

# A Study to Evaluate the Effectiveness of Self-Instructional Module Regarding Menopausal Changes Among Pre-Menopausal Women Residing at Selected Urban Areas of Hassan, Karnataka

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**Abstract:** Menopause is a natural stage in a woman's life, marked by significant changes in hormone levels that can affect various bodily functions. This quasi-experimental study aimed to evaluate the knowledge and awareness of pre-menopausal women (aged 40-50 years) residing in selected urban areas. Using a non-probability purposive sampling technique, 50 pre-menopausal women were selected for the study. The findings indicated a significant association between the participants' knowledge and both their educational background and age. The study also revealed an increase in the women's knowledge following the implementation of a structured information module (SIM). These results underscore the importance of targeted educational interventions to enhance awareness and support during the menopausal transition.

**Keywords:** self-instructional module, Pre-menopausal women, knowledge, effectiveness, evaluate

## 1. Introduction

A woman goes through different phases of menopause, including pre-menopausal, menopausal and post-menopausal period. The natural cessation of menstruation occurs between the age of 40-55, the age at which a woman's menopause is affected by genetics, race and environmental factors. During the pre-menopausal period, production of estrogen is reduced and eventually stops. Menopause is the cessation of the menstrual period. Women are described as post-menopausal when they have gone one year without a menstrual period. The lack of estrogen and progesterone causes many changes in women's physiology that affects their health and wellbeing. A woman often refers to this period "changes of life" because it marks the end of the ability to bear children, and the beginning of a new phase of life. It can be a time of stress because of this role change.

## 2. Method

A study was conducted using a non-probability purposive sampling technique based on inclusion criteria. The research design used for this study was a quasi-experimental, one-group pre-test post-test design. The study was conducted on 50 pre-menopausal women in a selected urban area of Hassan.

## 3. Results

The findings show the pre-test level of knowledge on menopausal changes. 46(92%) of the pre-menopausal women had inadequate knowledge and 4(8%) of the premenopausal women had moderately adequate knowledge on menopausal changes, none of the pre-menopausal women had adequate knowledge. In post-test level knowledge on menopausal changes, 11(22%) of the pre-menopausal women had moderately adequate knowledge and 39(78%) of the premenopausal women had adequate knowledge on menopausal

changes. None of the premenopausal women had inadequate knowledge. Over all mean knowledge score of pre test was 11.08 and over all mean knowledge score of post tests was 23.22. It indicates that there is statistically significant increases in the post test knowledge. The effectiveness of self-instructional module mean score was 12.14. The 't' value obtained was 32.11. The collected values were more than the table value ( $p=0.001$ ).

## 4. Conclusion

From the data analysis and findings, it shows that SIM was effective in improving the knowledge of pre-menopausal women.

## 5. Future Scope

A study can be conducted to assess the psychological aspects and family coping mechanism of the women in the menopausal period. And to assess the changes in women's sexuality during and after menopause.

## References

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