

A Study to Evaluate The Effectiveness of Power Point Presentation on Post Menopausal Syndromes Among Pre Menopausal Women in A Selected Area of Odisha.

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Abstract: Menopause is a natural transition encompassing not only the biological changes but also the social & cultural changes associative with the aging process. After 40-60 years, the menstruation period is completely stopped that lead to impact on health status of the mother. Investigator found that post menopausal women in the community were having a lot of problems regarding associate changes after menopause and the post menopausal women not able to cope up with the situation. Therefore, the investigator felt the need to create awareness on menopause and conduct the study to educate pre-menopausal women to help them to face problems positively. An evaluative research approach with pre-experimental one group pre and post test design was adopted. Convenience sampling technique was used to obtain an adequate size of sample. The sample comprised of 50 pre-menopausal women living in a selected community of Cuttack, Odisha. A knowledge questionnaire and structured teaching programme(STP) were administered. Mean post test knowledge scores were significantly higher than the mean pre test knowledge scores. So, PPT was highly effective.

Key Words: Evaluate, Effectiveness, Knowledge, STP & Menopause

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I. Introduction

“The greater our knowledge increase the more our ignorance unfolds.” John. F. Kennedy

A Woman has been the torchbearer of the society for centuries. She is responsible for the miracle of birth. She is the image of the society and considered the guardian of the respect and corner stone of a family. As life goes on, there are lot of changes occur in women's life cycle. Major concern in woman's life is reproductive health, and need much attention than the counter parts.

Menopause is a naturally occurring process in a woman's life. With increasing life expectancy women spend 1/3rd of life in this phase. The average age of menopause in India is 47.5 years, with an average life expectancy of 71 years. Therefore, Indian women are likely to spend almost 23.5 years in menopause (Indian Menopause Society, 2007).

World Health Organization (WHO) has defined post-menopausal women as those women who have stopped menstrual bleeding one year ago or stopped having periods as a result of medical or surgical intervention (Hysterectomy/ Oophorectomy) or both.

Post -menopause is defined as the cessation of menstrual cycles for 12 consecutive months & that marks the end of ovarian follicular activity & inadequate oestrogen production. The decrease estrogen in menopause creates many health problems increased risk of cardiovascular disease, diabetes and obesity, osteoporosis, etc. Normal menopause starts between the ages of 45 and 55, with a mean age of around 51 years worldwide. According to the Indian menopausal society research, there are currently 65 million Indian women over the age of 45. Today there are 200 million postmenopausal women worldwide. A total 130 million Indian women are expected to live beyond the menopause into the old age by 2020. About 35-40% women between 40 and 65 years have been diagnosed to suffer from osteopenia and 8-30% suffer from osteoporosis. All women over 65 years have been found to suffer from osteoporosis (Indian Menopause Society, 2007).

A cross - sectional study was conducted to assess the knowledge and perception of menopause and climacteric symptoms among the menopausal women at Nigeria. The result denoted that, 33.3% of midlife women took treatment in hospital for the problems caused by menopause. A total of 58.3% of the midlife women did not aware of the symptoms due to menopause and they consider it as a part of aging process. It was concluded that the Physician/Nurses should identify the menopausal population, offer a counseling programme to the women during menopausal transition and help them to adopt in a healthy life style will reduce the cost of wasteful clinical assessment and investigations **Chinwuba (2011)**.

Several local studies regarding menopause have put much emphasis and weight on the findings of prevalence, physiology, menopausal symptoms and hormone replacement therapy (HRT). Little has been said and viewed on the knowledge of Indian women on menopause and no studies have been conducted to address this issue among the pre-menopausal Indians. Therefore, this study aimed to investigate the middle-aged Indian women regarding their level of knowledge on menopause.

II. Materials & Methods

An evaluative research study was carried out on women of village Jena Patna, Choudwar, Cuttack from June 2017 to August 2017. A total of 50 women of age group 25-40 years were in this study.

Research Approach: An evaluative Research

Research Design: A Pre- experimental one group pre-test & post-test research design has been adopted for the present study.

