

A Study to Evaluate the Effect of Structured Teaching Programme on Knowledge of Menopausal Problems and Remedial Measures among Women in Selected Areas Under Sonapur BPHC, Kamrup (M), Assam.

Kanan Hazarika¹, Anupama Dutta², Enu Boro³

¹M. Sc Nursing (Obstetrics & Gynaecological Nursing), Regional College of Nursing, Guwahati, India
Email ID: [kananhazarika94\[at\]gmail.com](mailto:kananhazarika94[at]gmail.com)

²Retired Professor & HOD (Obstetrics & Gynaecological Nursing), Regional College of Nursing, Guwahati, India

³Lecturer (Obstetrics & Gynaecological Nursing), Regional College of Nursing, Guwahati, India
Email ID: [enuchamuah\[at\]yahoo.com](mailto:enuchamuah[at]yahoo.com)

Abstract: *Background of the study:* Women experiences various turning point in their life cycle, which may be developmental or transitional. One of those important changes that occur in midlife stage of life is menopause. A variety of physiological and physical changes takes place in the body, before and after menopause and there are various remedial measures to treat menopausal problems. Thus the aim of the study is to evaluate the Effect of Structured Teaching Programme on Knowledge of Menopausal problems and remedial Measures among women in selected areas under Sonapur BPHC, Kamrup (M), Assam. *Methodology:* A quantitative evaluative research approach and pre - experimental one - group pre -test and post - test design was used for the study. A total of 80 women were selected by multistage random sampling technique. Data were collected by using self - structured interview schedule. *Result:* Data were analysed in terms of descriptive and inferential statistics by using SPSS 20.0 version. The mean post - test knowledge score 16.35 was significantly higher than the mean pre - test score 9.78 after administration of STP. The STP was found to be effective to increasing the knowledge of menopausal problems and remedial measures among women with 't' value ($p < .001$, $79df = 28.04$). The chi square test at 0.05 level of significance revealed that, there was significant association between pre - test knowledge with type of family of the women. *Conclusion:* The STP was found to be very effective teaching method in terms of improving the knowledge of menopausal problems and remedial measures among women.

Keywords: Structured Teaching Programme, Knowledge, Menopausal problem, Remedial measure, Women

1. Introduction

The status of women in modern India is a sort of a paradox. If on one hand, she is at the peak of the ladder of success, on the other hand she is mutely suffering the violence afflicted on her by her own family members. The position of women reflects the cultural attainment of a society. Women's development is directly related with national development. ^[1] Menopause is a transitional period for a women's life that experiences during midlife. Menopause means permanent cessation of menstruation at the end of reproductive life due loss of ovarian follicular activity. It is the point of time when last and final menstruation occurs. ^[2] According to WHO, the age at which natural menopause occurs is between the ages of 45 - 55 years for women worldwide. In 1990 there were an estimated 467 million women aged 50 years and this number is expected to increase to 1200 million by the year 2030. ^[3] According to Indian menopause society research 65 million Indian women over the age of 45 and estimated that in the year 2026, the population in India will be 1.4 billion, people over 60 years will be 173 million and the menopausal population will be 103 million. The average age of Indian menopausal women is 47.5 years. ^[4] A variety of changes takes place in the body, before and after menopause. The most important and immediate

symptoms of the menopause are the effects of hormonal changes on many organ systems of the body resulting in vasomotor, psychological, somatic and sexual problems. ^[5] Hormonal changes at menopause are associated with numerous physical and psychological symptoms like vasomotor symptoms, sleep disturbances, mood alteration, depression, urinary tract infection, vaginal atrophy and increased health risks for several chronic disorder including osteoporosis, cardiovascular disease, and loss of cognitive function. ^[6]

There are various remedial measures to treat menopausal problem. Alternative therapies are numerous, some of the popular approaches are diet, exercise, life style changes, stress management and relaxation technique, bio feedback acupuncture, nutritional supplements, botanical therapy natural hormone preparations and conventional HRT. ^[7] Exercise among menopausal women is highly beneficial and safe. Walking is a very good stress management technique in addition to being good exercise. Deep breathing and walking exercise was helpful in reduction of menopausal symptoms among menopausal women. ^[8] In rural area, majority of women they require information and general advice about optimizing their health at this time. Therefore, the women age group between 40 - 55 years are

suitably selected with a aim of updating the knowledge by providing structured teaching programme on menopausal problems and remedial measures.

1.1 Objectives of the study

- To assess the pre - test knowledge of Menopausal Problems and remedial measures among women.
- To assess the post - test knowledge of Menopausal Problems and remedial measures among women.
- To evaluate the effect of Structured Teaching Programme on knowledge of Menopausal Problems and remedial measures among women.
- To find out the association between pre - test knowledge of Menopausal Problems and remedial measures among women with selected demographic variables such as age, religion, marital status, education, monthly income, type of family, no of children.

2. Review of Literature

The review of literature is divided under three headings is presented below:

- 1) Literature related to the knowledge on Problems of Menopause among Women.
- 2) Literature related to the knowledge of remedial measures of Menopausal Problem.
- 3) Literature related to the effect of Structured Teaching Programme.

3. Methodology

An evaluative research approach and a pre experimental one group pre - test and post - test research design was adopted for the study. The study was conducted among 80 women of age group 40 - 55 years residing in selected villages under Sonapur BPHC, Kamrup (M), Assam by using Multi stage random sampling technique. Data was collected by self - structured interview schedule. Structured teaching programme was given in their local language (assamese) using charts, and posters on the same day after completion of the pre - test. Post test was administered to women using the same structured interview schedule on the 7th day. The average time taken for the post test was 15minutes. Ethical considerations were taken from institutional ethical committee of Regional College of Nursing, Joint Director of Health Services Kamrup (M), Assam, Sub - Divisional Medical & Health officer of Sonapur BPHC, Kamrup (M), Assam, written Consent was taken from the women before collecting the data and The subjects were assured of full confidentiality of the information.

