

“An Exploratory Study to Assess the Knowledge Regarding Pre-Menopausal Changes among Women in Selected Areas of Pune City”

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Abstract

Pre-menopause means "before menopause" and refers to the time during which the women's body makes the natural transition to menopause, marking the end of the reproductive years. Pre-menopause is also called the menopausal transition. Women start pre-menopause at different ages. They may notice signs of progression toward menopause, such as menstrual irregularity, sometime in their 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 pre-menopause. The menstrual cycles may lengthen or shorten, and you may begin having menstrual cycles in which the ovaries don't release an egg (ovulate). They may also experience menopause-like symptoms, such as hot flashes, sleep problems and vaginal dryness. Treatments are available to help ease these symptoms. Once they have gone through 12 consecutive months without a menstrual period they have officially reached menopause, and the pre-menopause period is over.

Aim of the study-“An exploratory study to assess the knowledge regarding premenopausal changes among women in selected areas of Pune city”. The objective of this study was To assess the knowledge regarding the pre-menopausal changes among women. To associate the research findings with selected demographic variables. **Material and methods-**The research approach adopted was the quantitative approach. non experimental descriptive survey method was used to conduct the study to check the knowledge regarding pre-menopausal changes among women studied in selected areas of Pune city data was collected using self structured questionnaires .150 women were chosen for study, non probability sampling technique was used. The result was analyzed using frequency percentage and chi –square. **Result-** In this study, the following results were found. Among the 150 premenopausal women majority i.e., 78% had average knowledge, 19.33% had poor knowledge and 2.6% had good knowledge regarding the premenopausal changes. **Conclusion:-**The goal of this study was to see knowledge regarding the premenopausal

changes among women. As a result of the study's findings, it was concluded that majority of women having average knowledge regarding the pre-menopausal changes in women.

Key Words: Assess, Knowledge, Pre-menopausal changes, Women, Pune city

Introduction

A problem shared is a problem halved, but as with so many problems affecting women - periods, menopause, post-natal depression - we often feel embarrassed, as if we're moaning or just plain wrong to air them. -KonnieHuq. Pre-menopause is a period of time that occurs between the last years of a woman's reproductive life and menopause. It starts with the commencement of menstrual abnormalities for the first time. In pre-menopause women still experience menstrual cycles whether they are regular or irregular and the women is considered to be in their reproductive years, some hormonal changes may occur during this period. Menopause occurs at a median age of 51 years in the western world and at an average age of 44 years in India, with a typical age range of 45 to 55 years. During the period before this time women experience various symptoms these are called pre-menopausal symptoms and this period is called as pre-menopausal period which may last from anywhere between 35 years to 45 years. Reduced estrogen production causes premenopausal symptoms such as hot flashes, sleeplessness, mood swings, stress, and sadness, as well as postmenopausal symptoms such as osteoporosis and vaginal atrophy. Vasomotor instability, urogenital shrinkage (vaginal atrophy), as well as skeletal, psychological, and sexual changes are all seen typically in menopausal women. Women going through pre-menopause or menopause may feel a variety of emotional and psychological changes, including irritability, sleeplessness, stress, low self-esteem, poor concentration, anxiety, aggression, and despair. A study was conducted by Parbati Nepal Paudyal and Manju Nepal. It was carried out to find out the knowledge on premenopausal changes in the women attending Lumbini Medical College Teaching Hospital. It was found that majority of the respondents had poor knowledge 63.4%, 33.8% had fair knowledge and only 2.8% had good level of knowledge regarding premenopausal symptoms.

Need of the study

During their reproductive years, healthy women menstruate cyclically and consistently, with an average flow and length of bleeding. Women observe changes in their menstrual cycle as they age, such as variations in the frequency, length, and flow of bleeding. In midlife women, these irregularities in the menstrual cycle signify the start of pre-menopause and menopause. During this menopausal

transition, women face various changes from their own body. A study was conducted by Dr. Nilima Rajan Bhore. The aim of this study was to assess the existing knowledge in pre-menopausal women regarding menopausal changes and its coping strategies. It was found that 60% women had average knowledge and 30.5% women had poor knowledge and 9.5% women had poor knowledge regarding these changes and its coping strategies. This study concluded that menopause is an important event of a women's life it is important that every women be made aware related to these changes and help her to cope with the changes. This can help the woman to go smoothly during this period. We undertook this study because the assessment of the knowledge of premenopausal changes in women is needed for providing appropriate education to them. Health personnel can identify and help the women to understand and adapt to the various changes taking place within her body. Women will be better prepared to deal with the changes and minimize the risks of this potentially disruptive time. There is a significant impact of menopause on the quality of life of women.

The present study statement

“An exploratory study to assess the knowledge regarding Pre- menopausal changes among women in selected areas of Pune City.”

Material and method

The research approach adopted was the quantitative approach. non experimental descriptive survey method was used to conduct the study to check the knowledge regarding pre-menopausal changes among women studied in selected areas of Pune city data was collected using self structured questionnaires .150 women were chosen for study for non probability sampling technique . The result was analyzed using frequency percentage.

