

## EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE OF WOMEN REGARDING MENOPAUSAL CHANGES IN SELECTED RURAL AREAS OF MYSURU, KARNATAKA

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### ABSTRACT

**Background:** Menopause is a unique stage of female reproductive life cycle, a transition from reproductive to non-reproductive stage. It is characterized by cessation of menstruation and women may view menopause as a transition from middle age to old age. Various problems which women experience are depression, anxiety, irritability, low self-esteem, lack of confidence, memory changes, and difficulty in concentration, fatigue and inferiority feelings, vasomotor, instability, hot flashes, headaches, dizziness, diaphoresis, sleeplessness, wrinkling and dying of the skin and loss of hair. Thus women may be hesitant and ignore the unusual and hormonal related symptoms may go undetected resulting in a delay in diagnosis and treatment. Awareness about menopausal symptoms is necessary for women as she is vulnerable to physical and psychological stress and ability to manage and cope up with those symptoms effectively. **Methods:** The main objective of the study was to determine the effectiveness of structured teaching program on knowledge of women regarding menopausal changes. The research design selected for this study was Pre-experimental - One group pre test post-test design. 30 women were selected from rural areas of Mysuru through convenience sampling technique. Personal proforma was used to assess the selected personal variables of rural women and structured knowledge questionnaire to assess the knowledge of women regarding menopausal changes. **Results:** The structured teaching programme was effective in increasing the knowledge of rural women regarding menopausal changes as the computed paired 't' = 19.2 p < 2.045) is found to be significant at 0.05 level of significance. **Conclusion:** The study reinforces the need to organize teaching programs which sensitize the rural women to enhance the knowledge regarding menopausal changes.

**KEYWORDS:** Structured teaching programme, knowledge, women, menopausal changes.

### INTRODUCTION

Menopause means permanent cessation of menstruation at three end of the reproductive life due to loss of ovarian follicular activity. It is the point of time when last and final menstruation occurs.

The average women are postmenopausal for one third her life, the incidence of certain conditions (e.g. coronary artery diseases, diabetes, breast cancer, cervical cancer, and osteoporosis) increase after menopause. Menopause is an unavoidable changes that every women will experience, assuming she reaches middle age and beyond. Menopause is important phase in a women's life which produces physical, physiological as well as social changes. This will help in early reorganization of symptoms, reduction of discomfort and fear and enable to seek appropriate medical care if necessary.

Menopause is the most misunderstood biological and physiological changes that happen to women. Most of the women are not aware about the menopausal problems and it needs intervention. So, it is important to bring awareness about menopausal symptoms and its management among menopausal women and get appropriate treatment which should be used by everyone in all level of economical background.

Menarche and menopause are the turning point in the life of a woman. "Menopause is a stage of life not a disease" - such as diet and physical activity climate and women's roles- as factors in women's experiences with menopause. Post menopausal women have to face a lot of problems, both physically and psychologically. They have to cope with these changes and accept their new role in the society and family.

Menopause is a unique stage of female reproductive life cycle, a transition from reproductive to non-reproductive stage. It is characterized by cessation of menstruation and women may view menopause as a transition from middle age to old age. Some women may look upon this with pleasant anticipation as time of relative freedom from such worries as undesired pregnancies and the stress of child bearing. Many women may have fear during this period because of the anticipated losses. Thus women may be hesitant and ignore the unusual and hormonally related symptoms may go undetected resulting in a delay in diagnosis and treatment.

A descriptive study was conducted to assess relationship between knowledge, attitude and health behaviour among menopausal women. A random sample of 250 menopausal women was studied. The data was collected by using a questionnaire and study showed that 7(28%) women had good knowledge only 27(11%) women had a positive attitude and 40(16%) women had healthy behaviour regarding menopausal duration. The result of this study revealed that there is a positive correlation between knowledge, attitude and healthy behaviour.

Awareness about her physiological changes is necessary for women as she is vulnerable to physical and psychological stress. The individual age, physical emotional status and environment influences the regulatory of her periods. Women's health care is generally focused on the pregnant adult women however childhood, menarche, pregnancy, menopause and the menopausal years are defined by anatomic and physiologic parameters<sup>16</sup>.

The above facts made the investigation to realize the importance of problem in current situation and created an intention to administer a structured teaching program to assess the knowledge of the women in menopausal stage regarding the menopausal symptoms. Thereby enhancing their awareness on menopausal symptoms and ability to manage and cope up with those symptoms effectively.