Group	Pre-test	Intervention	Post-test
A	A1	X	A2
Group A:	Women		
A1:	Pre-test data on knowledge level about Post Menopausal Syndrome		
X:	Structured Teaching Programme		
A2:	Post-test data on knowledge level about Post Menopausal Syndrome		

Variables:

- **Independent Variable:** Structured teaching programme on post menopausal syndrome
- **Dependent Variable:** The dependent variable was knowledge on post menopausal syndrome
- **Extraneous variable:** Age, Religion, Educational Status, Occupation, Type of Family, Menstrual Cycle, Marital Status, Sources of Information

Study Setting: The study was conducted in the village Jena Patna, P.O- Daulatabad, Choudwar, Cuttack

Study Duration: June 2017 to August 2017

Population: The population is taken from the women of village Jena Patna, Choudwar, Cuttack.

Sample Size: 50

Subjects: 50 women between age groups of 25-40 years were taken for the study as samples that fulfilled the inclusion criteria

Sampling Method: Convenience Sampling Method

Inclusion Criteria:

- Women between age groups (25-40 years)
- Women who were willing to participate in the study
- Who were present at the time of data collection

Exclusion criteria:

- Women who were not willing to participate in the study
- Who were not present at the time of data collection

Development of Tool:

Section –A consisted of demographic variables on age, religion, educational status, occupational status, menstrual cycle, marital status & source of information about Post-menopausal syndrome & its management.

Section –B consisted of 28 questions on knowledge regarding Post-menopausal syndrome & its management.

Data Collection Procedure:

The data collection process began from 1st to 8th July 2017. Prior written permission was obtained from the concerned authorities. After a brief introduction the investigator explained the purpose of the study and obtained written consent of all the participants. Administered questionnaire to them, instructed them not to interact with each other & their doubts were clarified. The samples required approximately 60 minutes to complete the structured questionnaire in presence of the investigator. After the pretest Structured Teaching Programme was administered by the investigator on 1st July 2016. Posttest was administered with the same questionnaire on the 8th day. The collection of data was performed within the stipulated time. After the data collection process, the investigator thanked all the study participants as well as the authorities for their co-operation.

Data Analysis:

The data obtained were analyzed by using both descriptive and inferential statistics on the basis of objectives and hypothesis of the study.

- Descriptive statistical methods such as frequency, percentage, mean, mean percentage and standard deviation were used to assess the level of knowledge regarding Post menopausal syndrome.
- Inferential statistical methods such as ‘paired t’ test was used to assess the effectiveness of STP on knowledge regarding Post menopausal syndrome among pre- menopausal women.

III. Results

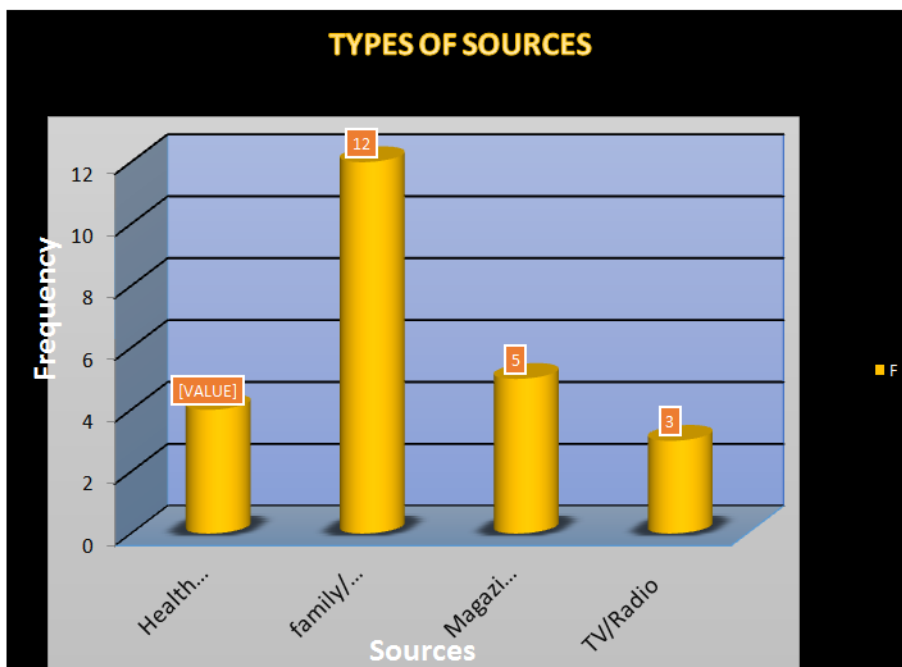
Table-1: Distribution of sample characteristics in Frequency and percentage (N=50)

