

A STUDY TO ASSESS THE KNOWLEDGE REGARDING PSYCHOLOGICAL WELLBEING AMONG THE MENOPAUSAL WOMEN IN VILLUPURAM

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Abstract : Menopause is a universal phenomenon which can be perceived as unpleasant. The period is generally associated with unavoidable manifestation of aging process in women. "A descriptive study was conducted to assess knowledge regarding the psychological wellbeing among the menopausal women at Arasur rural area, Tamilnadu. Data was collected by Self Structured questionnaire and convenient sampling. The result revealed that the majority of menopausal women have moderate knowledge regarding psychological wellbeing.

Keywords: Knowledge, psychological wellbeing, menopausal women

Objectives

- To assess the knowledge of psychological wellbeing among the menopausal women.
- To determine the association of knowledge level of menopausal women regarding the psychological wellbeing to selected demographic variables.

Research Methodology: Research design- Descriptive research design

Research setting- Arasur village in Villupuram.

Target population- Menopausal women

Sample size- 54 Menopausal women

Sampling Technique- Convenient sampling technique

Result and conclusion-The result of the study revealed that the majority of menopausal women that is 83.3% have moderate knowledge, 9.3% of menopausal women have inadequate knowledge and 7.7% of menopausal women have adequate knowledge. The association of level of knowledge score with all variables is non-significant at $p > 0.05$ except source of information at $p < 0.05$ level.

INTRODUCTION:

Menopause is defined as generally cessation of periods for 12 months or a period equivalent to three previous cycles or as time of cessation of ovarian function resulting in permanent amenorrhoea. The elderly population is increasing every year and it is projected that it would increase to about 12% of the

total population by the year 2025. Roughly half of the population will be women. According to IMS there are about 65 million Indian women over the age of 45 years. Average age of menopause is around 48 years but it strikes Indian women as young as 30-35 years. Due to the increase in the life expectancy women will have to face a longer periods of menopause.

Importance is always given to reproductive health from menarche to menopause. Problems related to menopause were given scant attention till the 1980's. The concept of menopause got its importance only in 1981 when a report of the World Health Organization, Scientific Group, based on its meeting on Research on the Menopause held in Geneva during December 1980 says there are virtually no data on the age distribution of the menopause and no information on its socio-cultural significance in the developing countries.

During menopausal transition there is a lot of fluctuation in the hormone levels and thus women may experience many symptoms and conditions. However, the influence of this fluctuation varies from one woman to another. Some of the important and common symptoms women can experience during menopausal transition are changes in periods, hot flushes and night sweats, problems with vagina and bladder, changes in sexual desire, sleep problems, mood

changes/swings, changes in the body etc. There are also some serious medical concerns related to menopause as, firstly loss of bone tissue that cause osteoporosis and secondly, heart disease risk may grow due to age-related increases in weight, blood pressure and cholesterol levels.

Thus menopause brings psychological and biological changes that effect women's health. Therefore, in most developed countries hormone replacement therapy (HRT) is often recommended to prevent the distressing symptoms associated with menopause. There is considerably lack of awareness about the effects and the treatment of the menopausal symptoms in women in India. So aim of the present study to assess knowledge of the psychological wellbeing regarding menopause among the menopausal women.

MATERIAL AND METHODS:

Research approach and research design:

Quantitative descriptive research design was used to collect data required for the study

Setting of study:

Present study was conducted in the arasur village.

Population:The population of this study were Menopausal women

Sample: Menopausal women were sample for this study.

Sampling Technique: Convenient Sampling was used to collect the samples

Sample size: 54 Menopausal women.

Development & description of Tool:

The tool used for this study was structured Questionnaire schedule. The tool consist of two sections-

Section A - Questionnaire to collect demographic data of Menopausal women

Section B- Structured Questionnaire schedule to assess the knowledge regarding psychological wellbeingIt consists of 30 questions related to psychological wellbeing.

Ethical consideration:

Formal permission was obtained from village President and informed consent was taken from research sample.

Data Collection Procedure:

Before commencing the task of data collection, formal permission was obtained. Data was collected on the 54menopausal women which are residents of, Arasur.

RESULT:

Frequency and percentage of the sample characteristics:

Highest percentages (46.3%) of menopausal women were within the age group of 45-50 years. Most (87%) of the menopausal women belongs to hindus and (3.7%) belongs to Christianity. Majority (70.4%) of the subjects were belonged to nuclear family. Majorities (74.1%) of the women were vegetarian. (68%) of menopausal women were previously exposed to knowledge regarding psychological wellbeing. Highest percentage (83.3%) of menopausal women had information from books, newspaper, magazines.

Table 1: The knowledge of menopausal women regarding psychological wellbeing was assessed by structured questionnaire.

Level of knowledge	Frequency	Percentage
Inadequate knowledge	5	9.3%
Moderately adequate knowledge	45	83.3%
Adequate knowledge	4	7.4%

The frequency and percentage distribution of level of menopausal women's knowledge score on psychological wellbeing reveals that 5(9.3%) of the subjects had inadequate knowledge followed by 45(83.3%) of the subjects had moderately adequate knowledge and 4(7.4%) had adequate knowledge. In context of association between levels of knowledge with demographic variables of menopausal women: There was significant association between sources of information. The other demographic variables were not having significant association with level of Knowledge.

DISCUSSION:

The results showed that the frequency and percentage distribution of level of menopausal women knowledge score on psychological wellbeing reveals that 5(9.3%) of the subjects had inadequate knowledge followed by 45(83.3%) of the subjects had moderately adequate knowledge and 4(7.4%) had adequate knowledge.

The present study depicts the association of knowledge score with all demographic variables. It was found that the level of

knowledge of women is significant with previous source of information regarding psychological wellbeing.

CONCLUSION:

The study concludes that majority of the women had 45(83.3%) had moderately adequate knowledge So researcher being in nursing profession felt the need to educate menopausal women to impart appropriate knowledge regarding the psychological wellbeing.

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