A Descriptive assessment of awareness regarding brain fog and its perceived impact on Activities of Daily Living (ADL) among postmenopausal women in selected areas of Joya U.P. with a view to develop and disseminate an information booklet.

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ABSTRACT

Despite of the recent studies on awareness regarding brain fog, people are not aware about the alarming sign, and how to prevent the brain fog.
Brain fog usually Impacts older population, in this study the researcher intend to assess the awareness regarding brain fog and its perceived impact on Activities Of Daily Living (ADL) among postmenopausal women who are the vulnerable population of Brain fog. The main objective of the study is to find out the level of awareness regarding Brain Fog and its Perceived

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impact on Activities Of Daily Living among postmenopausal women in selected areas of Joya U.P. with a view to develop and disseminate an information booklet. study was conducted in Joya U.P. India (Sarakdi aziz, Narangpur, Premnagar, Kalakheda areas). Target population is postmenopausal women. The sample size for the study was 300 and it is calculated by using power analysis. Multi-stage sampling technique is used, The collected data was organized in master data sheet and analyzed using descriptive and inferential statistics as per objectives of the study, using SPSS version20. The finding outs of the study is nearly half above half percentage 151(50.33%)of samples belongs to the age group of 45 to 50 years, 81(27.00%)of samples belongs to the age group of 51 to 55 years and 68(22.67%)of samples belongs to the age group of 56 to 60 years. Among 300 samples, maximum of the percentage i.e 286(95.33%)of samples are having Inadequate level of Awareness regarding brain fog and its perceived impact on Activities of Daily Living, 14(4.67%)of samples are having Moderate level of Awareness, and 0(0.00%)of samples are having Adequate level of Awareness regarding brain fog and its perceived impact on Activities of Daily Living.

Keywords: Brain fog, Activities Of Daily Living, Postmenopausal women.

INTRODUCTION

Brain fog is an umbrella term that describes a list of symptoms affecting the daily brain function. It is like the brain has a thin layer of fog surrounding it, leading to diminishing cognitions including attention, perception, slow information processing and forget fullness. In addition, mental fatigue and negative impact on mood are common symptoms. By aging the chances of getting brain fog is more.

Brain fog can occur at any age, children, adults, or in the elderly. The good news is that it is reversible, but on the other hand, it can recur frequently, or remain so long if the causes are not corrected. Without appropriate treatment, this condition may affect your activities of daily life, social life, work, study and even quality of sleep.

Our entire well-being is greatly influenced by the condition of our brains. We frequently ignore mental health issues like sadness and anxiety, despite the fact that they represent serious risks to our neurological system and can prevent us from having enough mental focus, clarity, and brainpower. However, mental confusion, or brain fog as it is commonly known, is a worrying brain disorder that has a negative impact on our physical and emotional health.

A serious medical condition known as "brain fog" can make our central nervous system's ability to function normally seem suspect. Our cognitive processes may be interrupted or disturbed, which may lead to mental exhaustion and bewilderment. In addition, brain fog frequently causes

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memory issues, loss of focus and attention, and hazy thinking. It could be tough for you to decide on even the most insignificant matters.

Generally the main cause of brain fog is an output or symptoms of an underlying medical condition and can be triggered by various reasons. Some of the causes of brain fog are as follows:-

- Improper sleep
- Mild Stress and anxiety
- Less intake
- Altered in hormones
- Drugs

OBJECTIVES

1. To assess the awareness regarding brain fog and its perceived impact on Activities Of Daily Living (ADL) among postmenopausal women.
2. To find the association between awareness regarding brain fog and its perceived impact on Activities of Daily Living (ADL) among postmenopausal women with their selected socio-demographic variables.
3. To develop and disseminate information booklet regarding brain fog.

ASSUMPTIONS

Postmenopausal women may have some awareness regarding brain fog and its perceived impact on Activities of Daily Living.

HYPOTHESIS

In this study, Hypothesis is tested at $P \leq 0.05$ level of significance.

H1- there will be a significant association between the awareness regarding Brain Fog and its perceived impact on Activities of Daily Living (ADL) among post menopausal women with their selected socio demographic variables.

METHODOLOGY

Research Approach- Quantitative research approach is used in the study.
Research design- Descriptive research design is used for the present study.

Variables of the study-

Research variable: Awareness regarding brain Fog and its perceived impact on Activities of Daily Living.

Study Setting- study was conducted in Joya U.P. India (Sarakdi aziz, Narangpur, Premnagar, Kalakheda).

Population –

Target population: The postmenopausal women.

Accessible population: The postmenopausal women in joya.

Sample –In this study sample are the Postmenopausal women of Sarakdi aziz, Narangpur, Premnagar, Kalakheda Villages of Joya Moradabad U.P, who fulfilled the sampling criteria.

Sample Size – The sample size for the main study is calculated by using power analysis.

$$n = 2 \left[\frac{(z_1 - \alpha/2 + z_1 - \beta)s}{d} \right]$$

After applying power analysis formula the sample size is calculated as 292, so after adding for Attrition, the sample size taken as 300.

Sampling Technique:- Multi-stage sampling technique.

