



ASSESSMENT OF THE LEVEL OF KNOWLEDGE ON MENOPAUSE AMONG MIDDLE AGE WOMEN

Deena Jothy R.^{1*} and Lalitha Ambigai P.²

¹Assistant Professor, SRM College of Nursing, SRM University, Kattankulathur, Kancheepuram District, Chennai, Tamil Nadu, 603203.

²Kattankulathur, Kancheepuram District, Chennai, Tamil Nadu 603203.

*Corresponding Author: Deena Jothy R.

Assistant Professor, SRM College of Nursing, SRM University, Kattankulathur, Kancheepuram District, Chennai, Tamil Nadu, 603203.

Article Received on 26/09/2017

Article Revised on 17/10/2017

Article Accepted on 07/11/2017

ABSTRACT

Menopause is a natural and normal part of aging expect when brought about through surgery or as the result of medications or illness. Menopause is the time of life when ovaries stop producing female hormone estrogen and progesterone. **Statement of the study:** A study to assess the knowledge on menopause among middle age women in selected rural areas at Mamandur, Kancheepuram. **Objectives:** To assess the knowledge on menopause among middle age women and associate the knowledge on menopause among middle age women with selected demographic variable. **Materials and Methods:** The study adopted quantitative approach and descriptive research design which was in 50 middle age women was selected by non probability convenient sampling technique was used to select the samples based on the inclusion and exclusion criteria. It consists of two section. Section A- Demographic data and section B- consists of 20 questionnaires. Data collected and was analysed by using descriptive and inferential statistics. **Results:** Considering the overall, among 50 middle age women, 11(22%) women have in adequate knowledge; 39(78%) mothers have moderately adequate knowledge and none of them have adequate knowledge. **Conclusion:** Most of the women had inadequate knowledge. So investigator felt the need to help them to improve their knowledge through an educational approach by providing health education.

KEYWORDS: Assess, knowledge, menopause, middle age women, rural areas.

INTRODUCTION

"Guide to women's health after menopause".

Dr. Meenal Kumar

Menopause is affecting the life event of millions of menopausal women at global statistics. The main responsibility it goes to nurses for providing comprehensive health care to them and they must bring newer strategies to promote the women support in India to develop health and well-being.^[1]

Perimenopause means "around menopause" and refers to the time during which your body makes the natural transition to menopause, marking the end of the reproductive years. Perimenopause is also called the menopausal transition.

Women start perimenopause at different ages. You may notice signs of progression toward menopause, such as menstrual irregularity, sometime in your 40s. But some women notice changes as early as their mid-30s.^[2]

Heart disease risk increases with age for everyone, but symptoms of heart disease can be more evident particularly after menopause. Researchers for the first time have linked symptoms of heart failure to menopause, according to a new study from the Karolinska Institute in Stockholm, Sweden.

Data that included more than 22,000 postmenopausal women from the Swedish National Patient Register, showed that women who went through menopause at an earlier age of age 40 to 45 (average is 51 in the United States), had a heart failure rate 40% higher than women who went through menopause between the ages of 50 and 54. The rate of heart failure dropped by 2% for every 1-year increase in age for onset of menopause.^[3]

Menopause is usually a natural change. It can occur earlier in those who take tobacco and smoke. Other causes include surgery that removes both ovaries or some types of chemotherapy. At the physiological level, menopause happens because of a decrease in the ovaries' production of the hormones estrogen and progesterone. While typically not needed, a diagnosis of menopause

can be confirmed by measuring hormone levels in the blood or urine. Menopause is the opposite of menarche, the time when a girl's periods start.^[4]

STATEMENT OF THE PROBLEM

A study to assess the knowledge on menopause among middle age women in selected rural areas at Mamandur, Kancheepuram.

OBJECTIVES OF THE STUDY

- I. To assess the knowledge on menopause among middle age women.
- II. To associate the knowledge on menopause among middle age women with selected demographic variable.

RESULT

Section I: A study to assess the level of knowledge on menopause among middle age women.

Table 1: Frequency and percentage distribution of middle age women.

