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“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE OF POSTMENOPAUSAL SYMPTOMS AND ITS MANAGEMENT AMONG WOMEN”

^{1st} Ms Ravideep kaur, ²Ms. Priya choudhary, ³ Mr. Ashish Bagal, ⁴ Mr. Ghayoor khan

'Ms. Ravideep Kaur,, PhD.

2Ms.Priya Choudhary, Nursing Tutor.

3Mr. Ashish Bagal, Post Bsc Nursing.

4Mr. Ghayoor khan, Post Bsc Nursing.

Abstract:

This study assesses the effectiveness of a structured teaching program in improving knowledge about postmenopausal symptoms and their management among women. Postmenopausal symptoms can significantly impact a woman's quality of life, yet awareness and understanding of these symptoms and effective management strategies are often limited. A quasi-experimental design was used, involving [sample size, e.g., 50] postmenopausal women from [location] who were selected through [sampling method, e.g., convenience sampling]. A pre-test assessed participants' baseline knowledge, followed by a structured teaching program over [duration, e.g., two weeks]. Post-intervention knowledge was then measured using a standardized questionnaire, and pre-test and post-test scores were statistically analyzed to evaluate the program's effectiveness.

The results revealed a significant increase in knowledge about postmenopausal symptoms and their management following the intervention, indicating the structured teaching program's positive impact. This study suggests that structured education programs can effectively raise awareness and enhance understanding of postmenopausal health, equipping women with information to manage their symptoms better and improve their overall well-being. Further research could expand on these findings across diverse populations and longer timeframes to validate and generalize the effectiveness of such programs.

INTRODUCTION

Menopause is associated with a constellation of physical changes. Some of these changes are directly attributable to the loss of estrogen, including hot flashes, bone demineralization and vaginal dryness. Though a matter of controversy, an increased incidence of cardiovascular disease and dementia seem to be associated with both menopause and aging. Furthermore, other conditions, such as breast, ovarian and endometrial cancer, are associated primarily with aging but certainly are impacted by ovarian hormones.

This review will address the menopausal transition, its common symptoms, and the risks and benefits of Hormone Therapy (HT), specifically, estrogen therapy and the selective estrogen receptor modulators (SERMs): raloxifene, tamoxifen and bazedoxifene, and other non-hormonal therapies.

Objectives of the study:

1. To assess the effectiveness of a structured teaching program on enhancing women's knowledge of postmenopausal symptoms and their management.
2. To implement a structured teaching program focusing on postmenopausal symptoms and management strategies.
3. To evaluate the change in knowledge on postmenopausal symptoms and their management among women following the structured teaching program.
4. To compare pre- and post-intervention knowledge levels to determine the effectiveness of the structured teaching program.
5. To identify factors influencing the knowledge acquisition regarding postmenopausal symptoms and management among participants (e.g., age, educational background, prior health knowledge).

Methodology:

This study conducted in populations were menopausal women with menopausal symptoms who were residing in villages of Sounti and Jalalpur of Fatehgarh Sahib District, consisted of 200 menopausal women from each village. Total sample was 400 menopausal women. The data was collected by a structured demographic sheet and self – structured questionnaire.

Findings of the Study: Major Findings are:

In experimental group and control group:

- With regards to age, mostly 65 (32.5%) were in the age group of 49 -52 years in experimental group and similarly most of them 65 (32.5%) were in the age group of 49 – 52 years in control group also. More or less similar percentages (31% and 30.5% and 17% and 18%) of them were in the age group of 53-56 and 57- 60 years in experimental group and control group.
- 73 (36.5%) were belong to socioeconomic status of Rs. 2001 – Rs.3001 in experimental group and more or less similar findings 76 (38%) were belong to socioeconomic status of Rs. 2001 – Rs.3001. Higher percentages of (30%and 29.5%) were in the socioeconomic status of Rs. 3001 – Rs.4001 in both the groups.
- With regards to education, majority 83 (41.5%) had primary education in experimental group and 63(31.5%) had no formal education in control group. More or less similar percentages (26.5% and 28.5%) of them had secondary education in experimental group and control group. Only 4.5% and 5% of them were graduates in both groups.
- With regard to occupation, majority 114 (57%) and 99 (49.5%) were housewives in both the groups. 21% and 26% were sedentary workers in both the groups. Only 5% and 5.5% of them were heavy workers in both groups.
- In the current study, more or less similar 105 (52.5%) and 107 (53.5%) were attained menarche at the age of 13 years in both the groups. 17.5% and 14.5% of them attended the menarche at the age of below 12 years. Only 5% and 2.5% of them attended the menarche at the age of 14 years above.
- In the study findings, 106 (53%) and 86 (43%) were hindus in both the groups.
- Based on their dietary pattern, majority 178 (89%) and 178 (89%) of them had mixed diets.
- With regards to personal habits, 145 (72.5%) and 164 (82%) of them had no bad habits. 14.5% and 12% had the habit of tobacco chewing. Only 13% and 6 % had the habit of betal nut chewing.

- As discussion of findings related to period of cessation of menstruation depicts that majority (47.5% and 46.5%) of menopausal women had cessation of menstruation between 1-2 years in both groups. Similar percentage (30.5% and 29% and 20% and 22%) had cessation of menstruation below 1 year
- With regards to type of family, 94 (47%) and 99 (49.5%) were in nuclear family. 43% and 38.5% of menopausal women were living as a joint family
- About 169 (84.5%) and 165 (82.5%) of them were not used any home remedies for menopausal symptoms in both the experimental group and control group.

LIMITATION OF STUDY

- It was difficult for the investigator to arrange common venue for group yoga practice for Weekly session class
- It was time consuming to explain the menopausal women about video yoga therapy demonstration and assessment of menopausal symptoms because of difference in their level of understanding.
- ♣ The investigator had constraints in reaching the menopausal women in the evening time during the study period although it was tackled with the help of VHN and Mazhalir Kuzhulu (Local Worker)
- Most Menopausal women felt that, teaching yoga at their door step would be convenient.
- Data collection time was re-altered by the investigator as per the feasibility of the sample.
- Satisfaction of subject would have been difficult to measure.

CONCLUSION

from the findings it concluded that, in present study the researcher has identified that the knowledge on menopausal symptoms can be improved by stp (structured teaching programme) and level of menopausal symptoms can be reduced by yoga therapy, thereby the quality of life among menopausal women was improved and their stress level was significantly reduced. the identified results are highly generalisable because of the increased sample size and presence of control group. in india the older adults comprised of majority of population. it is suggested that menopause is a normal life event where menstruation ceases. menopausal life is always uncertain. this is a time in which woman's life is full of other transitions like caring for their aged parents and relatives, supporting their children to lead better improvement in adulthood life and taking more responsibilities which makes menopausal women to emotionally disturbed. so making them in both physically and mentally stronger enough is very essential. yoga therapy is a simple and traditional therapy which can be given for a shorter period with long lasting results. structured teaching can improve the level of knowledge regarding menopausal

symptoms. practice of yoga therapy can reduce the level of menopausal symptoms. it helps to improve the general health of the menopausal women which in turn improve their quality of life, promotes comfort, enhances the activities of the daily living and prevents the complications and helps them to lead their life in a positive manner. as an obstetrics and gynaecological nurse, we should help them to bring out the change in behavioral symptoms, reduction of stress and improve the physical functioning and raise the awareness regarding menopausal problems. the investigator had drawn relevant implication from the study that are vital concern for obstetrical health administrators, nurse practitioners, nurse educators and nurse researchers.

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