

Physiological and Psychological Changes Among Menopausal Women with A View to Develop Educational Pamphlet to Impact On the Lifestyle Strategies

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ABSTRACT:

OBJECTIVES: 1.To assess the knowledge regarding physiological and psychological changes among menopausal women in selected rural communities.2. To find an association between knowledge regarding physiological and psychological among menopausal women with selected socio demographic variables.3. To develop and distribute an educational pamphlet regarding post-menopausal changes to impact on life style coping strategies. **METHODOLOGY:** The design used for the study was non-experimental descriptive study design. Samples included were 100 menopausal women of age group 45-55years, residing in rural area, Tumkur, Karnataka, India and non-probability convenient sampling technique was used. Permission was obtained from the concerned authorities to conduct study and informed consent was obtained from menopausal women. Data collection tool was developed from the researcher, which included by using self-administered questionnaire with two sections. Section 1- An interview schedule includes 9 items of demographic variables (Age, Religion, Education, Marital Status, Occupation, Family Monthly Income, Type of Family and Source of Information). Section II: Structured self-administered questionnaire to assess the knowledge of the menopausal women regarding physiological and psychological changes among menopausal women in selected rural communities. Major findings of the study including sample characteristics shows that highest percentage (36%) of the subjects were in the age group of 52-55 years, majority (64%) of samples belong to Hindu religion, majority (35%) of the subjects had primary education, majority (32%) of the subjects worked in private companies or did other jobs , many of (35%) of the subjects were having monthly family income less than Rs.10,000, majority (73%) of the subjects were married, majority (52%) of the subjects were from nuclear families, majority(41%) of the subjects got information from health workers. **Results:** Distribution of the subjects shows that majority of menopausal women 43% had moderate knowledge, 37% of them had inadequate knowledge and 20% had adequate knowledge. The mean percentage of knowledge is 56% and standard deviation is 2.455.

Key words: physiological and psychological changes, menopausal women, educational pamphlet, lifestyle strategies,

INTRODUCTION AND NEED FOR THE STUDY

Menopause is a natural process, a stage of permanent cessation of menstruation, resulting from the loss of ovarian activity. Menopausal women undergo various changes in their body and hormonal levels, the unpredictable and wide fluctuations in mood and psychological functions can occur. Various problems which women experience are depression, anxiety, irritability, low self-esteem and lack of confidence, memory changes, difficulty in concentration, fatigue and inferiority feelings.¹

The average age at which menopause occurs is approximately 51 years. The range may be in between 44 to 59 years. 50% of women may attain menopause at the age of 50 years, 10% may stop menstruating by the age of 40 years and 5% of women do not attain menopause until 60 years of age. Mean age at which Indian women attain menopause is 47.3 years.²

A descriptive cross-sectional study was conducted among 400 menopausal women between the age group of 40- 60 years living in urban area, Guntur. NRI Medical college set to study their quality of life (QOL). Among 236 (59%) women attained menopause naturally, whereas 164 (41%) had induced menopause. The mean score for the physical domain of the QOL was 32.05, psychological domain of the QOL was 33.11 and social and environmental domain was 17.52. age above 50 years, poor educational level, lower socioeconomic status, longer duration since menopause, poor awareness of menopausal symptoms, and comorbidities were significantly associated with overall QOL.³

A study on prevalence of menopausal symptoms in women in Kelantan, Malaysia with the objective of the study was to document the prevalence of 16 symptoms commonly associated with menopause, in women living in Kelantan, by using a semi-structured questionnaire. The prevalence of atypical symptoms was as follows: tiredness (79.1%), reduced level of concentration (77.5%), musculo-skeletal aches (70.6%) and backache (67.7%). Night sweats (53%), headache (49.4%) and hot flushes (44.8%) were the typical vasomotor symptoms, whereas mood swings (51%), sleep problems (45.1%), loneliness (41.1%), anxiety (39.8%) and crying spells (33.4%) were the main psychological symptoms. Uro-genital symptoms such as vaginal discomfort (45.7%), occasional stress incontinence (40%), weak bladder control (24%) and urinary tract infection (19.3%) were also reported.⁴

