Knowledge Regarding Menopausal Symptoms And Its Management Among Women In Selected Urban And Rural Areas Of Kamrup, Assam : A Comparative Study With A View To Develop An Information Booklet

AUTHOR : Rajsree Saikia, M.Sc. Nursing, Department of Community Health Nursing, Asian Institute Of Nursing Education

GUIDE : Ms. Sabita Bayan, Associate Professor, Department of Mental Health Nursing, Asian Institute Of Nursing Education

RESEARCH ABSTRACT

Menopause is the end of menstruation. Menopause is usually natural, but can be induced. Natural menopause usually occurs between the age of 45 to 55 years. The average age of menopause worldwide is 51 years but in India it is just 46.2 years. Women's reproductive and sexual health has a distinct difference compared to men's health. Disproportionately low representation and discrimination in research studies of women has been addressed in United States and other western nations. It has also been noted that women often visit the gynaecologist lately and take quite less interventions and precautions to face it. Hence it is necessary to assess the knowledge regarding menopausal symptoms and its management. **Aim :** to assess the knowledge regarding menopausal symptoms and its management among women in selected urban and rural areas of Kamrup, Assam. **Method & Material :** A non-experimental comparative research design was used to accomplish the objectives. Study was undertaken among 68 women in urban and 68 in rural in selected areas of Kamrup, Assam by using convenient sampling technique. Self-structured knowledge questionnaire on menopausal symptoms and its management was used was used to assess knowledge regarding menopausal symptoms and its management among women. Modified Health Belief model was used as conceptual framework. **Results :** in urban area, 37(54.5%) had adequate knowledge, 28(41.2%) had moderately adequate knowledge and 3(4.4%) had inadequate knowledge of menopausal symptoms and its management. In rural area, 39(57.4%) had moderately adequate knowledge, 17 (25%) had adequate knowledge and 12(17.6%) had inadequate knowledge of menopausal symptoms and its management. **Conclusion :** The study revealed that women in urban had adequate knowledge and the women in rural area had moderately adequate knowledge regarding menopausal symptoms and its management.

KEYWORDS : Knowledge, Menopause, Menopausal Symptoms, Management, Women, Urban, Rural

INTRODUCTION

The famous slogan " healthy women, healthy world" refers to the fact that women play a vital role in maintaining the well-being of their communities. Women's life stages are based on the reproductive cycle, beginning with menstruation and continuing through menopause. The age of menopause is influenced by the age at the first menstrual period, the use of oral contraceptives, the number of pregnancies experienced, Body Mass Index (BMI), smoking, drinking alcoholic beverages, physical activity, blood lead levels and other factors. Women's health problems may not directly relate to physical symptoms, but also gender-differentiated access to medical treatment and other socio-economic aspects. Pertaining to the present scenario of our country India women undergo innumerable health issues which in the long run affect the overall economic output. Many a times women aren't even aware of the menopause related symptoms they are experiencing and thus are unable to identify them. Symptoms like Vaginal dryness and pain during intercourse are often overlooked and sexual well-being of women is often ignored in many parts of the world. Often countries lack resources required for menopause-related diagnosis, counselling and treatment for inclusion of routinely related services. It is a challenge for menopause related symptoms to draw its attention among other urgent and competing priorities for health. It has been noted that women often visit the gynecologist lately and take quite less interventions and precautions to face it.

OBJECTIVES OF THE STUDY

- To assess the knowledge of menopausal symptoms and its management among women in selected urban areas of Kamrup, Assam.
- To assess the knowledge of menopausal symptoms and its management among women in selected rural areas of Kamrup, Assam.
- To compare the knowledge scores of women in urban and rural areas of Kamrup, Assam.
- To associate the knowledge of menopausal symptoms and its management among women in selected areas of Kamrup, Assam with the selected demographic variables.
- To prepare an information booklet on menopausal symptoms and its management.

RESEARCH METHODOLOGY

Research Approach : Quantitative Research Approach

Research Design : Non-Experimental Research Design – Comparative Research Design

Setting of the study : Selected Urban & Rural Areas Of Kamrup, Assam.

Population : Women Aged 41-60 Years

Target Population : Women Aged 41-60 Years Residing In Kamrup, Assam

Accessible Population : Women Aged 41-60 Years Residing In Areas Covered Under Khanapara State Dispensary For Urban Community And Sonapur B.P.H.C. For Rural Community In Kamrup, Assam.

