

An Exploratory Study to Assess the Knowledge and Attitude Among Women Regarding Menopausal Changes and Its Management at Selected Rural Areas of Ludhiana, Punjab

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Abstract: *The present study was conducted to assess knowledge and attitude among women regarding menopausal changes and its management at selected rural areas of Ludhiana. The research project was undertaken by Ms. Km Pooja Thakur in partial fulfilment of the requirement for the Degree of Master of Science in Nursing, of Baba Farid University of Health Sciences, Faridkot in 2021. The objectives of the study were to assess the knowledge and attitude among women regarding menopausal changes and its management, to find out the correlation between knowledge and attitude, to find out the relationship of knowledge and attitude with selected variables and to prepare pamphlets regarding menopausal changes and its management.*

Keywords: menopause awareness, women's health education, rural community study, nursing research, health attitude correlation

1.Introduction

“Retirement is the menopause of an employee’s mind and hands.”

- Mokokoma Mokhonoana, N.

Menopause is the time in a woman's life when her menstrual periods stop and she is no longer able to have children. It is said to have occurred when a woman has not had a period for a year. This typically occurs between 45 and 55 years of age. It occurs in all women. Menopause is defined as cessation of menstrual periods for 12 months or a menstrual period equivalent to three previous cycles or as time of cessation of ovarian function resulting in permanent amenorrhoea. Puri S V Bhatia, C Mangat (2007).¹

Need for the Study

Menopause is an event in life, not a disease. The average life expectancy is forecasted to be 35.98 years between 40-60 years at midlife, and the middle-aged women population is projected to grow rapidly. Middle-aged women's health has been underscored as their social status and the standard of living has improved along with growth of the population of women, which was relatively faster than that of men population. Women in the transition from midlife to elder status are more likely to undergo various and complex health problems, and to draw medical attention due to an increased risk of lowered quality of elderly life caused by inappropriate management.

Importance is always given to reproductive health from menarche to menopause. Problems related to menopause were given scant attention till the 1980's. The concept of menopause got its importance only in 1981 when a report of the World Health Organization, Scientific Group, based on its meeting on research on the Menopause held in Geneva during December 1980 says there are virtually no data on the age distribution of the menopause and no information on its socio-cultural significance in the developing countries.

Further the Scientific Group made some specific recommendations as WHO sponsored research should be undertaken to determine the impact on health service needs of the rapidly increasing numbers of postmenopausal women in developing countries; uniform terminology should be adopted by health care workers with regard to the menopause; uniform endocrine standards should be developed which can be applied to the description of peri and postmenopausal conditions and diseases.

Statement of the Problem

An exploratory study to assess the knowledge and attitude among women regarding menopausal changes and its management at selected rural areas of Ludhiana, Punjab.

Objectives of the Study

- 1)To assess the knowledge among women regarding menopausal changes and its management.
- 2)To assess the attitude among women regarding menopausal changes and its management.
- 3)To find out the relationship between knowledge & attitude among women regarding menopausal changes and its management.
- 4)To find out relationship between the knowledge and attitude among women regarding menopausal changes and its management with selected variables i.e.age of women, education, occupation, type of family, monthly family income, religion, dietary pattern and source of information.
- 5)To prepare pamphlet on menopausal changes and its management among women to enhance their knowledge.

Operational Definitions

- 1)Knowledge: It refers to the awareness & understanding regarding menopausal changes which is acquired through experience or education by perceiving, discovering or learning.

- 2) Attitude: It refers to the way of thinking & behaviour of women regarding menopausal changes.
- 3) Menopausal changes: It refers to the several changes that occur during the cessation of menses which ultimately affect various aspects of women. e.g. hot flushes, decrease libido, depression, rapid heartbeat etc.
- 4) Women: It refers to the period when a women obtained cessation of menses.

