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ABSTRACT

Introduction:

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

NEED FOR THE STUDY:

Menopause is an unspoken, unattended, reality of life, the cause of which is still deciphered completely by man.

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 .The women in the menopausal age group carry a major burden of several health problems. These health issues are often neglected and may lead to deterioration in the quality of life in later ages. Noroozi E,et al (2013) conducted study Knowledge and attitude toward menopause phenomenon among women aged 40-45 years which shows Peri- and post-menopause women experience a wide range of menopause symptoms, and their lifestyle patterns and physical, psychological, social and spiritual adaptation directly affecting elderly health improvement are considerably crucial. Many middle-aged women worry about losing their womanhood and attractiveness after menopause, and may suffer from the physical symptoms of menopause. Moreover, perimenopausal women may experience a sense of loss and worthlessness after they stop giving values to maternal roles as their children grow and become independent. Women facing postmenopausal changes can lead a richer life by looking at life in a positive perspective as an opportunity for inner maturity. Since postmenopausal women at midlife experience various problems and difficulty in adapting to climacteric changes has a direct effect on elderly women's health, health-promoting lifestyle patterns and psychological adaptation have been considered as important issues. Appropriate understanding of women that certain physical, mental, social and psycho-

logical changes occur during menopause helps them with greater readiness to cope with these changes. Various studies showed that women have basic knowledge about menopause but there is need to explore the knowledge of premenopausal problem associated with it. Moreover the misconceptions about menopause are more prevalent so there is intense need to specify these misconceptions It also helps significant improvement in both expectancy and quality of life of life in future effort by educational programs and health care providers will help in this area.

The investigator during community posting and even during the clinical exposure experience, that the postmenopausal women in the community, were having a lot of problems regarding associated changes after menopause & its management, and the post-menopausal women not able to cope up the situation. The researcher has reviewed many articles, journals and researches regarding menopause for helping premenopausal women by creating awareness on menopause among premenopausal women. From the above facts it is clear that there are many physical and psychological problem faced by menopausal women. Keeping these facts the researcher felt the need to assess the knowledge regarding menopause. Education will help to improve the knowledge of needy women. So felt very strongly to

conduct the study to educate the premenopausal women to help them face problems positively through an educational approach by providing self-instructional module.

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 association 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

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 housewives, 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.
