

## Effectiveness of Structured Teaching Programme on Lifestyle Modifications among Postmenopausal Women

K. Meena\*, S. Swarna\*\*, P. Sudharani\*\*\*

\*.M.Sc. Nursing, \*\*Professor, \*\*\*Principal, Dept of Obstetric and Gynecological Nursing, College of Nursing, SVIMS, Tirupati, Andhra Pradesh, India.

### Abstract

The present study has been designed to enhance the knowledge of postmenopausal women about lifestyle modifications. An evaluative research approach and quasi experimental one group pre test post test design was adopted to conduct this study. The study was conducted in selecte drural areas, Tirupati. Stratified probability proportionate sampling method was used to select the sample. Questionnaire was used to assess the knowledge following which structured teaching programme was carried out with the help of flexies prepared by the investigator. The results revealed that there was a significant difference between pre and post test knowledge scores of postmenopausal women on Lifestyle modifications. The pre test mean 13 and the post test mean is 20.8. Paired 't' test values shows that it was found to be invariably significant at  $p < 0.01$  level in all areas of knowledge including overall knowledge on Lifestyle modifications. It was found effective in improving the knowledge. A significant association was present between the knowledge and demographic variables such as age with the  $\chi^2$  value 7.04, which is significant at the level of 0.05 and education with the  $\chi^2$  value 30.96, which is significant at the level of 0.001 in pre test, where as in post test knowledge scores and demographic variables such as education with the  $\chi^2$  value of 36.9, which is significant at the level of 0.001 and religion with the  $\chi^2$  value of 3.5, which is significant at 0.005.

**Keywords:** Effectiveness; Postmenopausal women; Lifestyle modifications.

### Introduction

Menopause derived from the Greek word pausis (cessation) and the root men- (month). Literally menopause means the "end of monthly cycles" (the end of monthly periods). Menopause is an event that typically (but not always) occurs in women midlife, during their late 40s or early 50s, and it signals the end of the fertile phase of a women's life. However, rather than being defined by the state of the uterus and the absence of menstrual flow, menopause is more accurately defined as the permanent cessation of the primary function of the ovaries: the ripening

and the release of ova and the release of hormones that cause both the creation of the uterine lining, and the subsequent shedding of the uterine lining. In India, at some point after forties, a woman enters in to the third phase of her life. This phase of life is generally ignored and chooses to mourn silently. During the middle age, physiologically, menopause is the most notable event for women.so, the women need knowledge about what to expect and how to cope with changes.[1]

With an increased life expectancy, women in developed countries now live approximately more than one third of their life after ovarian failure (Luzy and Campana, 2004). The average life expectancy of a woman in the developed countries ranges between 80 and 85 years and in developing countries, between 60 and 70 years. The average age at menopause is approximately 50 years (WHO 1996); with a possible wide variation between developed

---

**Reprint Request:** Ms. K. Meena, M.Sc. Nursing, College of Nursing, SVIMS, Tirupati, Andhra Pradesh, India.

E-mail: kanipakammeena@gmail.com

and developing countries. In 1990, there were 467 million women aged 50 years and above (40 per cent of these women live in the developed regions while 60 per cent in the developing countries) globally. This global figure is expected to rise to 1200 million by the year 2030 where as the proportion of postmenopausal women living in the developed region is expected to decline to 24 per cent causing an alarming situation for developing countries. In India the census of 25-54 years age group is 40.2% (male 249,017,538/female 235,042,251) and 55-64 years age group are 6.8% (male 41,035,270/female 40,449,880). (Census of Indian, 2001) According to the life expectancy of the women, about 1/3<sup>rd</sup> of the women life is in menopause. As a result women who happen to undergo a strong postmenopausal life with a large number of different effects may become confused and anxious, fearing that something abnormal is happening to her. There is a strong need for more information and more education on the subject. Therefore the investigator decided to conduct a study to assess the knowledge regarding the lifestyle modifications among the postmenopausal women to help them face problems positively.[2]

### **Objectives**

- To assess the effectiveness of structured teaching programme on lifestyle modifications among postmenopausal women.
- To identify the association between knowledge regarding lifestyle modifications among postmenopausal women with selected demographic variable.

### **Materials and Methodology**

#### *Research Approach*

Evaluative research approach.

#### *Sample Technique*

75 postmenopausal women who were selected by using stratified probability proportionate sampling technique.

#### *Setting*

Selected rural areas, Tirupathi.

#### *Tool Used*

To assess knowledge on lifestyle modifications among postmenopausal women by using a questionnaire which consists of II sections.

*Section I:* consists of questions to collect demographic data of women.

*Section II:* knowledge questionnaire on lifestyle modifications among the postmenopausal women, which consists of 32 multiple choices closed ended questions with a single most appropriate response.

The tool was found to be highly reliable and valid. Pilot study was conducted before the main study to assess the feasibility.

#### *Procedure for Data Collection*

A formal permission was obtained from Municipal Health Officer Tirupathi to conduct study. After explaining the purpose of study, written consent was taken and collected the data from postmenopausal women through a pretested structured questionnaire was administered and all respondents were thanked for their co-operation and after completion of pre-test a structured teaching was administered on Lifestyle modifications among the postmenopausal women for about half an hour by using flexies. After 1 week, the feedback was obtained on knowledge regarding lifestyle modifications among postmenopausal women by administering post-test for each woman who took pre-test.

### **Results**

The majority of the postmenopausal women 51% (38) were in the age group of 50-60 years and 49% (37) were in the age group of 40-50 years. Related to the education, majority 36% (27) were illiterates as the respondents belongs to the rural area. Regarding the marital status, majority 68% (51) were married and 32% (24) were widows with the mean income of Rs.4, 880. Considerable number 68% (51)