A study conducted on menopause knowledge and subjective experience among postmenopausal women with bipolar disorder and major depression. More than half (53.8%) agreed that they felt more stressed due to menopause or approaching menopause, and 51.6% felt that menopause has had a negative effect on their emotional state. The top five symptoms experienced by women with serious mental illness were all problems related to psychological issues: feeling depressed (88%, N = 80), feeling anxious (88%, N =80), feeling tired or worn out (87%, N = 79), feeling a lack of energy (86%, N =78), and experiencing poor memory (84%, N = 76).⁵

OBJECTIVES:

1. To assess the knowledge regarding physiological and psychological changes among menopausal women in selected rural communities.
2. To find an association between knowledge regarding physiological and psychological among menopausal women with selected socio demographic variables.

3. To develop and distribute an educational pamphlet regarding post-menopausal changes to impact on life style coping strategies.

HYPOTHESIS

H₁- There is a significant difference in the mean pre-test and post-test knowledge scores regarding physiological and psychological changes among menopausal women at Tumakuru.

H₂- There is a significant association between the pre-test knowledge scores regarding physiological and psychological changes with selected socio demographic.

METHODOLOGY:

The design used for the study was non-experimental descriptive study design. Samples included were 100 menopausal women of age group 45-55years, residing in rural area, Tumkur, Karnataka, India and non-probability convenient sampling technique was used. Permission was obtained from the concerned authorities to conduct study and informed consent was obtained from menopausal women. Data collection tool was developed from the researcher, which included by using self-administered questionnaire with two sections. Section 1- An interview schedule to assess the demographic data. It includes 9 items of demographic variables (Age, Religion, Education, Marital Status, Occupation, Family Monthly Income, Type of Family and Source of Information).

Section II: Structured self-administered questionnaire to assess the knowledge of the menopausal women regarding physiological and psychological changes among menopausal women in selected rural communities.

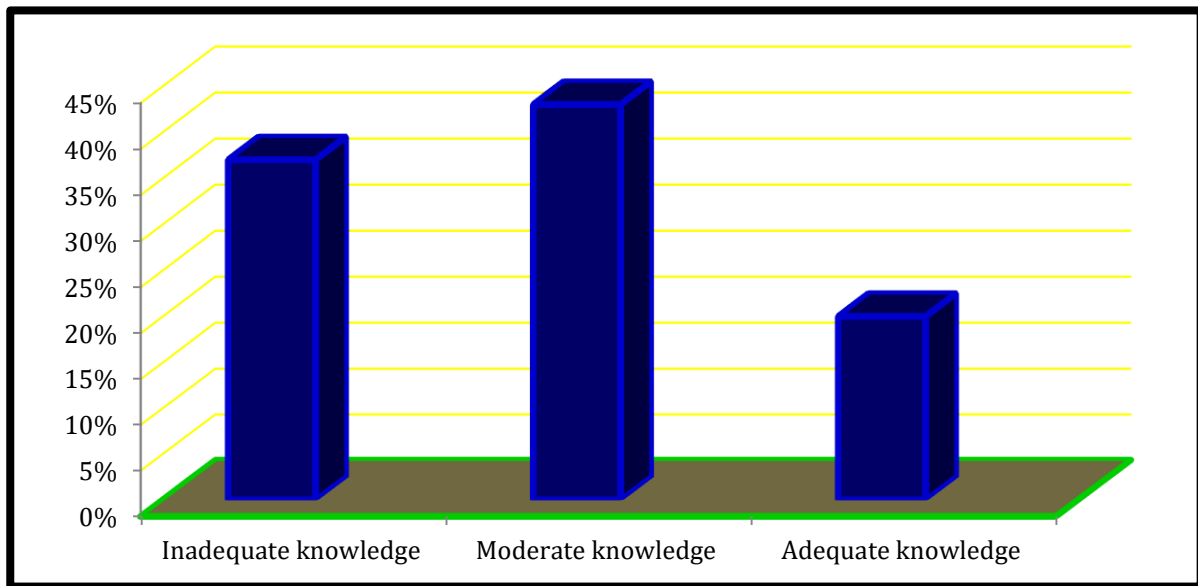
RESULTS

Descriptive and inferential statistics were used to analyses the data that was collected. The Findings of data has been finalized and organized in accordance with the plan for data analysis.