Sample : women aged 41-60 years residing in areas covered under Khanapara State Dispensary for Urban community and Sonapur B.P.H.C. for Rural Community in Kamrup, Assam who fulfilled the inclusion criteria.

Sample Size : 136 (68 in Urban and 68 in Rural)

Sampling Technique : Convenience Sampling Technique

Criteria for Selection of Sample

- **Inclusion Criteria**

  - Women who can read and write Assamese and English language.
  - Women who will be available during the study.
  - Women of the age group who are willing to participate in the study.
  - Women who are present at the time of data collection for the study

- **Exclusion Criteria**

  - Women who are mentally disabled.
  - Women who are critically ill.

Variables

- Research Variables - Knowledge on Menopausal Symptoms and its Management
- Demographic Variables - Age, Education, Income, Marital Status, Residential Area, Type of family, Number of pregnancy & children, Occupational status, Monthly family income, Age at Menarche, History of Substance Abuse, Use of Oral Contraceptives, Duration of Cycle, Pattern of Cycle, Source of Knowledge

TOOLS AND TECHNIQUE

Tools

In this study the tools used was structured knowledge questionnaire for assessing the knowledge regarding menopausal symptoms and management of menopausal symptoms.

Technique

The technique used for this study is self-reporting.

Content Validity of the Tool

To ensure the content validity, objectives of the study, demographic data, structured questionnaire on knowledge regarding menopausal symptoms and its management alongwith blueprint and scoring key was given to 7 experts, 4 from the field of community health nursing, 2 from obstetric and gynaecological nursing and 1 physician from obstetric and gynaecology.

Reliability of the Tool

The reliability of the tool for knowledge questionnaire was established by using Karl Pearson's Correlation Coefficient formula with split half method. The reliability of the tool was found 0.9 after calculation which indicates that it is statistically significant (highly reliable).

Ethical Consideration :

- Ethical permission to proceed with the study was taken from " Independent Ethical Committee (INS trust)", GNRC, Dispur, Guwahati, Assam.
- Written permission was obtained from the Joint Director of Health Services, Satpukhuri, Uzanbazar, Kamrup, Assam.
- Written and Verbal Consent was obtained from all the participants of the study after explaining the purpose and other details of the study.

Pilot Study Report

The pilot study was conducted from 07.09.2022 to 12.09.2022 among 14 samples (7 from Urban Community and 7 from Rural Community). The study was found to be feasible.

Data Collection Procedure

Data collection was done from 02/12/2022 to 02/01/2023.

Results

Table 1: Frequency and percentage distribution of demographic variables of women in urban and rural areas.

n = 136 (68+68)

Demographic Variables	Urban		Rural	
	F	%	F	%
Age in years				
41 – 50	32	47.1	34	50.0
51 – 60	36	52.9	34	50.0
Educational status				
No formal education	7	10.3	8	11.8
Undergraduate	27	39.7	35	51.5
Graduate	24	35.3	18	26.5
Post-graduate	10	14.7	7	10.2
Occupational status				
Homemaker	29	42.6	26	38.2
Self-employed	18	26.5	15	22.1
Govt. job	18	26.5	22	32.4
Pvt. Job	3	4.4	5	7.4
Monthly family income				
Rs 184376 and above	1	1.5	0	0
Rs 92191- Rs184370	12	17.6	7	10.3
Rs 68957 - Rs 92185	22	32.4	12	17.6
Rs 46095 - Rs 68961	22	32.4	23	33.8
Rs 27654 - Rs 46089	8	11.8	23	33.8
Rs 9232 - Rs 27648	3	4.4	3	4.4
Rs 9226 and Below	-	-	-	-
Marital status				
Married	47	69.1	50	73.5
Unmarried	5	7.4	5	7.4
Widow	16	23.5	10	14.7
Divorced / Separated	0	0	3	4.4
Type of family				
Nuclear	21	30.9	29	42.6
Joint	38	55.9	25	36.8
Extended	9	13.2	14	20.6
Age at menarche				
8 – 10 yrs	14	20.6	19	27.9
11 – 13 yrs	25	36.8	28	41.2
14 – 16 yrs	29	42.6	21	30.9
Number of pregnancy				
0	3	4.4	1	1.5
1	14	20.6	14	20.6
2	34	50.0	34	50.0
>2	17	25.0	19	27.9
Number of children				
0	5	7.4	2	2.9
1	20	29.4	21	30.9
2	30	44.1	35	51.5
>2	13	19.1	10	14.7