Demographic variables		Middle age women (N = 50)	
		Number	%
Age	<20 Years	12	24
	30-35	7	14
	36-40	44	88
	41-44	19	38
Religion	Hindu	47	94
	Muslim	3	6
Education	Primary	33	66
	HSS	3	6
Occupation	Labor	27	54
	Private Job	3	6
	Government Job	20	40
Income	Rs 1590-4726	8	16
	Rs 4727-7877	31	62
	Rs 7878-11876	11	22
Type of family	Nuclear	6	12
	Joint	44	88
No of children	1 Child	20	40
	2 Children	21	42
	>2 Children	9	18
Age at Menstruation	5-10 years	6	12
	11-15 years	44	88
Type of Menstruation	Regular	38	76
	Irregular	12	24

The Table 1, above represents the frequency and percentage distribution of middle age women.

THE STUDY AIM

To Assessment of the knowledge on menopause among middle age women in selected rural areas at Mamandur, Kancheepuram.

Methodology: The setting of the study, the sample of the study, the study instrument, data collection, statistical data analysis and validity of the questionnaire.

Design of the study: Descriptive survey research design was adopted for the present study.

Setting of the study: The study is conducted at the age group from 30 to 45years of female from Mamandur at Kancheepuram district.

The sample of the study: Non probability purposive sampling technique was used to select the samples of 50 middle age women.

Age

This table reveals that among 50 middle age women, 7 (14%) are 30-35 years of age, 24 (48%) are in between (36-40) years and 19 (38%) are in between (41-45) years of old.

Religion

Considering the religion of women, 47 (94%) are Hindus and 3 (6%) are Muslims. education.

Education

Considering the educational status, 14 (28%) are illiterates, 33 (66%) are primary level of education and 3 (6%) women are HSS level of education.

Occupation

Considering the occupation of women, 27 (54%) are labors, 3 (6%) are private employees and 20 (40%) are Government employees.

Income

Considering the income, 8 (16%) women are earning Rs 1590-4726; 31 (62%) are earning (4727-7877) rupees and 11 (22%) are earning in between (7878-11876).

Type Family

Considering the type of family, 6 (12%) are nuclear families and 44 (88%) are joint families.

Number of Children

Considering the number of children for the women, 20 (40%) have 1 child, 21 (42%) have 2 children and 9 (18%) have more than 2 children.

Age at First Menstruation

Considering the age at first menstruation, 6 (12%) women got in between (5-10) age and 44 (88%) got in the age group Of (11-15).

Type of Menstruation

Considering the type of menstruation, 38 (76%) got regular menstruation and 12 (24%) got irregular menstruation.

Section II

Assessment of the level of knowledge on menopause among middle age women

Table 2: Assessment of the level of knowledge on menopause among middle age women.

Level of knowledge	Number (N=50)	Percentage
In adequate knowledge	11	22
Moderately adequate knowledge	39	78
Adequate knowledge	0	0

The above table 2 reveals that among 50 middle age women, 11 (22%) women have in adequate knowledge;

39 (78%) mothers have moderately adequate knowledge and none of them have adequate knowledge.

Section III

Association between the level of knowledge on menopause among middle age women and with their demographic variables

Table 3: Association between the level of knowledge on menopause among middle aged women and with their demographic variables.

Demographic Variables		Level of knowledge						Chi square test
		In adequate		Moderately adequate		Adequate		
		N	%	N	%	N	%	
Age	31-35	2	18.2	5	12.8	0	0	X ² = 9.72 P = 0.69 NS
	36-40	6	54.5	18	46.2	0	0	
	41-44	3	27.3	16	41			
Religion	Hindu	10	90.9	37	94.9	0	0	X ² = 0.23 P = 0.62 NS
	Muslim	1	9.1	2	5.1	1	7.2	
Education	Illiterate	3	27.3	11	28.2	0	0	X ² = 0.94 P = 0.62 NS
	Primary	8	72.7	25	64.1	0	0	
	HSS	0	0	3	7.6	0	0	
Occupation	Labor	6	51.5	21	53.8	0	0	X ² = 0.27 P = 0.87 NS
	Private Job	1	7.1	2	5.1	0	0	
	Government Job	4	36.4	16	41.1	0	0	
Income	Rs 1590-4726	5	45.4	3	7.6	0	0	X ² = 10.56 P = 0.006 Signifiant
	Rs 4727-7877	3	27.3	28	71.8	0	0	
	Rs 7878-11876	3	27.3	8	20.5	0	0	
Type of Family	Nuclear	1	9.1	5	12.8	0	0	X ² = 0.11 P = 0.73 NS
	Joint	10	90.9	34	87.2	2	14.3	
No of Children	1 Child	3	27.3	17	43.6	0	0	X ² = 3.31 P = 0.19 NS
	2 Children	4	36.4	17	43.6	0	0	
	>2 Children	4	36.4	5	12.8	0	0	
Age at Menstruation	5-10 years	1	9.1	5	12.8	0	0	X ² = 3.31 P = 0.19 NS
	11-15 years	10	90.9	33	84.6	0	0	
	16-20 YEARS	0	0	1	2.6	0	0	
Type of Menstruation	Regular	9	81.8	29	51.3	0	0	X ² = 0.28 P = 0.60 NS
	Irregular	2	18.2	10	48.7	0	0	

