

# Effectiveness of Structured Teaching Programme on Knowledge Regarding Post – Menopausal Syndrome among Menopausal Women

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## ABSTRACT

**Introduction:** Menopause is a unique stage of female reproductive life cycle, a transition from reproductive to non reproductive stage. It is characterized by cessation of menstruation and women may view menopause as a transition from middle age to old age. Some women may look upon this with pleasant anticipation as time of relative freedom from such worries as undesired pregnancies and the stress of child bearing. Many women may have fear during this period because of the anticipated losses. Thus women may be hesitant and ignore the unusual and hormonally related symptoms may go undetected resulting in a delay in diagnosis and treatment.

**Methodology:** In this pre-experimental study, 60 menopausal women in the age group of 45-55 years were selected as the samples for the study by using non-probability purposive sampling. The data was collected by using structured questionnaire on post-menopausal symptoms. Data analysis were performed by descriptive statistics and inferential statistics. SPSS-17 software was used and P values less than 0.05 were considered significant.

**Result:** In the pre- test [mean =5.2, SD= .768], majority of the menopausal women had inadequate knowledge regarding post – menopausal syndrome and in the post test [mean= 9.12, SD=1.012], majority of the menopausal women had moderate knowledge regarding post – menopausal syndrome.

**Discussion:** The result shows that there was improvement in knowledge regarding post – menopausal syndrome after implementation of structured teaching programme on post – menopausal syndrome which was calculated at 0.05 level of significance. So, it is concluded that the structured teaching programme on post – menopausal syndrome was effective to improve the knowledge of post - menopausal syndrome among women.

**KEYWORDS:** Post-menopausal syndrome, Knowledge of post-menopausal, Structured teaching programme on post – menopausal syndrome

## INTRODUCTION

Women experience various turning points in their life cycle, which may be developmental or transitional. Midlife is one such transitional period which brings about important changes in women. One of those important changes that occur in this stage of life is menopause. Menopause is an unavoidable change in reproductive life cycle, that every women experience in her middle age and beyond.

A variety of physiological and physical changes takes place in the body, before and during menopause. Some of these changes are the result of cessation of

ovarian function and related menopausal events while others are functions of the ageing process. The most important and immediate symptoms of the menopause are the effects of hormonal changes on many organ systems of the body resulting in various somatic, psychological, vasomotor and sexual problems. However, risk for more serious complications increase after a woman reach menopause during the postmenopausal stage. Sudden depletion in oestrogen level during menopause may result in various complications such as heart disease, osteoporosis, fracture, cerebrovascular disorder, metabolic disorder,

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increased weight gain, dementia, Alzheimer's disease and endometrial cancer

Many women in the developing countries do not know that they can age gracefully, as they are unaware of the dangers that the menopause can cause to their lives. Most of them suffer in silence not bringing to notice their symptoms.

Menopause is usually a natural change. It can occur earlier in those who smoke tobacco. Other causes include surgery that removes both ovaries or life style changes. At the physiological level, menopause happens because of a decrease in the ovaries' production of the hormones estrogen and progesterone. If needed, a diagnosis of menopause can be confirmed by measuring hormone levels in the blood or urine.

Many Indian women experience menopausal symptoms that are often left untreated (due to the acceptance of menopause as a natural process) or treated with herbal/natural remedies. There was a general lack of knowledge among these women regarding treatment options, inspite of health issues associated with menopause. A more concerted effort should be made to better disseminate information regarding the, menopause, and menopausal symptoms to the women.

### Material and methods

The methodology of research indicates the general pattern for organizing the procedure for gathering valid and reliable data for an investigation.

