A STUDY TO ASSESS THE EFFECTIVENESS OF PERI-MENOPAUSAL EMPOWERMENT STRATEGIES ON QUALITY OF LIFE AMONG PERI-MENOPAUSAL WOMEN.

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Abstract

This study was undertaken to assess the effectiveness of Interventional package on Quality of life among perimenopausal women in selected Community area at Mohali district. Quantitative research approach with pre-experimental one group pre-test post- test design was adopted. This study was conducted in selected community area badala, badali nawa shehar of Mohali, Punjab, the sample was were selected by using Purposive sampling technique in experimental group. The conceptual frame work based on Imogene king's goal attainment theory and the tool used in the study was Utian quality of life scale (UQOL). The data was collected and analyzed using descriptive and inferential statistics. To test the hypothesis paired 't' test, unpaired 't' test and chi-square were used. The level of significance was assessed by $p<0.05$ to test the hypothesis. The major findings of the study were summarized as, the analysis of pre-test in experimental group, majority, 13(43.33%) were having average quality of life and 7(23.33%) were having poor quality of life. But after administration of interventional package, in post-test, majority 21(70%) of them were having good quality of life and none of them had poor quality of life. The mean pre-test level of quality of life among perimenopausal women 50.2 and the mean post-test level of quality of life was 69.8 and the obtained "t "value is 13.57. This shows that the mean difference 19.6 is a true difference which is significant at 0.0001 level. Therefore, the researcher rejects the null hypothesis and accepts the research hypothesis.

and the findings support the research hypothesis. This is due to the effectiveness of interventional packages. The mean score on level of quality of life among perimenopausal women in posttest experimental group was 69.8 The estimated Unpaired 't' values were 4.05 * which is significant at p<0.05. It shows that Interventional packages was effective in improving the level of quality of life among perimenopausal women. The above findings fail to support the null hypothesis and accept the research hypothesis

The data findings showed that there is significant association between the level of quality of life with the selected demographic variables like age, religion, education, occupation, family income, type of family, age at menarche, regularity of menstruation, age at menopause and years after menopause. So, the researcher accepts the research hypothesis and rejects the null hypothesis. The mean score of the level of quality of life among perimenopausal women in study group value were in pretest and 69.8 in posttest respectively. The Paired 't' value is 13.57 which is highly significant at p<0.001. It shows that Interventional packages was effective in improving the level of quality of life among perimenopausal women.

Introduction

Middle age is one of the turning points in one's life as it brings along many changes. It roughly starts in the early 40s, when for most of the people; it is the best period in their life when their achievement is at the highest point. The challenges between adulthood and despair of old age, becomes the change of perimenopause in women and during which lives take a compulsory change of direction.

World Health Organization (WHO) defined natural perimenopause menopause as the "permanent cessation of menstruation resulting from the loss of ovarian follicular activity". Twelve months of consecutive amenorrhea is recognized to occur in natural menopause. Menopause is a natural step in the aging process, represents the end of menstruation after the last menstrual periods in the previous 12 months. It occurs gradually in women and indicates the transition from the reproductive to the post reproductive era of a women's life. It is the condition that every woman faces, in later life and can have many associated effects, which might disrupt the quality of life.

Perimenopause is a normal milestone experienced annually by 2 million American women each year, and many women are concerned about the relation between menopause and health. Perimenopause refers to the transitional phase leading up to menopause when a woman's body begins to produce less estrogen. This phase can last several years and typically starts in a woman's 40s, although it can start earlier or later. During perimenopause, women may experience a variety of symptoms, including hot flashes, night sweats, irregular periods, vaginal dryness, mood swings, and changes in libido. It's important for women to talk to their healthcare provider about any symptoms they are experiencing during this time, as there are treatments available to help manage the symptoms of perimenopause. Perimenopause is the transitional phase that leads to menopause and can last for several years. During this time, women may experience a range of symptoms. The most common symptoms of perimenopause include irregular periods, hot flashes, mood changes, vaginal dryness, trouble with sleep, joint and muscle aches, and heavy sweating. Other symptoms may include changes in sexual desire, trouble concentrating, headaches, night sweats, and PMS-like symptoms. A Total of 130 million Indian women is expected to live beyond the menopause into old age by 2015.The menopause is emerging as an issue owing to rapid globalization, Urbanization, awareness and increase

longevity in urban middle-aged Indian women, who are evolving as a homogeneous group. Improved economic conditions and education may cause the attitude of rural working women to be more positive towards the menopause. However, most remain oblivious of the short-and long-term implication of the 13 conditions associated with middle and old age, simply because of lack of awareness, and the unavailability or ever-increasing cost of the medical and social support systems. Evidence-based medicine is accessible to still only a few Indian women.

Menopause by definition is the time in a woman's life when she is adjusting to the physical, passionate, mental, and hormonal changes related with ceasing to have menstrual periods.