Results: Result was divided under three sections

Section 1

Demographic data:

Demographic data	Frequency	Percentage
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1. AGE	35-40 yrs.	68	45.33%
	40-45 yrs.	82	54.66%
2. EDUCATIONAL STATUS			
2. EDUCATIONAL STATUS	Primary	40	26.66%
	Secondary	48	32%
	Higher secondary	51	34%
	Other	11	7.33%
3. MARITAL STATUS			
3. MARITAL STATUS	Married	138	91.33%
	Unmarried	10	7.33%
	Divorce	0	0%
	Widow	2	1.33%
4. OCCUPATION			
4. OCCUPATION	Housewife	93	62%
	Unemployed	5	4%
	Working women	39	25.33%
	Business women	13	8.66%
5. MONTHLY INCOME			
5. MONTHLY INCOME	Below 10,000	59	38.66%
	10,000 -20,000	38	25.33%
	20,000-30,000	26	18%
	more than 30,000	27	18%
6. FAMILY STRUTURE			
6. FAMILY STRUTURE	Nuclear	96	64%
	Joint	48	32%
	Extended	6	4%
7. ARE YOU AWARE			
7. ARE YOU AWARE	Yes	74	46.66%

ABOUT PREMENOPAUSE?	No	76	53.33%
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Table 1 depicts Demographic profile of premenopausal women according to age majority 54.66% were from 40-45 years of age group, while 45.33 percent were between the ages of 35 and 40 group. According to education status majority 34% were having higher secondary education, 32% were having secondary education, 26.66% were having primary education and 7.33% were having other education. According to marital status majority 91.33% were married, 7.33% were unmarried and 1.33% were widow. According to occupation majority 62% were housewife, 25.33% were working women, 8.66% were business women and 4% were unemployed. According to monthly income majority 38.66% were having below 10000, 25.33% were having 10000-20000, 18% were having 20000-30000 and 18% were having more than 30000. According to family structure majority 64% were having nuclear family, 32% were having joint family and 4% were having extended family. According to awareness about premenopausal majority 53.33% were not having awareness and 46.66% were having awareness.

Section 2

Findings related to knowledge regarding the premenopausal changes among women.

Knowledge	Frequency	Percentage	Mean	SD
Poor	29	19.33	9.8	2.8
Average	117	78.00		
Good	4	2.67		

Table no. 2 Knowledge regarding the premenopausal changes among women.

This graph depicts knowledge regarding the premenopausal changes among women. Majority 78% had ordinary understanding, 19.33 % had bad knowledge, and 2.6 % had superior knowledge.

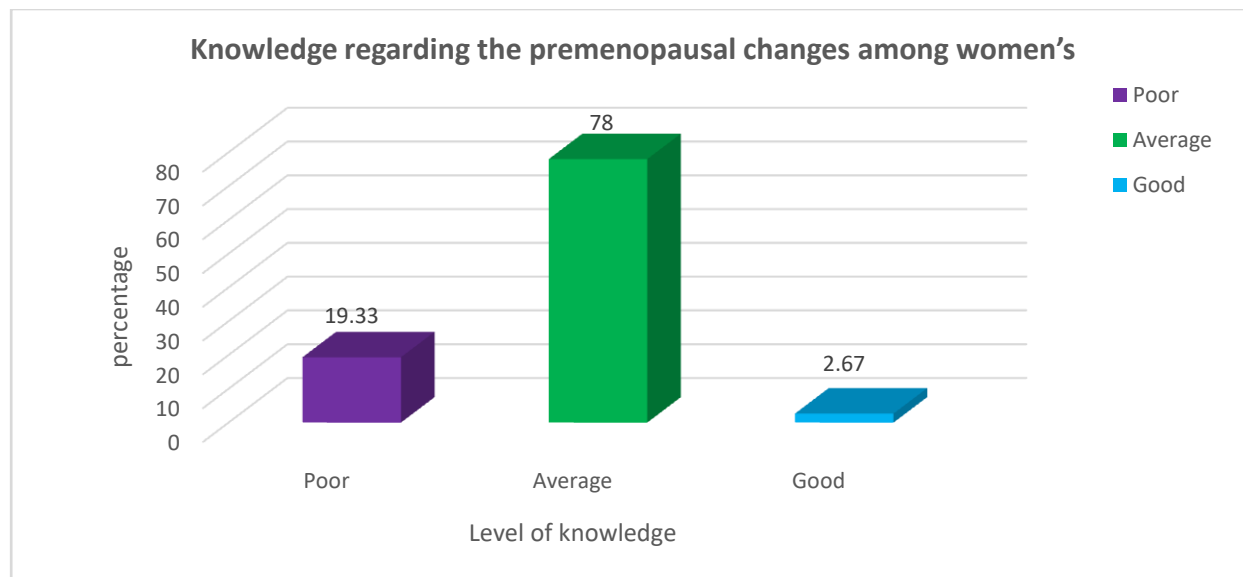


Figure 2 Knowledge regarding the pre-menopausal changes among women

Section 3

Association

n=150

	Poor	Average	Good	DF	Chi square Value	Chi Square calculated	P Value	Remark
1. Age								
A) 35-40 years	11	54	3	2	5.99	2.39	0.3	No association
B)40-45 years	19	62	1					
Total	30	116	4					
2. Education Status								
A) Primary	9	31	0	6	12.59	2.92	0.81	No association
B)Secondary	9	38	1					
C)Higher Secondary	10	39	2					
D) Other	1	9	1					