S.No	DEMOGRAPHIC VARIABLE	FREQUENCY	PERCENTAGE(%)
1.	AGE (years)		
	25-30	05	10
	30-35	25	50
	35-40	20	40
2.	EDUCATIONAL STATUS		
	Illiterate	03	06
	Primary	32	64
	High School & Above	15	30
3.	MARITAL STATUS		
	Un married	04	08
	Married	39	78
	Widow/Divorced	07	14
4.	OCCUPATIONAL STATUS		
	Housewife	35	70
	Private service	12	24
	Govt. Service	03	06
5.	TYPE OF FAMILY		
	Nuclear	30	60
	Joint	20	40
6.	RELIGION		
	Hindu	44	88
	Muslim	02	04
	Christian	04	08
7.	MENSTRUAL CYCLE		
	Regular	28	56
	Irregular	22	44
8.	PREVIOUS KNOWLEDGE		
	Yes	24	48
	No	26	52
9.	If Yes, SOURCE OF INFORMATION		
	Health Professional	04	08
	Friends & Relatives	12	24
	Magazine & News Papers	05	10
	TV/Radio	03	06

Table-1 reveals that majority of women (n=25, 50%) belonged to the age group 30-35 years. Majority (n=32,64%) of women had completed primary school,(n=39,78%) were married,35 (70%) were housewives, (n=30,60%) were from nuclear family, majority (n=44,88%)belonged to Hindu religion, majority (n=28,56%) have regular menstrual cycle & majority (n=26,52%) had no knowledge on post menopausal syndrome and out of (n=24,48%)12 had knowledge of PMS through their family members.

SOURCES	FREQUENCY	PERCENTAGE (%)
Health Professional	04	08
Friends & Relatives	12	24
Magazine & Newspapers	05	10
TV/Radio	03	06
No information	26	52

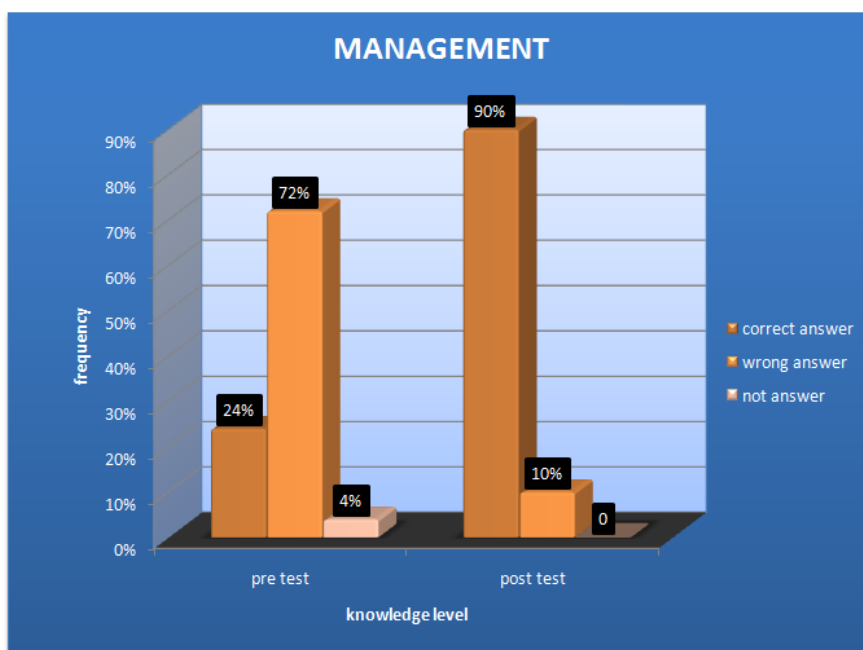
TABLE -2: Frequency and percentage distribution of women according to the sources of knowledge(N=50)



The table-2 described that the frequency and percentage of women of urban area of Choudwar, regarding their sources of knowledge Out of 50 women, 4 women had information from health professional, 12women had from friends & relatives,5 women had information from magazine & News-papers, 3 women had information through TV/Radio and 26 women had no information from any sources.

TABLE -3: Frequency and percentage distribution of women on knowledge regarding to management of post menopausal syndrome.

MANAGEMENT	PRE TEST		POST TEST	
	FREQUENCY	PERCENTAGE	FREQUENCY	PERCENTAGE
correct answer	12	24%	45	90%
wrong answer	36	72%	05	10%
not answer	02	04%	0	0



The above table describes the frequency and percentage distribution of the women according to the knowledge regarding to the management of post menopausal syndrome, Out of 50 women ,12 (24%)stated correct answer in pretest where as 45(90%) women gave correct answer in posttest .