SAMPLING CRITERIA:

❑ **Inclusion criteria-**

The postmenopausal women who are;

* Interested in the study.
* Showed up for data collection.
* Having language provision in Hindi or English.

❑ **Exclusion criteria-**

The postmenopausal women who have;

* Previous exposure to any educational program regarding the Brain Fog in last 6 months.
* Any kind of major psychological and for physical problems.
* Age above 60 years.

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- Residence in the areas selected for pilot study.

Tool Description-

The tool was developed by the researcher after extensive Review of Literature and suggestion from experts in the field of psychiatric Nursing.

Description of the tool -
- Section A – Demographic profile/variables.
- Section B- Self structured Awareness questionnaire regarding brain fog and its perceived impact on Activities of Daily Living (ADL).

RESULT

1. **Findings related to socio demographic variables-**

➢ Nearly half above half percentage 151(50.33%)of samples belonged to the age group of 45 to 50 years, 81(27.00%)of samples belonged to the age group of 51 to 55 years and 68(22.67%)of samples belonged to the age group of 56 to 60 years.

➢ Half of the percentage 161(53.67%)of samples belonged to the Hindu religion, 77(25.67%)of samples belonged to the Muslim religion, 48(16.00%)of samples belongs to the Christian religion, and 14(4.67%)of samples belonged to the Others.

➢ Maximum percentage 119(39.67%)of samples had Intermediate educational status, 111(37.00%)of the samples are Graduate, 54(18.00%)of samples were Post-graduate and above, and 16(5.33%)of the samples had no formal education.

➢ Majority of the percentage 227(75.67%)of the samples were Married, 45(15.00%)of the samples were Unmarried, 28(9.33%)of the samples were Divorced.

➢ Maximum of the percentage 146(48.67%)of the samples were belonging to Middle class, 98(32.67%)of the percentage of the samples were belong to the Upper middle class, 43(14.33%)of the percentage of the samples were belonging to the Lower middle class and 13(4.33%)of the percentage of the samples belonged to the Others.

➢ Majority of the percentage 137(45.67%) of the samples were belonged to the Joint family, 117(39.00%)of the samples were belonging to the Nuclear family, 41(13.67%)of the samples were belonging to the Extended family, 5(1.67%)of the samples were belonging to the Others.

➢ Among 300 samples 134(44.67%)of the samples were the Private employee/self employed, 105(35.00%)of the sample were Homemaker, 31(10.33%)of the samples were Unemployed, 30(10.00%)of the samples were Government employee/retired.

➢ Majority of the percentage 121(40.33%)of the samples having Rs.10,001-Rs.20,000 monthly income, 90(30.00%)of the samples having Rs.20,001-Rs.30,000 monthly income, 53(17.67%)of

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the samples having Less than Rs.10,000 monthly income, 36(12.00%)of the samples having Rs.30,001 and above monthly income.

➢ Among 300 samples majority of the percentage 215(71.67%)of the samples were not having significant health issue and 85(28.33%)of the samples were having some health issue.

➢ Majority of the percentage 142(47.33%)of the samples having Peer group/friends source of information, 69(23.00%)of the samples having Mass Media/Internet source of information, 56(18.67%)of the samples Knows somebody with brain fog, and 33(11.00%)of the samples had no information regarding Brain Fog.

2. **A) Findings related to Awareness regarding Brain Fog and its perceived impact on Activities Of Daily Living (ADL) among postmenopausal women.**

➢ Among 300 samples, maximum of the percentage i.e 286(95.33%)of samples were having Inadequate level of Awareness regarding brain fog and its perceived impact on Activities of Daily Living, 14(4.67%)of samples were having Moderate level of Awareness, and 0(0.00%)of samples were having Adequate level of Awareness regarding brain fog and its perceived impact on Activities of Daily Living.

➢ **B) Findings related to Association between Awareness regarding brain fog and its perceived impact on Activities of Daily Living (ADL) among postmenopausal women with their selected socio-demographic variables.**

➢ The findings revealed that only one demographic variable that is Occupation Significant at 0.05 level, all other demographic variables were non-significant.

Conclusion

In this study , the researcher found that Adequate level of awareness regarding brain fog and its perceived impact on Activities Of Daily Living among postmenopausal women is 0.00%, i.e among 300 samples, nobody is adequately aware about the Brain Fog and its perceived impact on Activities Of Daily Living. Only 4.67% of samples are having Moderate level of awareness, and 95.33% of samples are having Inadequate level of awareness regarding Brain fog and its perceived impact on Activities of Daily Living.

LIMITATION

1. The Study was limited to only Post menopausal women within age group 45-60 years of age.

2- The study was limited to 300 Samples only.

3- The Study was limited to Selected Village of Amroha District

RECOMMENDATION

The Similar study can be conducted in Larger Sample

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2- The same research may be replicated among general Old Age People.

3- A similar research may be carried out to determine effectiveness of interventional package on Knowledge/Awareness regarding brain fog.

4- The Similar Study may be done in Children who are more indulge with Digital and Multimedia devices.

5- The similar Study can be conducted among survivors of COVID19.

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