Table 3, reveals that there is significant association between the level of knowledge among middle age women and with their demographic variable of income. There is no association with respect to other variables.

DISCUSSION

In this study the demographic and knowledge related variables were discussed as follows:

Considering the age, women were in the age group of 36-40 years (48%), out of 50 samples. Considering the religion of women among 50 middle aged women, majority of the religion is Hindu (94%). Considering the educational status among 50 middle aged women, majority of the women are primary level of education (66%). Considering the occupation of women among 50 middle aged women, majority of the women are labors (54%). Considering the income among 50 middle aged women, majority of the women are earning Rs.1590-

4726 (62%). Considering the type of family among 50 middle aged women, majority of the women are joint family (88%). Considering the number of children among 50 middle aged women, majority of the women have 2 children (42%). Considering the age at first menstruation among 50 middle aged women, majority of the women got in the age group of 11-15 (88%). 34 Considering the type of menstruation among 50 middle age women, majority of the women got regular menstruation (76%).

The result of the study has been discussed based on the objectives stated in the study.

Objective 1: To assess the knowledge on menopause among middle age women.

The assessment of the level of knowledge among middle age women reveals that among 50 middle age women, 11 (22%) women have in adequate knowledge; 39 (78%) mothers have moderately adequate knowledge and none of them have adequate knowledge. Similar study was conducted by Entisar Abo Elghite Elhossiny Elkazeh and Amaal Mohamed Ahmed El-zeftawy on May-June 2015 on Knowledge of Women in Reproductive Age about Menopausal Problems and Preventive Health Behaviors in Tanta City, Al –Gharbyia Governorate, Egypt .The data were used to collect from 300 samples. The data were collected with the help of an structured interview questionnaire. The results revealed that More than two thirds of the studied women (72%) had poor level of knowledge about symptoms and signs of menopause, and two thirds of them (66%) had also poor level of knowledge about onset and causes of menopause. Whereas (47.3% and 35% respectively) of the studied women had poor level of knowledge about preventive health behavior, management and concept of menopause.^[6]

Objective 2: To associate the knowledge on menopause among middle age women with selected demographic variables.

The result of the present study revealed that there is significant association between the level of knowledge among middle age women and with their demographic variable of income. There is no association with respect to other variables, hence the null hypothesis stated that there will be no significant association between knowledge regarding menopause among middle age women and their demographic variables and 35 was not accepted for income and accepted for other demographic variables. Similar study was conducted by Rukmani 2015 regarding Knowledge on Menopause among Pre Menopausal Women at Selected Area of Puducherry, India. The data were used to collect from 300 samples by simple random sampling technique. The data were collected with the help of an structured interview questionnaire. The finding from chi- square test reveals that there is significant (5.15) between age and

menopause. Whereas in religion (0.01), education (2.04), marital status (0.13), type of family (0.45), occupation (0.08), spouse occupation (0.61), and income (0.05) reveals that there is no significant with menopausal women.^[7]

CONCLUSION

The results of the present study concluded among 50 middle age women, 11 (22%) women have in adequate knowledge; 39 (78%) mothers have moderately adequate knowledge and none of them have adequate knowledge. And there is significant association between the level of knowledge among middle age women and with their demographic variable of income. There is no association with respect to other variables. So investigator felt the need to help them to improve their knowledge through an educational approach by providing health education.

RECOMMENDATION

Based on the findings of the study the following recommendations are made: 1. A similar study may be replicated for a large group. 2. Comparative study can be done between a rural and urban community and a literate and non-literate population.

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