A few of the common related changes incorporate hindered rest designs, hot flashes, and stretch. Word related advisors might have a significant effect on these women's lives by tending to this issue through the usage of occupation-based hone changes to progress they're by and large wellbeing. After completing a database look in a head peer-reviewed diary in word related treatment, in any case, it was famous there has not been a single article with respect to the preventative measures and community-based issues that are germane in tending to over a million ladies who are battling with adjusting and making the essential life changes to viably and effectively bargain with the changes occupations related with menopause.

Menopause isn't essentially a negative involvement for each lady who is in this organize of her life. There are ladies going through menopause who don't have any negative indications. All things considered, around 25% of ladies who have critical side effects require on-going treatment for amplified periods of time. There are too around 60% of ladies in menopause who visit their nearby doctor since of the seriousness of their indications.

Objectives of the study:

- To assess the pre-test and post-test level of quality of life among perimenopausal women in experimental group.

- To evaluate the effectiveness of interventional packages on quality of life among perimenopausal women in experimental group.

- To find out the association between the pretest level on quality of life among perimenopausal women with their selected demographic variables such as age, religion, education, occupation, family income, type of family, age at menarche, regularity of menstruation, age at menopause, years after menopause.

Methodology:

In the present study Exploratory Research Design was used. This study is conducted at selected community area of Badala, badali Naya Shahar of Mohali, Punjab. The population in the present study included 60 perimenopausal women present at the time of data collection, the sample were drawn by Non-Probable Purposive sampling technique. The data was collected by a structured demographic sheet and self-structured questionnaire.

Data has been collected through forms within 10 days.

Findings of the Study: Major Findings are:

Related to demographic characteristics of perimenopausal women

- In the study group majority 11(36.67%) were between 40-44 years of age, 10(33.33%) were between 45-49 years.

- According to education majority 12(40%) had primary education, 7(23.33%) had no formal education in study group.

- Regarding occupation majority 18(60%) were home makers only, 4(13.33%) were coolies.

- Regarding family income in both groups more than half of them were earning Rs.10,000 only, two persons in the experimental and 1 person.

- Regarding age at menarche in study group, majority 23(76.67%) attained menarche between 12-14 years, 6(20%) attained menarche between 9-11 years.

- Regarding regularity of menstruation in study group, majority 17(56.67%) had regular menstruation,13(43.33%) had irregular menstruation.

- According to age at menopause in study group, majority 13(43.33%) attained menopause between 40-44 years, 10(33.33%) attained menopause between 45- 49 years.

- Regarding years after menopause in study group majority 12(40%) had attained menopause within 2 years,7(23.33%) had menopause within 1 year.

The study was to assess the pre-test and post-test level of quality of life among menopausal women in experimental group.

- The analysis of pre-test in experimental group, majority, 13(43.33%) were having average quality of life and 7(23.33%) were having poor quality of life. But after administration of interventional package, in post-test, majority 21(70%) of them were having good quality of life and none of them had poor quality of life.

- The mean Greens core was significantly lower than the control group in the exercise (adjusted mean difference: -5.1) and exercise plus nutrition groups (-8.0) at the end of week 8 and in the nutrition (-4.8), exercise (-8.7), and exercise plus nutrition (-13.2) groups at the end of week 12. Also, the mean MENQOL score was significantly lower thanthe control group in the exercise (-8.3) and exercise plus nutrition groups (-13.8) at the end of week 8 and in the nutrition (-6.6), exercise (-13.5), and exercise plus nutrition (-22.1) groups at the end of week 12. The results revealed that nutrition education with aerobic exercise can improve quality of life.

The second objective of the study was to evaluate the effectiveness of interventional packages on quality of life among menopausal women in experimental group.

- The mean pre-test level of quality of life among menopausal women50.2 and the mean post-test level of quality of life was 69.8 and the obtained "t "value is 13.57. This shows that the mean difference 19.6 is a true difference which is significant at 0.0001 level. Therefore, the researcher rejects the null hypothesis and accepts the research hypothesis. and the findings support the research hypothesis. This is due to the effectiveness ofinterventional packages.

The third objective of the study was to find out the association between the pretest level onquality of life among menopausal women with their selected demographic variables suchas age, religion, education, occupation, family income, type of family, age at menarche, regularity of menstruation, age at menopause, years after menopause.

- The data findings showed that there is a significant association between the level ofquality of life with the selected demographic variables like age, religion, education, occupation, family income, age at menarche, regularity of menstruation, years after menopause. So the researcher accepts the research hypothesis and rejects the null hypothesis

LIMITATION OF STUDY

o Sample size was 60, hence generalization is not possible for a large population.
o Long term follow up was not feasible, because the data collection period was only one month.

CONCLUSION

The study was done to assess the effectiveness of Interventional package on Quality of life among perimenopausal women in selected Community area at Mohali district. The mean score of the level of quality of life among perimenopausal women in study group value were in pretest and 69.8 in posttest respectively. The Paired 't' value is 13.57 which is highly significant at p<0.001. It shows that Interventional packages was effective in improving the level of quality of life among perimenopausal women.

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