate in the study
- Able to read and write malayalam

Exclusion criteria:

Perimenopausal women who were

- Under the age group of 40
- Above the age group of 55
- Health professionals

Description and Scoring

Section A: Description of the demographic variables of the samples

Section B: Description of the assessment of the level of knowledge among the perimenopausal women regarding menopausal symptoms and its management

Section C: Description of the association between the level of knowledge regarding menopausal symptoms and its management among perimenopausal women with their demographic variables

RESULT FINDINGS:

Section A: Description of the demographic variables of the samples

Table 1: Frequency and percentage distribution of demographic variables of the subject

SI No.	Demographic variables	Frequency	Percentage
1	Age in years		
	a. 40-45	7	11.67%
	b. 46-50	27	45%
	c. 51-55	26	43.33%
2	Religious status		
	a. Hindu	31	51.66%
	b. Christian	25	41.67%
	c. Muslim	4	6.67%
3	Marital status		
	a. Married	54	90%
	b. Unmarried	3	5%
	c. Divorced	1	1.67%
	d. widow	2	3.33%

4	Educational status		
	a. Primary	13	21.67%
	b. High school	21	35%
	c. Higher secondary	13	21.67%
	d. Degree & above	13	21.66%
5.	Occupation		
	a. Government	4	6.67%
	b. Self finance	7	11.66%
	c. Home maker	45	75%
	d. Daily wager	4	6.66%
6.	Previous information		
	a. yes	27	45%
	b. No	33	55%
7.	Menopause attained		
	a. yes	34	56.67%
	b. No	26	43.33%

Section B: Description of the assessment of the level of knowledge among the perimenopausal women regarding menopausal symptoms and its management

Level of knowledge	Scoring range	Frequency	Percentage
Inadequate	0-10	3	5%
Moderate	11-20	51	85%
Adequate	21-30	6	10%

Section C: Description of the association between the level of knowledge regarding menopausal symptoms and its management among perimenopausal women with their demographic variables.

Sl.No	Demographic Variable	X ²	Table Value
1.	Marital status	29.77	12.59
2.	Education	14.0523	12.59

DISCUSSION

The first objective was to assess the knowledge regarding menopausal symptoms and its management among perimenopausal women:

The present study reveals that among 60 perimenopausal women, 3 (5%) had inadequate knowledge, 51 (85%) had moderate knowledge, 6(10%) had adequate knowledge regarding menopausal symptoms and its management.

The second objective was to associate the level of knowledge regarding menopausal symptoms and its management among perimenopausal women with their selected demographic variables.

The present study reveals that there was significant association between knowledge of perimenopausal women with demographic variables such as marital status and education.

CONCLUSION: From this study it is evident that the majority of subjects had moderate knowledge regarding the menopausal symptoms and its management. Hence it is suggested that all the health care providers take the initiative to educate the perimenopausal women regarding the menopausal symptoms and its management.

REFERENCE

1. Kalthan M, Singhania K, Choudhary P, Verma S, Kaushal P, Singh T. Prevalence of Menopausal Symptoms and its Effect on Quality of Life among Rural Middle Aged Women (40-60 Years) of Haryana, India. *International Journal of Applied and Basic Medical Research* [Internet]. 2020 [cited 2022 Jan 14]; 10(3):183-8.
2. Agarwal AK, Kiron N, Gupta R, Sengar A, Gupta P. A study of assessment menopausal symptoms and coping strategies among middle age women of North Central India. *International Journal Of Community Medicine And Public Health*. 2018 Sep 24; 5(10):4470.
3. S.K. Mohanasundari, Ranjana V. A Study to Assess the Level of Knowledge Regarding Menopausal, Peri-Menopausal Syndrome and Post-Menopausal Syndrome and Its Management among Post-Menopausal Women in Selected Community Lucknow. *International Journal of practical Nursing*. May-August 2017. 5(2).
4. Sultan S, Sharma A, Jain NK. Knowledge, attitude and practices about menopause and menopausal symptoms among midlife school teachers. *International Journal of Reproduction, Contraception, Obstetrics and Gynecology*. 2017 Nov 23; 6(12):5225.
5. Eslami A, Hassanzadeh A, Davari S, Noroozi E, Dolatabadi N. Knowledge and attitude to ward menopause phenomenon among women aged 40-45 years. *Journal of Education and Health Promotion*. 2013; 2(1):25.
6. Choudhary P, Sumon. A study to assess the knowledge and attitude regarding menopause among perimenopausal women at Banarand Bhadvasiya Community. *International Journal of research and development*. August 2022; 7(8).

How to Cite this:

Vancouver Citation:

Thomas S, Rose A, Jayan AK, Ashraf M, Babu N, P J P, Pradeep SK, Sabu S. A study to assess the knowledge regarding menopausal symptoms and its management among perimenopausal women, Nadathara Gramapanchayath, Thrissur. *Brio Int J Nurs Res*. 2024; 5(11):311-4.

APA Citation:

Thomas, S., Rose, A., Jayan, A. K., Ashraf, M., Babu, N., P. J. P., Pradeep, S. K., & Sabu, S. (2024). A study to assess the knowledge regarding menopausal symptoms and its management among perimenopausal women, Nadathara Gramapanchayath, Thrissur. *Brio International Journal of Nursing Research*, 5(11), 311-314.