

A descriptive study to assess the knowledge regarding Pre-Menopausal Symptoms and their Management among Pre-Menopausal Women

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Abstract

Awareness regarding pre-menopausal symptoms and their management among pre menopausal women will helps in early recognition of symptoms during pre-menopausal age, in reduction of discomfort and fears and will enable to seek appropriate medical care if necessary. This study was designed to assess the knowledge regarding pre menopausal symptoms and their management. The research design selected for this study was descriptive in nature. The target population for this study was women in pre-menopausal age group (40-45yrs) and the method of sampling was simple random sampling technique among selected houses. The sample size was 100. A semi-structured questionnaire was used to assess the knowledge and the study sample revealed that 02% of women had adequate knowledge, 80% had moderate knowledge and remaining 18% of women had inadequate knowledge regarding pre-menopausal symptoms and their management.

Keywords: knowledge, premenopausal symptoms & management, pre-menopausal women

Introduction

Pre-menopause, is the period when a woman's body is preparing for menopause. Pre- menopause is a unique stage of female reproductive life cycle, a transition from reproductive to non-reproductive stage. Many women suffer from various degrees of anxiety, dry skin, fatigue, bloating, headaches, irregular or heavy periods, heart palpitations, hot flashes, insomnia, decreased libido, poor memory and concentration, mood swings, night sweats, loss of bladder control, vaginal dryness and weight gain during this time.

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 that may go undetected resulting in a delay in diagnosis and treatment. This transition will be smooth only if women are aware of the natural changes occurring during pre- menopause and therefore will help them to adopt self help behavior and to improve their physical and mental health.

Statement of the Problem

A study to assess the knowledge regarding pre-menopausal symptoms and their management among women in pre-menopausal age (40-45) years at ambedkar nagar, rajahmundry with a view to develop Information booklet.

Objectives

1. To assess the knowledge regarding premenopausal symptoms and their management among women in Pre-menopausal age (40-45) years at Ambedkar Nagar, Rajahmundry.
2. To find out an association between knowledge regarding pre-menopausal symptoms and their management with the selected demographic variables among women in pre-menopausal age (40-45) years.

3. To prepare an information booklet regarding pre-menopausal symptoms and their management.

Hypothesis

H: There will be significant association between the knowledge regarding pre-menopausal symptoms with selected demographic variables among women in pre-menopausal age (40-45) yrs.

Materials and methods

Research Design

The research design selected for this study is a 'Community based cross-sectional descriptive study design'

Setting

The study was conducted in urban health field practice area Ambedkar Nagar, Rajahmundry.

Target Population

The population of the study comprises of women in pre-menopausal age (40-45 yrs.) residing at selected urban area (Ambedkar Nagar), Rajahmundry.

Sample Size

The total sample of the study consists of 100 women in pre-menopausal age group (40-45years) residing at Ambedkar Nagar, Rajahmundry.

Sampling Technique

Information regarding number of houses in Ambedkar Nagar was gathered from Urban Health Centre and by using simple random sampling technique i.e. by lottery method 100 houses was selected and samples were drawn from the selected houses.

Study Period

The study period is 3 months.

Data Collection Tool

Data was collected by semi structured questionnaire.

Variables

Demographical Variables

Age, education, occupation, family income, type of family, primary source of information.

Study Variables

Knowledge regarding premenopausal symptoms among women in pre-menopausal age (40-45) yrs.

Criteria for Selection of Samples

Inclusion Criteria

Women in pre-menopausal age (40-45) yrs.:

- Who are willing to participate in the study?
- Who are available at the time of data Collection?

Exclusion Criteria

- Women with surgical menopause.
- Known cases of fibroid uterus, DUB, thyroid and other hormonal problems, chronic systemic diseases etc.
- Women who are on Hormone replacement therapy.

Description of Tool

The tool for the present study was a semi structured questionnaire. Tool was prepared with the help of various types of literature and opinions from the subject experts to ascertain the effectiveness. The tool consists of 2 sections.

SECTION-A: Demographic variables such as age, educational status, occupation, income of the family, type of family, primary source of information

SECTION-B: Semi structured questionnaire to assess the

knowledge on pre-menopausal symptoms and their management among pre-menopausal women which consists of 30 multiple choice questions.

Scoring Procedure

Each correct response was given a score of 1 and incorrect response was given a score of zero. The maximum score was 30. To interpret the level of knowledge the score were distributed arbitrarily as follows:

- 66%- 100% - Adequate Knowledge
- 34%-66% - Moderate Knowledge
- 0%-33% - Inadequate Knowledge

Tool Reliability

Raw score method was used and assessed the reliability of the tool for the knowledge.

$$r = \frac{\sum xy}{\sqrt{\sum X^2 \cdot \sum Y^2}}$$

r = 0.98

As the r value is Between 0.9 to 1 which denotes that the tool is highly reliable.

Pilot study helped the investigator to confirm the feasibility of carrying out the main study. A formal written permission was obtained from DME office and the Medical officer of Urban Health Center, to carry out the main study. The data was collected for 18 days. After establishing rapport, the objective of the study was explained to each sample. The investigator personally elicited the data by interview schedule from each study sample.

The demographic variables and knowledge of Pre-menopausal women were analyzed by using descriptive statistical measures. Association between level of knowledge and demographic variables of Pre-menopausal women were analyzed by using inferential statistical measures. The level of significance used was 0.05%.

Table 1: Frequency and Percentage Distribution of Pre-Menopausal Women According to Their Demographic Variables N=100.

