

Knowledge and Attitude of Post Menopausal Women Regarding Hormonal Replacement Therapy

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Abstract

The purpose of the study was to assess the knowledge and attitude among post menopausal women of medical profession regarding hormonal replacement therapy. The Research Approach used was Survey Approach, with a Descriptive Design. The Setting of the Study was at areas of Panavoor Primary Health Centre, Trivandrum, among Post menopausal women under medical profession. There were 100 Samples selected by means of Purposive sampling. The tool used for Data Collection was structured questionnaire and 5 point Likert scale by Self Administration Method. The data were analysed using descriptive and inferential statistics. The overall mean and standard deviation of knowledge scores were 22.37 and 1.119 respectively whereas the overall mean and the standard deviation of attitude scores were 84.47 and 3.228 respectively

Keywords: Assess; Knowledge; Attitude; Menopause; Post-Menopausal Women; Hormonal Replacement Therapy.

Introduction

Menopause is the permanent physiologic cessation of menses associated with declining ovarian function, during this time reproductive function diminishes and ends. Post menopause is the period beginning from about one year after menses cease [1].

Need for the Study

Approximately, 38% of postmenopausal women in USA use hormonal replacement therapy.²In India, a total of 3616 women aged 45-55 years were recruited between 2007-2008. Vasomotor symptoms like hot flushes, night sweats were reported by 34.4% women, controlling for demographic variables, $p > 0.05$. About

54% of women are using hormonal replacement therapy in 2009 [3,4].

Statement of the Problem

"A study to assess the knowledge and attitude of post menopausal women regarding hormonal replacement therapy in selected community areas at Trivandrum."

Objectives of the Study

1. To assess the knowledge of postmenopausal women regarding hormonal replacement therapy.
2. To assess the attitude of postmenopausal women regarding hormonal replacement therapy.

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3. To compare the postmenopausal women regarding hormonal replacement therapy.
4. To find out the association between the knowledge of postmenopausal women regarding hormonal replacement therapy with selected demographic variables.
5. To find out the association between the attitudes of postmenopausal women regarding hormonal replacement therapy with selected demographic variables.

Hypothesis

H1: There will be significant correlation between the knowledge and attitude of post menopausal women regarding the hormonal replacement therapy

H2: There will be significant association between the knowledge of postmenopausal women regarding the hormonal replacement therapy with selected demographic variables.

H3: There will be significant association between the attitudes of post menopausal women regarding the hormonal replacement therapy with selected demographic variables.

Research Methodology

Research Approach

A survey approach was found to be suitable for the present study.

Research Design

The present study is a descriptive survey.

Setting of the Study

The present study was undertaken in selected areas of Panavoor Primary Health Centre, Trivandrum

Population of the Study

The target population for the present study comprised of post menopausal women who are working under medical department.

Sample and Sampling Technique

Purposive sampling technique

Findings of the Study

Majority of post menopausal women 43(71.7%) are

between 51-60 years and 15(25%) of them are between 41-50 years. Majority of them 37(61.7%) were Hindus 06(10%) were Christians. 54(90%) of them were graduated whereas only 06(10%) of them were post graduated. And all 60(100%) were medical professionals. When related to age at menopause, majority of the subjects reported 43(71.7%) of them at the age group of 51-60 years. On type of diet, majority of the subjects 31(51.7%) were non-vegetarian and only 29(48.3%) of them were vegetarian.

Regarding the presence of symptoms, majority of the subjects 34(46.7%) have hot flushes whereas only 03(5%) of them had psychological disturbances. Regarding place of residence, 50(83.3%) of them were from urban area whereas only 10(16.7%) of them were from rural area. Regarding source of health information, 29(48.3%) of them said they got it from friends whereas only 10(16.7%) of them said they got it from colleagues.

