

A STUDY TO ASSESS THE KNOWLEDGE REGARDING PREMENOPAUSAL SYMPTOMS AND ITS MANAGEMENT AMONG WOMEN AGED BETWEEN 40-50 YEARS IN SELECTED RURAL AREAS OF KANCHIPURAM DISTRICT

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Abstract

A normal healthy woman's reproductive phase is usually known by the terms such as menarche which means the age of first menstruation, menstruation denotes the periodic and cyclical shedding of endometrium, puberty is the period of increased general body growth and development of secondary sexual characters and sex organs and girls become capable of reproduction, and menopause is the cessation of menstruation due to rapid decrease in the production of female sex hormones by the ovaries at the age of about 45-55 years.

Objectives of the study

1. To assess the knowledge regarding premenopausal symptoms and its management among women residing at selected rural areas of Kanchipuram district.
2. To determine the relationship between the knowledge with selected socio demographic variables.
3. To prepare a health education pamphlet on premenopausal symptoms and its management.

60 women aged between 40 -50 years were selected through simple random sampling method from selected. Data collected by semi structured interview schedule and analyzed by using descriptive and inferential statistics in terms of frequencies, percentage, mean, standard deviation and chi square analysis.

Summary of major findings

Findings related to selected socio demographic variable: Out of 60 mothers 56.67% were in the age group 40-45 years. About 86.67% were Hindus. Majority 96.6% of the women were married 45% were illiterate. In rural area about 63.33% of the women were housewives and 23.33% were coolie. Among the study subjects 40% of their monthly income below Rs.6000/-.The majority of the sample (50%) got previous information from the friends or relatives about the premenopausal symptoms. knowledge reveals that 90% of the rural women had inadequate knowledge, and only 10% of them had moderate knowledge. No one in the rural area had adequate knowledge regarding premenopausal symptoms and its management. The overall mean knowledge score of rural women was 33.67 with SD 5.69. The highest mean knowledge score (42.83) was found on general information regarding menopause and premenopausal period with SD as 0.95. The study concluded that overall knowledge score of the rural women (33.67%). The study also reveals that the knowledge of women regarding premenopausal symptoms and its management was significantly Inadequate related with the educational status in rural women.

INTRODUCTION

“Women can control their quality of aging process by making wise Lifestyle choices early on”

-Adele Pillitteri

Women's health primarily focuses on women's psychosocial and physiological well being, functional abilities, and experiences of symptoms and

health problems. The major health issues of the women are heart disease, cancer, HIV, aging, depression and midlife. In order to address the women health problems all these factors to be noticed. The women's health has pivotal role in ensuring the family's and community's health. A normal woman

life cycle consists of pre pubertal stage, puberty, menstruation, premenopausal phase, menopause and post menopause. Female begins to develop secondary sexual characteristics at a wide range of ages. The average age for a girl to begin puberty is 11 years of age. Menstruation is cyclic shedding of the endometrial lining of the uterus. Menarche is the female's first menstruation and sign of puberty. Most girls begin to menstruate between 10 and 16 years of age.

The follicles in the ovary atrophy continuously during a woman's life. The progressive decline in the number of follicles that can produce estrogen in response to pituitary hormone causes the women usually between 40 and 50 years of age to begin noticing the physical changes in the body. Levels of estrogen and progesterone diminish gradually. This phase is the transition to menopause and is termed as premenopausal period. During this phase a woman has variation in menstrual and ovarian cycles. Ovulation often fails to occur. Finally the cessation of menstruation menopause occurs. The period of life after menopause is termed post menopause. (Donna D Ignatavicius)

Need for the study

The prevalence of menopausal symptom varies in geographical region and ethnicity of the population. Only limited studies are conducted among Asian women to analyze the severity of menopausal symptoms. According to The Study of women's health Across Nation (SWAN), studies report shows that Japanese and Chinese women manifested less symptoms than Caucasian women. Worldwide, the education of the women is the single most important factor in the improvement of the health of women and their families. As women are educated, their socio economic status improves and mortality rates decline. Because women's financial stability is closely linked to health outcomes, it is essential to promote and support advancement of women. The investigator felt that it is essential to identify the premenopausal symptoms and management among the rural women, so that they can overcome the stress during this period of life and can seek medical advice for such irritating symptoms.

