



ISSN Print: 2664-9187
ISSN Online: 2664-9195
Impact Factor: RJIF 5.42
IJNHS 2023; 5(1): 32-34
www.nursingjournals.net
Received: 06-12-2022
Accepted: 10-01-2023

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A descriptive study to assess the knowledge regarding menopausal symptoms and its management among women in selected community of Rewa (M. P.)

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DOI: <https://doi.org/10.33545/26649187.2023.v5.i1a.42>

Abstract

To check the information involving menopausal signs and its administration amongst women. To decide the affiliation of understanding with the chosen demographic variables. There will be no big relationship between girls know-how with chosen demographic variables. There will be sizable relationship between female information with chosen demographic variables Literature evaluate entails systematic identification, location, scrutiny and precis of written substances that comprise data on a lookup problem.” It presents groundwork for future investigation, justifies the want for the study, throws mild on the feasibility of the study, displays constraints of statistics series and relates the findings from one learn about to any other with a hope to set up a complete find out about of scientific expertise in a expert discipline, from which legitimate and pertinent theories might also be developed. A descriptive survey lookup method used to be viewed the first-rate to check the know-how concerning menopausal signs and symptoms and its administration amongst women. In the current find out about the non-experimental lookup graph used to be viewed the most appropriate through the investigator. Setting refers to the region the place the find out about is conducted. The find out about will be carried out in the Laxmanpur Community Rewa (M.P.). In this study, the pattern will include of 60 girls from chosen neighborhood of Rewa. Non-probability Convenient sampling approach will be used for the study. Non-probability Convenient sampling method makes use of contributors who are conveniently reachable to the researcher and meet the standards for the study. 80% of the pattern had a very bad understanding rating ranging between 0-10 and 20% samples had common understanding rating ranging between 11-20 concerning the menopausal signs and its administration and none of the topics had a true information involving menopausal signs and its management. Findings of the find out about are discussed in line with objectives, overview of literature, and speculation in relation to comparable research carried out via different researchers. Discussion of findings is based totally on the pattern characteristics, information of women, the affiliation of know-how with chosen demographic variables. The major intention of this find out about was once to check the know-how involving menopausal signs and symptoms and its administration amongst the women. The Non-Experimental Descriptive learn about plan was once adopted for the existing study.

Keywords: Chhani, consumption, fuel-wood, households, Lanchaan

Introduction

The objectives of the study are as follows

1. To assess the knowledge regarding menopausal symptoms and its management among women.
2. To determine the association of knowledge with the selected demographic variables.

Hypothesis

H0: There will be no significant relationship between women knowledge with selected demographic variables.

H1: There will be significant relationship between women knowledge with selected demographic variables.

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Operational definitions

Assess

In this find out about investigate refers to decide the expertise of female concerning menopausal symptoms.

Knowledge

In this learn about information refers to enough facts or recognition related to menopausal symptoms.

Menopausal symptoms

It refers to night time sweats, irregular periods, temper swings and warm flashes.

Women

Refers to girls between the age team of forty – Above fifty five years who are in menopausal period.

Review of Literature

Ambedkar and Husain (2004) carried out learn about in Mumbai to recognize the correlation between weight loss program therapy, existence fashion amendment and reversal of coronary heart disease. 30 subjective (18 adult males and 12 females) from the Santacruz yoga centre had been chosen for the study. Their anthropometric, biochemical and nutritional evaluation had been finished the use of meals frequency questionnaire and distinctive oral interview. The topics observed stick food regimen remedy and practiced yoga, Pranayam and strolling each day for one hour for 6 months. Results of the find out about indicated all the topics struggling from bloodless and hyperlipidaemia. They belong to 40-70 years .60% had a household records of cardiovascular disease, 66% over weight, 40% led totally sedentary lifestyles style, 40% non –veg. so, to minimize weight weight loss program and ordinary workout is want full.

A cross-sectional find out about used to be carried out by using Ghazanfarpour M, Khadivzadeh T, to consider the signs and symptoms of menopausal girls and the hyperlink between sexual function, menopausal signs and demographic variables. Study in which 202 postmenopausal ladies admitted to the health care facilities have been selected. The Female Sexual Function Index questionnaire and Menopause-Specific Quality of Life have been the major potential of facts gathering. The consequences of our find out about cautioned that cautioned that ladies skilled a range of menopausal signs such warm flash, headache and neck pains, decreased bodily energy weight gain, ache or leg cramps, intensified sexual trouble than 32 ladies who lack such symptoms. The FSFI ratings had been decrease in girls who had been greater than 60 years old, had low instructional level, and smoked cigarette. The most frequent signs and symptoms have been warm flashes (45%), Sleeplessness (37%), and ache in joints and muscular tissues (36%). Moreover, the best suggest rating belonged to signs and symptoms related with warm flashes (1.49 ± 1.38), sleeplessness (1.48 ± 1.71), and headache and neck pains (1.14 ± 1.59). Study concluded that Women with a records of sexual hassle skilled greater extreme menopausal symptoms. This learn about sheds extra mild on the hyperlink between sexual troubles and menopausal symptoms, which can assist healthcare authorities to provide a applicable bundle to their patients.

