

STUDY TO ASSESS THE EFFECTIVENESS OF COUNSELING ON CLIMACTERIC SYMPTOMS AMONG MENOPAUSAL WOMEN AT SELECTED AREA, KARAIKAL.

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ABSTRACT

In a significant report released on June 17, 2022, the World Health Organization (WHO) determined that approximately one out of every eight individuals globally grapples with a mental health condition. Among nations, India harbors one of the largest populations affected by mental health disorders. It is crucial to acknowledge the disparity in how our society addresses mental health. Due to insufficient awareness about mental health issues, the stigma surrounding them, a scarcity of proficient professionals, inadequate funding, and minimal priority in government budgets, numerous individuals with mental health disorders do not receive adequate treatment. This article aims to acknowledge the obstacles confronted by the healthcare sector in managing, preventing, and promoting mental health and illness. Additionally, it explores the pivotal role that nurses can play in delivering mental health services.

Keywords: Counseling, Climacteric Symptoms, Menopausal, Women.

INTRODUCTION

‘The Change’, ‘the Climacteric’, ‘the time of life’ – call it what you will, it is an unavoidable fact that all women go through the period of Menopause in their life time. Women experiences various symptom during menopause such as hot flushes, sleep disturbances, joint pain, vaginal dryness, emotional instability, memory problems and others which affect their daily activities and reduce the quality of life. Awareness programmes and counseling sessions regarding menopause symptoms and self help tips may improve their quality of life by reducing the menopause symptoms. As per the Health care Effectiveness Data and Information Set (HEDIS) Counseling refers to communication of information to assist a women in making informed decisions about her health. Counseling address all psychosocial quality of life issues of women.

NEED FOR THE STUDY

India has a large population, which has already crossed the 1 billion mark with 71 million people over 60 years of age and the number of menopausal women about 43 million. Projected figures in 2026 have estimated the population in India will be 1.4 billion, people over 60 years 173 million, and the menopausal population 103 million. Average age of menopause is 47.5 years in Indian women with an average life expectancy of 71 years. Menopause women faces various symptoms which affect their day to day activities. The objectives of counseling includes addressing all queries and concerns, educate her about symptoms with self help tips and help her with informed decision making, boost up her confidence in all activities.

OBJECTIVES

- To assess the climacteric symptoms among menopausal women.
- To find out the effectiveness of counseling on climacteric symptoms among menopause women.
- To find the association between pre test scores of climacteric symptoms with selected demographic variables and menopause variables.

HYPOTHESIS

- **H₁**. There will be a significant difference in pre test and post test scores of climacteric symptoms.
- **H₂**. There will be a significant association between pre test scores of climacteric symptoms and selected demographic variables and menopause variables.

DELIMITATIONS

- The study was delimited to women who had completed 12 consecutive months of amenorrhoea and were residing in the selected villages during the study period.
- Women less than 45 years or above 55 years were not included in the study even though they had attained menopause due to natural causes.

METHODOLOGY

Quantitative approach was used in this design. Pre experimental (one group pre test and post test design) was selected for this study. The study was conducted in Keezhakasakudi Meuu located in Karaikal District. The population comprised of all the menopausal women aged between 45 to 55 yrs residing in village. Purposive sampling technique was used to select 60 menopausal women with the age group of 45-55 years who are residing in selected villages, Karaikal and fulfill the inclusion criteria. The tool consists of **Section – A** – Demographic Performa of menopausal women which includes age, religion, type of family, family income, educational status, marital status, occupation of the women, occupation of the spouse, type of family, food habits, sleep pattern. **Section – B** – Menopause Performa which includes weight, Height, Pulse rate, Systolic blood pressure, Diastolic blood pressure, nature of menstrual cycle before menopause, type of menopause, year of attaining menopause. **Section – C**- MENQOL (Menopause-specific – quality –of- life) Questionnaire was used to assess the climacteric symptoms of menopause women. The scale consists of 29 items which includes vasomotor symptoms, psychosocial symptoms, physical symptoms and sexual symptoms. Each domain is scored separately. For analyses, convert the item scores to a score ranging from 1 to 8.

DATA COLLECTION PROCEDURE

After obtaining the formal permission for conducting the study consent was obtained from study participants. They were assured about the confidentiality of their data. Purposive sampling technique sampling was used to select the sample. Women volunteers from each street helped in identifying the sample. Sample size is 60 menopause women. Pre test was conducted using

MENQOL Tool to assess the climacteric symptoms. Group Counseling session was conducted in four sessions for about 30 – 40 minutes. For each session 5 – 6 menopause women were included for counseling. Counseling session includes familiarity with menopause symptoms and self help tips during menopause period. Post test was conducted after one month interval to assess the severity of climacteric symptoms using the same MENQOL tool.

RESULTS AND DISCUSSION

- **Demographic Performa:**

Regarding demographic variables 56.7% of women belong to the age group of 45 - 50 years. Regarding marital status 70% of women were married. In education status 40% of women had school education. 70% of women belongs to Hindu religion. Regarding occupation of the women 56.7% of women were homemaker. Regarding occupation of the spouse 40% of the men were employed in private sector. With regard to family income per month 66.7% women had income between Rs.10,000 – Rs.20,000 per month. With regard to food habits 76.7% of women were non vegetarian. With regard to the type of family 53.3% were in nuclear family. Regarding sleep pattern 86.7% of women had sleep during night time.

- **Menopause Performa:**

With regard to menopause variables 46.7% of women were in the height between 145 – 155 cm. With regard to the weight of the menopause women 36.7% of women were in the weight between 60 – 70 kg. Regarding pulse rate 40% of women pulse rate is 72 – 80 beats per min. Regarding systolic blood pressure 53.3% of women systolic Bp is between 120 – 140 mmHg. With regard to the diastolic Bp 53.3% of women diastolic Bp is between 80 – 90mmHg. 83.3% of women had regular menstrual cycle before menstrual period. 46.7% of women attained menopause between 1-2 years.