In this present study a "Quantitative research approach" was used. The research design selected for this study was "pre-experimental one group pretest - posttest design". Structured teaching programme on post-menopausal syndrome was independent variable, knowledge of menopausal women was dependent variable and age, religion, residential place, type of family, education status, occupation, dietary pattern and marital status of menopausal women were

demographic variables. The present study was conducted at kunya village, Katra and the accessible population was Women will be present at the age of 45-55 years at the time of data collection and fulfills the inclusion and exclusion criteria. Non- Probability purposive sampling technique was used to select the sample of 60 menopausal women. **The women who were** Between 45-55 years Willing to participate Women available at the time of data collection Women who are able to read and write Hindi and the women who were not willing to participate in the study women who were under social stigmas not present at the time of data collection women who are having any visual and hearing disability were excluded from study. Structured knowledge questionnaire on post – menopausal syndrome was used to assess the knowledge of menopausal women regarding post – menopausal syndrome. Content validity of the tool was made and necessary modifications were made according to the expert's opinion and tool was finalized.

Ethical approval to conduct the study was obtained from sarpanch of Kunya village, katra . Written informed consent was obtained from the study subjects regarding their willingness to participate in the research project. Demographic variables were collected by using interview technique and privacy was provided. Ethical principles were adhered too throughout the study. After selecting the sample, researcher introduced himself and explained the purpose of the study to the menopausal women. For experimental group in the pre -test, demographic variable and structured questionnaire was collected. After that teaching on post-menopausal syndrome was taught to the menopausal women. After teaching, the post - test level of knowledge was assessed. According to the objectives the data was organized, tabulated. The data was analyzed by using both descriptive and inferential statistics i.e. Frequency, Percentage, Mean and Standard deviation, Paired "t" test.

### Result

**Demographic variables description-** Demographic variables were age, marital status, religion, residential place, type of family, education status, occupation, dietary pattern and of menopausal women.

**TABLE-1 DISTRIBUTION OF MENOPAUSAL WOMEN BASED ON THEIR DEMOGRAPHIC VARIABLES SUCH AS AGE, RELIGION, RESIDENTIAL PLACE AND TYPE OF FAMILY**

**N=60**

S.No	DEMOGRAPHIC VARIABLES	n	%
1)	<b>Age</b>		
a )	40-45	15	25
b)	46-50	22	36.7
c)	51-55	23	38.3

2)	<b>Marital status</b>		
a)	Unmarried	0	0
b)	Married	57	95
c)	Widow	3	5
2)	<b>Type of family</b>		
a)	Nuclear	38	63.33
b)	Joint	20	33.33
c)	Extended	2	3.33
3.	<b>Religion</b>		
a)	Hindu	38	63.33
b)	Muslim	19	31.66
c)	Sikh	3	5
d)	Christian	0	0
4)	<b>Education</b>		
a)	Fifth	18	30
b)	Matric	28	46.66
c)	Twelfth	14	23.33
5)	<b>Occupation</b>		
a)	Working	12	20
b)	Non-working	48	80
6)	<b>Dietary pattern</b>		
a)	Vegetarian	37	61.66
b)	Non-vegetarian	23	38.33