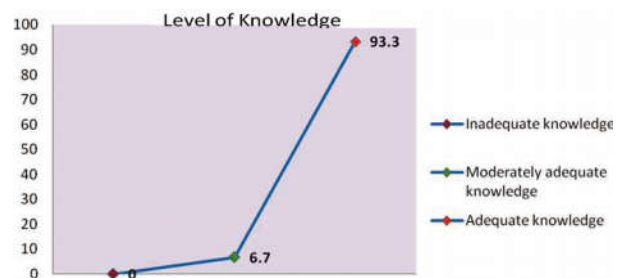


Fig. 1: Level of knowledge of post menopausal women regarding Hormonal Replacement Therapy

Figure 1 depicts that when the level of knowledge regarding hormonal replacement therapy among post menopausal women was observed, majority of the subjects 56(93.3%) had adequate knowledge on hormonal replacement therapy whereas only 04(6.7%) had moderately adequate knowledge and none of the subjects had inadequate knowledge.

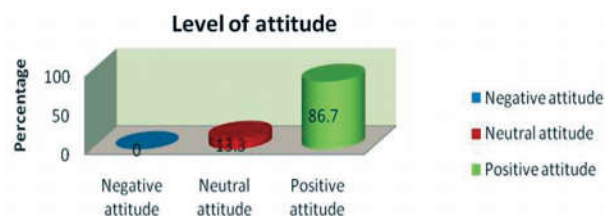


Fig. 2: Frequency and percentage distribution of level of attitude regarding Hormonal Replacement Therapy among post menopausal women

Figure 2 depicts that when the frequency and percentage distribution of level of attitude regarding hormonal replacement therapy among post menopausal women was observed majority of the subjects 52(86.7%) had positive attitude towards

hormonal replacement therapy whereas only 08(13.3%) had neutral attitude and none of them had negative attitude.

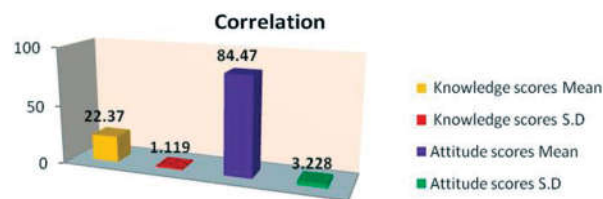


Fig. 3: Correlation between the level of knowledge and level of attitude regarding Hormonal Replacement Therapy among post menopausal women.

When the correlation between the knowledge and attitude scores on hormonal replacement therapy (Figure 3) observed that the overall mean and standard deviation of knowledge scores were 22.37 and 1.119 respectively whereas the overall mean and the standard deviation of attitude scores were 84.47 and 3.228 respectively. The Pearson's 'R' Correlation value was found to be -0.281 which is significant at $p < 0.05$ with negative correlation of degree of freedom 58 which states that as the knowledge of post menopausal women towards hormonal replacement therapy increases, the attitude towards them decreases whereas if the attitude increases, the knowledge decreases towards the hormonal replacement therapy.

When the association between the level of knowledge and selected demographic variables was seen the calculated value was less than the Table value which states that there is no statistically significant association between the level of knowledge and selected socio-demographic variables.

Also when the association between the level of attitude and socio-demographic variables was observed among post menopausal women, the age in years and age at menopause were statistically significant at $p < 0.05$ since the calculated value was greater than the table value whereas the other socio-demographic variables were not found to be statistically significant with the level of attitude. Hence, it is concluded that only age variable were found to be statistically significant with the level of attitude.

Summary

Majority of the subjects 56(93.3%) had adequate knowledge whereas only 04(6.7%) of them had moderately adequate knowledge but none of the subjects had inadequate knowledge regarding hormonal replacement therapy. The level of attitude among post menopausal women which signifies that majority of the subjects 52(86.7%) of them had positive attitude, whereas only 08(13.3%) of them had neutral attitude towards hormonal replacement therapy.

When the knowledge of post menopausal women towards HRT increases, the attitude towards them decreases whereas if the attitude increases, the knowledge decreases towards the HRT. The association levels states that the age variable was found to be statistically significant with the level of attitude.

Conclusion

The present study was undertaken to assess the knowledge and attitude of post menopausal women regarding hormonal replacement therapy in selected areas of Panavoor PHC, Trivandrum. The data was collected from sixty women by structured questionnaire and a 5 point Likert scale. Purposive sampling technique was used to select the sample of sixty women.

References

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