Total	29	117	4					
3. Marital status								
A) Married	25	111	2	6	12.59	2.93	0.8	No association
B) Unmarried	4	6	0					
C) Divorce	0	0	0					
D) Widow	0	2	0					
Total	29	119	2					
4. Occupation								
A) Housewife	17	75	1	6	12.59	14.61	0.02	Associated
B) Unemployed	4	1	0					
C) Working woman	7	30	2					
D) Business woman	2	10	1					
Total	30	116	4					
5. Monthly income								
A) Below 10,000	6	53	0	6	12.59	13.96	0.03	Associated
B) 10,000-20,000	8	29	1					
C) 20,000-30,000	7	18	1					
D) More than 30,000	9	15	3					
Total	30	115	5					
6. Family								
A) Nuclear	15	79	2	4	9.48	10.11	0.03	Associated
B) Joint	11	35	2					
C) Extended	4	2	0					
Total	30	116	4					
7. Are you aware of pre- menopause?								

A) Yes	10	61	3	2	5.99	4.61	0.09	No association
B) No	20	55	1					
Total	30	116	4					

Table no. 3 Association of the research findings with selected demographic variables

Table 3 depicts that significant association was found between knowledge score with occupation, monthly income and family as p value is less than 0.05 level of significance, but there was no evidence of a significant link between knowledge score with age, education status, marital status and awareness about pre-menopause.

Discussion

The study's results were addressed in relation to the stated goals and hypothesis. The purpose of this research was to determine the knowledge regarding the pre-menopausal changes in women in selected areas of Pune City. Ms. Veerpal Kaur, Mrs. Varinderdeep Kaur, Mrs. Anita Prakasam (2019) conducted a study on A Descriptive Study to Assess the Knowledge Regarding Premenopausal Symptoms and Its Management among Middle Aged Women in Bhuchandi, Bathinda, Punjab. To assess the knowledge regarding premenopausal symptoms and its management among middle aged women. To find an association between the knowledge regarding premenopausal symptoms and its management among middle aged women with their selected demographic variables. A descriptive research design including demographic variables and structured knowledge questionnaire was used. Non – probability convenience sampling technique was used to select 200 married women. The researcher approached the eligible middle aged women and those who were willing to participate in the study were required to sign a consent form, fill the questionnaire and return to the researcher immediately. It was found that the majority 104 (52.0%) of respondents had poor knowledge regarding premenopausal symptoms and its management. It was found that the majority of respondents had poor knowledge regarding premenopausal symptoms and its management.

In present study, from the data analyzed, it is evident that the demographic variable according to demographic profile majority 54.66% were from 40-45 years of age group, 34% were having higher secondary education, marital status majority 91.33% were married, occupation majority 62% were housewife, monthly income majority 38.66% were having below 10000, family structure majority 64% were having nuclear family, According to awareness about pre-menopausal majority 53.33% were. Knowledge regarding the pre-menopausal changes in women majority 78% were having average

knowledge, 19.33% were having poor knowledge and 2.6% were having good knowledge. There was Significant association found between knowledge score with occupation, monthly income and family as p value is less than 0.05 level of significance whereas significant association was not found between knowledge score with age, education status, marital status and awareness about pre-menopause changes.

Conclusion

The study interpreted about numerous facts that are enlists beneath. Majority of samples 78% women having average knowledge. 19.33 % were having poor knowledge and 2.6% we're having good knowledge. This study associated with to assess the premenopausal changes among women residing in Pune city. The purpose of the study to assess the knowledge regarding the pre menopausal changes among women. Quantitative research design and non probability convenient sampling technique was used for study. 150 samples were picked out of research purpose who was fulfilling the inclusive and exclusive criteria of study. Questionnaire tool was used to collect the data from the community area. The value of reliability was 0.795 which was showed the tool was reliable for conducting the study. The study is done to estimate the knowledge between the premenopausal woman residing in selected areas of Pune city. The group include 35 to 45 years women for research intension. The goal of this research was to see knowledge regarding the premenopausal changes among women As a result of the study's findings, it was concluded that majority of women having average knowledge regarding the premenopausal changes in women.

Acknowledgement

We thank to our research guide and Bharati Vidyapeeth College of Nursing, Pune for constant guidance and academic support during this study, we are grateful about the support and help we got throughout the research study from our Principal, subject teacher, participants, and our group members who have contributed to accomplishing the research study successfully

Funding: Self-funded

Conflict of interest: All the authors declare that there is no conflict of interests.

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