



A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING MENOPAUSE AMONG PERI-MENOPAUSAL WOMEN AT BANAR AND BHADVASIYA COMMUNITY HEALTH CENTERS, JODHPUR

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ABSTRACT

INTRODUCTION: Menopause, also known as the climacteric, is the time in most women's lives when menstrual periods stop permanently, and they are no longer able to bear children. Menopause typically occurs between 49 and 52 years of age. Medical professionals often define menopause as having occurred when a woman has not had any menstrual bleeding for a year. It may also be defined by a decrease in hormone production by the ovaries. In those who have had surgery to remove their uterus but still have ovaries, menopause may be considered to have occurred at the time of the surgery or when their hormone levels fell. Following the removal of the uterus, symptoms typically occur earlier, at an average of 45 years of age.

AIM OF THE STUDY: Assess knowledge and attitude regarding menopause among peri menopausal women.

MATERIAL AND METHOD: non experimental - descriptive research design study was used in order to evaluate knowledge and attitude regarding menopause among peri menopausal women of selected by non-probability purposive sampling technique in community centers Jodhpur. Each participant was informed about the study and that they could withdraw at any time and a written consent was also obtained.

RESULT: The findings showed majority of women had inadequate knowledge regarding menopause. The knowledge scores of peri-menopausal women on menopause among total numbers of sample (100), 59 (59%) sample had inadequate knowledge, 23 (23%) of sample had moderately adequate knowledge and 18 (18%) of sample had adequate knowledge regarding menopause among peri-menopausal women. However, no significant association exist between knowledge level and attitude level regarding menopause with their selected demographic variables such as Age, Marital status, Number of children, Type of family, Occupation, Age of menarche, Family history of menopausal problems.

CONCLUSION: It can be concluded that peri menopausal had inadequate knowledge as per current research recommendations. Therefore, on understanding of menopause and how it causes changes in the women's body is not only relevant to the women but also who provides health services. Menopausal health has been one of the neglected areas in our country and needs timely vital attention. The need of the hour is to conduct awareness campaigns to inform general public about menopause. The present study was undertaken to assess the knowledge and attitude regarding menopause among peri-menopausal women at Banar and Bhadvasiya Community health centers, Jodhpur.

KEY WORDS: Knowledge, Attitude, peri-menopausal women.

INTRODUCTION & BACKGROUND OF THE STUDY

Menopause officially marks the end of female reproduction. Although this life stage is well known, different stages within menopause are important to recognize and understand. Menopause itself occurs when women stop menstruating. Peri-menopause also known as the menopause transitional phase and is called such because it happens before menopause. Although they're both parts of the same overall life transition, menopause and peri-menopause have different symptoms and treatment options.

Some research appears to show that melatonin supplementation in peri-menopausal women can improve thyroid function and gonadotropin levels, as well as restore fertility and menstruation, and prevent depression associated with menopause. Peri-menopause is a natural stage of life. It is not a disease or a disorder. Therefore, it does not automatically require any kind of medical treatment. However, in those cases where the physical, mental, and emotional effects of peri-menopause are strong enough that they significantly disrupt the life of the woman experiencing them, palliative medical therapy may sometimes be appropriate.

The term "postmenopausal" describes women who have not experienced any menstrual flow for a minimum of 12 months, assuming that they have a uterus and are not pregnant or lactating. In women without a uterus, menopause or post-menopause can be identified by a blood test showing a very high FSH level. Thus post menopause is the time in a woman's life that takes place after her last period or, more accurately, after the point when her ovaries become inactive.



Menopause is one of the most significant events in a woman's life and brings in several physiological changes that affect the life of a woman permanently. Menopause is the permanent cessation of menstruation resulting in the loss of ovarian follicle development. The age at menopause appears to be genetically determined and is unaffected by race, socioeconomic status or number of prior ovulations. Factors that are toxic to the ovary often result in an earlier age of menopause; for example, women who smoke experience earlier menopause, etc. Women who have had surgery on their ovaries, or have had a hysterectomy, despite retention of their ovaries, may also experience early menopause. Besides all these effects, menopause can affect the quality of life by being a major cause of morbidity due to cardiovascular diseases and osteoporosis in postmenopausal women.

The life expectancy of the population around the world is estimated to be 75-80 years. Today, there are over 200 million menopausal women world-wide and 40 million in India. According to the WHO it is estimated that by 2025 there will be 1.1 billion women above the age of 50 years experiencing menopause and the average age of experiencing the symptoms of menopause is 47.5 years.