Demographic Variables	Urban		Rural	
	F	%	F	%
Use of oral contraceptives				
Yes	17	25.0	23	33.8
No	51	75.0	45	66.2
History of Substance Abuse like Alcohol-Intake, Smoking, Chewing Tobacco				
Yes	14	20.6	18	26.5
No	54	79.4	50	73.5
Pattern of Menstrual Cycle				
Regular	36	52.9	56	82.4
Irregular	32	47.1	12	17.6
Flow Duration During Menstruation				
2 days	10	14.7	15	22.1
3 days	19	27.9	27	39.7
>3 days	39	57.4	26	38.2
History of any Menstrual Disorder like Abdominal Pain During Menstruation, Backache. Menorrhagia, Nausea, Diarrhoea				
Yes	24	35.3	27	39.7
No	44	64.7	41	60.3
Health Practices To Control Menopausal Symptoms like Exercise, Yoga, Change in Food Habits, Use of Medication				
Yes	22	32.4	21	30.9
No	46	67.6	47	69.1
Source of Knowledge regarding Menopause				
Health practitioners	10	14.7	20	29.4
Family members	23	33.8	27	39.7
Friends	23	33.8	9	13.2
Social media	12	17.6	12	17.6
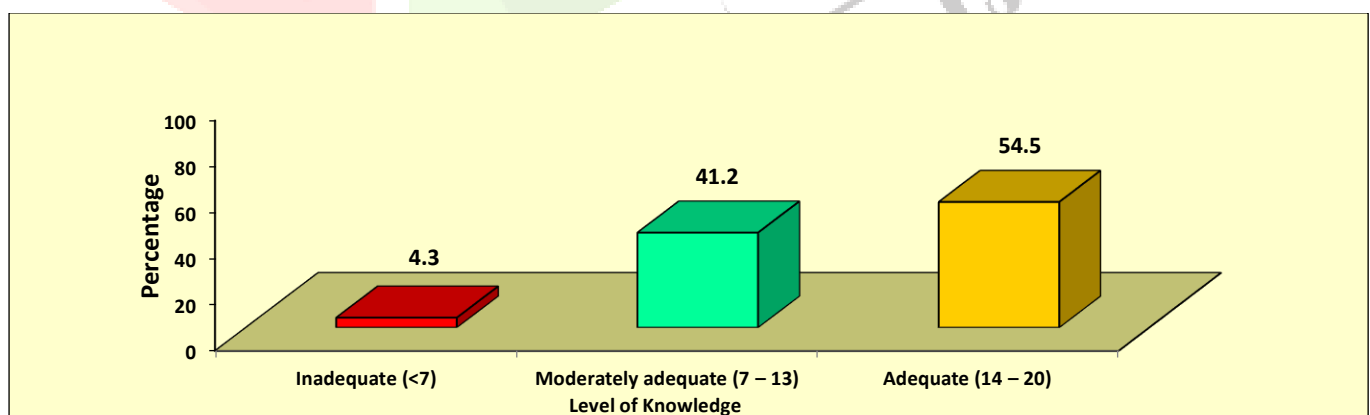
Figure 1 : Clustered Column Showing Percentage distribution of level of knowledge of menopausal symptoms and its management among women in urban area
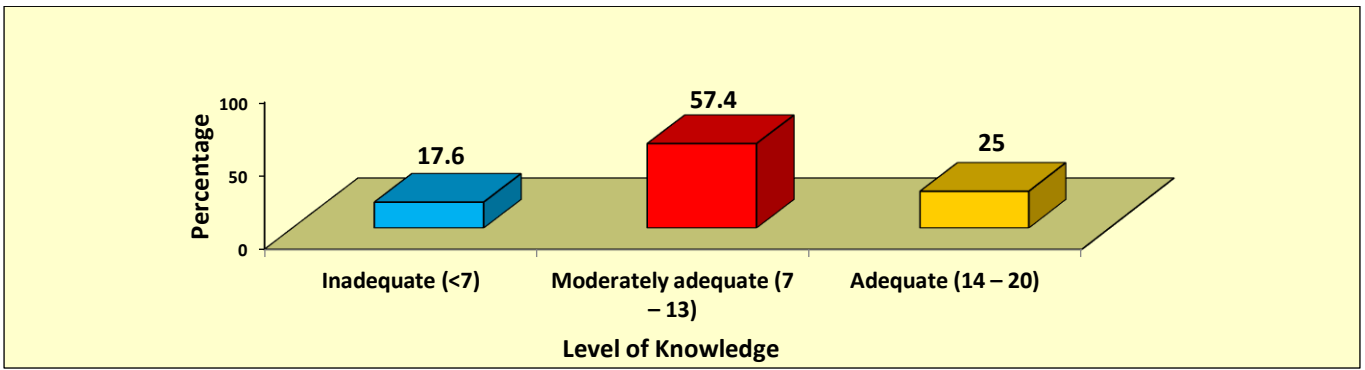
Figure 2 : Cluster Column Showing Percentage distribution of level of knowledge of menopausal symptoms and its management among women in rural area
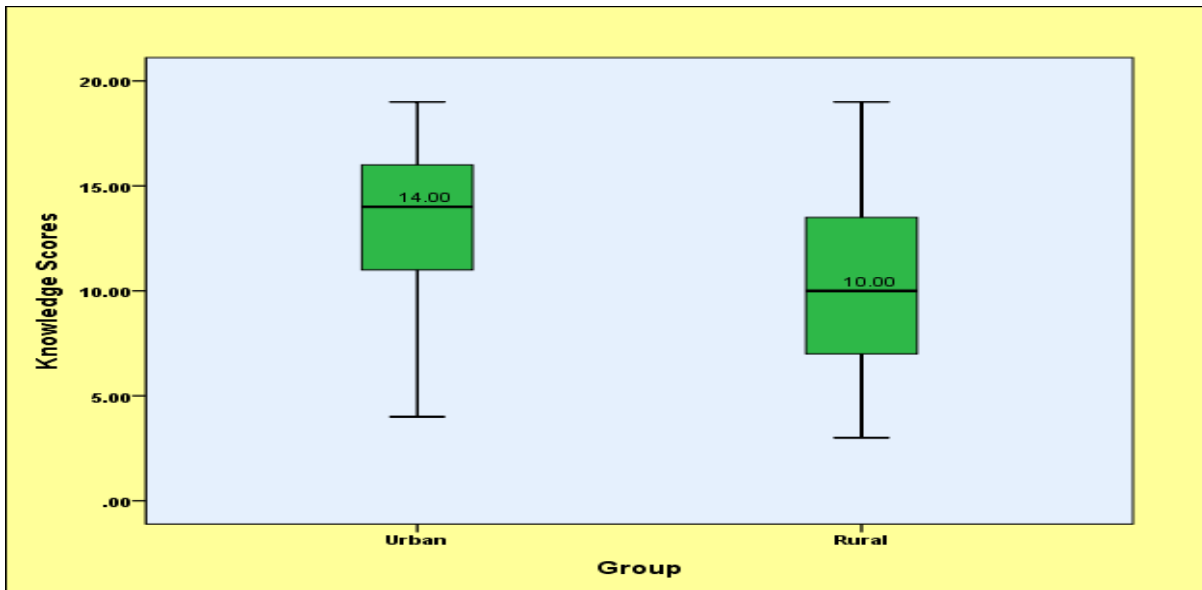

