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Knowledge on care and management of menopause in middle aged women

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Abstract

Knowledge on care and management of menopause in middle aged 160 rural women was studied during 2015-16. The women who attained menopause and belonging to 40-55 years age range were selected from 8 villages of 4 talukas of Dharwad and Bagalkot Districts. The knowledge regarding menopause was assessed by using Self structured interview schedule which included five categories like general information, history of menopause, effects of menopause, care and management of menopause. The postmenopausal symptoms were measured by using Menopause Rating Scale (MRS) developed by Barlin (1992) with 11 items. The responses on each item was scored as 0-4 as none to very severe. MRS was categorized as low (0-14), medium (15-29) and high (30-44) further it was divided into somatic, psychological and urinary symptoms. The Socio-Economic Status (SES) of family was assessed by using Socio Economic Status scale developed by Agarwal. (2005). Correlation was used to assess the relationship between knowledge on menopause and postmenopausal problems.

Keywords: Menopause, somatic, psychological, urinary problems

Introduction

Menopause is derived from Latin words meno (month) and pausia (halt), and essentially marks the end of a woman's period of natural fertility. Bavadam (1999) stated that it is not merely the end of menstruation but also is an inevitable part of aging. The meaning of the word menopause in more recent times has been expanded to indicate the permanent but naturally occurring discontinuation of female fertility. Menopause is defined as the day after a woman's final period finishes. Menopause is the permanent cessation of menstruation resulting from the loss of follicular activity of the ovaries. It is a stage when the menstrual cycle stops for longer than 12 months and there is a drop in the levels of estrogen and progesterone, the two most important hormones in the female body. The onset of this physiological development not only marks the end of women's reproductive function but also introduces them to a new phase of life.

Menopause is a time of life where women make the transition from a reproductive stage to a non-reproductive stage. Although it is biologically universal, menopausal experiences are not homogeneous in nature and there have been significant differences reported by women within and across cultures (Nusrat and Rahil 2012) [6].

During the transition to menopause, women may experience vasomotor, urogenital, psychosomatic, and psychological symptoms, as well as sexual dysfunction. The prevalence of each of these symptoms related to menopause varies across ethnic and socioeconomic groups, and between rural and urban women (Sagdeo *et al.* 2012) [7]. Some researchers have observed socioeconomic (e.g., working status and income); lifestyle (e.g., smoking and dietary practices); and biological variables (e.g., body weight and parity) as predictors of menopausal symptoms. Hence the study was conducted with an aim to assess the knowledge on care and management of menopause among middle aged women of Dharwad and Bagalkot districts

Material and Methods

The present study was conducted among women who attained menopause and belonging to 40-55 years age range were selected from 8 villages of 4 talukas of Dharwad and Bagalkot Districts, Karnataka state.

The tools for the study were the knowledge on care and management of menopause was assessed by using self-structured interview schedule, it consists of 29 questions divided into six categories like general information, history of menopause, effects of menopause, care and management of menopause.

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The preference rating was given as scoring and total scores were divided into three categories such as high (25-36), medium (13-24) and low (1-12). Menopausal symptoms were assessed by using Menopause rating scale developed by Berlin.1992 to know the age related decline of physical and mental capacity. It consists of 11 questions divided into 3 sub scale such as Psychological subscale (4 to 7), Somatic Subscale (1, 2, 3 and 11) and Urogenital Subscale (8 to 10). The respondent has to indicate her problems with intensity of each are by using 5 point likart scale. Then the responses on each item was scored as 0-4 as none to very severe. The total score was categorized as low (0-14), medium (15-29) and high (30-44) further it was divided into somatic, psychological and urinary symptoms. To assess Socio Economic Status (SES) of the family assessed by using SES scale used developed by Agrawal. 2005. The scale consists of 22 statements which assess education, occupation, monthly per capital income from all sources, family possessions, number of children, number of earning members in family, education of children, domestic servants in home, possession of agricultural land and non-agricultural land along with animals and social status of the family.

Results and Discussion

Demographic characteristics of the respondents, 49.37 percent of women aged between 51-55 years followed by 33.13 percent of them aged between 46-50 years. With respect to religion, majority of them (55%) belonged to OBC category followed by 26.25 percent of women belonged to upper caste and only 5.65 percent belonged to Tribals (Table 1).

Most of them (46.25%) were illiterate followed by 22.50 percent of women educated till primary school. Majority of them (80 %) were housewives followed by 21.25 percent of women involved in government jobs and 18.75 percent of them working in private sectors. In SES, 68 percent of women belonged to middle SES category followed by 23.75 percent of them belonged to poor SES class and only 7.5 percent of women belonged to high SES category.