3.1 Variables

Independent variable: Structured Teaching Programme

Dependent variable: Knowledge of Menopausal Problems and remedial measures among women.

Demographic variable: Age, religion, marital Status, education, monthly income, type of family, age at menarche, no of Children, activities adopted, and source of information.

3.2 Sampling criteria

Inclusion criteria

- Who are willing to give consent to participate in the study.
- Who are present at the time of data collection.

Exclusion criteria

- Who are health personnel.
- Who are chronically sick during the time of data collection.
- Who are mentally ill.
- Who had undergone Hysterectomy.

4. Results

The obtained data were analysed and presented under the following five sections

Section I: Frequency and percentage distribution of women according to selected demographic variables

Demographic data shows that, Maximum number i. e.38.8% of the population under study belonged to the age group 44 - 47 years of age, 78.8% were Hindu, 66.3% were married, 42.5% were matriculated, 31.3% were having monthly income between Rs.7, 887 - 13, 160 rupees, 46.3% were from Nuclear family, 48.8% women have attained their menarche at the age of 11 - 12 years, 57.5% women have two children, 87.5% of the women under study adopted walking activity, 92.5% women's source of information is Health personnel on menopausal problems and remedial measures.

Section II: Frequency and percentage distribution of women according to their Pre - test level of knowledge

In pre - test, majority 59 (73.8%) of the women have moderately adequate knowledge, 14 (17.5%) have adequate knowledge and 7 (8.8%) have inadequate knowledge on Menopausal problems and remedial measures.

Section - III: Assessment of post - test knowledge of Menopausal Problems and remedial measures among women

In post - test, majority 49 (61.3%) of the women have moderately adequate knowledge, 17 (21.3%) have inadequate knowledge and 14 (17.5%) have adequate knowledge on Menopausal problems and remedial measures.

Section - IV: Assessment of effect of Structured Teaching Programme on knowledge of Menopausal Problems and remedial measures among women.

Table 1: Mean and standard deviation to determine the effectiveness of STP by paired 't' test. n=80

Aspects	Paired Samples Statistics		Paired Diff.		t	df	p - value
	Mean	SD	Mean	SD			
Pretest knowledge	9.78	1.83	6.58	2.10	28.04	79	<.001**
Post - test knowledge	16.35	1.19					

**Highly Significant, $p < .001$

The above Table 1 shows the mean post - test score of the students (Mean=16.35) is higher than the mean pre - test knowledge score (Mean=9.78) and that the difference between the pre - test and the post test score was 6.58. The paired 't' test was performed to find whether the difference is statistically significant or not and the obtained 't' value 28.04 at df 79 showed that the tabulated t - value (df=79) was less than the calculated t - value, which is highly significant at 0.001 level of significance ($p < 0.001$)

Thus researcher concluded that the Structured Teaching Programme was significantly effective in increasing the knowledge on Menopausal Problems and remedial measures among women

Section V: This section deals with the association between pre - test knowledge of Menopausal Problems and remedial measures among women with selected demographic variables

On assessing association between pre - test knowledge with selected demographic variables, the chi square value for knowledge of women was calculated as 10.33 at df=4 which was less than the tabulated value (9.49) at 0.05 level of significance and the p - value was 0.035 which is < 0.05 which was statistically significant. Hence it can be interpreted that there is significant association between pre - test knowledge on menopausal problems and remedial measures with their type of family. On the other hand, there was no association found between pre - test knowledge of women with demographic variables age, religion, marital status, education, monthly income, age at menarche, no of children.

5. Conclusion

The study was aimed to evaluate the effect of Structured Teaching Programme on knowledge of Menopausal Problems and remedial measures among women. The study findings shows that, in pre - test mean knowledge scores was 9.78 while in post - test, mean knowledge score was 16.35. Hence, the STP was found very effective in order to enhancing the knowledge on menopausal problems and remedial measures among women. There was significant association between type of family of the women with the pre - test knowledge scores at 0.05 level of significance. There was no association found between pre - test knowledge of women with demographic variables age, religion, marital status, education, monthly income, age at menarche, no of children.

6. Recommendations

Based on the findings of the study, following recommendations have been made

- Similar studies could be replicated on a large sample to generalize the findings.

- A similar study can be carried out to evaluate the effect of self - instructional module, planned teaching programme, information booklet, video assisted learning, pamphlet, and leaflet etc of knowledge of menopausal problems and remedial measures.
- A similar study can be conducted with control group design.
- A Comparative study can be done between rural and urban women on knowledge of menopausal problems and remedial measures.
- A similar study can be done in knowledge, attitude and practice of remedial measures among women.

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Author Profile



Kanan Hazarika, Correseponding author, M. Sc Nursing (Obstetrics & Gynaecological Nursing), Regional College of Nursing, Guwahati, India. Email: [kananhazarika94\[at\]gmail.com](mailto:kananhazarika94[at]gmail.com)



Dr. Anupama Dutta, (co - author) Guide, Retired Professor & HOD (Obstetrics & Gynaecological Nursing), Regional College of Nursing, Guwahati, India.



Dr. (Mrs.) Enu Boro, (Co - author) Co - guide, Lecturer (Obstetrics & Gynaecological Nursing), Regional College of Nursing, Guwahati, India. E - mail: [enuchamuah\[at\]yahoo.com](mailto:enuchamuah[at]yahoo.com)