Figure 3 : Boxplot showing the comparison of level of knowledge of menopausal symptoms and its management between women in urban and rural area

Table 2: Association of level of knowledge of menopausal symptoms and its management between women in urban area and rural area with their selected demographic variables.

n = 136 (68+68)

DEMOGRAPHIC VARIBLES	URBAN		RURAL	
	Fisher Exact test p-value	Remarks	Fisher Exact test p-value	Remarks
Age in years	p=0.267	NS at p > 0.05	p=0.635	NS at p > 0.05
Educational status	p=0.874	NS at p > 0.05	p=0.760	NS at p > 0.05
Occupational status	p=0.291	NS at p > 0.05	p=0.715	NS at p > 0.05
Monthly family income	p=0.196	NS at p > 0.05	p=0.542	NS at p > 0.05
Marital status	p=0.972	NS at p > 0.05	p=0.944	NS at p > 0.05
Type of family	p=0.216	NS at p > 0.05	**p=0.003****	S at p < 0.01
Age at menarche	p=0.085	NS at p > 0.05	p=0.222	NS at p > 0.05
Number of pregnancy	p=0.540	NS at p > 0.05	p=0.795	NS at p > 0.05
Number of children	p=0.624	NS at p > 0.05	p=0.936	NS at p > 0.05
Use of oral contraceptives	p=0.369	NS at p > 0.05	p=0.211	NS at p > 0.05
History of Substance Abuse like Alcohol - Intake, Smoking, Chewing Tobacco	p=0.783	NS at p > 0.05	p=0.193	NS at p > 0.05
Pattern of Menstrual Cycle	p=0.225	NS at p > 0.05	p=0.829	NS at p > 0.05
Flow Duration During Menstruation	p=0.777	NS at p > 0.05	p=0.087	NS at p > 0.05
History of any Menstrual Disorder like Abdominal Pain During Menstruation, Backache. Menorrhagia, Nausea, Diarrhoea	p=0.219	NS at p > 0.05	p=0.836	NS at p > 0.05
Health Practices To Control Menopausal Symptoms like Exercise, Yoga, Change in Food Habits, Use of Medication	p=0.458	NS at p > 0.05	p=0.766	NS at p > 0.05
Source of Knowledge regarding Menopause	**p=0.017****	S at p < 0.05	p=0.490	NS at p > 0.05

*p<0.05, S – Significant, p>0.05, **p<0.01, S – Significant, p>0.05, N.S – Not Significant

RESULTS

The findings showed that in the urban area most of the women 37 (54.5%) had adequate knowledge whereas in the rural area most of the women 39 (57.4%) had moderately adequate knowledge. The present study is supported by the study findings of Harun G. D. et. al. who conducted a cross-sectional study among 160 women from selected urban and rural areas in Bangladesh with an aim to assess the knowledge and attitude associated with menopause which revealed that majority of the women that is 46.2 % had moderate knowledge about menopause.

In the association of level of knowledge of menopausal symptoms and its management among women in urban area with their selected demographic variables, it was observed that the **Source of Knowledge Regarding Menopause (p=0.017)** had statistically significant association with level of knowledge of menopausal symptoms and its management between women in urban area at p<0.05 level. The other demographic variables - Age, Education, Income, Marital Status, Residential Area, Type of family, Number of pregnancy & children, Occupational status, Monthly family income, Age at Menarche, History of Substance Abuse, Use of Oral Contraceptives, Duration of Cycle and Pattern of Cycle did not show statistically significant association with level of knowledge of menopausal symptoms and its management between women in urban area at p<0.05 level. In the association of level of knowledge of menopausal symptoms and its management among women in rural area with their selected demographic variables, it was observed that the demographic variable **Type of Family (p=0.003)** had statistically significant association with level of knowledge of menopausal symptoms and its management between women in rural area at p<0.01 level. The other demographic variables Age, Education, Income, Marital Status, Residential Area, Number of pregnancy & children, Occupational status, Monthly family income, Age at Menarche, History of Substance Abuse, Use of Oral Contraceptives, Duration of Cycle, Pattern of Cycle and Source of Knowledge did not show statistically significant association with level of knowledge of menopausal symptoms and its management between women in rural area at p<0.05 level.

CONCLUSION : Out of 68 women in urban area, 37(54.5%) had adequate knowledge, 28(41.2%) had moderately adequate knowledge and 3(4.4%) had inadequate knowledge of menopausal symptoms and its management whereas out of 68 women in urban area, 39(57.4%) had moderately adequate knowledge, 17(25%) had adequate knowledge and 12(17.6%) had inadequate knowledge of menopausal symptoms and its management.

With regard to knowledge on menopausal symptoms, the mean score among women in urban area was 6.66 ± 1.90 and the mean score among women in rural area was 5.31 ± 2.41. With respect to knowledge on management of menopausal symptoms, the mean score among women in urban area was 6.69 ± 2.14 and the mean score among women in rural area was 5.13 ± 2.12. The overall knowledge score of menopause revealed that the mean score among women in urban area was 13.35 ± 3.43 and the mean score among women in the rural area was 10.44 ± 4.10. The mean difference score was 2.91. The calculated student independent 't' test value for menopausal symptoms (**t=3.628, p=0.0001**), management (**t=4.252, p=0.0001**) and for overall knowledge (**t=4.483, p=0.0001**) was statistically significant at p<0.001 level which clearly infers that there was statistically significant difference was observed in the level of knowledge on menopause among women in the urban and rural area in which women in the urban area had more knowledge on menopause than the women the rural area.

