

# A Comparative Study to assess the Knowledge at the Age Group of 40-50 Year Women Regarding Menopausal Symptoms in Selected Rural and Urban Areas in a view to Develop an Instructional Booklet

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## Abstract

Menopause is a natural step in the aging process represent the end of menstruation after the last menstrual periods in the previous 12 month. It occurs gradually in women and indicate the transition from the reproductive to the post reproductive era of women's life. **Objective of the Study:** (1) To assess the knowledge on menopausal symptoms among 40-50 years old regarding at selected urban areas. (2) To assess the knowledge on menopausal symptoms among 40-50 years old regarding at selected rural areas (3) To compare the knowledge score of women in urban and rural areas. (4) To determine the relationship between the knowledge with selected socio demographic variables such as education, occupation, previous knowledge. **Method:** A non-experimental, comparative study with a quantitative research approach was utilized to test the proposed hypothesis. Instructional booklet was papered regarding menopausal symptoms and its management. **Result:** The knowledge mean score of urban areas is 52.2 and rural mean score is 36.6. Compare the knowledge of urban and rural menopausal symptoms women.

**Keywords:** Menopausal Symptoms; Women's Life; Socio Demographic Variables; Women's Life Events.

## INTRODUCTION

A normal healthy woman's reproductive phase is usually known by the terms such as menarche which means the age of first menstruation, menstruation denotes the periodic and cyclical shedding of endometrium, puberty is the period of increased general body growth and development of secondary sexual characters and sex organs and girls become capable of reproduction, and menopause is the cessation of menstruation due to rapid decrease

in the production of female sex hormones by the ovaries at the age of about 45-55 years. (Rashid Latif, 2006). The term "women's health is very important in understanding the health issues of the women. The American Academy of Nursing's 1996 expert panel on women health reported that women's health includes their entire life span and involves health promotion, maintenance and restoration. The term women health recognizes that the health of the women is related to the biological, social and cultural dimensions of women's lives. Moreover, women's normal life events or rites of passage such as menstruation, child birth and menopause are considered as part of normal female development rather than disease or syndrome. This broad emphasis on women's health is in contrast to the view of women solely in terms of their reproductive health or their role in parenting children.

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## OBJECTIVE OF THE STUDY

- To assess the knowledge on menopausal symptoms among 40–50 years old women regarding at selected urban areas.
- To assess the knowledge regarding menopausal symptoms among 40–50 years old women regarding at selected rural areas.
- To compare the knowledge scores of women in urban and rural areas.
- To determine the relationship between the knowledge with selected socio demographic variable such as age, marital status, religion, education, occupation and previous knowledge.

## HYPOTHESIS

**H<sub>0</sub>:** There is no significant relation between knowledge level of women and demographic variables.

**H<sub>0</sub>1:** There is significant relation between knowledge level of Women and demographic variables.

## MATERIAL AND METHODS

The methodology of research indicates the general patterns of organizing the producer of gathering valid and reliable data for an investigation. (pilot, hungler 2004)

**Research Approach:** Non experimental

**Research Design:** Descriptive research.

### *Socio Demographic Variables*

Demographic variables such as age, religion, marital status, educational status, occupational status, obstetrical history of the family and sources of previous knowledge regarding menopausal symptoms and management.

### **Sampling criteria:**

The following criteria are set to select the sample:

- **Inclusion criteria:** Menopausal women who are age between 40-50 years.
- **Exclusion criteria:** Menopausal women who are below the age of 40 and above the 50.

**Setting of the study:** The study was conducted in selected rural & urban area.

**Population:** Women having menopausal symptoms.

**Sample/ sample size:** 30 sample in urban and 30 rural.

**Sampling technique:** Non probability convenient sampling

## FINDING OF THE STUDY

- The majority of the urban and women were belongs to Hindu 6,7(20%, 23%)
- The majority of women is primary education 15, 17 (50%, 23%)
- The majority of women is house wife 22,21 ( 73%, 70%)
- The majority finding in women having problem in reproductive organ and other problem 18, 17 (60%, 23%).

### *Knowledge Level of Urban Women Regarding Menopausal Symptoms and its Management*

Level of knowledge is divided into three categories for easy understanding.

- Poor
- Average
- Good

Result of the study revealed that 20% of women having poor knowledge, 60% of women having average knowledge and 20% of women having good knowledge regarding menopausal symptoms and its management.

The overall knowledge score of urban women is 52.2%.

### *Knowledge of Rural Women Regarding Menopausal Symptoms and its Management*

Result of the study revealed that 50% of women having poor knowledge, 33.33% of women having average knowledge and 17% of women having good knowledge regarding menopausal symptoms.

The overall knowledge score of rural women is 36.6%.

### *Comparison of Knowledge Score of Urban and Rural Women*

The overall knowledge score of urban women is 52.2% and of the rural women is 36.6%. When the compared to rural women knowledge score, the knowledge score of urban women is high. So the

knowledge of the urban women was more than that of rural women.

### *Association of Socio Demographic Variables with Knowledge of the Women*

The chi-square test is used to find out the association between demographic variables such as education, occupation and received information about the menopausal symptoms.

Chi-square analysis is found that there was an association between knowledge and educational status of the women in both rural and urban areas. In rural area there is no significant relation between knowledge level and demographic variables. In urban area there is significant relation between knowledge level and demographic variables such as education, occupation and received information about menopausal symptoms.

### **CONCLUSION**

- The overall knowledge score of the urban women was more ( 52.2%) of the rural women (36.6%).

- The study reveals that the knowledge of women regarding menopausal symptoms and its management more in urban areas women as a compare to rural areas women.

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