

## A Study To Assess The Effect Of Structured Teaching Programme On Perimenopausal Symptoms And Its Management Among Working Women In Selected Universities, Guwahati, Assam

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### Abstract

Perimenopause means "around menopause" it refers to the time during which the body makes the natural transition to menopause, marking the end of the reproductive years. In the study the main purpose was to find the effectiveness of Structured Teaching Programme on perimenopausal symptoms and its management among working women. Pre-experimental one group pre-test post-test design was adopted for the study over 50 working women who were working in Assam down town University and Cotton University, Guwahati, Assam which were selected by using Purposive sampling technique. The tool used for the study was demographic variables and structured knowledge questionnaire. Each sample knowledge level was assessed before and after STP. The analysis was done by using both descriptive and inferential statistics in terms of frequency distribution, percentage, mean, standard deviation, paired "test and fishers exact test. The study reveals that pre-test mean knowledge score was  $11.40 \pm 2.457$  and post-test mean knowledge score was  $22.89 \pm 2.08$  with mean difference was 11.85 with obtained ( $t=39.75$ ) at  $df=49$  was statistically significant at  $p < 0.05$  level. Hence, the study conclude that the structured teaching programme was effective in improving the knowledge on perimenopausal symptoms and its management among working women.

**Keywords:** Perimenopause, working women, STP.

### Introduction

Menstruation, ovulation, pregnancy, childbirth, and perimenopause are such intense internal physical and psychological experiences that they compel women to focus on the internal awareness of the body. This direct experience with powerful internal states develops intuition that is grounded in body wisdom.<sup>1</sup>

When a woman permanently stops having menstrual periods that means she has reached the stage of life called menopause. This stage signals the end of a woman's ability to have children.<sup>2</sup>

Perimenopause means "around menopause" it refers to the time during which the body makes the natural transition to menopause, marking the end of the reproductive years. Perimenopause is also known as the menopausal transition.

Women start perimenopause at different ages. May notice signs of progression toward menopause, such as menstrual irregularity, sometime in your 40s. But some women notice changes as early as their mid-30s.

The level of oestrogen the main female hormone in the body rises and falls unevenly during perimenopause. The menstrual cycles may lengthen or shorten, and women may begin having menstrual cycles in which the ovaries don't release an egg (ovulate). The women may also experience menopause-like symptoms, such as hot flashes, sleep problems and vaginal dryness. Treatments are available to help ease these symptoms.<sup>3</sup>

The perimenopause is an ill-defined time period that surrounds the final years of a woman's reproductive life. There are two stages to the perimenopause or menopausal transition: the early transition, where cycles are mostly regular, with relatively few interruptions, and the late transition, where amenorrhea becomes more prolonged and lasts for at least 60 days, up to the FMP. Several worldwide cohorts have defined the natural history of the menopausal transition in sufficient detail such that these stages have been broken down and linked to specific hormonal events, which in turn are linked to symptoms. This time can lasts 2 to 10 years during this time, the women body: releases egg less fertile, has shorter and more irregular menstrual cycle.

### Objectives

To assess the pre-test knowledge scores of women regarding perimenopausal symptoms and its management among working women.

To assess the post-test knowledge score of women regarding perimenopausal symptoms its management among working women.

To assess the effectiveness of structured teaching programme on perimenopausal symptoms its management among working women.

To find out the association between pre-test knowledge scores on perimenopausal symptoms and its management among working women with selected demographic variables.

## Materials And Methods

A pre-experimental one group pre-test post-test design was adopted for the study. The study was conducted on over 50 working women who were working in Assam down town University and Cotton University, Guwahati, Assam. Ethical clearance certificate and formal permission was taken from the concern authorities and participants of the study. Samples were selected by using Purposive sampling technique. The tool used for the study was demographic variables and structured knowledge questionnaire the pre-test was conducted before the STP using demographic variables and structured knowledge questionnaire and post-test was done using the same structured knowledge questionnaire after 7 days of STP. Each sample knowledge level was assessed before and after STP. The data obtained were analyzed in terms of objective of the study by using descriptive and inferential statistics.