Table- 4: Comparison of Level of Knowledge Score in Pre and Post test (N=50)

LEVEL OF KNOWLEDGE SCORE	SCORING CRITERIA	KNOWLEDGE SCORE			
		PRE TEST		POST TEST	
		FREQUENCY	PERCENTAGE(%)	FREQUENCY	PERCENTAGE(%)
Inadequate	< 50 %	4	8	0	0
Moderate	50-70%	46	92	6	12
Adequate	>70 %	0	0	44	88
Minimum Score		10		18	
Maximum Score		18		28	
Mean Score		16.92		27.84	

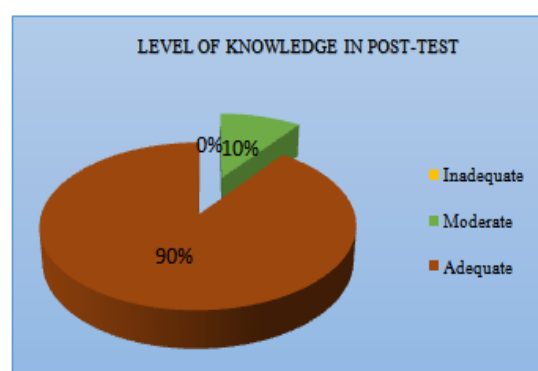
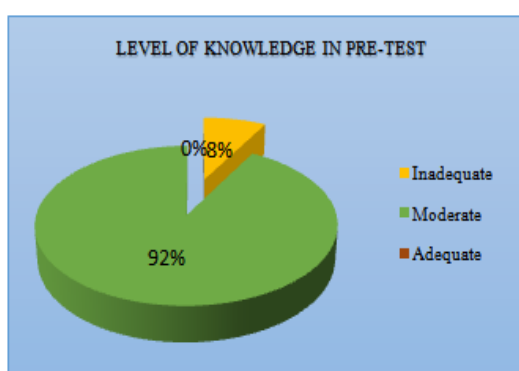


Table -4 reveals that in pretest majority (46%) women had moderate level of knowledge score & no one had adequate knowledge but, after introduction of structured teaching programme, post test was taken & found majority (88%) women had adequate level of knowledge score. The minimum score in pretest was 10, maximum score was 18 and mean score was 16.92, whereas in post test minimum score was 18, maximum score was 28 and mean score was 27.84. This shows improvement in knowledge level regarding post menopausal syndrome after STP.. So, the structured teaching programme was effective.

Table-5: Significant difference between overall knowledge score in Pre and Post test (N=50)

KNOWLEDGE SCORE	MEAN	MEAN %	SD	t-value	P value	Result
Pre test	16.92	61.64	5.14	16.16	0.000S, p<0.05	Significant
Post test	27.84	84.42	9.83			

Table-5 shows the comparison of overall pre and post test knowledge score of pre-menopausal women regarding post-menopausal syndrome. Mean, standard deviation and mean percentage values were compared and paired ‘t’ test was applied at 5% level of significance. The calculated ‘t’ value was much higher than the tabulated value at 5% level of significance which was statistically acceptable level of significance. In addition, the calculated ‘p’ value for overall knowledge regarding post menopausal syndrome was 0.000 which was effective for any population regarding post menopausal syndrome. Thus null hypothesis is rejected & research hypothesis is accepted.

IV. Discussion

Ageing is a reality of human existence on mother earth which nobody can escape. The quest to understand the secrets of ageing dates back to the dawn of civilization and reflects strongly the human desire to increase life expectancy and perpetuate an everlasting youthful look. The current study undertaken to know the symptomatology of menopause and perception of reasons for menopause, states that there was no statistically significant difference between correct cause of menopause as stated by the women. The educational or employment status was significantly associated with the knowledge of the correct cause. Such findings should be definitely proved with a stronger research study.

In the study done by Mehershi, *et al.*, (2010), 85% of Gynecologists from Jaipur in Rajasthan prescribed hormonal replacement therapy to their patients. There was a great disparity in their minds too whether to prescribe HRT or not. There is a huge debate over the interpretation of the findings of the Women's health initiative study. It was stated in 2007 that age is one of the major factors in prescription of HRT. The target population was unanimously considered to be women below 55 years of age. HRT initiated at the early post-menopausal period in healthy women is safe. Hormonal therapy is known to be a standard line of treatment for vasomotor symptoms of moderate to severe degree, vaginal atrophy, and osteoporosis. Recently, it is found that there is a chance of development of cardiovascular disease and Alzheimer's disease due to hormonal replacement. The current study has found that 90% did not feel any need to visit a doctor for these complaints. They thought that the complaints would subside on its' own by passage of time. According to the authors, this was the greatest misunderstanding they had. Also, the women are ignorant about various treatment methods.

