

“A Descriptive Study to Assess the Knowledge on Management of Menopausal Problems Among Women in The Community Area of Kalitheerthalkuppam, Puducherry.”

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Abstract

Menopause is a natural physiological transition in a woman's life, marking the permanent cessation of menstruation due to the decline in ovarian function. It is commonly associated with a variety of physical, psychological, vasomotor, and emotional symptoms that can significantly affect a woman's quality of life. Appropriate knowledge regarding the management of menopausal problems enables women to adopt healthy lifestyle practices, seek timely medical care, and effectively cope with menopausal symptoms. However, many women living in community settings have inadequate awareness regarding menopausal changes and their management. Therefore, assessing the level of knowledge among women is essential for planning effective health education programmes and promoting healthy aging.

Keywords: Menopause, Menopausal Problems, Knowledge, Women, Community Area, Health Education, Postmenopausal Women, Puducherry.

I. OBJECTIVES

1. To assess the level of knowledge regarding the management of menopausal problems among women in the community area of Kalitheerthalkuppam, Puducherry.
2. To determine the association between the level of knowledge regarding the management of menopausal problems and selected demographic variables among women.

II. METHODOLOGY

A quantitative research approach with a descriptive research design was adopted for the study. The study was conducted among 60 women residing in the community area of Kalitheerthalkuppam, Puducherry. Samples were selected using a convenience sampling technique. Data were collected using a structured knowledge questionnaire consisting of demographic variables and questions related to the management of menopausal problems. The collected data were analyzed using descriptive statistics (frequency, percentage, mean, and standard deviation) and inferential statistics to assess the level of knowledge and determine its association with selected demographic variables.

ORGANIZATION OF DATA

The data have been organized and presented under the following sections:

- Table I: Frequency and percentage-wise distribution of demographic variables.
- Table II: Frequency and percentage-wise distribution of the level of knowledge on management of menopausal problems among women.
- Table III: Mean and standard deviation of the knowledge score on management of menopausal problems.
- Table IV: Association between the level of knowledge and selected demographic variables.

TABLE – I
Frequency and Percentage-wise Distribution of Demographic Variables (N = 30)

S.No	Demographic Variable	Category	Frequency (f)	Percentage (%)
1	Age (years)	a) 30–40	3	10.0
		b) 41–50	10	33.3
		c) 51–60	12	40.0
		d) Above 60	5	16.7
2	Religion	a) Hindu	27	90.0
		b) Muslim	2	6.7
		c) Christian	1	3.3
3	Residence	a) Rural	25	83.3
		b) Urban	5	16.7
4	Educational Status	a) Illiterate	8	26.7
		b) Primary	10	33.3
		c) Secondary	8	26.7
		d) Graduate	4	13.3
5	Occupation	a) Government Job	1	3.3
		b) Private Job	6	20.0
		c) Own Business	2	6.7
		d) Unemployed	21	70.0
6	Socio-Economic Status	a) High Class	2	6.7
		b) Middle Class	7	23.3
		c) Low Class	21	70.0
7	Family Income (per month)	a) Rs. 10,000	10	33.3
		b) Rs. 11,000	7	23.3
		c) Rs. 12,000	8	26.7
		d) Rs. 13,000	5	16.7
8	Marital Status	a) Unmarried	2	6.7
		b) Married	26	86.6
		c) Divorced	2	6.7
9	Type of Family	a) Nuclear	18	60.0
		b) Joint	12	40.0
10	Source of Information on Menopausal Problems	a) Parents/Friends	10	33.3
		b) Teachers	3	10.0
		c) Mass Media	12	40.0
		d) Books	5	16.7
11	Number of Children	a) No Children	3	10.0
		b) 1–2 Children	20	66.7
		c) 3 or More Children	7	23.3

The findings show that the majority of respondents 12 (40%) were in the age group of 51–60 years, most of them 27 (90%) were Hindus, and 25 (83.3%) resided in rural areas. Around 10 (33.3%) had primary education, and 21 (70%) were unemployed. Most belonged to the low socio-economic class (70%), with a monthly income between Rs.10,000 and Rs.12,000. A majority 26 (86.6%) were married and lived in nuclear families 18 (60%). The main source of information was mass media (40%), and most women had 1–2 children (66.7%).