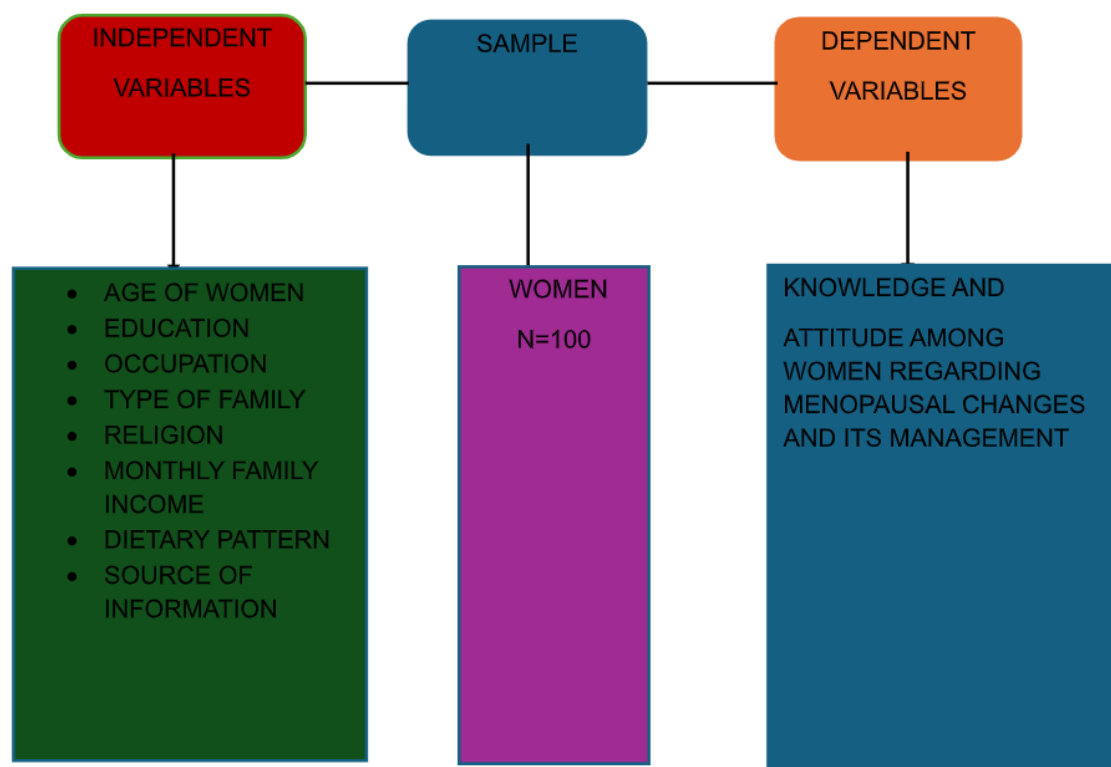
Conceptual Framework

Conceptual framework (Theoretical framework) is a type of intermediate theory that attempt to connect to all aspects of inquiry (i.e. statement of problem, purpose, literature review, methodology, data collection and analysis). Conceptual framework can act like maps that give coherence to empirical inquiry. They take different forms depending upon the research question or problem. Conceptual framework helps to express abstract ideas in a more readily understandable or precise from the original conceptualization.

The conceptual framework of the present study was based on the theory that is a “three phase theory of task performance” described by P.M. Fitts and I.M. Posner. Fitts and Posner (1969) suggested that the learning process is sequential and that we move through specific phases as we learn. The theory suggests that the performance of the task is characterized by three phases:

Research Design

An exploratory research design was used to assess the knowledge and attitude among women regarding Menopausal changes and its management at selected rural areas of Ludhiana, Punjab. For the present study, the research design utilized to achieve the stated objective shown in figure-2.



Research Design

2.Review of Literature

Review of literature is the key step in research process. The typical purpose for analysis or reviewing existing literature is to generate research questions to identify what is known and not known about a topic.

According to Prolite and Hungler (2004)¹⁶ a thorough literature review provides a foundation upon which to base a knowledge generally well concluded before any data are collected in any study. The related literature has been organized and presented under the following headings:

- I. Literature review related to knowledge regarding menopausal changes and its management.
- II. Literature review related to attitude regarding menopausal changes and its management.

Research Setting

The study was conducted in rural areas village of Noorpura for the pilot study and Gondwal for the research (Ludhiana), Punjab. The population of the village is approximately 5000. The village is 5 km away from Guru Hargobind College of Nursing, Raikot (Ludhiana) respectively. The rationale for the selection of this area was the investigator familiarity with the setting and convenience in getting cooperation from the concerned authorities for conducting the study.