I. KNOWLEDGE REGARDING PHYSIOLOGICAL AND PSYCHOLOGICAL CHANGES AMONG MENOPAUSAL WOMEN

N=100

Knowledge level	Frequency	Percentage %
a. Inadequate knowledge	37	37
b. Moderate knowledge	43	43
c. Adequate knowledge	20	20
Total	100	100



Graph 09: The column graph represents the percentage distribution of the subjects according to their level of knowledge scores

II. ASSOCIATION OF KNOWLEDGE SCORES OF MENOPAUSAL WOMEN WITH SELECTED DEMOGRAPHIC VARIABLES

N=100

Variables	Below Median	Median & above	Total	Chi square	Df	P value (0.05)	Inference
1. Age in years							
a. 45-48 years	12	19	31	7.973	2	5.99	S
b. 48-52 years	15	17	33				
c. 52-55 years	20	16	36				
2.Religion							
a. Hindu	27	37	64	1.432	2	5.99	NS
b. Muslim	18	9	27				
c. Christian	5	4	9				
3. Educational status							
a. No formal education	7	5	12	8.799	3	7.82	S
b. Primary education	19	16	35				
c. Secondary education	20	14	34				
d. PUC and above	11	8	19				
4. Occupation							
a. Not working/ Home maker	14	15	29	3.315	3	7.82	NS
b. Government services	11	14	25				
c. Business	9	5	14				

d. private company/ Other job	21	11	32				
5. Monthly income							
a. Less than Rs. 10,000	23	12	35	4.921	3	7.82	NS
b. Rs 10001-15,000	13	15	28				
c. Rs 15,001- 20,000	6	14	20				
d. 20,001 and above	5	12	17				
6. Mental Status							
a. Unmarried	0	0	0	8.83	3	7.82	S
b. Married	35	38	73				
c. Divorced/ Seperated	7	2	9				
d. Widow	8	10	18				
7. Type of Family							
a. Nuclear Family	31	21	52	7.882	2	5.99	S
b. Joint Family	24	14	38				
c. Extended Family	6	4	10				
8. Source of information							
a. Family members	9	6	15	9.169	3	7.82	S
b. Friends	8	3	11				
c. Mass Media	17	16	33				
d. Health Worker	28	13	41				

DISCUSSION:

Distribution of the subject in table 1 shows that majority of menopausal women 43% had moderate knowledge, 37% of them had inadequate knowledge and 20% had adequate knowledge. The mean percentage of knowledge is 56% and standard deviation is 2.455.

Major findings of the study including sample characteristics in table 2 shows that in highest percentage (36%) of the subjects were in the age group of 52-55 years, majority (64%) of samples belong to Hindu religion, majority (35%) of the subjects had primary education, majority (32%) of the subjects worked in private companies or did other jobs , many of (35%) of the subjects were having monthly family income less than Rs.10,000, majority (73%) of the subjects were married, majority (52%) of the subjects were from nuclear families, majority(41%) of the subjects got information from health workers.

The χ^2 value computed between the knowledge level of menopausal women regarding physiological and psychological changes among menopausal women and selected demographic variables. Variables such as age, education status, marital status, type of family and source of information were significant at 0.05 level. Thus it can be declared that there is significant association between knowledge level regarding physiological and psychological changes among menopausal women and selected variables such as age, education status, and marital status, type of family and source of information.so hypothesis is accepted.

CONCLUSION

The study was conducted with the objective of assessing the knowledge regarding physiological and psychological changes among menopausal women in selected rural areas of Tumkur. The study brought out the fact that majority of the subject's possessed moderate knowledge. Present study did found significant association between level of knowledge of menopausal women and the demographic variables. Thus it can be concluded that knowledge level of menopausal women was significant with selected demographic variables.

Recommendation:

On the basis of present study, the following recommendations are formed for future study:

1. A study can be replicated on a large population.
2. A future study can be conducted with more variables.
3. A study can be conducted to assess the knowledge before and after structural teaching programme.
4. A study can be conducted by using experimental and control group.
5. A study can be conducted with a posttest after 3 months and 6 months interval to evaluate the retention of knowledge.
6. A similar study can be conducted to assess the knowledge and attitude.
7. A comparative study can be carried out on menopausal women regarding physiological and psychological changes among menopausal women.

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