- **Pie Charts of Demographic Variables**

Figure 1: Age Distribution

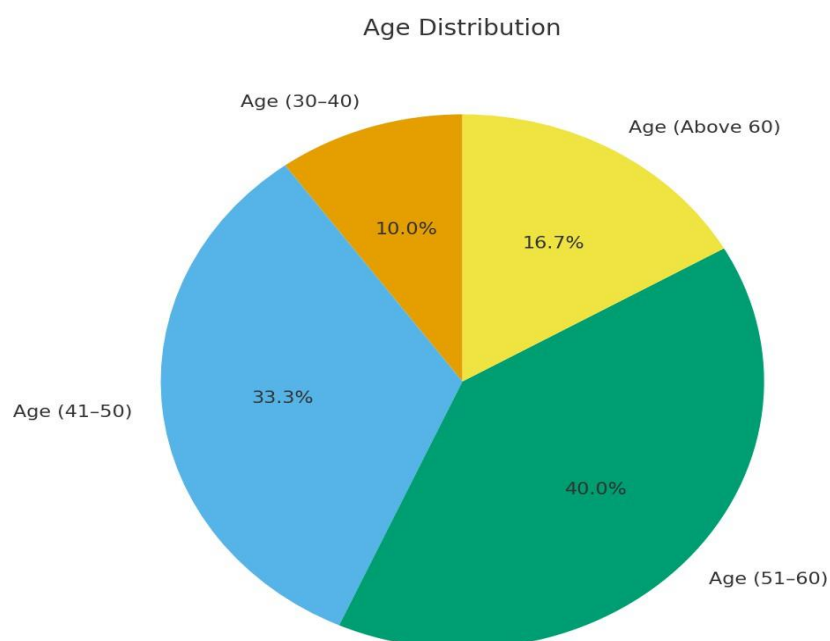


Figure 2: Religion

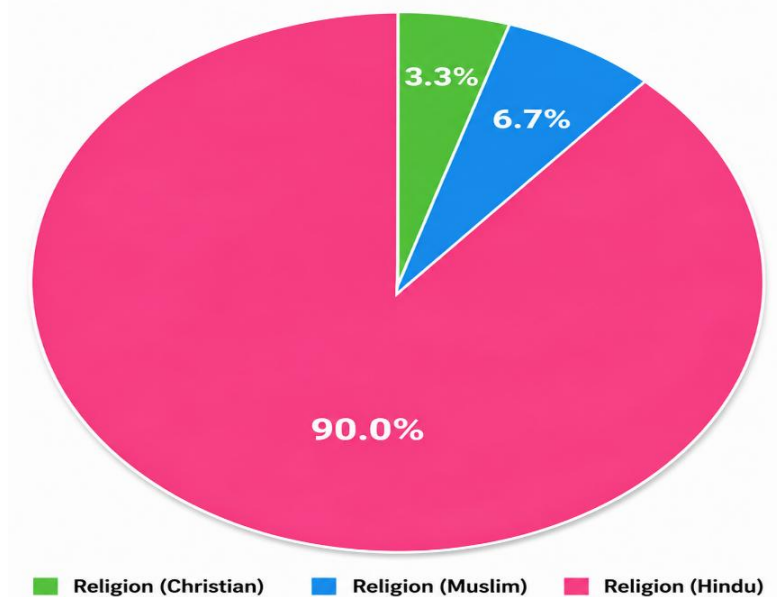


FIGURE 3: MARITAL STATUS

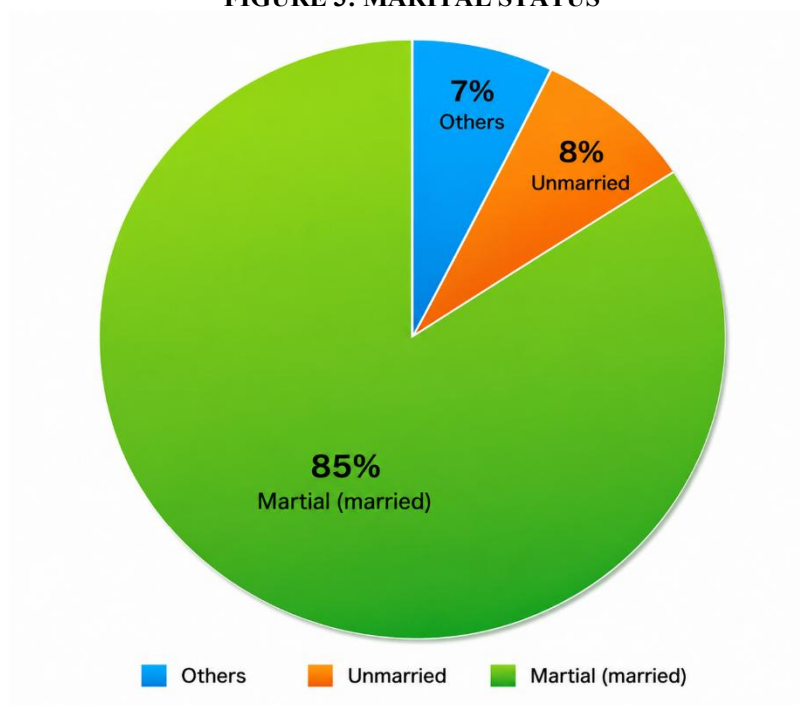


TABLE – II

Frequency and Percentage-wise Distribution of Level of Knowledge on Management of Menopausal Problems
(N = 30)

Level of Knowledge	Frequency	Percentage
Inadequate	3	10
Moderate	22	73.3
Adequate	5	16.7

The data reveal that out of 30 women, 22 (73.3%) had moderate knowledge, 5 (16.7%) had adequate knowledge, and 3 (10%) had inadequate knowledge regarding management of menopausal problems.

