

A Comparative Study to Assess the Knowledge Regarding Post-Menopausal Symptoms and Coping Strategies Adopted by Employed and Unemployed Post-Menopausal Women Residing in Selected Areas of the City

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Abstract: Around 25.1% of the Indian populations belong to the middle age group, out of which 12.89% belong to the menopausal group. Menopause can also occur for various reasons including removal of the uterus, radiations, chemotherapy, gland disorder and poor health. The first sign of menopause is irregular periods. **Objectives:** To assess the knowledge regarding Post-Menopausal symptoms and coping strategies adopted by employed and unemployed Post-Menopausal women residing in selected areas of city, To assess the knowledge regarding Post-Menopausal symptoms and coping strategies adopted by employed Post-Menopausal women residing in selected areas of city, To assess the knowledge regarding Post-Menopausal symptoms and coping strategies adopted by unemployed Post-Menopausal women residing in selected areas of city, To compare the knowledge score regarding Post-Menopausal symptoms and coping strategies adopted by employed and unemployed Post-Menopausal women residing in selected areas of city and To find out the association between the knowledge and coping strategies score with their demographic variable. **Materials and Methods:** 100 postmenopausal women participated in this study. Quantitative research design was used. Non-Probability Convenient sampling technique was used to select the sample. The data were collected from selected area, using socio demographic data sheet and self-administered Questionnaire and coping scale. **Results:** 100 women participated in this study with that 2% of employed and 6% of unemployed postmenopausal women had good level of knowledge score, 40% of employed and 54% of unemployed postmenopausal women had average level of knowledge score, 52% of employed and 40% of unemployed postmenopausal women had good and 6% of employed postmenopausal women had excellent level of knowledge score. Whereas, in 4% of employed and 18% of unemployed postmenopausal women had average level of coping strategies, 90% of employed and 80% of unemployed postmenopausal women had good level of coping and 6% of employed and 2% of unemployed postmenopausal women had very good level of coping. **Conclusion:** The postmenopausal employed and unemployed women don't have 100% knowledge regarding menopause. Coping strategies level is observed in an average range. During comparison it is found that employed postmenopausal women having good knowledge score and better coping strategies level than unemployed women.

Keywords: assess, post-menopausal, coping strategies, employed, unemployed, women

1. Introduction

Women's individual bio physiological and developmental changes occur simultaneously to that of the life cycle of the community. Whether women have been conscious or not of their individual biological processes, there were and there are natural changes constantly occurring within their body throughout their lifetime.¹

Menopause is a natural process that occurs in women's lives as part of normal aging. Many women go through the menopausal transition with few or no symptoms, wholesome have significant or even disabling symptoms.²

Around 25.1% of the Indian populations belong to the middle age group, out of which 12.89% belong to the menopausal group. Menopause can also occur for various reasons including removal of the uterus, radiations, chemotherapy, gland disorder and poor health. The first sign of menopause is irregular periods.³

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middle age group, out of which 12.89% belong to the menopausal group. Menopause can also occur for various reasons including removal of the uterus, radiations, chemotherapy, gland disorder and poor health. The first sign of menopause is irregular periods.⁴

According to national institute of health the following symptoms are strongly linked to menopause, like hot flashes, night sweats, vaginal dryness, and sleep disturbances. 80% of the women reported vasomotor symptoms, 60% experienced sleep disturbances, 38% reported mood symptoms during the menopause.⁵

A study was conducted on awareness of menopause among educated women of Vadodara and reported that only 40% of the women had adequate knowledge about menopause and only 8% had acquired knowledge from doctors. They concluded that most of the educated women are not aware of menopause.⁶

In India, there is no current health programme that caters the specific reproductive health needs of aging women. Moreover, recently launched reproductive and child health II

and National rural health mission programme only addresses women in the reproductive age group, ignoring those who have passed the reproductive stage.²¹ The hormonal changes that occur during menopause make this even harder. Although the average woman gains 2 to 5 pounds during menopause, some women gain as much as 5 to 15 pounds. It may be impossible for the women to totally prevent menopausal weight gain, but healthy lifestyle changes can minimize the amount of weight gain.⁷

The objectives of that study were to assess the knowledge regarding Post-Menopausal symptoms and coping strategies adopted by employed and unemployed Post-Menopausal women residing in selected areas of city, to assess the knowledge regarding Post-Menopausal symptoms and coping strategies adopted by employed Post-Menopausal women residing in selected areas of city, to assess the knowledge regarding Post-Menopausal symptoms and coping strategies adopted by unemployed Post-Menopausal women residing in selected areas of city, to compare the knowledge score regarding Post-Menopausal symptoms and coping strategies adopted by employed and unemployed Post-Menopausal women residing in selected areas of city and to find out the association between the knowledge and coping strategies score with their demographic variable.

