

# Understanding the Menopausal Transition Assessing Knowledge and Preparedness Level in Women Working in Index Medical College Indore of Indore City 2023

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**Abstract:** *A descriptive research was conducted to examine women's awareness and preparation for the menopausal transition at Index Medical College in Indore. To measure women's comprehension of the menopause transition.2. To measure women's preparedness to understand the menopause transition. A quantitative technique was employed in conjunction with a descriptive study strategy. A purposive sampling strategy was adopted. The sample size was 60. The investigator analyzed women's knowledge and readiness for menopausal symptoms using a standardized questionnaire. The study's findings show that women lack information and readiness for the menopausal transition. Nurses need to undertake additional studies and give information and awareness campaigns to assist enhance the quality of life throughout the menopausal transition phase.*

**Keywords:** knowledge, preparedness, menopausal transition, woman

## 1. Introduction

Menopause is a transition period between middle and elderly age, marked by variations in ovarian hormone production and menstrual cycle termination. It is influenced by demographic, health, and genetic variables. Preparation for menopause can begin as early as age 35, involving women's awareness, education, and empowerment.

## 2. Problem Statement

“A Descriptive Survey Study To Assessing Knowledge And Preparedness Level In Understanding The Menopausal Transition Among Women Working In Index Medical College Indore City Year 2023”

## 3. Objectives

- To assess knowledge about understanding the menopausal transition among women.
- To assess level of preparedness about understanding the menopausal transition among women.
- To find out association between knowledge score with selected demographic variables.
- To find out association between level of preparedness with selected demographic variables.

## 4. Assumptions of the study:

- **The women having inadequate knowledge regarding** understanding the menopausal transition
- **The women having adequate** level of preparedness about understanding the menopausal transition.

## 5. Research Methodology

Quantitative the research strategy describes the core technique for performing research. The objective of the study determines the most appropriate research technique. Given the aims of the current investigation, a descriptive research technique was adopted. Demographic characteristics in the research included age, education, menarche age, menstrual cycle, marital status, information source, and monthly income. Research factors include knowledge and preparedness for comprehending the menopausal transition. A research study was undertaken at a selected index medical college in Indore, Madhya Pradesh. The sample size was 60 women. A non - probability purposive sampling approach was applied.

**Data Collection Tools and Techniques:** Tool 1 consists of demographic data and a structured interview schedule. Tool 2: Checklist

## 6. Analysis and Interpretation

The analysed data were tabulated under tables and figures under the sections be low: Section – I: Description of demographic variables of the study participants. Section–II: Description of knowledge level about menopausal transition symptoms woman's. Section–IV: Level of preparedness menopausal transition symptoms among woman's.

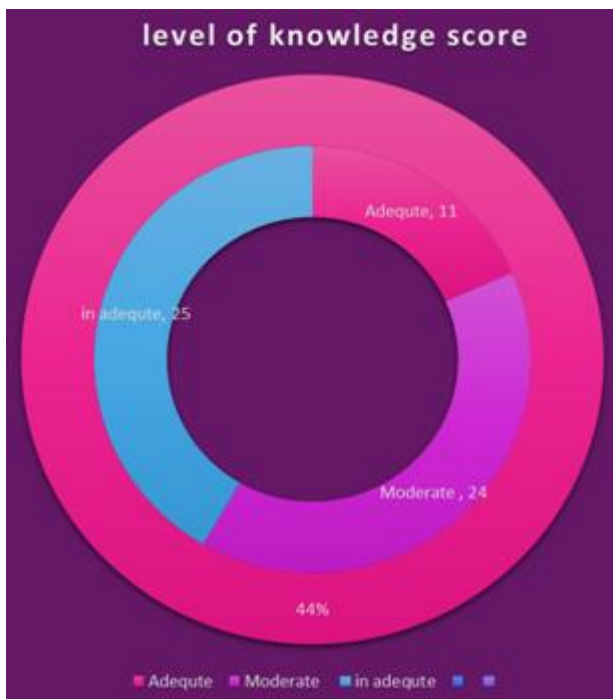
**Section VI:** Association between knowledge with their selected demographic variables

**Table 1: Section I:** Description of demographic variables of the study participants (N=60)

S. No.	Variables	(f)	(%)
1	<b>Age</b>		
	a) 40 - 45	45	80%
	b) 45 - 50	15	20%
2	<b>Religious</b>		
	a) Hindu	43	78%
	b) Muslim	10	16%
	c) Others	7	6%
3	<b>PARA</b>		
	a) Nulliparous	54	92%
	b) Parous	6	8%
4	<b>Age of minarcy</b>		
	a) 10 - 12	39	72%
	b) 12 - 14	15	22%
	c) Above 14	6	6%
5	<b>Education</b>		
	a) Illiterate	22	36%
	b) Primary education	12	20%
	c) Secondary education	10	18%
	d) High school	4	7%
	e) Higher secondary	8	12%
	f) Graduation and above	4	7%
6	<b>Marital status</b>		
	a) Married	54	88%
	b) Unmarried	4	8%
	c) Widow	2	4%

**Table 2:** Description of knowledge level about menopausal transition among women (N=60)

Level of Knowledge	No. of Women	Percentages %
Inadequate Knowledge	25	44
Moderate Knowledge	24	42
Adequate Knowledge	11	14
Total	60	100



Pie - diagram show level of knowledge regarding menopausal transition among women's.

**Section IV:** Level of preparedness menopausal transition symptoms among woman's (N=60)

S. No	Score	Grading	Frequency	Percentage
1.	1 - 10	Poor preparedness	10	10 %
2.	11 - 20	Moderate preparedness	30	50 %
3.	21 - 30	Excellent preparedness	20	40 %
	Total		60	100 %



**Figure 4.7:** Column diagram showing percentage distribution of sample of preparedness score regarding menopausal transition.

### 7. Discussion

**Sample Characteristics:** The data presented in Table 1 indicates that a majority of the women belonged to age group of 40 to 45 years 45 (80%) 45 - 50 15 (20%). Maximum number of women from to Hindu religion Hindu 43 (78%) Muslim 10 (16%) others 07 (06%). Greater percentage of women in (40%) were illiterates. 14% had higher secondary and only 2% had professional education. Most of the woman's had PARA. Nulliparous 54 (92%) and had parous 06 (8%) most of the woman were Age of minarcy 10 - 12 39 (72%) and 12 - 14 had 15 (22%) above 14 were 6 (6%) majority woman were Marital status were married 54 (88%) and unmarried 04 (8%) and woman has widow 02 (4%).

The findings of knowledge score (Table 2) show that most of the women inadequate knowledge 25 (44%) moderate knowledge 24 (42%) Adequate knowledge 11 (14%) had average level of knowledge score about menopausal transition The findings show in table no 3 that most of the women working in index medical college good 50% level of preparedness 40 % poor prepadness and 10 % had excellent prepadness toward menopausal transition. there is no Association between knowledge score and preparedness score with their selected demographic variables.

### 8. Limitation

Woman working in Index Medical College Indore who were willing to participate in the study. 60 woman in selected index medical college Indore.

### 9. Conclusion

The findings of this study revealed that woman's had lack of knowledge and level of preparedness about menopausal transition. nurse needs to do furthers study and provide knowledge and awareness campaign and thereby helps to

improve the quality of life during the menopausal transition period by improving knowledge of pre - menopausal women.

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