Statement of the problem

A study to assess the knowledge regarding premenopausal symptoms and its management among women aged between 40-50 years in selected rural Areas of Kanchipuram district

Objectives of the study

1. To assess the knowledge regarding premenopausal symptoms and its management among women residing at selected rural areas of Kanchipuram district.
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METHODS AND MATERIALS

The methodology of research indicates the general pattern of organizing the procedure of gathering valid and reliable data for an investigation. (Polit, Hungler 2004).

Research approach

The research approach for this study is non experimental and the aim of the study is to compare the knowledge of rural women regarding the premenopausal symptoms and management.

Sample and sampling technique

The sample size of the present study was 60 women aged between 40-50 years, from rural area of Kanchipuram. The samples were selected through simple random sampling method. The list of women between the age group 40-50 years are collected from those 60 women from each area by simple random sampling (lottery method).

Description of the tool

The tool used to collect the data was a semi structured interview schedule to assess the knowledge of women regarding the premenopausal symptoms and its management, the tool comprised of 2 parts including 33 items.

Part i

Part I includes 7 demographic variables such as age, religion, marital status, educational status, occupational status, monthly income of the family and source of previous knowledge regarding premenopausal symptoms and management.

Part ii

The part II consists of 33 questions about knowledge regarding premenopausal symptoms and its management and items were arranged in 3 sections.

Section A

The section has 6 items related to knowledge regarding general information on menopause and premenopausal period.

Section B

The section B has 16 items related to knowledge regarding physiological symptoms and its management.

Section C

The section C has 11 items related to the knowledge on psychological symptoms in premenopausal period and its management.

Data collection procedure

The data collection was done after got permission from concerned authority. The researcher personally visited each houses of both urban and rural area. The data collection done with a semi structured interview schedule for 10 Days.

DATA ANALYSIS AND DISCUSSION

The data collected through semi structured interview schedule were analyzed by descriptive and inferential statistics. The substantiate summaries of the findings are arranged in accordance with the specific objectives of the study.

Out of 60 mothers 56.67% were in the age group 40-45 years. About 86.67% were Hindus. Majority 96.6% of the women were married 45% were illiterate. In rural area about 63.33% of the women were housewives and 23.33% were coolie.

Among the study subjects 40% of their monthly income below Rs.6000/-.The majority of the sample (50%) got previous information from the friends or relatives about the premenopausal symptoms

Figure: 1 Distribution of women according to their age.

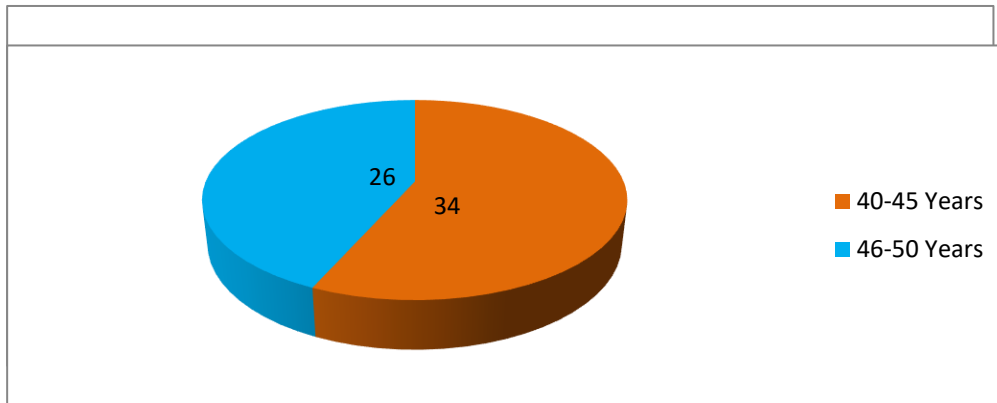


Figure 2: Distribution of women according to their previous knowledge on premenopause.

Distribution of women knowledge on premenopause reveals that 90% of the rural women had inadequate knowledge, and only 10% of them had moderate knowledge. No one in the rural area had adequate knowledge regarding premenopausal symptoms and its management. The overall mean

knowledge score of rural women was 33.67 with SD 5.69. The highest mean knowledge score (42.83) was found on general information regarding menopause and premenopausal period with SD as 0.95. The study concluded that overall knowledge score of the rural women (33.67%).