2. Material and Methods

100 women were participated in this study. Descriptive evaluatory approach with comparative descriptive research design was used. Non-Probability Convenient sampling technique was used to select the sample. The data were collected from selected areas, using socio demographic data sheet, self-structured knowledge Questionnaire to assess the post-menopausal symptoms and coping scale to assess the coping strategies adopted by employed and unemployed post-menopausal women for post-menopausal symptoms.

Criteria for selection of samples

Inclusion Criteria

The criteria that specify characteristics that a population does have. In this study inclusion criteria were employed and unemployed post-menopausal women who were.

- 1) Willing to participate in the study.
- 2) In the age group of 45-60 years and above.
- 3) Available at the time of data collection.
- 4) Able to read English, Marathi, and Hindi.

Exclusion Criteria

It is the criteria that involve people who does not possess the population characteristics.

In this study, exclusive criteria were post-menopausal symptoms who are-

- 1) Not willing to participate in the study.
- 2) Below 45 years of age

Tools

Section I: Demographic Data

It consists of demographic variables of the women to be participated in the study such as it included variables like age, religion, marital status, number of children, educational

status, occupational status, monthly family income, achieved menopause, previous knowledge and source of information

Section II: Self-Strutered knowledge questionnaire

It consists of 20 questions on knowledge regarding post-menopausal symptoms.

Section III: Coping Scale to assess the coping strategies adopted by employed and unemployed post-menopausal women for post-menopausal symptoms

It consists of 20 questions based on coping strategies adopted for post-menopausal symptoms. Total score was 60. Each questions have 4 option which will be marked as a 3 to 0.

Tools

The investigator obtains permission from selected area in Nagpur District, Maharashtra to conduct the pilot study. The pilot study was conducted from 04.12.2017 to 12.12.2017 and then main study was conducted from date 15.12.2017 to 13.01.2018. The scoring techniques are distributed according to poor, average, good and very good.

Statistical Analysis

Statistical analysis was done using SPSS Version 26.0 (SPSS Inc., Chicago, Illinois, USA). Continuous variables were expressed as Mean+SD and categorical variables were summarized as percentages. ANNOVA test or Fisher's exact test, whichever appropriate, was used for comparison of categorical variables. Graphically the data was presented by cylindrical, conical bar diagrams. P-value of less than 0.05 was considered statistically significant. The reliability of that tool was 0.786 by using Karl Pearson's correlation coefficient and hence the tools are reliable and valid.

3. Results

Results are divided into five sections:

Section A:

This section deals with percentage wise distribution of employed and unemployed postmenopausal women with regards to demographic variables as shown in table no. 1

Section B:

This section deals with the assessment of knowledge regarding postmenopausal symptoms of employed and unemployed postmenopausal women residing in selected areas of the city. The level of knowledge score is divided under following heading of poor, average, good and very good. 2% of employed and 6% of unemployed postmenopausal women had good level of knowledge score, 40% of employed and 54% of unemployed postmenopausal women had average level of knowledge score, 52% of employed and 40% of unemployed postmenopausal women had good and 6% of employed postmenopausal women had excellent level of knowledge score. The minimum score in employed group and unemployed postmenopausal women was 5 and maximum score was 18 in employed group and 15 in unemployed group, the mean score in employed group was 11.22 ± 2.76 and in unemployed group it was 9.56 ± 2.71 .

Section C:

This section deals with the assessment of coping strategies regarding postmenopausal symptoms of employed and unemployed postmenopausal women residing in selected areas of the city. The level of coping strategy score is divided under following heading of poor, average, good and very good. 4% of employed and 18% of unemployed postmenopausal women had average level of coping strategies, 90% of employed and 80% of unemployed postmenopausal women had good level of coping and 6% of employed and 2% of unemployed postmenopausal women had very good level of coping. The minimum coping strategy score in employed group was 27 and 23 in unemployed group and maximum score was 51 in employed group and 47 in unemployed group, the mean score in employed group was 30.04 ± 4.21 and in unemployed group it was 35.36 ± 5.86 .

Section D:

This section deals with the comparison of knowledge score regarding postmenopausal symptoms and coping strategies adopted by employed and unemployed postmenopausal women residing in selected areas of the city. The hypothesis is tested statistically with distribution of knowledge and coping strategy score and standard deviation. The levels of knowledge score and coping strategy scores are compared to between employed and unemployed postmenopausal women. Significance of difference at 5% level of significance is tested with 't' test and tabulated 't' value is compared with calculated 't' value. Also, the calculated 'p' values are compared with acceptable 'p' value i.e. 0.05. This section as shown in table no. 2 and Graph no. 1

Section E:

Association of knowledge score and coping strategies with selected demographic variables of employed and unemployed postmenopausal women.

Association of level of knowledge regarding postmenopausal symptoms among employed postmenopausal women with selected demographic variables.

Analysis reveals that there is no association of knowledge was found in employed post-menopausal women with demographic variables like age in years, religion, marital status, number of children, educational status, occupational status, achieved menopause, family income, previous knowledge and source of information.

Association of coping strategies regarding postmenopausal symptoms among employed postmenopausal women with selected demographic variables.