### Inclusion criteria

#### Inclusion criteria:

Perimenopausal women between 41 -49 years.

Women who are working in different universities.

#### Exclusion criteria:

Women who attained menopause.

Women who are not willing to participate in the study.

## Result

With reference to the sample characteristics presented in Table 1, majority of the samples (32%) is in the age group of 41-45 years. Majority of the samples i.e. 62% were belongs to Hindu religion. Majority of the working women i.e. 62% were married. Majority of the samples i.e. 60% were belongs to nuclear family. Majority of the samples i.e. 24% were having educational status of higher secondary and above.

With reference to Pre- test and post- test knowledge score regarding peri-menopausal symptoms and its management among working women. Majority of the working women i.e. 60% had moderate level of knowledge and 40% had inadequate level of knowledge during pre test on knowledge regarding perimenopausal symptoms and its management. During post-test majority of the women i.e. 84% had adequate level of knowledge.

With reference to Effectiveness of structured teaching programe on perimenopausal symptoms and its management. The mean post test score (22.89) is higher than mean pre test knowledge score (11.04). The mean difference between the pre test and post test knowledge score is 11.85. Further analysis with paired 't' test showed that total post test knowledge score is significantly higher than of pre test as evidenced by  $t=39.75$  ( $p<0.05$ ), which indicates that Structured teaching programme is effective. There is a significance association between pre test knowledge score with selected demographic variables. Hence research  $H_2$  hypothesis was accepted.

**TABLE 1: Frequency and percentage of demographic variables of the working women.**

n=50

Sl.no.	Age in years	Frequency	Percentage
	31-35 years	4	8
	36-40 years	15	30
	41-45 years	16	32
	46-50 years	15	30
2.	<b>Religion</b>		
a.	Hinduism	31	62
b.	Islam	13	26
c.	Christian	6	12

d.	Others	0	0
3.	<b>Marital status</b>		
a.	Unmarried	12	24
b.	Married	31	62
c.	Widow	4	8
d.	Separated	3	6
4	<b>Type of family</b>		
a.	Nuclear family	30	60
b.	Joint family	19	38
c.	Extended family	1	2
5	<b>Educational status</b>		
a.	Primary school	19	38
b.	Middle school	7	14
c.	Higher secondary and above	24	48
6	<b>Previous source of information</b>		
a.	Yes	14	28
b.	No	36	72
	<b>If yes, source of information</b>		
a.	Mass media	8	16
b.	Health care personnel	2	4
c.	Family members	4	8

**Table 2: Frequency and percentage distribution of pre-test and post-test knowledge scores regarding perimenopausal symptoms and its management among working women.**  
n=50

Level of knowledge	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
	Pre test		Post test	
Inadequate knowledge	20	40	0	0
Moderate knowledge	30	60	8	16
Adequate knowledge	0	0	42	84

**Table 3: Effect of structured teaching programme on perimenopausal symptoms and its management among working women.**  
n=50

Comparison knowledge score	Mean	SD	Mean Difference	t test value	Df	p value
Pre-test	11.04	2.457	11.85	39.75	49	0.001**
Post-test	22.89	2.08				

\*P<0.05 level of significance

NS-Non significant

**Table 4: Association between pre-test knowledge scores on perimenopausal symptoms and its management among working women with selected demographic variables.**  
n=50

S. No	Demographic variables	Pre-test knowledge		$\chi^2$ value	Df	p value Fisher's exact test	INFERENCE
		Inadequate	Moderate				
1	Age in years 31-40years 41-50 years	8 12	11 19	1.024	1	1	

2	Religion Hinduism Non Hindu	14 6	17 13	1.718	1	0.3872	NS
4	Type of family Nuclear Joint	11 8	19 11	1.674	2	0.433 <sup>NS</sup>	NS
5	Educational status a) Primary school Middle school/above	8 12	11 19	1.337	1	1	NS
6	Previous source of information Yes No	2 18	12 3	5.357	1	<b>0.026*</b>	S

\*P<0.05 level of significance

NS-Non significant

## Discussion

The findings of the study have been discussed with the reference to the objectives hypothesis, conceptual frameworks and finding from the other studies.

