A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE ABOUT MENOPAUSE AMONG WOMEN IN SELECTED COMMUNITY

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ABSTRACT
Menopause is the process through which a woman ceases to be fertile or menstruate. It is a normal part of life and is not considered a disease or a condition. Menopause typically occurs between 49 and 52 years of age. Medical professionals often define menopause as having occurred when a woman has not had any vaginal bleeding for a year. It may also be defined by a decrease in hormone production by the ovaries. Before menopause, a woman's periods typically become irregular which means that periods may be longer or shorter in duration or be lighter or heavier in the amount of flow. During this time, women often experience hot flashes; these typically last from 30 seconds to ten minutes and may be associated with shivering, sweating, and reddening of the skin. Many of the symptoms of menopause and the medical complications that may develop in postmenopausal women can be lessened or even avoided by taking steps to lead a healthy lifestyle.

KEYWORDS: Menopause, knowledge, attitude, women.

INTRODUCTION
Menopause, also known as the climacteric, is the time in most women's lives when menstrual periods stop permanently, and they are no longer able to bear children. During early menopause transition, the menstrual cycles remain regular but the interval between cycles begins to lengthen. Hormone levels begin to fluctuate. Ovulation may not occur with each cycle.

The date of the final menstrual period is usually taken as the point when menopause has occurred. During the menopausal transition and after menopause, women can experience a wide range of symptoms. The age at which a woman starts having menstrual periods is also not related to the age of menopause onset. Most women reach menopause between the ages of 45 and 55, but menopause may occur as earlier as ages 30s or 40s, or may not occur until a woman reaches her 60s. As a rough “rule of thumb,” women tend to undergo menopause at an age similar to that of their mothers.

OBJECTIVES OF THE STUDY
1. To assess the level of knowledge and attitude on menopause among women in selected community
2. To find out association between knowledge and attitude on menopause and selected demographic variables

HYPOTHESES
HO1: there is statistically significance of association between the level of knowledge on menopause and selected demographic variables

Research methodology
Description of the tool
Section 1.

<table>
<thead>
<tr>
<th>Knowledge</th>
<th>Score</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adequate knowledge</td>
<td>20-40</td>
<td>70-100</td>
</tr>
<tr>
<td>Moderate knowledge</td>
<td>14-26</td>
<td>34-65</td>
</tr>
<tr>
<td>Inadequate knowledge</td>
<td>1-13</td>
<td>0-33</td>
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</tbody>
</table>

The research design used for this study was nonexperimental design. The sample size was 60 womens between the age group of 45-60 yrs in a selected community in tamilnadu. Purposive sampling method was used.

Part I - it consists of demographic variables such as age, marital status, education, occupation type of family, socioeconomic status etc.

Part II – it consists of clinical variables such as parity, menopausal symptoms, number of health visit per year, taking any hormonal therapy.

Section II
It consisted of structured interview questions about menopause.
Major findings of the study

1. Majority of the women belong to 40-50yrs of age [43.3], married [80%], illiterate [36.7%], housewives [56.7%]. The data revealed that majority belong to joint family and having children and monthly family income is up to Rs.40000 [43.3%].

2. Frequency and percentage distribution of level of knowledge on menopause among women in community depicts majority of women [53.3%] were having inadequate knowledge, 46.7% having moderate knowledge.

3. There was no significant association found between demographic variables and knowledge and attitude of menopause among women.

CONCLUSION

The majority of the women living in Tamilnadu have inadequate knowledge and moderate knowledge level on menopause. This study recommends the necessity of educational program regarding menopause in rural population. Many women find that menopause is a time to celebrate a new phase of life rather than grieving for lost youth. After transitioning through menopause, women will not have any more periods or symptoms of PMS. They will also be able to have sex without worrying about pregnancies. Menopause should be used as a time to explore sources of pleasure and joy, fill you with positive thoughts, love yourself, and revive your sex life.

REFERENCES