Analysis reveals that there is association of coping strategies was found in previous knowledge and marital status and there is no association in demographic variables like age in years, religion, number of children, educational status, occupational status, achieved menopause, family income, and source of information.

Association of level of knowledge regarding postmenopausal symptoms among unemployed postmenopausal women with selected demographic variables.

Analysis reveals that there is association of knowledge was found in number of children and there is no association in

demographic variables like age in years, religion, marital status, educational status, occupational status, achieved menopause, family income, previous knowledge and source of information.

Association of coping strategies regarding postmenopausal symptoms among unemployed postmenopausal women with selected demographic variables.

Analysis reveals that there is association of coping strategies was found in unemployed post-menopausal women in demographic variables like age in years, religion, marital status, number of children, educational status, occupational status, achieved menopause, family income, previous knowledge and source of information.

4. Conclusion

The investigator concludes that, according to the findings in the present study shows that majority of women had good knowledge regarding post-menopausal symptoms among employed and unemployed post-menopausal women. It is observed by the study that there is no association of knowledge was found in employed postmenopausal women with their selected demographic variables. whereas it is observed that there is association of coping strategies in previous knowledge and marital status with their demographic variables. of employed postmenopausal women. Similarly, it is observed that there is association of knowledge in number of children found in unemployed postmenopausal whereas there is no association of coping strategies among unemployed women with their demographic variables. Overall, this study was found to be effective in improving the knowledge of subjects.

Conflict of Interest:

The authors have no conflict of interest.

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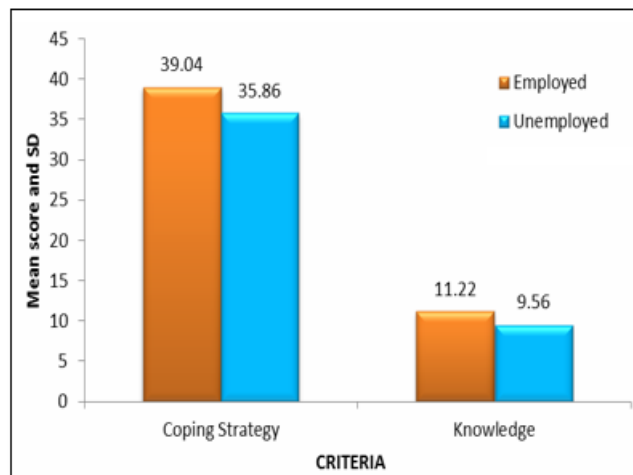
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Table 1: Percentage wise distribution of postmenopausal women according to their demographic characteristics

Demographic Variables	Employed n=50		Unemployed n=50	
	F	%	F	%
Age (years)				
45-50 years	8	16%	7	14%
51-55 years	36	72%	34	68%
56-60 years	6	12%	8	16%
60 years & Above	0	0%	1	2%
Religion				
Hindu	29	58%	22	44%
Muslim	4	8%	12	24%
Christian	1	2%	2	4%
Buddhist	16	32%	14	28%
Others	0	0%	0	0%
Marital Status				
Married	47	94%	49	98%
Unmarried	0	0%	0	0%
Widow	2	4%	1	2%
Divorced	1	2%	0	0%
Number of children				
None	1	2%	0	0%
One	8	16%	4	8%
Two	33	66%	30	60%
Three	7	14%	12	24%
More than three	1	2%	4	8%
Educational Status				
Primary	9	18%	21	42%
Secondary	14	28%	18	36%
Higher Secondary	22	44%	11	22%
Graduate	3	6%	0	0%
PG and others	2	4%	0	0%
Occupational Status				
Govt. Service	16	32%	0	0%
Private Service	24	48%	0	0%
Housewife	0	0%	50	100%
Self Employed	10	20%	0	0%
Others	0	0%	0	0%
Achieved Menopause				
<1 years back	9	18%	12	24%
2-3 years back	27	54%	24	48%
3-4 years back	8	16%	7	14%
4-5 years back	6	12%	5	10%
Other	0	0%	2	4%
Monthly family income (Rs)				
5000-10000 Rs	3	6%	9	18%
10001-15000 Rs	10	20%	19	38%
15001-20000 Rs	9	18%	15	30%
20001 Rs and more	28	56%	7	14%
Previous knowledge regarding menopausal symptoms				
Yes	35	70%	23	46%
No	15	30%	27	54%
Source of knowledge				
Family and Relatives	9	18%	6	12%
Friends	11	22%	4	8%
Health care providers	6	12%	10	20%
Mass Media	9	18%	3	6%

Table 2: Percentage wise distribution of postmenopausal women according to their demographic characteristics

Score	Employed Group	Unemployed Group	Unpaired t test	p-value
Knowledge	11.22±2.76	9.56±2.71	3.02	0.003, S
Coping Strategy	39.04±4.21	35.86±5.36	3.29	0.001, S



Graph 1: Comparison between knowledge score and coping strategy score of employed and unemployed postmenopausal women.