



# A Study on Knowledge and Level of Preparedness Regarding Menopausal Transition among Rural and Urban Married Women in Indore (M.P.)

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**Abstract:** Menopause is a transition period between middle and elderly age, marked by variations in ovarian hormone production and menstrual cycle termination. It is influenced by demographic, health, and genetic variables. Preparation for menopause can begin as early as age 35, involving women's awareness, education, and empowerment.

**Objectives of the study:** To assess the knowledge among urban and rural married women regarding menopause. Transition to identify the level of preparedness of urban and rural married women regarding menopause transition.

**Methods:** A descriptive survey approach was used in this study. The sample size consisted of 100 married women aged between 40-50 years belonging to the urban and rural areas. The sampling technique used for the study was purposive. The tool used for gathering relevant data was SIS and checklist.

**Results:** The study revealed that a majority of women both in rural area (60%) and urban area (58%) belonged to age group of 40-45 years.

## Major findings of the study:

- Most of the women in rural area (72%) had average knowledge and a majority of women in urban area (68%) had satisfactory knowledge regarding menopausal transition.
- Most of the women in rural area (84%) and urban area (98%) had level of preparedness about menopausal transition.
- There was significant difference between knowledge scores ( $t_{100} = 6.77, p < 0.05$  tabled value 1.98) and level of preparedness scores ( $t_{100} = 8, p < 0.05$ , tabled value 1.98) of rural and urban married women regarding menopause transition.

**Conclusion:** Menopausal health is important since this stage of life is not to be avoided. Nurses as health personnel can assess knowledge and identify level of preparedness towards menopause and help them to select coping strategies to overcome the menopausal problems.

**Keywords:** knowledge, preparedness, menopausal transition, woman

**INTRODUCTION:** Menopause is a transition period between middle and elderly age, Marked by variations in ovarian hormone production and menstrual cycle termination. It is influenced by demographic, health, and genetic variables. Preparation for menopause can begin as early as age 35, involving women's awareness, education, and empowerment.

## METHODS

Present study was done on 100 married women aged between 40-50 years belonging to the urban and rural areas of Indore (MP) Tool Description Tool 1: Comprised of demographic data and structured interview schedule. Tool 2: survey questionnaire (checklist) A structured interview schedule to assess the knowledge of married women regarding menopause transition. It had 33% knowledge items 43.4% comprehension items and 23.6% application items covering all aspects of menopause transition. Each question has one or more than one correct answer. Each correct answer was scored one and incorrect answer was scored zero. Checklist having (yes, no, don't know) was used to assess level of preparedness of married women regarding menopause.

**ANALYSIS:** Analysis was done by using descriptive and inferential statistics.

## RESULTS:

The data on sample characteristics revealed according to Table 1. The data presented in Table 1 indicates that a majority of women both in rural area (68%) and urban area (80%) belonged to age group of 40-45 years. Maximum number of women from both rural area (82%) and urban area (78%) belonged to Hindu religion. Greater percentage of women in rural area (56%) were illiterates. In the urban area (28%) each belonged to illiterates, primary and graduates, 14% had higher secondary and only 2% had professional education. n=100

S.N	VARIABLES	URBAN		RURAL	
		(f)	(%)	(f)	(%)
1.	AGE	40	80%	32	68%
	a.40-45				
2.	b.45-50	10	20%	22	42%
	RELIGIOUS	38	78%	42	84%
3.	a. Hindu	08	16%	06	12%
	b. Muslim				
	c. others				
4.	PARA	04	06%	02	4%
	a. Nulliparous				
	b. Parous				
5.	Age of minarcy	34	72%	38	79%
	a.10-12				
	b.12-14				
	c. above 14				
5.	Education	18	36%	28	56%
	a. illiterate				
	b. Primary education				
	c. Secondary education				
	d. High school				
	e. Higher secondary				
	f. Graduation and above				
	<b>Total</b>	<b>50</b>	<b>100%</b>	<b>50</b>	<b>100%</b>

## DISCUSSION

The descriptive study was conducted to assess the knowledge and level of preparedness among urban and rural married women regarding menopause transition. to achieve the set objectives. A total of 100 subjects were studied. The findings of the study were discussed under following heading.

**Sample Characteristics:** The data presented in Table 1 indicates that a majority of the women both in rural area (64%) and urban area (80%) belonged to age group of 40 to 45 years. Maximum number of women from both rural area (84%) and urban area (78%) belonged to Hindu religion. Greater percentage of women in rural area (40%) were illiterates. In urban area (28%) each belonged to illiterates, primary and graduates. 14% had higher secondary and only 2% had professional education.

Knowledge and level of preparedness of married women regarding menopausal transition.

### Knowledge Score:

The findings of knowledge score (Table 2) show that most of the women in rural area (76%) had average level of knowledge score and majority of women in urban area (62%) had satisfactory knowledge scores.

	Level of knowledge Rural		Urban		
	<i>f</i>	%	<i>f</i>	%	
Below average (< 35%)	1	2	—	—	—
Average (36-50%)	40	78	19	-	38
Satisfactory (51-75%)	09	20	31	-	62
Good (76-100%)	—	—	-	—	—

### Level of preparedness:

The findings show that most of the women in rural area (84%) and urban area (98%) had favorable level of preparedness toward menopausal transition.

Knowledge and level of preparedness of rural and urban married women.

The study findings reveal that there was a significant difference between knowledge scores and level of preparedness scores of rural and urban married women. There was significant difference between knowledge scores ( $t_{100} = 5.77$ ,  $p < 0.05$  tabled value 1.98) and level of preparedness scores ( $t_{100} = 8$ ,  $p < 0.05$ , tabled value 1.98) of rural and urban married women regarding menopausal transition.

## SUMMARY:

To summarize major findings are as follows. Most of the women in rural area (76%) had average level of knowledge (34-50%) and a majority of women in urban area (64%) had satisfactory knowledge (53-75%) regarding menopause transition. The mean knowledge score on menopause was comparatively higher in urban area (54.33%) than in rural area (44.47%). Most of the women in rural area (84%) and urban area (98%) had favorable level of preparedness towards menopause. The mean score on menopause was comparatively higher in urban area (87.72%) than in rural area (78.82%).

## CONCLUSION:

The result of the present study showed that women in the rural area lack knowledge and level of preparedness regarding menopausal transition compared to the itself can develop positive level of preparedness towards menopause and prevent old age disabilities in women. Thus, old age can be comfortable, independent and a healthy era in a woman's life.

## RECOMMENDATIONS

- A comparative study may be conducted between unmarried and married women.
- A study may be carried out on psychoeducational program for improving women's preparedness with menopause symptoms.

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