



RESEARCH ARTICLE

A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE ON MENOPAUSAL SYMPTOMS AMONG MENOPAUSAL WOMEN RESIDING IN SELECTED VILLAGES AT NAMAKKAL DISTRICT

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ABSTRACT

Menopause is a transitional phase in a women's midlife encompasses a transition from reproductive to non-reproductive stage. **Objectives:** To assess the level knowledge of Menopausal symptoms among menopausal women. **Design:** A Descriptive research design. **Sample:** Menopausal women at Namakkal (Dt). **Sampling Technique:** Multistage sampling technique. **Data collection:** Structured Knowledge questionnaires were used to assess the level of knowledge on Menopausal symptoms. **Results:** Frequency and percentage distribution of knowledge scores on menopausal symptoms among menopausal women depicts that, majority 16 (80%) of them had poor knowledge and 4 (20%) of menopausal women had good knowledge. **Conclusion:** There was no significant association between levels of knowledge scores on menopausal symptoms with their demographic variables. It concluded that IEC (information, education, and counseling) on menopausal symptoms to be prepared, so as to help the women to live their lives more healthy and active.

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INTRODUCTION

Menopause, the universal and unavoidable physiological change in a women's reproductive life. It may be a smooth experience for some women with only symptoms of cessation of menstrual flow while for others it is bothersome phase with lots of troubles. Knowing more about menopause might empower women to cope better with menopausal changes and use effective measures for its management, (Bradshaw KD, 2008). Climacterium is the phase in a woman's life that corresponds to the gradual transition from a reproductive to a non reproductive stage. It begins around the age of 40 years, when the first endocrine alterations are detected. These alterations signify not only the exhaustion of ovary follicles but also the desynchronization of the neural signals in the hypothalamus and central nervous system. Menopause takes place within the climacteric phase, at around the age of 50 years, and is characterized by at least 12 months of amenorrhea (Sammel MD, Freeman EW, et al, 2005).

Ms. Syamala and Sivagami (2010) conducted a study based on National family health survey and result shown in her study that the onset of menopause is different in various states of India. Naturally the Menopause takes place usually at young age of women in Andhra Pradesh, Karnataka, and also in Bihar, but it occur relatively at old age of women in west bengaland in Kerala. Her study shows that In Andhra Pradesh, pre mature menopause also quiet high and Indian women are experiencing menopause at the age of 40 years itself, so they have longer expose of menopausal time and its associated problems. Varuna Pathak, Neetu Ahirwar (2017) conducted an analytical study among postmenopausal women attending outdoor in Department of Obstetrics and Gynaecology Sultania Zanana Hospital, Bhopal, India. The results revealed that, only 32.72% of menopausal women had knowledge of menopausal symptoms and concluded that majority of women have a negative outlook towards menopause considering as a loss of youth and higher susceptibility towards health problems and also recommended that the awareness towards menopause should be increased by IEC (information, education, and counseling), so as to help these women to live their postmenopausal years more healthy and active.

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Parbati Nepal Paudyal, Manju Nepal (2014) conducted a cross-sectional study at Lumbini Medical College (LMC) with 142 women of age 40-60 years. The data was collected using the semi structured interview schedule and the results shows that Majority of respondents ( $n=90$ , 63.4%) had poor, 52 (33.8%) had fair and only 2.8% had good level of knowledge on perimenopausal symptoms and concluded that the health care provider should discuss about mid-life women's health problems and treatment modality, so that the quality of life of women can be improved.

### Objectives

- To assess the level of knowledge on menopausal symptoms among menopausal women.
- To find out the association between level of knowledge scores among menopausal women with their demographic variables.

### Hypothesis

- **H<sub>1</sub>:** There was a significant level of knowledge on menopausal symptoms among menopausal women.
- **H<sub>2</sub>:** There was a significant association between levels of knowledge scores with their demographic variables.

## MATERIALS AND METHODS

**Research approach and Design:** The Quantitative research approach with Descriptive research design was selected for the present study

**Setting:** The setting for study was Kamaraj Nagar and Indira Nagar, Namakkal (Dt).

**Sample and Sample Size:** The samples for the present study were menopausal women residing in Kamaraj Nagar and Indira Nagar, Namakkal (Dt), who fulfill the sampling criteria. The sample size was 20 menopausal women.

