

“A STUDY TO ASSESS THE KNOWLEDGE REGARDING PSYCHOLOGICAL PROBLEM AMONG MENOPAUSAL WOMEN WITH A VIEW TO DEVELOP HEALTH EDUCATION IN SELECTED URBAN COMMUNITY IN PUNJAB”

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Abstract Menopause, also known as “the change” or “change of life,” is a normal part of a woman’s life. It is a point in time—the last menstrual cycle, the last period. Menopause is the phase of a woman's life when she stops ovulating and stops her monthly menstrual bleeding. **Menopause** is associated with significant **hormonal changes** – in particular, the rapid cessation of oestrogen production by the ovaries and rapid decline in **oestrogen** available to the woman's body. Menopause is an adaptation process during which women go through a new biological state. This process is accompanied by many biological and psychosocial changes.

Health status of menopausal women in percentage Healthy (74%), Unhealthy (26%), The major source of information on psychological problem in menopause women in percentage Newspaper (40%), Television (40%), Internet (15%), Radio (5%). The menopausal women knowledge had average knowledge (39%), good knowledge (34%), below average knowledge had (16%) and only 11 % had excellent knowledge of psychological problems in menopausal women.

Keywords Psychological problem, Menopausal Women, Health Education

INTRODUCTION

During menopause, women may appear Depressed mood, sleep disorders, and other psychological problems reduce the quality of life in postmenopausal women. Women experience many **stresses** at the same time as menopause, and it is also possible that these stresses could be responsible for the mood changes that commonly occur in the menopausal period. The loss of ovarian estrogen and progesterone exposure can precipitate hot flashes, decline in libido, sleep disturbances, affective complaints, and decreased memory, despite stable or improved life circumstances Indian women face many social and cultural challenges in their lives but when it comes to menopause these women share many of the same experiences with psychological problems.

NEED OF THE STUDY

It's okay to talk about birth, okay - then menstruation. I first started my advocacy for women's health in the field of reproductive freedom, and the next stage would be bringing menopause out of the closet.

-By [Cybill Shepherd](#)

IN 2009

Percentage of ever married women aged 27- 52yrs by general mental health index (high score) according to type of menopause. In natural menopause, menopausal women are suffering from different characteristics of psychological problems like somatic complaints 53.9%, anxiety and insomnia 53.4%, social dysfunction 26.2% and in severe depression 37.9%. and in hysterectomy menopause somatic complaints 90.2%, anxiety and insomnia 63.4%, social dysfunction 43.9% and severe depression 41.5% menopausal women suffered from psychological problems.

IN 2007

During and after menopause, menopausal women suffered from many psychological problems. At different level of age groups menopausal women showed different percentage of psychological characteristics. For example:-

✚ **At age group (40 – 44years):-** In menopausal women fatigue 88%, lack of energy 88%, irritability 44.4%, forgetfulness 22.2%, anxiety 66.6%, sleep disturbance 44.4%, poor concentration 11.1%.

✚ **At age group(45 – 50years):-** In menopausal women fatigue 70%, lack of energy 70%, irritability 50%, forgetfulness 30%, anxiety 10%, sleep disturbance 20%, poor concentration 20%.

BACKGROUND OF THE STUDY

In India, at some point after forties, a woman enters into the third phase of her life.it was thought that about 10 % of women had psychological problems associated with menopause. Depression, anxiety, crying spells, lack of concentration n irritability.

Stacey B Gramann (2012)

In a cross-sectional population survey from the Netherlands, 2103 women were asked to rate their symptoms of depression before menopause and 3.5 years later, during the menopausal transition; the women experienced most symptoms of depression during the menopausal transition. In the United States, a study of a community sample of women undergoing natural menopause also demonstrated an increase in depressive symptoms during perimenopause.

Iqbal Ahmed (2010)

Studies of mood during menopause have generally revealed an increased risk of depression during perimenopause, with a decrease in risk during postmenopausal years. The Penn Ovarian Aging Study, a cohort study, found depressive symptoms to be increased during the menopausal transition and decreased after menopause. The strongest predictor of depressed mood was a prior history of depression, along with fluctuations in reproductive hormone levels associated with depressed mood.