S.NO	Demographic Variables	Frequency	Percentage (%)
1.	Age		
	a) 40-41	30	30%
	b) 42-43	39	39%
	c) 44-45	31	31%
2.	Educational status		
	a) Non literate	23	23%
	b) Primary Education	57	57%
	c) Secondary Education	17	17%
3.	Occupation		
	a) House wife	82	82%
	b) Labour	06	06%
	c) Employee	07	07%
4.	d) Business	05	05%
	Income of the family		
	a) Less than Rs.3000/- per month	09	09%
	b) Rs.3001 - 5000/- per month	43	43%
	c) Rs.5001-10000/- per month	42	42%
	d) Above 10000	06	06%

5.	Type of family		
	a) Nuclear	87	87%
	b) Joint	13	13%
6.	Primary Source of information		
	a) Mass –Media	15	15%
	b) Health Care Personnel	10	10%
	c) Family members	40	40%
	d) No information	35	35%

Tables-1 reflects the frequency and percentage distribution of pre-menopausal women according to their demographic variables.

The data presented in Table-1 reveals that:

- In relation to age majority of pre-menopausal women were in the age group of 42-43 years were 39%, where as 31% were in the age group of 44-45 years, and 30% were in the age group of 40-41 years.
- In relation to the education, the majority of them 57% were primary educated, 23% were non-literates, 17% were secondary educated, and 3% were graduated.
- In relation to the occupation, housewives were 82% and 6% were the laborers, and 7% were self-employees, 5% of them were holding business.
- In relation to family income per month that 9% of women were belongs to the family with the income of Rs. <3000, 43% of women were belongs to the family with the income of Rs.3001- Rs.5000, 42% of them were belongs to the family with the income of Rs. 5001-10000, and 6% of them belongs to the family with the income of Rs. >10000.
- In relation to the type of family, 87% women belongs to the nuclear family and 13% of them were belongs to the joint families.
- In relation to the primary source of information, 15% of

women has information from mass-media, 10% got information from health care personnel, 40% of them have information from family members, none of them have information from other sources and 35% of them have no information regarding Pre-menopausal symptoms and their management.

Table 2: Frequency and Percentage Distribution of Pre-Menopausal Women According to the Level of Knowledge N=100.

S. No	Level of Knowledge	Category		Pre-Menopausal Women	
		Score	Percentage	Frequency	Percentage
1	Inadequate	0-10	0%-33%	18	18%
2	Moderate	11-20	34%-66%	80	80%
3	Adequate	21-30	Above 66%	02	02%

Table-2 presents the frequency and percentage distribution of pre-menopausal women according to the level of knowledge. It reveals that 18% of Pre-menopausal women were having ‘Inadequate knowledge’, Majority 80% of them were having ‘Moderate knowledge’ and 2% of them were having ‘Adequate knowledge’.

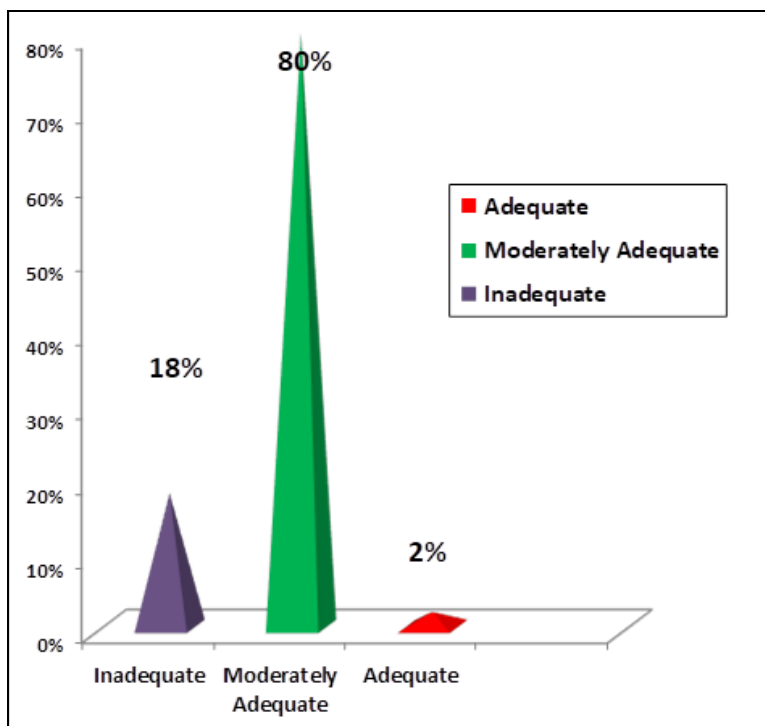


Fig 1: Distribution of Pre-Menopausal Women According to the Level of Knowledge.

Results & Discussion

The first objective of the study was to assess the knowledge regarding premenopausal symptoms and their management among women in Pre-menopausal age (40-45 years). The level of knowledge was assessed and it was found that majority Eighty percent (80%) of the women have Moderate knowledge, Eighteen percent (18%) of the women have Inadequate knowledge, Two percent (2%) of the women have Adequate knowledge on pre-menopausal symptoms and their management.

The Second objective of the study was to find out an association between knowledge regarding pre-menopausal symptoms and their management with the selected demographic variables among women in pre-menopausal age (40-45 years). The findings showed that there was statistically significant association between knowledge and selected demographic variables such as Educational status, Income of the family, Primary source Of Information while there is no significant association between knowledge with Age, Occupation, Type of Family. Hence the Hypothesis is partially accepted.

The Third objective of the study was to prepare an Information Booklet regarding pre-menopausal symptoms and their management. Information Booklet regarding pre-menopausal symptoms and their management was prepared, validated by experts and was administered to the pre-menopausal women.

Conclusion

The following conclusion was drawn from the findings of the study. Knowledge of women regarding premenopausal symptoms and their management was moderate. Information booklet was given to educate the women.

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