In India, there are no current health programs that the specific reproductive health needs of aging women. Moreover, recently launched reproductive and child health II and National Rural Health Mission only address women in the reproductive age group, ignoring those who have passed the reproductive stage. At one level, there is low awareness of the menopausal syndrome and at the other women rush into all available modes of treatment. The majority of women were not aware of therapy of menopause and fewer had heard of hormonal therapy. **In Rajasthan** the Menopause occurs at an average age of 51.4 years, the number of women aged 51 years or older is expected to be around 50 million. This number is expected to grow substantially over the next 10 years as life expectancy increases.

The above facts made the researcher realize the importance of the problem in the current situation and created the intention to carry out a study to evaluate the knowledge and attitudes about menopause among peri-menopausal women in the Banar and Bhadvasiya Community Health Center, Jodhpur.

OBJECTIVES OF THE STUDY

- To assess the knowledge of peri-menopausal women regarding menopause.
- To assess the attitude of peri-menopausal women regarding menopause.
- To determine the association between the knowledge regarding menopause and the selected demographic variables among peri-menopausal women.
- To determine the association between the attitude regarding menopause and selected demographic variables among peri-menopausal women.
- To find out the correlation between the knowledge and attitude of peri-menopausal Women regarding menopause.

HYPOTHESIS OF THE STUDY

- **H₀₁**: There is no significant relationship between knowledge and attitude regarding menopause among peri-menopausal women.
- **H₁**: There is a significant relationship between the knowledge and attitude of peri-menopausal women regarding menopause.
- **H₀₂**: There is no significant association between the knowledge regarding menopause among peri-menopausal women and with the selected demographic variables.
- **H₂**: There is a significant association between the knowledge regarding menopause among peri-menopausal women and with selected demographic variables.

OPERATIONAL DEFINITION

- **ASSESS:-** In this study assess means method of estimating the level of knowledge & attitude regarding menopause among peri-menopausal women at Banar and Bhadvasiya Community Health Center, Jodhpur through a structured questionnaire and Attitude scale.
- **KNOWLEDGE:-** In this study knowledge is the correct response of women about menopause gained in terms of scores through a structured questionnaire.
- **ATTITUDE:-** In this study attitude means beliefs, about menopause among peri-menopausal women.
- **PERI-MENOPAUSE** is the transitional time that starts before menopause and includes the 12 months that follow a women's last period.
- **MENOPAUSE:-** In this study menopause means when a woman stops having periods and is no longer able to get pregnant naturally.
- **POST-MENOPAUSE:-** In this study post-menopausal women mean the women who have not experienced periods for 12 consecutive months of amenorrhea.



- **COMMUNITY HEALTH CENTERS:-** A health care center or community health center is a network of clinics staffed by a group of general practitioners and nurses providing health care services to people in a certain area. This study consists of Banar and Bhadvasiya community health centers.

ASSUMPTION

- Peri-menopausal women may have some knowledge regarding menopause.
- The knowledge regarding menopause among peri-menopausal women may vary with selected demographic variables.

DELIMITATION

- The study will be limited to the women from Banar and Bhadvasiya Community Health Centers, Jodhpur.
- The women who are between the age of 45-60 years.
- The women who will be present at the time of study.

RESEARCH METHODOLOGY

- **RESEARCH APPROACH**
A Quantitative descriptive research approach was used in the study to assess the knowledge and attitude regarding menopause among peri-menopausal women.
- **RESEARCH DESIGN**
A descriptive survey research design was adopted for the study.

RESEARCH VARIABLE

- **Research variable:** Knowledge and Attitude regarding menopause.
- **Socio-demographic variables:** Age, Education, Marital status, number of children, Type of family Occupation, Age of menarche, Family history of menopausal problems, previous information.

POPULATION

In this study target population was those women who visited Banar and Bhadvasiya Community Health Centers, Jodhpur

SAMPLING SIZE

In this study, sampling unit chosen for the study is called sample. The sample for the study comprised of 100 peri-menopausal women.

SAMPLING TECHNIQUE

Non probability purposive sampling technique was used to select the sample of the study. Sampling proceeds on the belief that a researcher's knowledge about the population and its elements can be used to handpick the cases to be included in the sample.

RELIABILITY OF THE TOOL

The reliability of the self-structured questionnaire and attitude scale was calculated by "kunder-richardson correlation coefficient" formula. According to Kunder-Richardson Correlation Coefficient if the "r-value" is more than +0.745 then the tool is reliable.