**TABLE-2 PRE TEST AND POST TEST LEVEL OF KNOWLEDGE ON POST MENOPAUSAL SYNDROME AMONG MENOPAUSAL WOMEN**

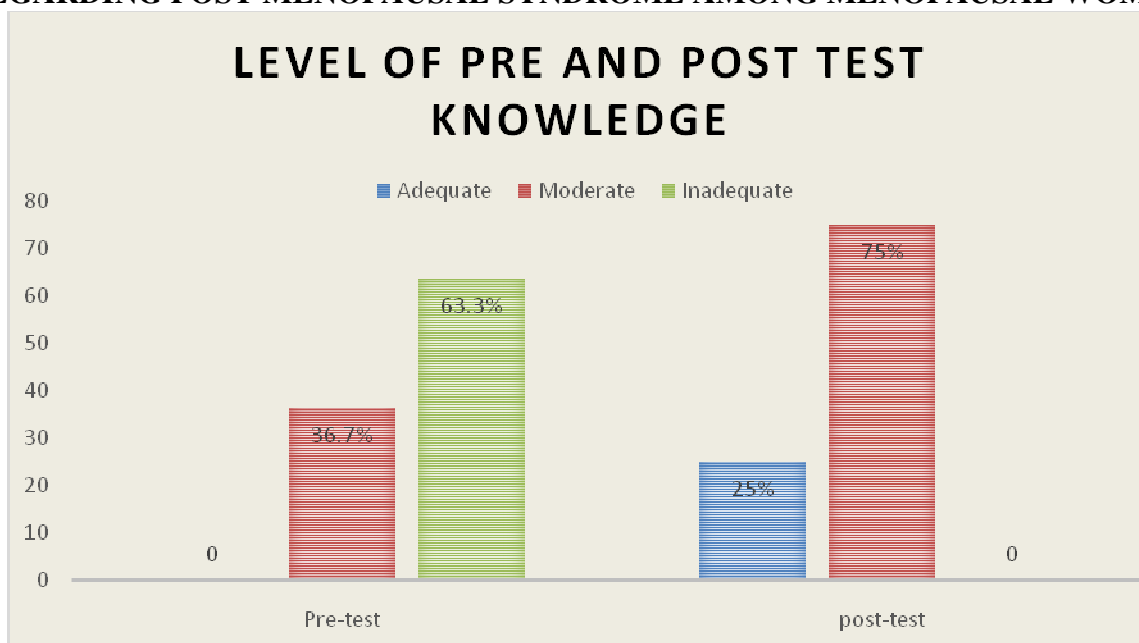
**N=60**

GROUP	MEAN	SD	't' test value
PRE-TEST	5.20	0.768	*45.700
POST-TEST	9.12	1.012	

\*significant at 0.05 level

The above reveal that the obtained “t” value was found to be highly significant at the level of  $p < 0.05$ . It is inferred that the post-menopausal syndrome among women exposed to the structured teaching programme had significant increase in post-test knowledge.

**FIGURE – 1 DISTRIBUTION OF LEVEL OF PRE AND POST TEST KNOWLEDGE REGARDING POST MENOPAUSAL SYNDROME AMONG MENOPAUSAL WOMEN**



The above figure reveal that 38(63.3%) menopausal women had inadequate knowledge and 22(36.7%) women had moderate knowledge on post - menopausal syndromes in pre-test. In post - test 15(25%) women had adequate knowledge and 45(75%) women had moderate knowledge regarding post - menopausal syndromes.

### Discussion

The study was conducted using a pre-experimental design subject were selected by purposive sampling method. The sample size was 60 menopausal women .

#### **The first objective of the study was to assess pre-test knowledge regarding post menopausal women during menopause.**

The level of knowledge on post menopausal syndrome during menopause before structured teaching program among women in Kunya village none of them were adequate and 22 (36.7% ) was moderate level of knowledge and 38(63.3 ) was inadequate. The pre-test knowledge [mean =52, SD=.768], the investigator feels that by assessing the existing knowledge we can identify their previous exposure regarding post menopausal syndrome during menopause.

#### **The second objective of the study was to assess the post test the level of knowledge regarding post menopausal syndrome during menopause among village women.**

The post test level of knowledge revealed village women 15 [25%] had adequate knowledge and 45 [75%] had moderately adequate knowledge. The post test knowledge [mean= 12.15, SD=1.022] shows that structured teaching program as effective. It was observed that structured teaching program plays a

vital role in improving level of knowledge of village women.

Even though there was remarkable improvement in level of knowledge after the teaching program, the investigator was not able to achieve 100 % of knowledge in all aspects; It may be due to their lack of interest and previous exposure to post menopausal syndrome during menopause. The investigator feels that by giving effective planned teaching program with appropriate A.V aids can improve their level of knowledge regarding menopause.

**Conclusion-** The following conclusions were drawn from the study i.e. the structured Teaching Programme was an effective strategy in improving the knowledge of menopausal women regarding post-menopausal syndrome.

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