



International Journal of Nursing and Healthcare Research

Journal home page: www.ijnhrjournal.com



EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON MANAGEMENT OF MENOPAUSAL PROBLEMS AMONG WOMEN

Violin Sheeba*¹

¹*Meenakshi Academy of Higher Education and Research, MAHER University, Chennai, India.

ABSTRACT

Menopause is an important event in a women's life which is having physical, psychological and social implications. Some women who ignores the signs of menopause and there by prone for heart disease. So awareness on menopausal problems and its management is very essential to reduce their sufferings. Investigator identified the felt need of imparting knowledge on the same and help them to adapt healthy lifestyle in their old age. A pre-experimental study with one group pretest post test design was used. 50 women who fulfilled the criteria were selected by using non-probability convenient sampling technique and knowledge questionnaire was used to collect the data before and after structured teaching programme. The overall calculated 't' value was 20.85, which was statistically significant at 0.01 level.

KEYWORDS

Knowledge, Menopausal Problem and Women.

Author for Correspondence:

Violin Sheeba,
Meenakshi Academy of Higher Education and
Research,
MAHER University, Chennai, India.

Email: sheebatcn@gmail.com

INTRODUCTION

Women are the strongest pillar of the family. She blooms throughout her life and cease her flowering at one period i.e., menopause, but still she can spread the fragrance if she cares for her. Menopause marks the entry into a new session of life, characterized by wisdom and grandness. By the time, the average women reaches menopause, she has considerable life experience that has offered her a special wisdom. Many cultures honor the wisdom gleaned from years of living and seek the guidance of elders (Hookins *et al*, 2008).

Menopause is the physiologic cessation of menses associated with declining ovarian function. It usually consider complete after one year of amenorrhea

(Wikipedia, 2009). The average age of menopause in India and Philippines are 45, Australia 51. The mean age of menopause is between the age of 45-55 years and the women are commonly suffered with psychological symptom, irregular periods, mood changes, and urinary symptoms.

Menopausal is the natural event in the course of every woman's life. Approximately 80% of women will manifest symptoms related to menopause. An early menopause can related to cigarette smoking, higher body mass index, racial ethnic factor, illness, chemotherapy and removal of uterus.

Mary C. Mark. D 2008 conducted a cross sectional study to assess the quality of life and related factors to impairment of quality of life about postmenopausal women. Cluster sampling technique was used and the data collected among 480 postmenopausal women in Australia and the finding of the study revealed that the menopausal causes poor quality of life which is dependent to the work of the women and social demographic variables.

Women during their transition to menopausal experience, lot of physical and psychological problems and improper care in this phase will make them more prone for serious complications. Ignorance also has an importance part in this. So that creating awareness will help them to lead healthier life. Thus the researcher chosen structured teaching programme to impart knowledge on management of menopausal problems in order to improve the quality of life of menopausal women¹⁻⁶.

OBJECTIVES

- To assess the pre and posttest level of knowledge on management of menopausal problems among women.
- To evaluate the effectiveness of structured teaching programme on management of menopausal problems.
- To associate the pretest knowledge score with selected demographic variables.

Research hypotheses

H₁: There is a significant difference between the pretest and posttest level of knowledge regarding management of menopausal problems among women.

H₂: There is a significant association between the pretest knowledge regarding management of menopausal problems and selected demographic variables.

ASSUMPTIONS

- Women may have some knowledge regarding menopausal problems.
- Structured teaching program may enhance the knowledge regarding management of menopausal problems.
- Enhanced knowledge may create a positive attitude among women regarding menopause.

MATERIAL AND METHODS

Research Design

Quantitative research approach was adopted for this study and the research design was pre-experimental one group pretest and posttest design.

Setting of the study

The study was conducted in selected rural area of Malavillai. The total population of this village is about 1500. Researcher was selected this setting on the basis of feasibility and availability of samples.

Sampling technique

50 samples were selected using convenience sampling technique.

Samples

Women who were in the age of 45-60 years, had cessation of menstruation.

Description of tool

Section A

Demographic variables like age, religion, education, occupation, monthly income, status of mensuration, and source of information.

Section B

It consisted of structured questionnaire to assess the knowledge of women regarding menopausal problem.

Data Collection Procedure

Permission was obtained from the local body of Malavillai and assurance was given to the samples and confidentiality was maintained. Investigator selected 50 women who fulfilled the sample selection criteria by using convenience sampling and the researcher gave brief introduction about self and

purpose of the study to the women willing to participate in this study. Data collection was done with structured questionnaire. The investigator conducted pretest for 50 women and followed by structured teaching programme was given. Post test was conducted using the same questionnaire after one week. The collected data was analyzed by using descriptive and inferential statistics.

RESULTS AND DISCUSSION

The present study revealed that in pretest, majority of women had (96%) moderately adequate knowledge and none of them had adequate knowledge regarding menopausal problem. With regards to posttest 3(6%) of them had moderately adequate knowledge 47(94%) of them had adequate knowledge. The analysis also revealed that there was a statistically significant difference at P<0.05 level. The findings showed that there was a significant improvement in the level of knowledge after administration of structured teaching programme.