Figure 4: Level of Knowledge

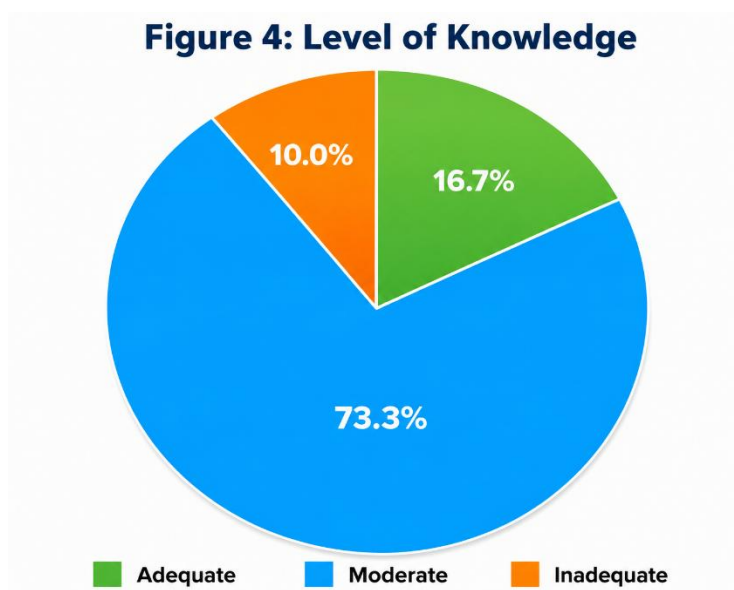


TABLE – III

Mean and Standard Deviation of Knowledge on Management of Menopausal Problems (N = 30)

Parameter	Mean	Standard Deviation
Knowledge Score	17.8	2.13

The findings indicate that the mean knowledge score was 17.8 with a standard deviation of 2.13, which shows that the majority of respondents had moderate knowledge regarding menopausal management.

Figure 5: Knowledge Score Distribution (Mean vs SD)

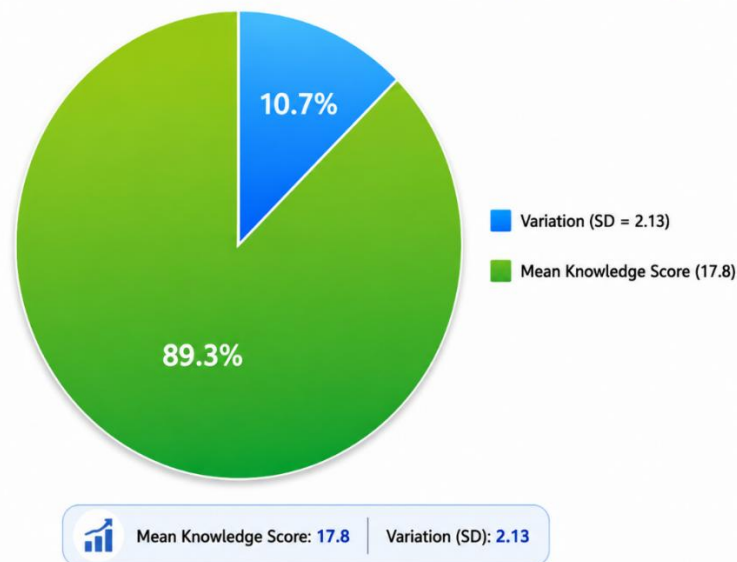


TABLE – IV

S.No	Demographic Variable	Chi-Square (χ^2)	df	p-value	Significance
1	Age	2.12	2	0.346	NS
2	Religion	1.00	2	0.512	NS
3	Residence	0.89	1	0.561	NS
4	Educational Status	14.72	3	0.002	Significant
5	Occupation	3.06	2	0.216	NS
6	Socio-Economic Status	6.35	2	0.042	Significant
7	Marital Status	0.73	1	0.642	NS
8	Type of Family	0.34	1	0.735	NS
9	Source of Information	1.27	3	0.478	NS
10	Number of Children	0.91	2	0.541	NS

The chi-square analysis shows that there is a statistically significant association between knowledge level and educational status ($p < 0.01$), and between knowledge level and socio-economic status ($p < 0.05$). Other variables such as age, religion, residence, marital status, occupation, and type of family did not show a significant association with knowledge level.

III. CONCLUSION

The study concluded that the majority of women in the selected area had only a moderate level of knowledge regarding menopausal problems and their management. Educational status and socio-economic condition played a crucial role in determining knowledge level. Continuous health education and counseling can enhance women's understanding of menopausal changes, help them adapt positively, and maintain better physical and psychological well-being. The findings highlight the importance of nursing intervention, public health education, and community outreach to strengthen awareness and improve the quality

of life among menopausal women.

IV. RECOMMENDATIONS

1. A similar study can be conducted with a **larger sample size** to generalize the findings.
2. **Comparative studies** may be carried out between **urban and rural women** to assess differences in knowledge and coping strategies.
3. **Quasi-experimental studies** can be conducted to evaluate the effectiveness of educational interventions on menopausal management.
4. A **self-instructional module or booklet** can be developed for community distribution.
5. **Longitudinal studies** can assess how health education influences long-term lifestyle adaptation among postmenopausal women.

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