

A STUDY TO ASSESS THE EFFECTIVENESS OF A STRUCTURED TEACHING PROGRAMME REGARDING MENOPAUSAL CHANGES AMONG PREMENOPAUSAL WOMEN RESIDING IN SELECTED VILLAGES

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ABSTRACT

The aim of this study was to assess the effectiveness of a structured teaching programme (STP) on the knowledge regarding menopausal changes among premenopausal women residing in selected rural areas of Nashik. The study employed a quasi-experimental one-group pre-test and post-test research design. A sample of 30 premenopausal women aged 40-45 years was selected through purposive sampling. Pre-test and post-test assessments were conducted to evaluate the knowledge of the participants. The findings indicate a significant improvement in knowledge after the structured teaching programme, highlighting the importance of educational interventions in promoting awareness regarding menopausal changes.

Keywords: Menopause, Premenopausal Women, Structured Teaching Programme, Knowledge Assessment, Rural Areas.

INTRODUCTION

Menopause is a natural biological process marking the cessation of menstrual cycles, typically occurring between the ages of 45 and 55. The period leading up to menopause is called perimenopause, which may begin in the 40s. This transition brings hormonal changes that can cause symptoms such as hot flashes, mood changes, vaginal dryness, and sleep disturbances (Santoro et al., 2015). Early or premature menopause can occur before the age of 40, often due to medical interventions like chemotherapy or surgeries (Nelson, 2008).

As life expectancy rises, more women are living longer in postmenopausal years, making it important to address menopausal health issues (World Health Organization, 2016). Although various strategies to manage menopause exist, there is limited awareness in rural areas, where women are often unaware of the changes associated with menopause. This study aims to evaluate the impact of a structured teaching programme in improving knowledge about these changes among premenopausal women in rural areas.

Background of Study

Menopause, defined as the cessation of menstrual periods for 12 consecutive months, results from the loss of ovarian function. The number of postmenopausal women globally is expected to reach 1.2 billion by 2030 (Palacios et al., 2017). Menopausal symptoms, including fatigue, anxiety, weight gain, and sleep disturbances, impact women's quality of life. Educational interventions can help women manage these symptoms better and prepare for menopause. However, rural women often lack sufficient information on these changes (Kaufert et al., 2003). This study addresses this gap by assessing the effectiveness of an educational programme tailored for rural women.

MATERIAL AND METHODS

Research Approach:

A qualitative approach was used in the present study.

Research Design:

A quasi-experimental one-group pre-test and post-test research design was used to assess the effectiveness of a structured teaching programme regarding menopausal changes.

Setting of the Study:

The study was conducted in selected rural areas of Nashik.

Population:

The population for the study consisted of premenopausal women residing in selected rural areas of

Nashik.

Sampling Technique:

Purposive sampling was employed to select 30 premenopausal women within the age range of 40-45 years.

Sample Size:

The sample size for this study was 30 women.

RESULTS

Demographic Characteristics:

1. Age Distribution:

- 20% were aged 40-41 years, 14% were aged 41-42 years, 36% were aged 42-43 years, and 30% were aged 43-45 years.

2. Educational Status:

- 20% had primary education, 40% had high school education, 17% had higher secondary education, and 23% were illiterate.

3. Occupation:

- 67% were housewives, and 33% were working women.

4. Dietary Pattern:

- 33% were vegetarians, 30% consumed non-vegetarian food, and 37% followed a mixed diet.

5. Monthly Income:

- 43% of women had a monthly income below Rs. 10,000, 30% earned Rs. 20,000-30,000, and 13.5% earned above Rs. 50,000.

6. Knowledge on Menopausal Changes:

- 67% of women reported no prior knowledge about menopausal changes, and 33% had some knowledge.

Comparison of Pre-test and Post-test Knowledge:

knowledge	Maximum Score	Mean	SD	't' value	Degree of freedom	S/NS
Pre-test	20	5.83	2.41	12.26	29	Highly significant
Post-test	20	13.1	3.61			

Pre-test knowledge was less than post-test knowledge which show that structured teaching programme was effective in improving knowledge of women's.

Association of pre-test and post -test knowledge of women's regarding to menopausal changes with their selected demographic variable

Selected demographic variable such as Monthly Income and age of menarche are significant to pretest knowledge of mother regarding worm infestation and its prevention with the χ^2 values 9.1 and 9.66 respectively at the 0.5 level of significance.

DISCUSSION

The structured teaching programme (STP) significantly improved the knowledge of premenopausal women regarding menopausal changes. Pre-test results indicated that the majority of women had poor to average knowledge, with only a few exhibiting good knowledge. Post-test results showed a marked increase in knowledge, with 93% of participants demonstrating good knowledge. This improvement emphasizes the importance of educational interventions in rural settings, where access to information may be limited.

The findings are consistent with previous studies which suggest that structured educational programmes can enhance awareness and prepare women for the menopausal transition (Bair et al., 2014). The improvement in knowledge can lead to better health management and self-care during menopause.

CONCLUSION

The study concludes that the structured teaching programme was effective in increasing the knowledge of premenopausal women regarding menopausal changes. The significant improvement in knowledge underscores the need for such educational interventions in rural areas. It is recommended that healthcare providers in rural settings implement similar educational programmes to help women better understand and manage the symptoms associated with menopause.

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