Research methodology

A descriptive survey lookup strategy was once regarded the satisfactory to examine the information involving

menopausal signs and its administration amongst women. In the existing find out about the non-experimental lookup diagram was once viewed the most appropriate by using the investigator. In non-experimental research, researchers accumulate information besides making modifications or introducing treatments. Data got are analyzed and the consequences may additionally lead to the formation of speculation than can be examined experimentally. Data in non-experimental lookup are normally accrued via the use of questionnaires, interviews, observations, literature reviews, and critical-incident technique. In this research, researcher is the use of structured information questionnaire to gather the facts of women. In this study, based variable will be understanding of female related to menopausal signs and symptoms and its administration Setting refers to the location the place the learn about is conducted. The find out about will be carried out in the Laxmanpur Community Rewa (M.P.). In this study, the pattern will contain of 60 girls from chosen neighborhood of Rewa. The lookup committee has accredited the lookup hassle and targets noted for the current study. Informed consent used to be got from all the girls who had been inclined to take part in the study. Explanation was once given involving the motive of the study. Confidentiality was once ensured. Permission from the greater authorities used to be obtained. Any man or woman participant has the proper to depart from the find out about at any time besides assigning any motive thereof to investigator.

Data analysis and interpretations

Data introduced in Table displays that most of the issue 24 had been in the team of 40-45 years, 20.0 percent had been between the age crew of forty six to 50 years, 18.3 percent have been in the age team of 51-55 years and the last 21.7 p.c have been in the age crew of > fifty five years. With regards to education, most of the topics 36.6 p.c had studied up to the middle, 26.7% every had essential and secondary and 10.0 p.c had studied up to graduation. 71.7 p.c of the pattern lived in a nuclear household and the last 28.3 p.c lived in nuclear families. Regarding the profits of the household forty five percent of the pattern had an earnings of Rs 20000 and above, 21.7 percent had earnings beneath Rs 5000 and 20 p.c had profits between Rs ten thousand - 20000 and 13.3 p.c of the pattern had earnings between Rs 5000 - ten thousand Concerning faith 68.3 percent of the populace was once Hindu and 26.7 percent of the populace was once Muslim and 3.3 percent of the populace used to be Christian and the final 1.7 p.c of the populace used to be of any different religions. The mass media publicity was once often 83.4 percent of newspapers or magazines, 8.3 p.c had been of every radio and from different sources and none of the topics received records from television.

Pretest knowledge score of the sample

Pre-test knowledge score	Pretest	
	Frequency	Percentage
21-30 (Good)	0	0
11-20 (Average)	12	20.0
0-10 (Poor)	48	80.0
Total	60	100%

This Table suggests that 80% of the pattern had a very bad understanding rating ranging between 0-10 and 20% samples had common know-how rating ranging between 11-20 involving the menopausal signs and symptoms and its

administration and none of the topics had a top information management. related to menopausal signs and symptoms and its

Data analysis and interpretations

S. No.	Variables	Poor	Average	Good	Total	Chi square value	df	P value	Inference
1	Age					2.597	3	.458	NS
	40-45 year	19	5	0	24				
	46-50 year	8	4	0	12				
	51- 55 year	9	2	0	11				
	> 55 year	12	1	0	13				
2	Type of family					.185	1	.667	NS
	Nuclear	35	8	0	43				
	Joint	13	4	0	17				
3	Religion					1.845	3	.605	NS
	Hindu	34	7	0	41				
	Muslim	12	4	0	16				
	Christian	1	1	0	2				
	Specify If any	1	0	0	1				
4	Education status					1.868	3	.600	NS
	Graduation	6	0	0	6				
	Secondary	13	3	0	16				
	Middle	17	5	0	22				
	Primary	12	4	0	16				
5	Monthly Income of family (In rupees)					.465	3	.927	NS
	<Rs 5000	11	2	0	13				
	5000-10000	6	2	0	8				
	Rs 10000-20000	10	2	0	12				
	>Rs 20000	21	6	0	27				
6	Use of Knowledgeable Resources					1.375	2	.503	NS
	Radio	4	1	0	5				
	Television	0	0	0	0				
	Newspaper	41	9	0	50				
	Specific if any	3	2	0	5				

*= Not significance at < .000 level

**= Significant at < .000 level

The records in desk 4.3 depicted the computed chi-square values between pretest know-how rating and the demographic variables indicated that there is no enormous affiliation between age, instructional status, kind of family, income, faith and mass media exposure.

Hence, Research speculation H1 was once rejected

Conclusion

From the findings of the find out about it is clear that the girls had a terrible expertise related to menopausal signs and symptoms and its administration and additionally the find out about decided the no affiliation between information rating and demographic variables.

There is a want to instruct the ladies related to the menopausal signs and symptoms and its management, nurses have a pivotal function in fitness promoting and imparting understanding concerning menopausal signs and its administration and its sick outcomes each in clinic and neighborhood settings.

1. The current learn about printed that the girls have bad information concerning menopausal signs and its management.
2. There is no good sized affiliation between expertise rating and demographic variables.

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