**MAJOR FINDING OF THE STUDY**

Table 1
Frequency and percentage distribution of demographic variables among peri-menopausal women.
(N=100)

S. No	Socio-demographic variable		Frequency	Percentage
1	Age in years-	41 – 45 years	26	26
		46 – 50 years	28	28
		51 – 55 years	26	26
		Above 55 years	20	20
2	Educational qualification	No formal education	31	31
		Primary level	28	28
		Secondary level	30	30
		Graduate level	11	11
3	Marital status	Single	3	3
		Married	80	80
		Widow	14	14
		Separated	3	3
4	Number of children-	One	6	6
		Two	10	10
		Three	33	33
		More than three	51	51
5	Types of family	Nuclear	45	45
		Joint	55	55
6	Occupation-	Housewife	59	59
		Services (Government/Private)	25	25
		Self employed	9	9
		Daily wages	7	7
7	Age at menarche-	Before 10 years	4	4
		11-12	34	34
		13-14	52	52
		above 15 year	10	10
8	Family history of menopausal problems	Yes	59	59
		No	41	41
9	Previous information	Yes	19	19
		No	81	81

Table 1 Depicted that the nurse participated in the study, Age 46-50, (28%), educational qualification-No formal education (31%), marital status-married 80 (80%), number of children -more than three 51 (51%), types of family- joint 55 (55%), occupation- house wife 59 (59%), age at menarche-13-14 (52%), family history of menopausal problem No 59 (59%), previous information no 81 (81%).

Table-2
Finding related to Level of the knowledge regarding menopause among peri-menopausal women. (N=100)

S. No.	Level of Stress	Frequency	Percentage	Mean	SD
1.	Inadequate knowledge	59	59	10.87	5.86
2.	Moderately adequate knowledge	23	23		
3.	Adequate knowledge	18	18		

Table 2 depicted that the Data presented in above table showed that among total numbers of sample (100), 59 (59%) sample had inadequate knowledge, 23 (23%) of sample had moderately adequate knowledge and 18 (18%) of sample had adequate knowledge regarding menopause among peri-menopausal women with Mean score of 10.87 and S.D. score of 5.86.

**Table-3****Finding related to Level of the attitude regarding menopause among peri-menopausal women. (N=100)**

S. No.	Level of Stress	Frequency	Percentage	Mean	SD
1.	Positive attitude	19	19	38.65	15.11
2.	Neutral attitude	33	33		
3.	Negative attitude	48	48		

Table3 depicted that the Data presented in above table showed that among total numbers of sample (100), 19 (19%) sample had positive attitude, 33 (33%) of sample had Neutral attitude and 48 (48%) of sample had negative attitude regarding menopause among peri-menopausal women with Mean score of 38.65 and S.D. score of 15.11.

Table-4**Correlation between knowledge score and attitude score.**

Correlation	Mean	Median	S.D.	"r"
Knowledge scores	10.87	9.5	5.86	0.92*
Attitude score	38.65	38.5	15.11	

Table 4 depicted that the Data presented in above table showed that mean, median and standard deviation of knowledge score were 11.6, 9.5, and 6.46 respectively, while mean, median and standard deviation of attitude score were 38.65, 38.5 and 15.11. Karl Pearson's coefficient of correlation 0.92 which was significant at 0.05 level of significance. Therefore, null hypothesis was rejected and conclusion drawn that knowledge scores and attitude scores were dependent for each other.

DISCUSSION

The findings showed majority of women had inadequate knowledge regarding menopause The knowledge scores of peri-menopausal women on menopause among total numbers of sample (100), **59 (59%)** sample had inadequate knowledge, **23 (23%)** of sample had moderately adequate knowledge and **18 (18%)** of sample had adequate knowledge regarding menopause among peri-menopausal women.

The highest deficit was noted in the area meaning and basic factors. Regarding attitude **19 (19%)** sample had positive attitude, **33 (33%)** of sample had neutral attitude and **48 (48%)** of sample had negative attitude regarding menopause among peri-menopausal women. Correlation finding concluded that there is positive correlation between knowledge score and attitude score of peri-menopausal women regarding menopause. There is significant association exist between knowledge level and attitude level regarding menopause with their selected demographic variables such as educational qualification and previous information related to menopausal symptoms. However, no significant association exist between knowledge level and attitude level regarding menopause with their selected demographic variables such as Age, Marital status, Number of children, Type of family, Occupation, Age of menarche, Family history of menopausal problems.

CONCLUSION

Menopause is an extremely important yet complex period of time during which many changes occur in a women in an unpredictable way. Menopausal symptoms may become more dominant concerns for some women requiring interventions for symptom relief, especially if associated with moderate to severe distress or disruption to their roles and daily life. Menopause signals the end of a woman's ability to reproduce. Therefore, on understanding of menopause and how it causes changes in the women's body is not only relevant to the women but also who provides health services. Menopausal health has been one of the neglected areas in our country and needs timely vital attention. The need of the hour is to conduct awareness campaigns to inform general public about menopause. The present study was undertaken to assess the knowledge and attitude regarding menopause among peri-menopausal women at Banar and Bhadvasiya Community health centers, Jodhpur.

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