In the association of level of knowledge of menopausal symptoms and its management among women in urban area with their selected demographic variables, it was observed that the Source of Knowledge regarding menopause (**p=0.017**) had statistically significant association with level of knowledge of menopausal symptoms and its management between women in urban area at p<0.05 level. The other demographic variables did not show statistically significant association with level of knowledge of menopausal symptoms and its management between women in urban area. In the association of level of knowledge of menopausal symptoms and its management among women in rural area with their selected demographic variables, it was observed that the demographic variable type of family (**p=0.003**) had statistically significant association with level of knowledge of menopausal symptoms and its management between women in rural area at p<0.01 level. The other demographic variables did not show statistically significant association with level of knowledge of menopausal symptoms and its management between women in rural area.

The study revealed that there is significant association between the level of knowledge regarding menopause with demographic variables source of knowledge regarding menopause of the women of the urban community. On the other hand there is significant association between the level of knowledge regarding menopause with demographic variables i.e.; type of family of the women of the rural community. There is a need to put greater emphasis on assessing the level of knowledge regarding menopause to maintain good and healthy lifestyle among women. Education can be provided to the women regarding menopause by giving information regarding recent advancements and importance of management of symptoms. Health care providers can put emphasis on providing information regarding menopause and its management to the

individual, family and community. Nurses can put greater emphasis to remove the myths or the false believe related to menopause and help in adopting healthy behaviour.

REFERENCES

1. Wikipedia contributors. Women's health [Internet]. Wikipedia, The Free Encyclopedia. 2023. Available from: https://en.wikipedia.org/w/index.php?title=Women%27s_health&oldid=1136321647

2. Women's health [Internet]. Mayo Clinic. 2022 [cited 2023 Jan 31]. Available from: https://www.mayoclinic.org/healthy-lifestyle/womens-health/basics/womens-life-stages/hlv-20049411

3. Ceylan B, Özerdoğan N. Factors affecting age of onset of menopause and determination of quality of life in menopause. J Turk Soc Obstet Gynecol [Internet]. 2015 [cited 2023 Jan 31];12(1):43–9. Available from: http://dx.doi.org/10.4274/tjod.79836

4. Researchgate.net. [cited 2023 Jan 31]. Available from: https://www.researchgate.net/publication/321162519_HEALTH_ISSUES_AMONG_THE_WOMEN_ABSTRACT

5. Women's health [Internet]. Gov.in. [cited 2023 Jan 31]. Available from: https://www.nhp.gov.in/healthlyliving/women-s-health

6. Menopause [Internet]. Who.int. [cited 2023 Jan 31]. Available from: https://www.who.int/news-room/fact-sheets/detail/menopause

7. Mittal S. How to cope with various stages of menopause [Internet]. Outlook India. 2022 [cited 2023 Jan 31]. Available from: https://www.outlookindia.com/website/story/india-news-how-to-cope-with-the-various-stages-of-menopause/363103

8. Researchgate.net. [cited 2023 Jan 31]. Available from: https://www.researchgate.net/publication/45535509_Age_of_menopause_and_impact_of_climacteric_symptoms_by_geographical_region

9. Menopause epidemiology and demographics [Internet]. Wikidoc.org. [cited 2023 Jan 31]. Available from: https://www.wikidoc.org/index.php/Menopause_epidemiology_and_demographics

10. Gordon D. 73% of women don't treat their menopause symptoms, New Survey shows [Internet]. Forbes. 2021 [cited 2023 Jan 31]. Available from: https://www.forbes.com/sites/debgordon/2021/07/13/73-of-women-dont-treat-their-menopause-symptoms-new-survey-shows/?sh=67a4e97d454f

11. Wikipedia contributors. Women's health in India [Internet]. Wikipedia, The Free Encyclopedia. Available from: https://en.m.wikipedia.org/wiki/Women%27s_health_in_India