Puri (2008), conducted a study to ascertain the knowledge about menopause and post-menopausal bleeding in women of urban and slum area of Chandigarh, India. The most common menopausal symptom was vaginal irritation/discharge (42.7%). Less than half of females (38.7%) ever took treatment for menopausal symptoms. Calcium supplements were taken by majority 63%. In the current study, knowledge regarding calcium supplements was observed among 10% of women only.

Peeyananjarassri (2006), conducted a survey among 270 women aged 45-65 years who attended the gynecological and menopause clinic, Songklanagarind Hospital. The average age at menopause of the post-menopausal women was 48.7 years (range 40-57 years). The prevalence of the classical menopausal symptoms—hot flushes, night sweats, and vaginal dryness—in the women aged 45-65 years were 36.8%, 20.8%, and 55.3%, respectively. In the current study, the most women had knowledge on common post menopausal symptoms like emotional problems 90.7%, headache 87.9%, lethargy 85.4%, and dysuria 58.9%.

Mahajan, *et al.*, did a study in North India regarding health issues of menopausal women and found that mean number of symptoms was found to be increasing linearly with rising age of the study subjects. They have also mentioned about a report by WHO, which states that hot flushes are prevalent more in European and North American populations as compared to Asians. In the current study, no women had knowledge on hot flushes or night sweats as post-menopausal symptoms. This may be due to misinterpretation or inappropriate concealment of information by the ladies. It should not be misinterpreted as absence of hot flushes or night sweats among the women. Many women had accurate ideas of the time of life when menopause occurs. Most women defined menopause as menstrual period termination. Though, some lacked comprehensive understanding of the meaning of the term menopause such as menopause being defined as, "without having any period for a year after age 35." Women's foremost knowledge on ways to overcome signs and symptoms, rather surprisingly, was not hormone replacement therapy. In their opinion, exercise and vitamins supplements may overcome signs and symptoms of menopause. Surprisingly, nearly 90% women believed in traditional remedies rather than in HRT, or they were unaware of HRT.

The most striking finding from the present study was the clear underestimation of menopause related risk factors such as cardiovascular diseases and cancer. Most women appeared to be less knowledgeable on health risk associated to menopause. This raises concern because many in this group are a lot more will reach menopause over the next decade. According to the current study, the most commonly cited as sources of information about menopause were from friends & families. Little information was obtained from health professional sources. This may denote lack of communication between healthcare personnel and women regarding menopause. Health professional may not be likely to discuss about menopause with women who have not reached menopause or vice versa. Apparently many women tend to learn about menopause from the media and were not well informed via specific education on menopause. Similar to the study by Pan, *et al.*, Taiwanese women reported family members specify women from their own generation (mother or sisters) as most frequently chosen source of menopause-related information. This indicates the need for menopause related education programs targeted at women in the community. Thus, it is important to encourage health professional to increase their efforts to educate women about menopause.

V. Conclusion

In conclusion, data from this study provides preliminary data regarding the level of knowledge of menopause among women in a selected area. A one group pretest – posttest pre-experimental approach was adopted to assess the effectiveness of structured teaching programme (STP) on knowledge regarding post menopausal syndromes among women of a selected area of Cuttack, Odisha. The study was conducted among 50 pre-menopausal women conveniently collected from the village Jena Patna, Choudwar, Cuttack, Odisha. The content validity of tool and STP was established. Reliability of the tool was tested by split half technique. There was important rise in the knowledge of women regarding post-menopausal syndromes. So, the STP was found to be an effective strategy to increase the knowledge of women regarding post-menopausal syndromes.

Young women in this country should be educated to remove stigmas about menopause from the school level. For the older group, it is important to emphasize on educating them about health risk and that adopting healthy lifestyle behaviour now can influence their risk for developing diseases associated to menopause in the near future. The results of this study provides enormous guidance for future education on behavioural changes and exercise in improving women's views of this transition in their lives, and ultimately enable women to face this phase of life in a more positive approach. This study identifies the need for further research to examine the views and also to explore urban and rural differences in the aspect of knowledge of women regarding menopause.

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