## OBJECTIVES

1. To assess the knowledge of women regarding menopausal changes before and after administration of structured teaching program on menopausal changes.
2. To determine the effectiveness of structured teaching program on knowledge of women regarding menopausal changes.
3. To find the association between knowledge of women regarding menopausal changes and their selected personal variables.

## Hypotheses

H<sub>1</sub>:-The post-test knowledge scores of women regarding menopausal changes will be significantly higher than their pre test knowledge score.

H<sub>2</sub>:- There will be significant association between level of knowledge of women regarding menopausal changes and their selected personal variables.

## METHODOLOGY

**Research Approach/Design-** The research design selected for this study was Pre-experimental - One group pre test post-test design.

### Variables Under Study

**Independent variable:** Structured teaching programme regarding menopausal changes. **Dependent variable:** Knowledge of women regarding menopausal changes.

**Selected personal variables:** Age, marital status, religion, monthly family income, education.

**Setting** - The setting for the present study is selected rural areas of Mysuru.

### Sample and Sampling Criteria

#### Inclusion criteria for sampling

1. Residing in selected rural areas of Mysuru
2. Aged between 45-50 years

#### Exclusion criteria

Women who are not willing to participate in the study.

#### Sampling Technique

In this study, convenience sampling will be used to select the samples from the selected rural areas in Mysuru.

#### Sampling Size

In this study, sample size will be 30 women from selected rural areas of Mysuru.

#### Data Collection Instrument

1. Personal proforma was used to assess the selected personal variables of rural women and
2. Structured knowledge questionnaire to assess the knowledge of women regarding menopausal changes.

**RESULTS**

**Table 1: Frequency and percentage distribution of women according to their selected personal variables n=30.**

Sl.no	Sample characteristics	Frequency(f)	Percentage (%)
<b>1</b>	Age(in years)		
	1.1 40-45	8	27%
	1.2 46-50	22	73%
<b>2</b>	Marital status		
	2.1 Married	26	87%
	2.2 Unmarried	4	13%
<b>3</b>	Religion		
	3.1 Hindu	24	80%
	3.2 Muslim	5	17%
	3.3 Christian	1	3%
<b>4</b>	Family income		
	4.1 Below 5000	2	7%
	4.2 5000-10000	8	27%
	4.3 10000-15000	16	53%
	4.4 Above 15000	4	13%
<b>5</b>	Educational status		
	5.1 primary school	16	53%
	5.2 high school	6	20%
	5.3 no formal education	8	27%

**Table 2: Frequency and percentage distribution of level of knowledge of women in selected rural areas according to their pre test and post test scores n = 30.**

Knowledge level	Pre test f (%)	Post test f(%)
Poor knowledge(0-11)	29(96%)	--
Average knowledge(12-17)	1 (4%)	12(40%)
Good knowledge(>18)	--	18(60%)

**Table 3: Mean, Median, Standard deviation and Range of pre-test and post-test knowledge score of rural women n=30.**

Test	Mean	Median	Range	SD
Pre test	7.36	7	2-12	±2.9
Post test	17.9	18	15-20	±1.5

**Table 4: Mean, mean difference, standard deviation difference, standard error and paired ‘t’ value of pre-test and post-test knowledge scores of rural women n=30.**

Knowledge scores	Mean	Mean Difference	S.D. Difference	Standard Error	Paired ‘t’ test value
Pre-test	7.36	10.54	±1.4	0.2	19.2*
Post-test	17.9				

**T<sub>(29)</sub>=2.045; p<0.05\* significant.**

To find the significant difference in mean knowledge scores, paired ‘t’ test was computed and obtained value of paired ‘t’= 19.2, p<2.045 is found to be significant. It is inferred that there is significant improvement of knowledge of rural women regarding menopausal changes after structured teaching programme.

**Section 3: Association between level of knowledge and their selected personal variables among rural women.**

There was no statistically significant association between the level of knowledge of the rural women and their selected personal variables except for educational status. Hence, the null hypothesis is partially supported and it is inferred that level of knowledge of rural women regarding menopausal changes is influenced by their educational status.

## CONCLUSION

The structured teaching programme was effective in increasing the knowledge regarding menopausal changes as the computed paired 't' = 19.2 p < 2.045) is found to be significant at 0.05 level of significance. Therefore, the study reinforces the need to organize teaching programs which sensitize the rural women to enhance the knowledge regarding menopausal changes.

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