**Sampling Technique:** "Multistage sampling technique" was used to select the sample.

### Inclusion Criteria

#### Menopausal women

- Age group between 45- 60 years
- Who were in normal physiological process
- Who were present during the time of data collection.
- Who gave consent to participate in this study
- Who were able to understand and speak Tamil

### Description of the Tool

**Section A:** Demographic variables of the samples.

**Section B:** Structured interview Questionnaire to identify the knowledge on menopausal symptoms among menopausal women.

### Plan for Data Analysis

- Descriptive Statistics: Frequency and Percentage, Mean and Standard Deviation
- Inferential Statistics : Mean and Standard Deviation, 't' test and Chi –square test

## RESULTS

Frequency and percentage distribution of knowledge scores on menopausal symptoms among menopausal women depicts that, majority 16 (80%) of them had poor knowledge and 4 (20%) of menopausal women had good knowledge. *This finding was similar to a study conducted at Isra university hospital, Pakistan, which showed that only 15.8% women knew about menopausal effects and symptoms while 78.8% of women had little knowledge on the same.*

Area wise comparison of mean, SD and mean % of knowledge scores on menopausal symptoms revealed that the highest mean score was  $3 \pm 1.377$ , which is 7.5% 27.27% was found for signs and symptoms whereas the lowest mean score  $0.15 \pm 0.371$  which was found for investigation. There is no significant association between knowledge scores when compared to demographic variables.

## DISCUSSION

- Highest percentage (30%) of women were in the age group of 45-48 years, 30% of them were sedentary workers. 50% of the menopausal women attained menarche at the age of 13 years. 70% of the menopausal women were Hindus. The periods of cessation of menstruation of menopausal women were less than 5 years (40%). Most of the menopausal women (95%) were not used any home remedies for menopause symptoms. The study findings reveals that the majority 16 (80%) of them had poor knowledge and 4 (20%) of menopausal women had good knowledge.
- There was no significant association between the level of knowledge scores when compared to demographic variables

### Nursing Implication

**Nursing Education:** By mass health education and through innovative measures, Nurse Educators can encourage nurses and midwives to educate regarding menopausal symptoms among menopausal women.

**Nursing Services:** The proper information regarding menopausal symptoms must be implicated in clinical areas to improve the knowledge level.

**Nursing Administration:** Nurse administer can support the researcher to conduct the research on role of nurse in prevention and treatment of menopause symptoms among menopausal women.

### Nursing Research

- The study may be issued for further reference.

**Table 1. Scoring for assessing the knowledge**

knowledge on menopausal symptoms	Actual Score	Percentage of scores
Poor	1-8	Below 35
Good	9-16	36 - 64
Excellent	17- 25	65- 100

**Table 2. Frequency and percentage distribution of samples according to their demographic variables**

Demographic Variables	Menopausal women (N =20)	
	Frequency	Percentage
<b>Age in Years</b>		
a. 45 – 48	6	30
b. 49 – 52	5	25
c. 53 – 56	5	25
d. 57 – 60	4	20
<b>Socioeconomic status</b>		
a. Rs.1000 – Rs. 2000	2	10
b. Rs.2001 – Rs. 3000	2	10
c. Rs.3001 – Rs. 4000	7	35
d. Rs.4001and>above	9	45
<b>Education</b>		
a. No formal education	5	25
b. Primary education	7	35
c. Secondary education	7	35
d. Higher secondary education	1	5
e. Graduate	-	-
<b>Occupation</b>		
a. Housewife	6	30
b. Sedentary workers	6	30
c. Moderate workers	5	25
d. Heavy workers	3	15
<b>Age at menarche</b>		
a. Less than 12 Years	1	5
b. 13 Years	8	40
c. 14 Years	8	40
d. Above 14 years	3	15
<b>Religion</b>		
a. Hindu	14	70
b. Muslim	4	20
c. Christians	2	10
d. Others	-	-
<b>Dietary pattern</b>		
a. Vegetarian	5	25
b. Mixed diets	15	75
<b>Types of habits</b>		
a. Tobacco chewing	4	20
b. Betal nut chewing	8	40
c. Smoking	-	-
d. None	8	40
<b>Period of cessation of menstruation</b>		
a. < 5 years	9	45
b. 6 – 10 years	7	35
c. 11 – 15 years	4	20
<b>Type of family</b>		
a. Joint family	10	50
b. Nuclear family	10	50
c. Extended family	-	-
<b>Source of information</b>		
a. Neighbours	8	40
b. Relations	9	45
c. Mass media	3	15
d. Health professionals	-	-
<b>Use of home remedies for symptoms</b>		
a. Yes	1	5
b. No	19	95