The mean scores of Dharwad (42.55 ± 3.9) is greater than

Bagalkot (34 ± 2.33) which showed that Dharwad women had good knowledge on menopause compared to Bagalkot women. Urban women had comparatively better knowledge than rural women in both district. There was significant differences and association observed between Dharwad and Bagalkot women as well as between rural and urban women (Table 2a and Table 2b). This may be because of developing condition of Bagalkot district as compared to Dharwad district. It was observed that literacy rate of women found to be 53 per cent in Bagalkot as against 80 per cent in Dharwad. The mean score of Bagalkot higher (22.47 ± 3.71) than Dharwad (14.30 ± 7.62), indicating that Bagaalkot women suffered more from menopausal symptoms than Dharwad. And rural women experienced comparatively more symptoms than urban women of Dharwad as well as Bagalkot district (Table 3a and Table 3b). A study conducted by Syed *et al.* (2010) [8] reported that rural women were experienced menopausal problems than urban women. Jyothi and Jubilet (2014) [4] stated that urban women have less menopausal disorder compared to semi-urban and rural middle aged women.

The women who had high knowledge regarding menopause experienced mild menopausal symptoms. While women belonged to low knowledge suffered with sever menopausal symptoms than women who had medium knowledge. There was positively significant interrelation between the knowledge on care and management of menopause and menopausal symptoms, indicating that higher the knowledge lesser the menopausal symptoms (Table 4 and Fig 1). A study conducted by Karyo *et al.* (2016) [5] revealed that women with sufficient knowledge on menopause women inter related to menopausal symptoms. Women with sufficient knowledge cope up in better manner with menopausal symptoms. Hence it was concluded that women during postmenopausal stage rural women experience more symptoms than urban women and the knowledge on care and management of menopause was significantly associated with menopausal problems.

Results

Table 1: Demographic Variables of Respondents

Sl. No.	Variables	Dharwad		Bagalkot		Total (N=160)
		Rural (n=40)	Urban (n=40)	Rural (n=40)	Urban (n=40)	
I	Age (years)					
	40 – 45	8 (20.00)	9 (22.00)	6 (15.00)	5 (12.50)	28 (17.50)
	46 – 50	12 (30.00)	10 (25.00)	14 (35.00)	17 (42.50)	53 (33.13)
	51 – 55	20 (50.00)	21 (52.00)	20 (50.00)	18 (45.00)	79 (49.37)
II	Religion					
	Upper caste	14 (35.00)	8 (20.00)	5 (12.50)	15 (37.50)	42 (26.25)
	OBC	18 (45.00)	29 (72.00)	20 (20.00)	21 (52.50)	88 (55.00)
	Dalits	5 (12.50)	2(5.00)	11 (27.00)	3 (7.50)	21 (13.12)
	Tribals	3 (7.50)	1 (1.25)	4 (10.00)	1 (2.50)	9 (5.65)
III	Occupation of women					
	Housewives	32 (80.00)	15 (37.50)	9 (22.50)	24 (60.00)	80 (80.00)
	Farm women	5 (12.50)	0 (0.00)	11 (27.50)	-	16 (10.00)
	Government employed (teachers, bank works)	2 (5.00)	21 (52.50)	-	12 (30.00)	34 (21.25)
	Private employed (hostel cooks, clerks)	1 (2.50)	5 (12.50)	20 (50.00)	4 (10.00)	30 (18.75)
IV	Education of women					
	Illiterate	25 (62.50)	8 (20.00)	31 (77.50)	10 (25.00)	74 (46.25)
	Primary	11 (27.50)	5 (12.50)	8 (20.00)	12 (30.00)	36 (22.50)
	High school	2 (5.00)	3 (7.50)	1 (2.50)	6 (15.00)	12 (7.50)
	College	2 (5.00)	8 (20.00)	-	3 (7.50)	13 (8.13)
	>graduation and Post	-	16 (40.00)	-	9 (22.50)	25 (15.60)

V	Socio-Economic Status					
	Graduate					
	High	1 (2.50)	7 (17.50)	-	4 (10.00)	12(7.50)
	Middle	28 (70.00)	30 (75.00)	21 (52.40)	31 (77.00)	110(68.75)
	Poor	11(27.50)	3 (7.50)	19 (47.50)	5 (12.50)	38(23.75)

Figures in the parenthesis indicates percentage

Table 2a: Knowledge on menopause among postmenopausal women

Menopausal knowledge	Dharwad			Bagalkot			X ²
	Rural (n=40)	Urban (n=40)	Total (n=80)	Rural (n=40)	Urban (n=40)	Total (n=80)	
High	6(15.00)	11(27.50)	17(21.25)	3(7.50)	7(17.50)	10(12.50)	84.33**
Middle	20(50.00)	25(62.50)	45(56.25)	18(42.50)	26(65.00)	63(78.75)	
Low	14(35.00)	4(10.00)	18(22.50)	19(47.50)	7(17.50)	26(32.50)	
Mean(±SD)	39.10±2.67	43.95±4.62		33.30±3.61	35.27±3.09		
t-value	2.75*			2.94*			
X ²	25.67*			31.37*			