### To assess the pre-test knowledge scores of women regarding peri-menopausal symptoms and its management among working women.

The present study revealed that majority of the women out of 50, the maximum women i.e 60% of the women had moderate level of knowledge and 40% had inadequate level of knowledge.

The present study support by a descriptive study conducted by **V.Patel, K. Sijo, H.N Ravindra** on effectiveness of structured teaching program. On knowledge regarding menopausal symptoms and its management among women. 60 menopausal women conveniently selected from two villages of Vadodara. Pre-test assessment revealed that 63.3% of the sample had inadequate knowledge and 36.7% have moderately adequate knowledge on menopausal symptoms and its management. Area wise assessment of knowledge depicted the component of “Symptoms of menopause” as the lowest with 30.5% mean percentage score.

### To assess the post-test knowledge score of women regarding perimenopausal symptoms and its management among working women.

The present study revealed that out of 50 working women majority i.e. 84% of the women have adequate level of knowledge and 16 % of women have moderately adequate level of knowledge.

The present study support by a descriptive study conducted by **Patel.V, Sijo K., Ravindra H.N** on effectiveness of structured teaching program. On knowledge regarding menopausal symptoms and its management among women 60 menopausal women conveniently selected from two villages of Vadodara. . The result shows that 96.67% of the sample had adequate knowledge and only 3.33% had moderately adequate knowledge in the post test score. Area wise assessment of knowledge depicted the component of “Concept of menopause” as the highest with 87.75% mean percentage score.<sup>4</sup>

### To find out the effectiveness of structured teaching program on perimenopausal symptoms and its management among working women.

In order to find out the effectiveness of structured teaching program on perimenopausal symptoms and its management among working women the following research studies are discussed.

The present study reveals that the mean post test score (22.89) is higher than mean pre test knowledge score (11.04) with mean difference of 11.85. Further analysis with paired ‘t’ test showed that total post test knowledge score is significantly higher than of pre test as evidenced by  $t=39.75(p<0.05)$ , which indicates that Structured teaching program is effective. Hence the research hypothesis  $H_1$  is accepted.

The present study is supported by study conducted by Kumari A.S on Effectiveness of Structured Teaching Program Regarding Menopausal Syndrome among the Perimenopausal Women in Bandarulanka, Amalapuram, Andhra Pradesh. The results revealed that there is a significant difference between the mean pre test and post

test knowledge score, where the mean post test score i.e.26.71 is significantly higher than the mean pre test score i.e. 12.00. the mean difference is 14.71 and paired 't' test value is 25.08.<sup>5</sup>

### **To determine the association between pre-test knowledge scores on perimenopausal symptoms and its management among working women with selected demographic variables.**

The present study reveals that there is significance association between pre-test knowledge score with selected demographic variables like marital status and previous source of information. There is also non-significant association between pre test score and seleted demographic variable like age, religion, type of family, educational status. Hence research H<sub>2</sub> hypothesis was accepted.

The present study is supported by a study conducted by CHAURASIA .S. on a study to evaluate the effectiveness of structured teaching programme on knowledge regarding management of menopause among women (40-50 year) at selected urban areas, Bangalore reveals that there is a significant association between pre test knowledge of women and their selected demographic variables like educational status and source of information.

Another study conducted by Kumari A.S. on Effectiveness of Structured Teaching Program Regarding Menopausal Syndrome among the Perimenopausal Women in Bandarulanka, Amalapuram, Andhra Pradesh. Reveals that there was significant association between pretest and post-test knowledge scores on Menopausal syndrome with qualification, occupation, nature of employment, type of family, marital status.<sup>5</sup>

### **Conclusion**

The present study was conducted to assess the effect of structured teaching program on perimenopausal symptoms and its management among working women in selected Universities Guwahati, Assam. The findings of the study revealed that the total post test knowledge score is significantly higher than pre test as evidenced by t=39.75. Which indicated that STP is effective.

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