

## Research Article

# A STUDY TO ASSESS THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE ON KNOWLEDGE AND ATTITUDE REGARDING NO PAUSE AMONG PERIMENOPAUSAL WOMEN AT SELECTED RURAL AREAS IN TUMKUR

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### ABSTRACT

Menopause is natural aging process and common among women of all the religion, customs, and creed in all over the world. Though the medical technology and care is advanced still the menopause exists in the women. Therefore this menopausal stage stop priority to deal with their life after reproductive age group. However the menopause vary from individual to individual. Some people will get short period, some of them extend up to 6 to 7 years and some people without any symptoms will finish the menopausal periods **Objectives:** 1.To assess the knowledge and attitude level regarding menopause among perimenopausal women in selected rural area. 2. To evaluate the effectiveness of self instructional module among perimenopausal women in selected rural area. **Methodology:** Pre experimental one group pre test and post test design was used. The sample size was 60. Nonprobability convenient sampling technique. Conceptual work Penders health promotion model. The data collected by using structured questionnaire to assess pre existing knowledge and structured attitude scale is used to assess the attitude regarding menopause among perimenopausal women in rural area. **Result:** The pretest mean score of knowledge was 15.75 and attitude was 53.18. The posttest mean score of knowledge was 20.73 and attitude was 75.97. The obtained "t" value for comparison of knowledge score was 9.781 at 0.01 level of significance. The calculated "t" value for the comparison of attitude score was 17.399 at 0.01 level of significance. It indicates that there was difference between pretest and post test score which depicts self instructional module on perimenopausal care. **Conclusion:** The overall knowledge and attitude of the perimenopausal women was inadequate in pretest and it was increased after self instructional module. The SIM intervention helped them to learn more about the management of menopausal symptoms. The posttest knowledge and attitude score showed a significant increase in the level of knowledge and attitude of perimenopausal women. Hence the SIM intervention is an effective teaching strategy for providing information and improving the understanding of perimenopausal women.

**Keywords:** SIM, Perimenopause, knowledge, Attitude, Menopause.

### INTRODUCTION

The overall health and well-being of middle-aged women has become a major public health concern the world. More than 80% of the women experience physical or psychological symptoms in the years when they approach menopause, with various distresses and disturbances in their lives, leading to a decrease in the quality of life. The aim of our study was to assess the quality of life and the impact of hormonal changes in perimenopausal and postmenopausal women and to correlate the prevalence of the symptoms with their duration since menopause.<sup>1</sup>

Menopause is defined as "the final menstruation." It is the final stoppage of menses in a middle aged woman. In reality, it is not a single event. This is a part of the ageing process. With age ovulation ceases. Thereafter menstruation also stops (meno =month; pauses =pause). Menopause is not a disease. it is a new but temporary phase in a woman's life. This natural process in women's life Menopause happens to every woman. Menopause is something about which we have no choice. Every woman has to deal with this phase.<sup>2</sup> Manifestation of various symptoms and problems at menopause is not uniform. Tolerance of different women for these

symptoms also varies. That is why it is important to understand as much about it as possible normally, with age, the ovaries start to slow the production of hormones like estrogen progesterone and testosterone. Menopause occurs due to decline in female hormone levels. These levels fluctuate for several years before eventually becoming so low that the lining of uterus becomes thin and the bleeding stops.<sup>2</sup>

When a woman permanently stops having menstrual periods, she has reached the stage of life called menopause. Often called the change of life, this stage signals the end of a woman's ability to have children. Many healthcare providers actually use the term menopause to refer to the period of time when a woman's hormone levels start to change. Menopause is said to be complete when menstrual periods have ceased for one continuous year. The transition phase before menopause is called perimenopause. During this time, the supply of mature eggs in the ovaries is reduced. Ovulation becomes irregular. The making of estrogen and progesterone declines. It is the big drop in estrogen levels that causes most of the symptoms of menopause.<sup>3</sup>

During perimenopause, menstrual periods become irregular. Your periods may be late or you may completely skip one or more periods. Menstrual flow may also become heavier or lighter. Every woman's menopause experience is unique. Symptoms are usually more severe when menopause occurs suddenly or over shorter period of time, choices, Conditions that impact the health of the ovary, like cancer or hysterectomy, or certain lifestyle like smoking, tend to increase the severity and duration of symptoms.<sup>4</sup>

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Although menopause is a natural physiological events, it should be recognized as a challenge for identification, prediction and prevention of organic dieses in women during climacteric and in postmenopausal years. Health personnel can identify and help the woman to understand and adapt to various changes taking place within her body, so that the women will be better equipped to face the changes and minimize the risks of the potentially disruptive period.

**OBJECTIVES**

To assess the knowledge and attitude level regarding menopause among premenopausal women in selected rural areas.

To evaluate the effectiveness of self instructional modules among perimenopausal women in selected rural areas.

**HYPOTHESIS**

H1: There is a significant difference in the mean pre test and post test knowledge and attitude scores among perimenopausal women regarding menopause.

H2: There is a significant relationship between knowledge and attitude among perimenopausal women regarding menopause.