Sample and Sampling Technique

- The investigator adopted non probability convenience sampling technique to select samples of 100 women from selected rural areas of village of Gondwal, Ludhiana.

Inclusion and Exclusion Criteria**Inclusion Criteria**

Women:

- 45-60 years of age group.
- Residing in selected rural area of Gondwal and Noorpura Ludhiana., Punjab.
- Who can read & writes, Punjabi.'
- Who were available at the time of data attention
- Willing to participate in the study

Exclusion Criteria

Women:

- Who were not present at the time of data collection?
- Who were not interested to participate in the study?
- Below 40 years and above 60 years.

Selection and Development Tool

A self-structured tool was used in the study to assess the knowledge & attitude among women regarding menopausal changes & its managements. The structured tool was prepared after executive review of literature, expert's opinion & investigator own experience, where investigator was interested in establishing rapport & obtaining facts of the study. A proposed draft was prepared comprising of 8 questions related to demographic variables, 30 questions related to knowledge and 15 statements related to attitude.

The tool was given to eleven experts and deletions; additions and modifications were done according to expert's opinion as follows:

Number of items modification = 2 in demographic variables, 5 in structured knowledge questionnaire and 5 in attitude scale.

Number of Items added = 10 in structured knowledge questionnaire and 10 in attitudeScale.25

Description of Tool

To accomplish the objectives of the study, tool was constructed in the following parts:

Section A: Demographic variables= 8

Section B: Structured Knowledge Questionnaire = 30

Section C: Attitude Scale= 15

Description of Tool

To accomplish the objectives of the study, a structured knowledge questionnaire and Likert scale was constructed to measure the knowledge and attitude respectively. The tool consisted of three sections:

Section – A (Demographic Data)

This part consists of 8 items for obtaining personal information about respondent i.e. Age of women, education,

Occupation, Types of family, religion, monthly family income, dietary pattern and source of information.

Section – B (Structured Knowledge Questionnaires)

This part consists of structured knowledge questionnaires to assess the knowledge of women regarding menopausal changes and its management.

Criterion Measure

Each correct response by respondent carries one (1) mark and incorrect carries zero (0) mark.

Maximum knowledge score = 30

Minimum knowledge score = 0

Knowledge score categorized into 3 levels

Level of Knowledge	Score	Percentage (%)
Adequate Knowledge	21-30	76-100
Moderately Adequate Knowledge	10-20	51-75
Inadequate Knowledge	0-10	≤ 50

Section – C: (Attitude Scale)

This part consisted of 15 statements concerning the attitude of women regarding menopausal changes and its management. Their responses were quantified by giving score for positive statement strongly agree 5, agree 4, uncertain 3, strongly Disagree 2, Disagree 1 and negative statement Disagree 1, Strongly Disagree 2, Uncertain 3, Agree 4, Strongly Agree 5 marks.

- Maximum Score = 75

- Minimum Score = 15

	For Positive Statements	For Negative Statements
Strongly agree	5	1
Agree	4	2
Uncertain	3	3
Disagree	2	4
Strongly disagree	1	5

Attitude Score Categorized Into 2 Levels

Level of attitude	Score	Percentage (%)
Positive attitude	≥60	≥60
Negative attitude	≥60	≥60

This scale was used to assess the attitude of women regarding menopausal changes and its management.

- Positive statement were: 1, 3, 4, 6, 8, 9, 11, 13, 15

- Negative Statements were: 2, 5, 7, 10, 12, 14

3.Summary

This dealt with the description of Research Design, Research setting, Target population, Sample and Sampling Technique, Development and description of tool, Criterion measure, content of validity of the tool, Ethical considerations, Pilot

study, Reliability of the tool, Date collection procedure and plan for data analysis and interpretation.

4.Conclusion

On the basis of result of data analysis, the following salient conclusions were made:

Almost 63% women had adequate knowledge regarding menopausal changes and its management and no one had inadequate knowledge. Age of women, religion and monthly family income had significant effect ($p<0.05$) on the knowledge of women regarding menopausal changes and its management. Education, occupation, type of family, dietary pattern and source of Information had no effect ($p<0.05$) on the attitude of women regarding menopausal changes and its management.

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