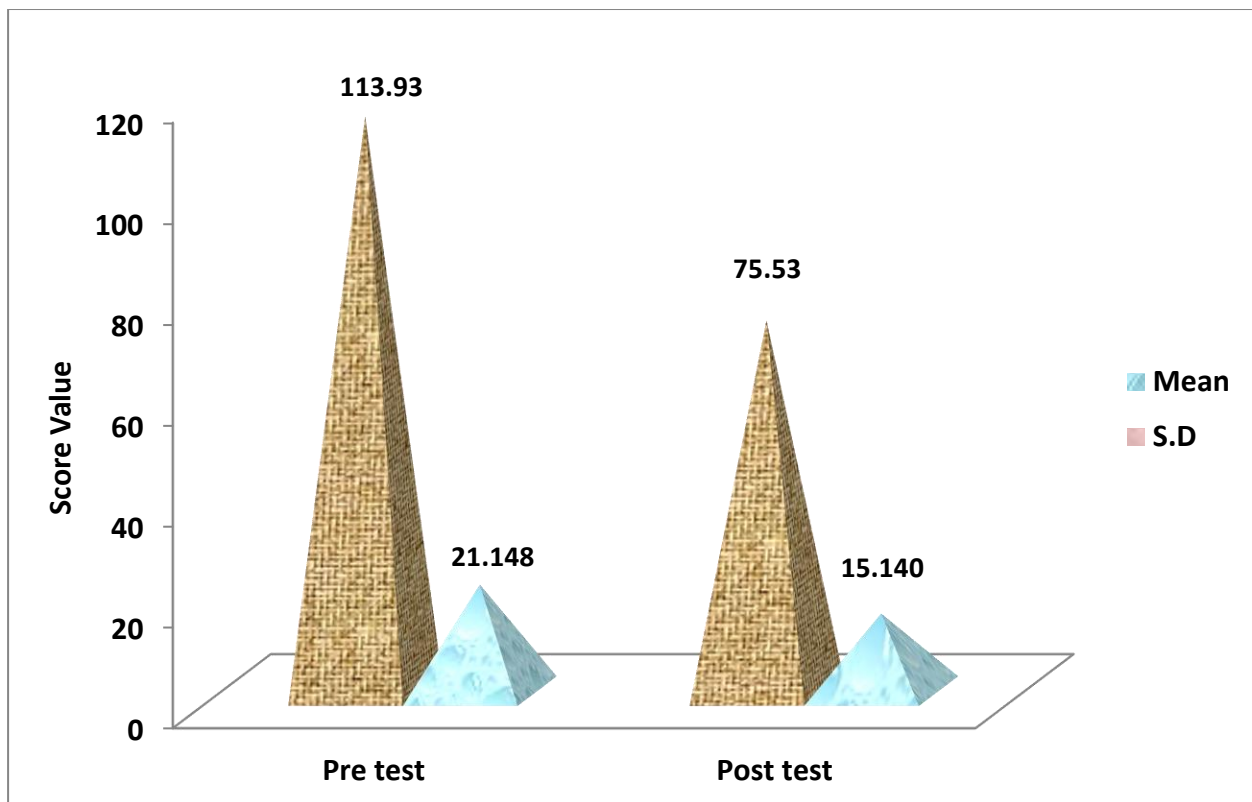
- **Comparison Of Pretest And Posttest Level Of Climacteric Symptoms Among Menopause Women**

Regarding the over all score in pretest, 13.3% of women had mild symptoms, 66.7% of women had moderate symptoms and 20% of women had severe symptoms. In post test, 90% of women had mild symptoms and 10% of women had moderate symptoms. Hence Hypothesis H_1 is proved.

- Comparison Of Mean, Sd, Mean Score Percentage Of Climacteric Symptoms Among Menopausal Women.**

The study results proved that before the intervention, mean \pm standard deviation for vasomotor symptoms is 8.4 ± 5.24 and it was significantly decreased to 5.43 ± 3.67 after intervention ($P < 0.05$). Similarly mean \pm standard deviation for Psychosocial symptoms is 26.10 ± 6.77 and it was significantly decreased to 16.73 ± 4.60 after intervention ($P < 0.05$). Then mean \pm standard deviation for Physical symptoms is 67.26 ± 9.98 and it was significantly decreased to 43.56 ± 7.88 after intervention ($P < 0.05$). Mean \pm standard deviation for sexual symptoms is 12.16 ± 6.70 and it was significantly decreased to 7.80 ± 3.96 after intervention ($P < 0.05$).

- Over all comparison of mean and standard deviation of pre test and post test level of climacteric symptoms among menopausal women**



Effectiveness Of Counselling On Counseling Among Menopausal Women

Effectiveness of pretest and posttest	N	Mean	S.D	Std.Error Mean	t-value	d.f	P-value	Significance
Counselling on Quality of Life among menopausal women	60	113.93	21.148	2.730	32.057	59	0.000*	Significant
	60	73.53	15.410	1.989				

- ***-Significant at 5% (p<0.05) level**
- There was an association between pretest scores of climacteric symptoms with demographic variables such as religion, marital status, occupation of menopause women, occupation of the spouse, weight of the women. Hence Hypothesis **H₂** is proved.

RECOMMENDATIONS

- A similar study can be conducted in a large sample to generalize the findings.
- A comparative study can be conducted to assess the menopause symptoms between rural and urban women.
- A similar study can be conducted using intervention measures to reduce menopause symptoms.

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