



## A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE REGARDING COPING STRATEGIES OF MENOPAUSE AMONG MENOPAUSAL WOMEN IN SELECTED AREAS AT VISNAGAR.

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### Abstract:

**Introduction:** Menopause is an important time in women's life. In other words, it is the physiological cessations of the menopausal cycle associated with advancing age. It is a natural process that happens to every women as she grows older and not a medical problem, disease (or) illness, even though it may appear so.

**Objective:** The aim of the research was to Evaluate the Effectiveness of Structured Teaching Program on Knowledge Regarding Coping strategies of Menopause Among Menopausal Women in Selected Areas at Visnagar.

**Methodology:** The research design selected for the study was (Pre-Experimental One Group Pre-Test & Post-Test Design). Sampling Techniques (Non Probability Purposive Sampling) was used to obtain sample of 150 Post menopausal Woman who satisfied the inclusion criteria.

**Conclusion:** The main conclusion drawn from this study was the most of the menopausal women had inadequate knowledge in pretest. After giving effective structured teaching programme majority of the menopausal women had adequate knowledge on coping strategies regarding menopause among menopausal women. This understood that proper structured teaching programme regarding menopause surely improve the knowledge which will reduce the physical and psychological problems among menopausal women.

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### Introduction:

Human life constitutes various specific stages both for men and women which each one of us has to pass through. Each stage of human life is very important and unique in nature as certain physical development takes place in its own way. There is no doubt that one stage of life is under connected with the other; It is a fact that is a slightly different stage of womanhood in comparison to manhood<sup>1</sup>

Menopause is an important time in women's life. In other words, it is the physiological cessations of the menopausal cycle associated with advancing age. It is a natural process that happens to every women as she grows older and not a medical problem, disease (or) illness, even though it may appear so.

Declining levels of the hormones oestrogen and progesterons produced by the ovaries bring about many changes in the female. Many women make the menopausal period as a fruitful one by managing the menopausal symptoms and preventing the complication. Her body is going through changes that can affect her social life feeling about herself and her functioning at work. In the past, menopause was often surrounded by misconceptions & myths. Now, its recognized that Menopause is a natural step with the process of aging contrary to the old fashioned view that life is all down hill. Many women today find that the years after menopause offer new discoveries & fresh challenges to face.<sup>2</sup>

Menopause is derived from two Greek words, 'meno' means month & 'pause' means stop. Thus menopause is permanent cessation of

menstruation resulting from declining level of hormone.

Each women reacts to Menopause differently, It varies from one woman to another; and varies among women of different countries and cultures. A woman's experience of Menopause can be related to many things including genetics, diet, lifestyle, social and cultural attitude toward older women.<sup>3</sup>

Some of the factors affecting Menopause are lifestyle; diet, exercise, weight, smoking, environment etc..and genetic makeup; the genes that came from parents, the blue print one's constitution etc.. and hormones; estrogen, progesterone and others.

It normally occurs between the ages of 45 to 50 years, It is not circumstances for women to feel frustrated with their bodies and sad at the loss of their ability to carry children. Menopause causes

with a host of symptoms that can make a woman feel more than a little sad; often it can make her to get depressed.<sup>4</sup>

A variety of results from both population laboratory studies suggest that stress and hot flashes are correlated and that hot flashes are more sever in women with lower coping abilities.

### METHODOLOGY

The primary phase of research is methodology, during which the researcher decides on a variety of materials to be used to explore the research problem, primarily through the gathering of data. The methodology describes the research approach, research design, location and environment, sampling strategy, department of the instrument, validation of the instrument and its reliability, data collection techniques, pilot study, and plan for statistical analysis.



### RESULT

**SECTION I : DATA ON DEMOGRAPHIC VARIABLES OF MENOPAUSAL WOMEN**

**Table I** Frequency and Percentage Distribution of Menopausal Women with Selected Demographic Variables N =150

S.no	Demographic variables	N	%
1	Age in years		
	a)35 -45 yrs	24	16
	b)46-55 yrs	81	54
	c)56-65 yrs	38	25
	d)>65 yrs	7	5
2	Education		
	a)Primary	0	0
	b)Secondary	26	17
	c)Higher secondary	70	47
	d)Graduates	31	21
e)Illiterate	23	15	
3	Occupation		
	a)Sedantry work	37	25
	b)Moderate work	69	46
4	c)Heavy work	44	29
	Religion		
	a)Hindu	96	64
	b)Muslim	7	5
5	c)Christian	47	31
	d)Others	0	0
	Type of family		
	a)Nuclear family	49	33
6	b)Joint family	82	55
	c)Single	19	12
	No.of.child		
a) one	73	49	
b) Two	46	31	
c)Three	31	20	
d)Four and above	0	0	

Table 1: Reveals With regard to Age, the majority of the menopausal women 81(54%)belong to the age group of 46-55 yrs , and 24 (16%)belong to the age group of 35 -45 yrs, and 38(25%)belong to the age group of 56-65 yrs and 7(5%)belong to above 65yrs .