OBJECTIVES OF THE STUDY

1. To assess the level of knowledge of psychological problem among menopausal women. (mood swings, sleep problem, fatigue, anxiety, depression, irritability, lack of concentration).
2. To develop a tool to assess the knowledge of psychological problem among menopausal women. (mood swings, sleep problem, fatigue, anxiety, depression, irritability, lack of concentration).
3. To find out the association between knowledge on various psychological problem & the selected demographic variables.
4. To develop information booklet regarding psychological problem among menopausal women.

MATERIAL AND METHODS

AIM OF STUDY

The aim of the study was to assess the level of knowledge of psychological problem among menopausal women. Specifically general knowledge, psychological problem, risk factors, signs and symptoms and treatment.

RESEARCH HYPOTHESIS

H1-There will be a significant association between the level of knowledge regarding

various psychological problems with the selected demographic variables by the structured knowledge questionnaire at 0.05 level of significance.

RESEARCH APPROACH

In the view of problem selected for the study and the objectives to be accomplished quantitative research approach was considered appropriate for the present study.

RESEARCH DESIGN

A Quantitative Non-Experimental Research Design is used for the study.

TARGET POPULATION

The population of the present study is menopausal women selected in urban area Punjab.

SAMPLE AND SAMPLE SIZE

For the present study, 100 menopausal women were selected for final study.

SAMPLING TECHNIQUE

In the present study purposive sampling technique was used to select the sample.

MAJOR FINDING OF THE STUDY

- The findings shows that majority of menopausal women age 41- 50 year,(64%), 51 – 60 year(26%), 31- 40 year(10% and above 60 year(0%).
- The percentage of marital status was married (65%), widowed (15%), unmarried (10%), divorced (5%), separated (5%).
- Majority of religion in percentage Hindu (41%), Sikh (39%),christen (20%), Muslim (0%).
- With regards to educational status of menopausal women upto 12th (50%), illiterate(20%), graduate (20%), post graduate (20%).
- Percentage of occupation housewife (55%), service (29%), business women (8%), labourer (8%).
- Percentage of type of family nuclear (72%), joint (28%).
- Monthly income in percentage Below 5000/- (62%), 5000 – 10,000/- (20%), 10,001 – 15,000/- (10%), 15,001 – above (8%).
- Duration of married life in percentage 16 – 20 years (50%), 6 – 10 years(20%), 11 – 15 years(15%), 21 – 25 years(10%),
- Above 25 years(5%). Percentage of dietary pattern of menopause women in percentage Vegetarian (66%), Non vegetarian (44%).
- Physique in percentage Ectomorphic (40%), Mesomorphic (35%), endomorphic (25%).
- Health status of menopausal women in percentage Healthy (74%), Unhealthy (26%),
- The major source of information on psychological problem in menopause women in percentage Newspaper (40%), Television (40%), Internet (15%), Radio (5%).
- The majority of the menopausal women knowledge had average knowledge (39%), good knowledge (34%), below average knowledge had (16%) and only 11 percentages had excellent knowledge of psychological problems in menopausal women.
- The result shows that, there was good knowledge regarding psychological problem in menopausal women.
- There was average level of knowledge in risk factors and symptoms, good knowledge in general questions, causes and treatment and excellent knowledge in psychological problems

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DISCUSSION

The study design was descriptive knowledge questionnaire were used with the menopausal women. After assessing the knowledge a information booklet and health education programmed was set to create a awareness of psychological problem in menopausal women. The data was analyzed using descriptive statistics and inferential statistics.

There will be a significant association between the level of knowledge regarding various psychological problem with selected demographic variables by the structured knowledge questionnaire at 0.05 level of significance.

The majority of the menopausal women knowledge had average knowledge (39%), good knowledge (34%), below average knowledge had (16%) and only 11 percentages had excellent knowledge of psychological problems in menopausal women.

The result shows that, there was good knowledge regarding psychological problem in menopausal women. There was average level of knowledge in risk factors and symptoms, good knowledge in general questions, causes and treatment and excellent knowledge in psychological problems

CONCLUSION

The study gives the clear understanding of the knowledge regarding psychological problem among menopausal women with a view to develop health education in selected urban community in Punjab. The menopausal women having good and average knowledge regarding psychological problem.

The menopausal women knowledge had average knowledge (39%), good knowledge (34%), below average knowledge had (16%) and only 11 percentages had excellent knowledge of psychological problems in menopausal women. The result shows that, there was good knowledge regarding psychological problem in menopausal women. There was average level of knowledge in risk factors and symptoms, good knowledge in general questions, causes and treatment and excellent knowledge in psychological problems.