**Table 3: Frequency and percentage distribution of knowledge scores on menopausal symptoms among menopausal women (N= 20)**

Level of knowledge score	Menopausal women (N= 20)	
	Frequency (N)	Percentage (%)
Poor	16	80
Good	4	20
Excellent	-	-

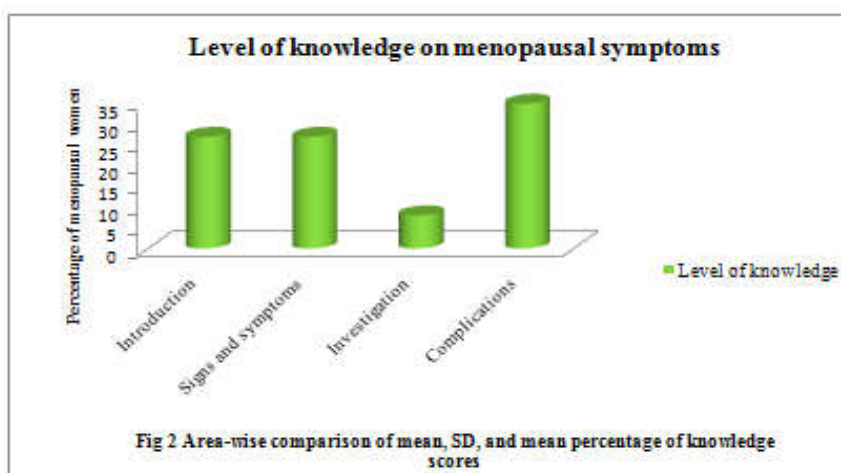
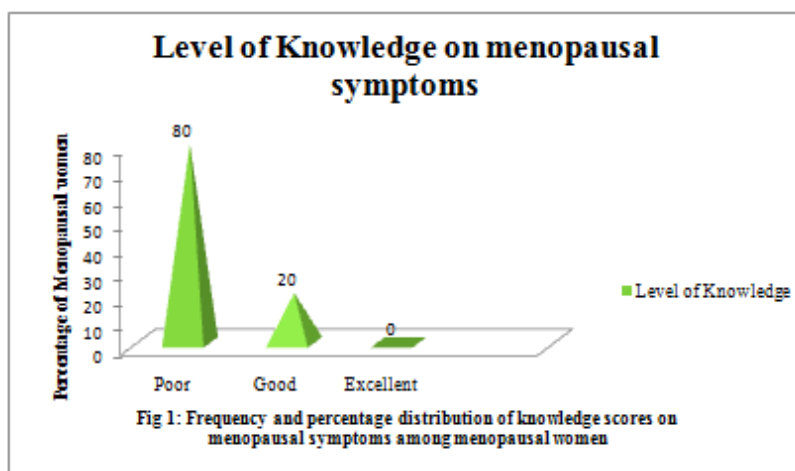


Table 4. Area wise comparison of mean, SD, and mean percentage of knowledge scores

S. No	Areas	Max. scores	Menopausal symptoms score		
			Mean	SD	Mean (%)
1.	Introduction	9	2.45	0.826	27.22
2.	Signs and symptoms	11	3	1.377	27.27
3.	Investigation	2	0.15	0.371	7.5
4.	Complications	3	1.05	0.605	35

Table 5. Association between knowledge scores on menopausal symptoms and demographic variables of the menopausal women

Sl. No.	Variables	Degrees of freedom df	$\chi^2$	Level of Significant
			knowledge scores	
1	Age (in year)	1	0.004	Not Significant
2	Socio economic status	1	0.004	Not Significant
3	Education	1	0.004	Not Significant
4	Occupation	1	2.813	Not Significant
5	Age at menarche	1	0.762	Not Significant
6	Religion	1	0.888	Not Significant
7	Diet	2	1.455	Not Significant
8	Personal habits	1	1.697	Not Significant
9	Period of cessation of menstruation	3	2.121	Not Significant
10	Type of family	2	0.289	Not Significant
11	Source of information	1	0.837	Not Significant
12	Practice of home remedies	1	1.052	Not Significant

- Further large scale study can be done in different settings.

**Conclusion**

- Frequency and percentage distribution of knowledge scores on menopausal symptoms among menopausal women depicts that, majority 16 (80%) of them had
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poor knowledge and 4 (20%) of menopausal women had good knowledge.

- No significant association was found between level of knowledge scores and their demographic variables.

**Recommendations**

- The replication of the present study can be conducted with large samples.

- A comparative study can be conducted among urban and rural population.

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