Regarding education ,26 (17%)menopausal women were studied up to secondary, 70(47%) were studied up to higher secondary, and 31(21%)were studied up to graduate,23 (15%)studied up to illiterate, no one studied up to primary.

Regarding occupation, most of the menopausal women were 69 (46%) moderate worker, and 37 (25%) were sedentary worker,44(29%) were heavy worker

Regarding religion,most of the menopausal women 96(64%)were hindu,and 7(5%) were

muslim ,47(31%) were christain and no other religion.

Regarding type of family, most of the menopausal women 82(55%)were living in joint family ,49 (33%)were living in nuclear family ,19(12%)were living alone.

Regarding no. of. child, most of the menopausal women 73(49%)were having one child, 46(31%) were having two child ,31(20%)were having three child and no one is having more than three child.

It is inferred that among the menopausal women, majority of them were 81(54%) belong to the age group of 46-55yrs ,70(47%)were studied up to higher secondary, most of them were moderate woeker69(46%), religion hindu 96 (64%), type of family is joint family 82(55%), number of children is one child73(49%).

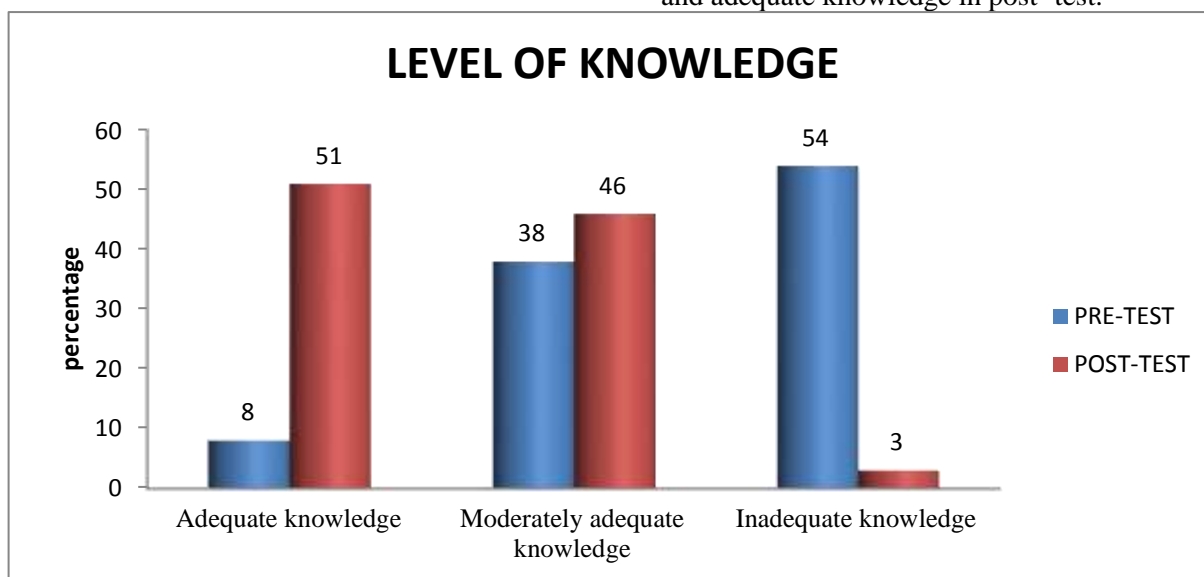
## SECTION II: DATA ON ASSESSMENT OF KNOWLEDGE ON COPING STRATEGIES REGARDING MENOPAUSE

**Table: 2** Frequency and Percentage Distribution of Menopausal Women Regarding their Knowledge on Coping Strategies of Menopausal women N=150

S.no	Level of knowledge	Pre -test		Post-test	
		n	%	N	%
1	Adequate knowledge	11	8	76	51
2	Moderately adequate knowledge	57	38	70	46
3	Inadequate knowledge	82	54	4	3

Table 2: Shows that out of 150 sample, most of them 82(54%)had inadequate knowledge 57(38%)had moderately adequate knowledge ,11(8%)had adequate knowledge in pre-test & in post -test most of them had 76(51%)adequate

knowledge, 70(46%)had moderately adequate knowledge and 4(3%)had in adequate knowledge It is inferred that, most of the menopausal women had inadequate knowledge in pre-test and most of the women had moderately adequate knowledge and adequate knowledge in post- test.



