

PROBLEM STATEMENT:

"A study to assess the knowledge regarding physical and psychological changes during premenopausal stage among women (35-55 years) in selected areas of Pune City with a view to develop a module."

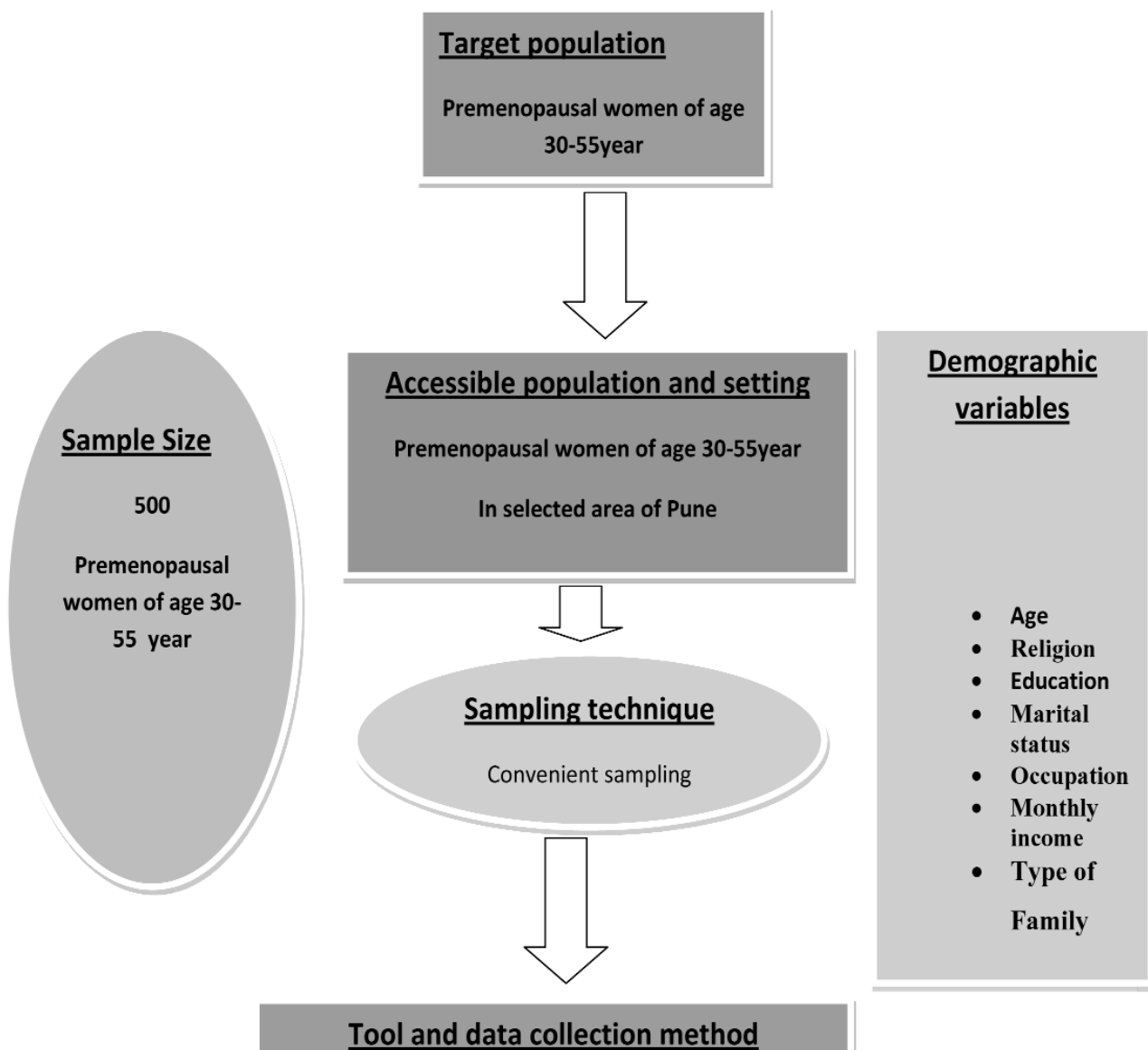
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RESEARCH DESIGN



ABSTRACT

Introduction:

Menopause is a unique stage of female reproductive life cycle, a transition from reproductive to non-repro-

ductive stage. The word "menopause" literally means the "end of monthly cycles" from the Greek words pausis (cessation) and the word root men (month). Menopause means permanent

cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity & the menstrual cycle to become irregular for some time before coming to a gradual stop. For most women, it happens between the ages of 45 and 55.