Figures in the parenthesis indicates percentage

*significant at 0.05level

**significant at 0.01 level

Table 2b: Comparison of knowledge on menopause between Dharwad and Bagalkote districts

Districts	Mean(±SD)	t- value
Dharwad	42.55±3.9	1.92*
Bagalkote	34.00±2.33	

Table 3: menopausal symptoms of women

Districts	Locality	Menopause symptoms			Mean(±SD)	t-value
		Mild	Moderate	Severe		
Dharwad	Rural	5 (12.50)	24 (60.00)	11 (27.50)	16.50±6.17	2.919*
	Urban	15 (37.50)	20 (50.00)	5 (12.50)	13.62±8.35	
Bagalkot	Rural	6 (15.00)	20 (50.00)	14 (35.00)	22.47±3.71	2.76*
	Urban	11 (27.50)	23 (57.50)	6 (15.00)	20.22±3.57	
Total		37 (23.13)	87 (54.38)	36 (22.50)		

Figures in the parenthesis indicates percentage

*significant at 0.05level

Table 3b: Comparison of menopausal symptoms between Dharwad and Bagalkote districts

Districts	Mean(±SD)	t- value
Dharwad	14.30±7.62	2.67**
Bagalkote	22.36±3.62	

Table 4: Interrelationship between menopausal knowledge and menopausal symptoms

Area	Locality	Knowledge	Menopausal symptoms			r-value	X ²
			Mild	Moderate	Severe		
Dharwad (n=80)	Rural (n=40)	High	3(7.50)	2(5.00)	1(2.50)	0.36*	13.74*
		Medium	2(5.00)	15(37.50)	3(7.50)		
		Low	2(5.00)	5(12.50)	7(17.50)		
	Urban (n=40)	High	6(15.00)	4(10.00)	1(2.50)	0.40*	18.04*
		Medium	8(20.00)	15(37.50)	2(5.00)		
		Low	1(2.50)	-	3(7.50)		
Bagalkot (n=80)	Rural (n=40)	High	2(5.00)	1(2.50)	-	0.46*	10.99*
		Medium	3(7.50)	11(27.50)	4(10.00)		
		Low	1(2.50)	8(20.00)	10(25.00)		
	Urban (n=40)	High	4(10.00)	2(5.00)	1(2.50)	0.32*	17.13*
		Medium	6(15.00)	18(45.00)	2(5.00)		
		Low	-	3(7.50)	4(10.00)		

Figures in the parenthesis indicates percentage

*significant at 0.05level

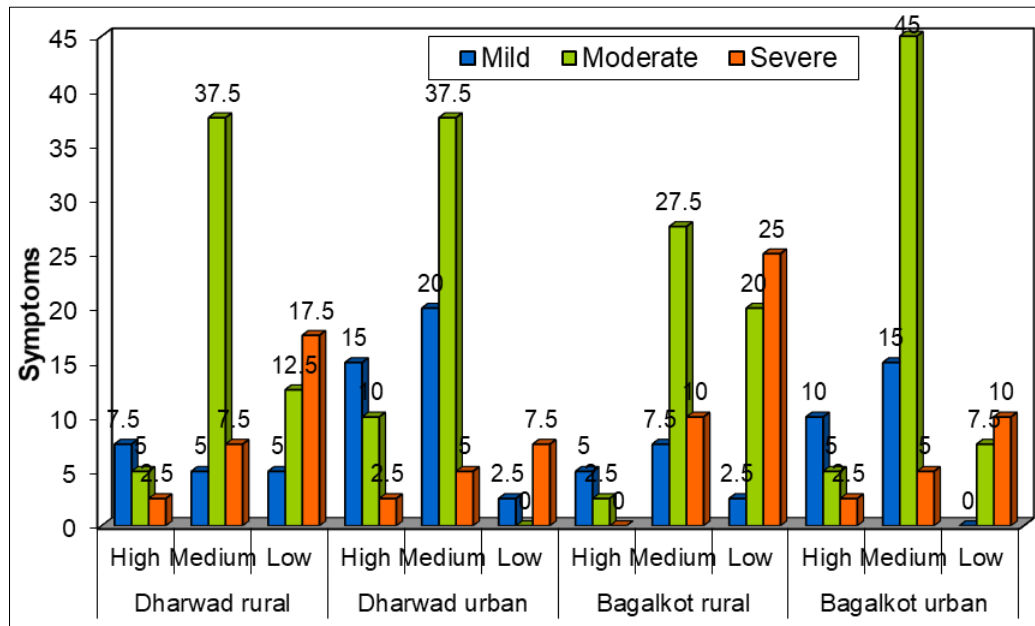


Fig 1: Knowledge regarding care and management of menopause

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