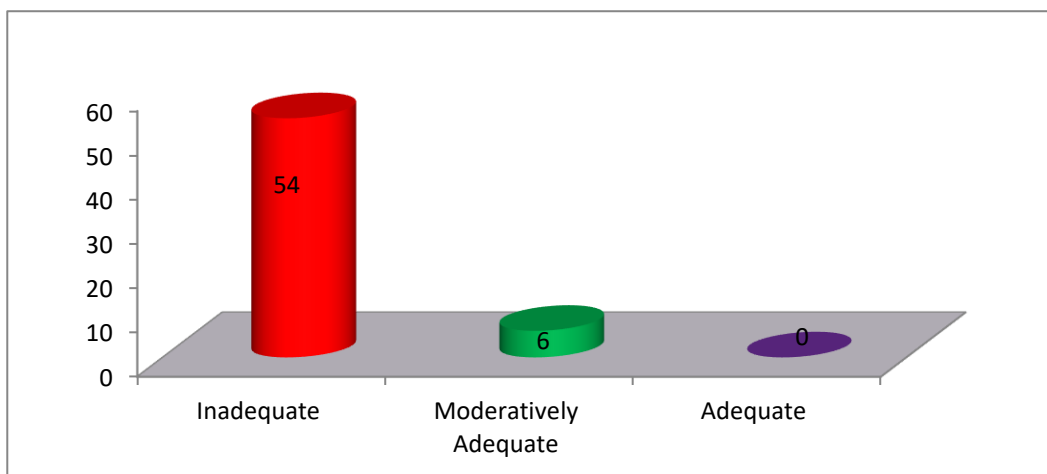


Figure 3: Distribution of women’s knowledge on premenopause.

Analysis of “chi square” to find out the between knowledge and demographic variables of the rural women. It was found that the educational status and occupational status was significant at 5%level and other variables such as age, religion, marital status, monthly income of the family and source of knowledge was not significant at 5%level.

CONCLUSION

Women’s knowledge regarding premenopause reveals that 90% of the women had inadequate knowledge, and only 10% of them had moderate knowledge. No one had adequate knowledge regarding premenopausal symptoms and its management. The overall mean knowledge score of women was 33.67 with SD 5.69. The highest mean knowledge score (42.83) was found on general

information regarding menopause and premenopausal period with SD as 0.95.

The study reveals that the knowledge of women regarding premenopausal symptoms and its management was significantly low and they need to have some educational or mass media education for coping with the menopausal Changes occurs in their life.

IMPLICATIONS OF THE STUDY

The study findings have implications to different field of Nursing that is nursing education, nursing practice, nursing administration and nursing research. While analyzing the knowledge of women regarding the premenopausal symptoms and its management it is clear that the initiatives should be

taken in all these fields to improve the knowledge of women.

NURSING EDUCATION

The nursing education provides the basis for all other branches of nursing. Findings of the study can be used as an information guide to the educators to deliver the knowledge to the students of nursing. While preparing the curriculum, frequent community visits to both urban and rural area needs to be considered and to prepare students to deliver adequate knowledge regarding premenopausal symptoms and its management.

Nursing Practice:

The care givers should educate the other health professionals regarding the premenopausal symptoms and its management. The nurses should educate, provide guidance to subordinates and the student nurses while attending the women with premenopausal symptoms. Health education program can be conducted in the hospital settings and community settings. A community health nurse should educate the other paramedical staff, village health guides and other health professionals of community to attend and manage the women with premenopausal symptoms and its management.

Nursing Research:

Nurse researchers can conduct further research on knowledge and attitude of women regarding premenopausal symptoms and its management. The data should be collected to find out the problems faced by the women in the age group 40-50 years. Instructional materials and folk plays can be prepared and administered to the women regarding the management of premenopausal symptoms to improve the women's knowledge.

RECOMMENDATIONS

On the basis of the study following recommendations can be done.

- The present study can be replicated by using a large sample so that findings can be generalized.
- A study can be conducted to identify the attitude of the women on premenopausal symptoms and problems faced by the women in the age of 40-50 years.
- A quasi experimental study can be conducted to evaluate the effectiveness of planned teaching program on premenopausal symptoms and its management.

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