The above findings were significantly consistent with the study conducted by Goldstin Steven. He assessed the effectiveness of planned teaching program on the standard of life style among 465 women in New York and result shows that 79% of women not having adequate knowledge. Knowledge regarding menopausal problems, among that 25% had adequate knowledge with mean score of 6%, the standard deviation of 2.3 in pretest and 65% had adequate knowledge and 35% had inadequate knowledge with the mean score of 13.15 with standard deviation of 3.52. The overall calculated t value was 20.85, which was statistically significant at 0.01 level.

Table No.1: Percentage distribution of pretest and posttest levels of knowledge regarding management of menopausal problem

S.No	Overall Knowledge	Inadequate		Moderately Adequate		Adequate	
		F	%	F	%	F	%
1	Pretest	2	4	48	96	0	0
2	Post test	0	0	3	6	47	94

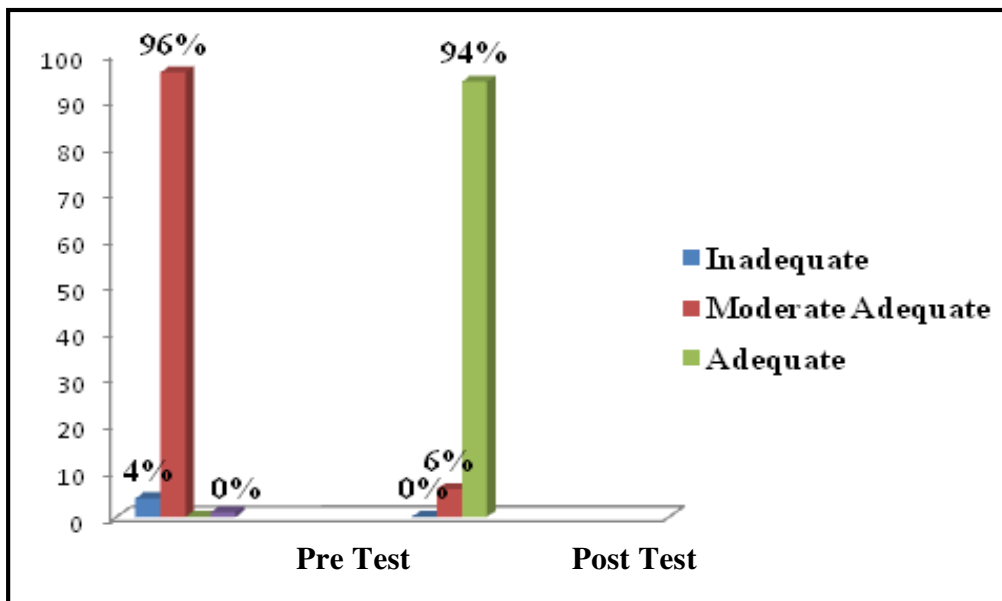


Figure No.1: Percentage distribution of sample according to their status of mensuration

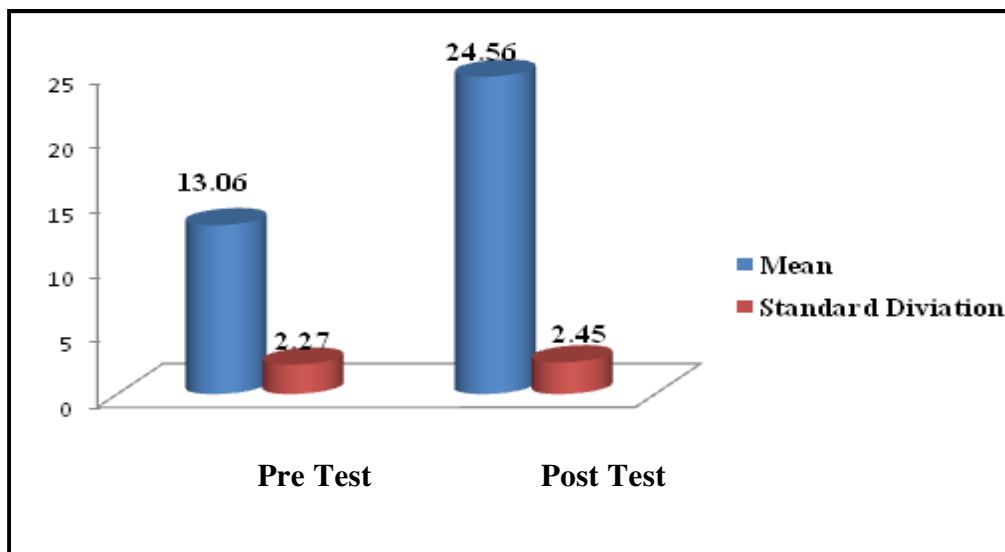


Figure No.2: Mean and standard deviation of pre and posttest level of knowledge of women

CONCLUSION

The study findings revealed that there was highly significant difference in the level of knowledge among women after structured teaching regarding menopausal problems. Community health staff must identify the women who experiences menopausal problems and provide adequate counseling and psychological support will help them to overcome their problem and lead quality life.

ACKNOWLEDGEMENT

The author is sincerely thankful to Meenakshi Academy of Higher Education and Research, MAHER University, Chennai, India for providing the facilities to carry out this research work.

CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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Please cite this article in press as: Violin Sheeba. Effectiveness of structured teaching programme on management of menopausal problems among women, *International Journal of Nursing and Healthcare Research*, 1(1), 2017, 47-50.