

A Study to Assess The Knowledge And Knowledge on Practice Regarding Life Style Modifications and Health Promotional Strategies Among The Women in The Menopausal Period Residing at South Pitchavaram, Chidambaram Taluk

Elakkiya.V¹, Dhivya. S², Dr. K.Latha³

^{1,2}Dept of B.Sc

³Lecturer

^{1,2,3}RMCON., AU.

Abstract- Menopause is an unavoidable event which occurs during the middle years of the women's life. It is recognized as an important developmental phase influenced by specific socio-cultural factors. A woman enters menopause when she has not experienced a menstrual period for more than a year. The average age of menopause is 51 years. Usually 90% of women will attain menopausal by 55 years and about 1% of women will experience menopause by age 40. Menopause may be accompanied by distressing symptoms and is implicated increasingly in some major age related diseases in women, particularly cardio vascular disease and osteoporosis. Most of the women, aware of the controversies through media attention, seek for a balanced discussion and an explanation of the issues. The description of menopausal symptoms passed from generation of women is varied.

Keywords- CSTR-PID-ZN-Fuzzy-MRAM-MATLAB.

I. OBJECTIVES

- To assess the knowledge regarding life style modifications and health promotional strategies to be adopted during menopausal period among the subjects.
- To assess the knowledge on practice regarding life style modifications to be adopted during menopausal period among the subjects.
- To associate the existing knowledge of the subjects with selected demographic variables (age, education, occupation, income, marital status and number of children) and clinical variables (height, weight, illness and its related problems).
- To prepare the educational module on menopause.

II. RESEARCH METHODOLOGY

Quantitative research approach was selected and descriptive study design was used to assess the knowledge and knowledge on practice regarding menopause among 25 rural women in Chidambaram using structured interview questionnaires. Convenient sampling technique was used to select the subjects.

III. RESULTS

Among 25 women, 52% (13) of women had inadequate knowledge regarding menopause, 20% (5) of the women had moderately adequate knowledge and only 28% (7) of them had adequate knowledge and the mean score was 7.64 with SD of 6.93. (Table -1)

Table-1

Level Of Knowledge Of The Subjects Regarding Life Style Practices During Menopausal Period

| S.NO | KNOWLEDGE LEVEL | NO | PERCENTAGE | MEAN | SD |
|------|------------------------------------|----|------------|------|------|
| 1 | Inadequate level (<50%) | 13 | 52 | 7.64 | 6.93 |
| 2 | Moderately adequate level (50-75%) | 5 | 20 | | |
| 3 | Adequate level (>75%) | 7 | 28 | | |

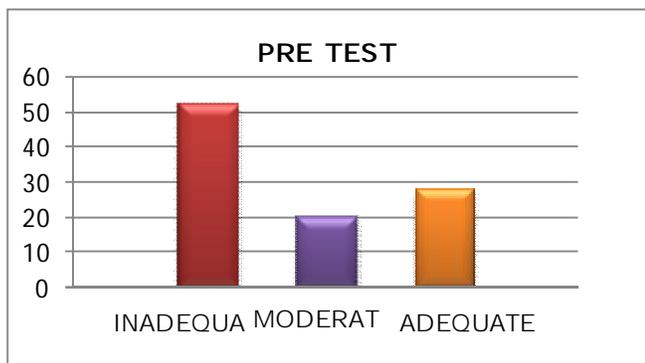


Figure-1

Level Of Knowledge Of The Subjects Regarding Life Style Practices During Menopausal Period

When knowledge on practice during menopause period was assessed among 25 women, 64% (16) of them had inadequate knowledge, 24% (6) of them had moderately adequate knowledge and only 12% (3) of them had adequate knowledge and the mean score was 3.12 with SD of 3.26 in the pre-test.

Table-2

Level Of Knowledge On Practice Of The Subjects Regarding Life Style Practices During Menopausal Period In Pretest

| S.NO | KNOWLEDGE LEVEL | NO | PERCENTAGE | MEAN | SD |
|------|------------------------------------|----|------------|------|------|
| 1 | Inadequate level (<50%) | 16 | 64 | 3.12 | 3.26 |
| 2 | Moderately adequate level (50-75%) | 6 | 24 | | |
| 3 | Adequate level (>75%) | 3 | 12 | | |

When the knowledge was associated with demographic and clinical variables there was no significant statistical association of various aspects of knowledge of the subjects on menopause ($P < 0.001$) with selected demographic variables. But there was significant statistical association of personal habits aspect of knowledge and knowledge on practice ($P > 0.049$) with history of surgery pertaining to reproductive system of the clinical variables.

IV. CONCLUSION

The study result showed that the women in the menopausal period had inadequate knowledge regarding menopause and knowledge on practice during menopause period. At the end of the study the subjects were given the educational module to acquire adequate knowledge and adopt appropriate life style practices during menopausal period. With the study result, it is concluded that women in both rural and urban area need to be educated regarding menopause to protect and maintain the health during their life period.

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