



**A STUDY TO ASSESS THE EDUCATIONAL INTERVENTION ON  
KNOWLEDGE REGARDING SIGNS & SYMPTOMS OF MENOPAUSAL AMONG  
MENOPAUSAL AGE WOMEN AT SELECTED AREA OF INDORE, M.P.**

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**Introduction**

Menopause is the time that marks the end of your menstrual cycles. It's diagnosed after you've gone 12 months without a menstrual period. Menopause can happen in your 40s or 50s, but the average age is 51 in the United States. Menopause is a natural biological process. But the physical symptoms, such as hot flashes, and emotional symptoms of menopause may disrupt your sleep, lower your energy or affect emotional health. There are many effective treatments available, from lifestyle adjustments to hormone therapy. The first sign of the menopause is usually a change in the normal pattern of your periods. You may start having either unusually light or heavy periods.

The frequency of your periods may also be affected. You may have one every two or three weeks, or you may not have one for months at a time. Menopause is an unspoken, unattended, reality of life, the cause of which is still undeciphered completely by man. Menopause is one such midlife stage which might be overcome easily or make a lady miserable depending on her luck. This phase of life is shrouded with lots of myths and taboos. Early recognition of symptoms can help in reduction of discomfort and fears among the women. 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.

### **Objectives**

- To assess pre test knowledge mean regarding sign & symptoms of menopause
- To assess post test knowledge mean regarding sign & symptoms of menopause
- To compare pre test and post test knowledge mean regarding sign & symptoms of menopause
- To prepare the education intervention regarding sign & symptoms of menopause
- To assess effectiveness of education intervention regarding sign & symptoms of menopause
- To find out the association between the pre test knowledge score with selected demographic variables.

### **Hypothesis**

*All hypothesis at 0.05 level of significance*

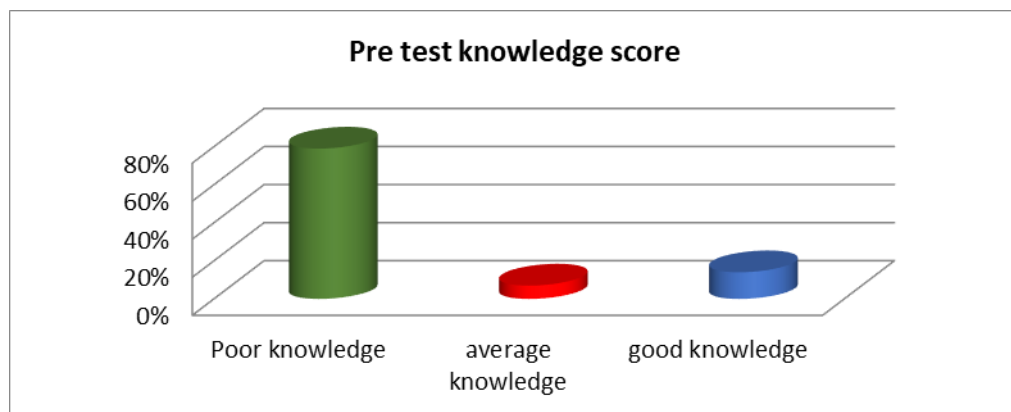
- H<sub>1</sub>: There will be a significant difference between pre test and post test knowledge score of woman regarding sign & symptoms of menopause
- H<sub>2</sub>: There will be significant effectiveness of education intervention regarding sign & symptoms of menopause
- H<sub>3</sub>: There will be significant association between pre test knowledge score with selected demographic variables.

### **Methods and Material**

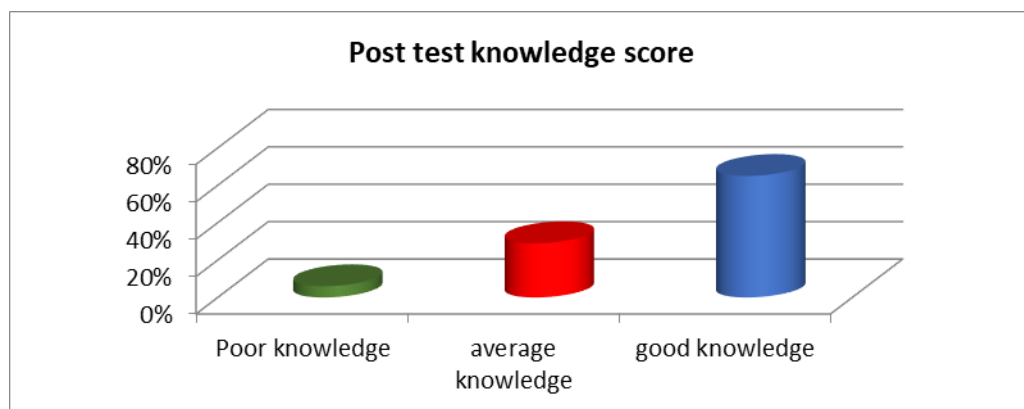
- **Study design and setting:** Pre experimental one group pre test and post test design
- **Sample and sampling technique:** The study population comprised of woman regarding sign & symptoms of menopause. A sample of 60 women was selected by no-probability purposive sampling technique for the same pre test knowledge and post test knowledge after taking expert opinion from 7 expert's data was collected with structured knowledge questioner.

## Result

- Demographic variables of the mothers 71% woman are from 55-60 years of age, 69% woman are working, 82% are educate up to primary school, 52% are living with extended family 77% woman are non vegetarian, 83% woman family monthly income 10000-15000/- 62% are having previous knowledge regarding sign & symptoms of menopause
- In pre test knowledge score More than 79% of woman's in the experimental group are from poor knowledge regarding sign and symptoms of menopause and 7% are from average knowledge and 14% are from good knowledge regarding sign and symptoms of menopause



- In Post test knowledge score More than 6% of mother in the experimental group are from poor knowledge sign and symptoms of menopause and 29 % are from average knowledge and 65% are from good knowledge regarding sign and symptoms of menopause



Comparison between pre test and post test knowledge score



Effectiveness of education intervention regarding sign and symptoms of menopause t value 0.85

Association of pre test knowledge score with selected demographic variables  
some of the demographic variables are associated like age, working pattern, area of living are associated and rest of others are not associated.

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