## SECTION III :DATA ON EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE ON COPING STRATEGIES REGARDING MENOPAUSE AMONG MENOPAUSAL WOMEN.

**Table :3** Mean, Standard Deviation and Paired “t” value of the Knowledge on Coping Strategies Regarding Menopause among Menopausal Women.

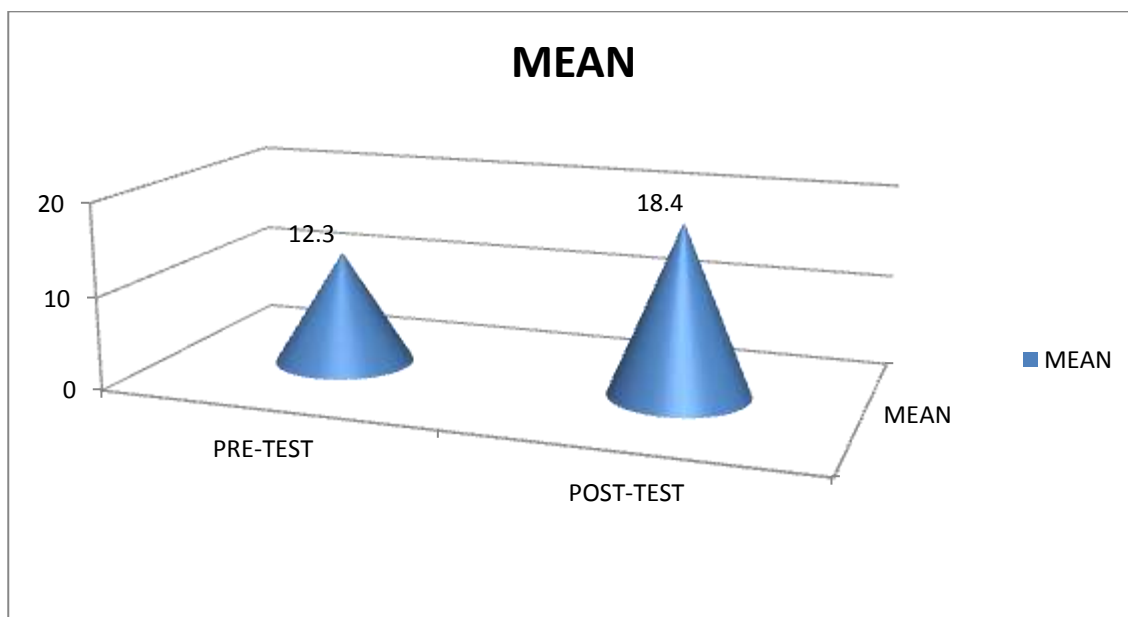
N=150

S.NO	Variables	Mean	Standard deviation	“t” value
1	Pre-test	12.3	3.26	2.20*
2	Post -test	18.4	3.58	

\*Significant at 0.05 level

Table 3: shows that the Mean value of Pre -test Knowledge 12.3 and Post -test Knowledge score 18.4, it was higher than the Pre -test. The standard deviation of Pre- test knowledge score 3.26&Post -test Knowledge score 3.58. The obtained “t” value was 2.20. It was significant at 5%level. Hence the stated hypothesis was accepted.

It is inferred that the structured teaching program regarding knowledge on coping strategies of menopause was highly effective, which will develop desirable skill to apply this knowledge to follow the coping strategies.



**SECTION IV: DATA ON ASSOCIATION BETWEEN THE KNOWLEDGE ON COPING STRATEGIES REGARDING MENOPAUSE WITH THEIR SELECTED DEMOGRAPHIC VARIABLES**

**Table :4** Frequency, Percentage and  $\chi^2$  distribution on Knowledge on Coping Strategies Regarding Menopause Among Menopausal Women N=150

S.NO	Demographic Variables	Adequate knowledge		Moderate Knowledge		Inadequate knowledge		$\chi^2$
		N	%	n	%	n	%	
1	Age in years	8	5.3	15	10	1	.6	11.78*
	a)35-45 yrs	52	34.7	25	16.8	4	2.7	
	b)46-55yrs	18	12	15	10	5	3.3	
	c)56-65yrs	4	2.7	2	1.3	1	.6	
	d)>65yrs				0	0		
2	Education	0	0	0	15	15	0	30.9*
	a) Primary	5	3	4	47	47	10	
	b) Secondary	4	3	19	14	14	31	
	c) Higher secondary	2	1	15	6	6	9	
	d) Graduate	0	0	19	12		4	
3	e) Illiterate				21	12		25.70*
	Occupation	7	5	18	5	21	9	
	a) Sedantry work	2	1	32	26	5	23	
	b) Moderate work	2	1	7	.6		23	
4	c)Heavy work				12	53		15.02*
	Religion	5	3	38	0	3	35	
	a) Hindu	3	2	1		26	2	
	b) Muslim	3	2	18	18	0	17.4	
	c) Christain	0	0	0	15		0	
5	d)Others				7	17		20.11*
	Type of family	5	3	27		57	11	
	a) Nuclear family	3	2	22	16	6	38	
	b) Joint family	3	2	10	15		4	
6	c) Single				8	43		3.65 <sup>NS</sup>
	No. of. child	7	5	23	0	22	29	
	a) One	2	0	22		17	15	
	b) Two	2	2	12		0	11	
	c) Three	0	2	0			0	
	d) Four and above							