Menopause is usually a natural change

Menopause, also known as the climacteric, is the time in most women's lives when menstrual period stop permanently, and they are no longer able to bear children. Menopause is a climacteric syndrome characterized by various symptoms like cessation of menstruation, hot flushes, insomnia, vaginal dryness, weight gain, mood swings, depression, thinking slowed etc.

Menopause is one such midlife stage which might be overcome easily or make a lady miserable depending on her luck. This phase of life is shrouded with lots of myths and taboos.

Early recognition of symptoms can help in reduction of discomfort and fears among the women

Problem Statement: "A study to assess the knowledge regarding physical and psychological changes during premenopausal stage among women (35-55 years) in selected areas of Pune City with a view to develop a module."

Objectives of study:

1. To assess the knowledge of women regarding physical and psychological changes in premenopausal stage
2. To correlate the degree of associa-

tion between socio demographic variables of mothers and level of knowledge of women's regarding physical and psychological changes in premenopausal stage

3. To prepare a module for premenopausal women regarding physical and Psychological changes in premenopausal stage and its management

REVIEW OF LITERATURE

I Review of literature related

Prevalence of menopausal symptoms

II. Review of literature related to physical changes during menopause

II Review of literature related to psychological changes during menopause

IV Review of literature related to Knowledge and awareness of menopause

Which suggest that majority of women were unaware of menopausal symptoms and its health effects and they do not take treatment for their symptoms due to lack of awareness so there is need to increase awareness of this problem in premenopausal women .

Research Methodology

A quantitative descriptive survey research approach was used. The research design used for this study is non-experimental descriptive research design regarding design. The study was conducted on premenopausal age group women of selected area of Pune city. A non-experimental descriptive research design was selected to assess knowledge regarding

Target population of present study is population of women of age group (35-55) residing in selected urban area of Pune. The 500 samples were selected by non-probability convenient sampling technique

The tool used for present study was a 'Semi-structured interview' for demographic data, and self-administered knowledge questionnaire to assess the level of knowledge regarding physical and psychological changes during premenopausal stage among women.

Validity of tool was done by 06 experts. Reliability was assessed using inter rater method. Pilot study conducted 7/10/2015 to 15/10/2015 on 100 women,. It showed that it is feasible to conduct final study with the present tool. The data was collected from 20/10/2015 to 22 /1/ 2016 and was analyzed using descriptive and inferential statistics.

The major finding of the study: 25% of the women had age 35-38 years, 41% of them had age 39-42 years, 21% of them had age 43-46 years and 13% of them had age 47-55 years.53% of them were Hindu, 39% of them were Muslim, 4% of them were Christian and 4% of them had other religion.42% of the had primary education, 44% of them had secondary education, 13% of them had higher secondary education and 1% of them had more than higher secondary education.82% of them were married, 6% of them were unmarried, 2% of them were divorced and 10% of them were widow.65% of them were house-

wives, 33% of them were working women, 1% of them had government job and 1% of them had private job.22% of them had monthly income less than Rs 5000, 40% of them had monthly income Rs.5001- 8000, 27% of them had monthly income Rs.8001-10000 and 11% of them had monthly income 16% of them had nuclear family, 78% of them had joint family, 3% of them had extended family and 3% of them had single parent family

40% of women had poor knowledge score, 60% had average knowledge score and 0% women had good score Since p-values corresponding to educational status and type of family are small (less than 0.05), educational status and type of family are the demographic variables which were found to have significant association with knowledge of mothers regarding physical and psychological changes in premenopausal stage

Conclusion:

Menopause-is not a disease, it is just a natural phase of every woman's life during this phase many physiological, uro-genitals, psychological changes occurs. With appropriate lifestyle changes it will pass away easily. But most of the women unaware about these changes. They are not having good knowledge about the menopausal changes and its management so they faced difficulties to cope up with this phase. So the ageing women need awareness & education

about menopause. The finding of the study revealed that there is significant need towards the awareness and menopause education programme. It should be incorporated under national programme of the reproductive health. Hence researcher developed a module for premenopausal women.

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