**METHODOLOGY**

The research design of the study was pre experimental one group pre-test post-test design. The population was research approach will be used. the sample consists of 60 perimenopausal women in selected rural area, tumkur. convenient sampling technique was used for the present study . The data will be collected from perimenopausal women on the first day by using structured questionnaire to assess pre existing knowledge and structured attitude scale is used to assess the attitude regarding menopause among perimenopausal women in rural area. On the same day the researcher will provide self instructional module to the perimenopausal women. On 7th day post test is conducted to assess the knowledge and attitude regarding menopause of peimenopausal women by using same structured questionnaire and attitude scale to assess the improvement in the knowledge and attitude

**RESULTS**

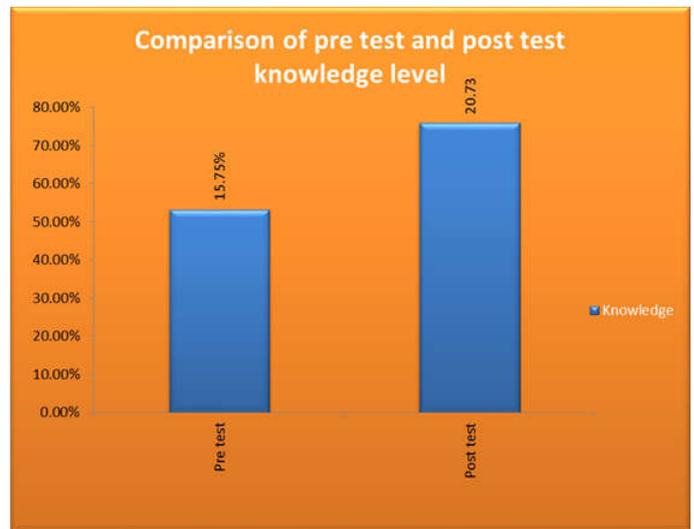
**Table No:1 Mean, Mean percentage, Median and standard deviation of pre –test and post-test knowledge scores of perimenopausal women**

N =60

Aspects	Max. Score	Respondents knowledge			Paired T test	df	P value	Inference
		Mean	Mean (%)	SD(%)				
Pretest	26	15.75	60.57	4.023	9.781	59	0.01	Significant
Posttest	26	20.73	79.73	2.378				
Enhancement		4.98						

Significant at 0.05 level

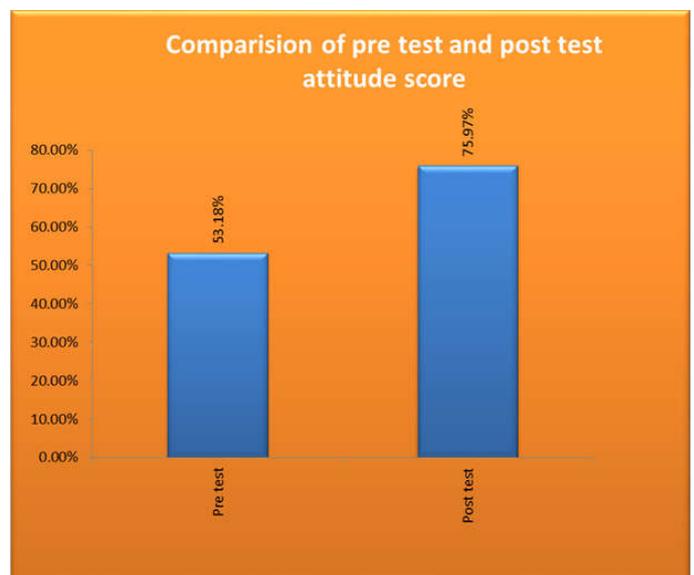
The above table shows that posttest knowledge score is higher than pretest score among Perimenopausal women.



**Table No:2 Mean, Mean percentage, Median and standard deviation of pre-test and post-test Attitude scores of perimenopausal women**

N =60

Aspects	Max. Score	Respondents practice			Paired t test	df	P value	Inference
		Mean	Mean (%)	SD(%)				
Pretest	100	53.18	53.18	6.988	17.399	59	0.01	Significant
Posttest	100	75.97	75.97	8.786				
Enhancement		22.79						



Significant at 0.05 level

The above table depicts that post test practice scores are higher than pre test scores among perimenopausal women.

**DISCUSSION**

The present study was conducted evaluate the effectiveness of self instructional module on knowledge and attitude regarding menopause among perimenopausal women at selected rural areas in tumku. In order to achieve the objectives, Evaluative approach and pre experimental design was adopted and Convenient sampling technique was used to select the samples. The pilot study was

conducted to find the feasibility of the study 18-04-23 to 25-05-23 Among 10 perimenopausal women in selected rural area tumkur.

The main study was conducted from 29-05-23 to 29-06-23 among 60 subjects : the subject was selected by convenient sampling and data was analyzed and interpreted using descriptive and inferential statistics.

## RECOMMENDATION

On the basis of finding soft he study the following recommendations were made:

1. A replication of present study can be conducted with large-scale sample to validate and for better generalization of the findings.
2. A similar study can be replicated with randomization in selecting the participants.
3. An Experimental study can be under taken with control group.
4. A Similar study can be conducted using other strategies like SIM, booklets and pamphlets.
5. A comparative study can be undertaken between rural and urban community.

## CONCLUSION

The overall findings of the study revealed that there was a very significant increase in the knowledge and attitude of perimenopausal women regarding menopause following the administration of Self instructional module. Therefore it was concluded that the self instructional module was highly effective in improving the knowledge of perimenopausal women.

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