\* - Significant, NS – Not Significant

Table 4: Shows that with regard to age ,52 Menopausal women were in the group of 46-55 yrs 81(54%) had inadequate knowledge,25 had moderately adequate knowledge 4 of them had adequate knowledge &38 Menopausal women were in the age group of 56-65yrs 18 of them had inadequate knowledge,15 of them had moderately adequate knowledge ,5 of them had adequate knowledge.&24 Menopausal women were in the age group of 35-45 yrs 8 of them had inadequate knowledge,15 of them had moderately adequate knowledge,1 of them had adequate knowledge &7 Menopausal women were in >65 yrs,4 of them had adequate knowledge ,2 of them had moderately adequate knowledge ,1 of them had adequate knowledge. The obtained  $\chi^2$  value11.78 was significant at 5%level.So, the stated hypothesis was accepted. It is inferred that there was association between knowledge of menopausal women and their age on coping strategies of menopause.

With regard to Education,26 Menopausal women were studied up to Secondary (17%),15 of them had inadequate knowledge,4 of them had moderately adequately knowledge,5 of them had adequate knowledge, &70 Menopausal women were studied up to Higher secondary , 47 of them had inadequate knowledge,19 of them had moderately adequate knowledge,4 of them had adequate knowledge,& 31 Menopausal women studied up to graduate ,14 of them had inadequate knowledge,15 of them had moderately adequate knowledge,2 of them had adequate knowledge ,&23 of them illiterate ,4of them had inadequate knowledge ,19 of had moderately adequate knowledge, &no one were Studied up to primary. The obtained  $\chi^2$  value30.9 was significant at 5%level.So, the stated hypothesis accepted. It is inferred that there was association between knowledge of menopausal women and their Education on coping strategies of menopause.

With regard to occupation,37 Menopausal women were sedentary worker,12 of them had inadequate knowledge,18 of them had moderately adequate knowledge,7 of them had adequate knowledge,&69 Menopausal women were moderate worker, 35 of them had inadequate knowledge,32 of them had moderately adequate knowledge,2 of them had adequate knowledge&44 Menopausal women were Heavy worker,35 of them had inadequate knowledge,7 of them had moderately adequate knowledge,2 of them had adequate knowledge. The obtained  $\chi^2$

value25.70 was significant at 5%level.So, the stated hypothesis was accepted. It is inferred that there was association between knowledge of menopausal women and their Occupation on coping strategies of menopause.

With regard to Religion,96 Menopausal women in Hindu ,among 53 of them had inadequate knowledge,38 of them had moderately adequate knowledge,5 of them had adequate knowledge&7 Menopausal women in Muslim among 3 of them had inadequate knowledge ,1 of them had moderately adequate knowledge,3 of them having adequate knowledge&47 Menopausal women in Christian among 26 of them had inadequate knowledge,18 of them had moderately adequate knowledge,3 of them had adequate knowledge.

#### Discussion:

In regard to the effectiveness of structured teaching program on knowledge on coping strategies regarding menopause among menopausal women. The result showed that the structured teaching program was effective among menopausal women between pre test and post test of knowledge on coping strategies regarding menopause. The obtained "t" value of knowledge was 2.20 and which was significant at 0.05 level

#### Conclusion:

The main conclusion drawn from this study was the most of the menopausal women had inadequate knowledge in pretest. After giving effective structured teaching programme majority of the menopausal women had adequate knowledge on coping strategies regarding menopause among menopausal women. This understood that proper structured teaching programme regarding menopause surely improve the knowledge which will reduce the physical and psychological problems among menopausal women.

#### Author's contribution statement:

**Dr. B Mahalakshmi , Dr.N.SivaSubramanian, Mr.Kuldeep jain** conceptualized, designed , gathers, analyzed these data and inputs were given by **Miss Asari Bharti ,**

**Miss Mansuri Sayma Mr.Vaishnav Ashutosh , Miss Zala Amisha P.** Discussed the methodology, results and contributed to the final manuscript.

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**Conflict of interest:**

Conflict of interest declared none.

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