



Research Paper

Comparative Study to Assess the Preparedness towards Post-Menopausal Life among Rural and Urban Women at Selected Areas of Thiruvananthapuram, Kerala.

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ABSTRACT

Menopause affects the middle aged women that may influence the quality of life. The hormonal influence of menopausal period may cause variation in the physiological and psychological factors. Menopause is the period where the cessation of menstruation. Lack of knowledge can lead to changes in the women attitude to adjust to the menopausal period. A quantitative study approach was used the study to assess the preparedness towards post menopausal women in urban and rural areas of Trivandrum. The design used for the study was Descriptive comparative research. The samples collected for the study was rural and urban women under the age group of 35-45 years who are not attained menopause in Trivandrum District. The preparedness towards post menopausal life among urban women was slightly higher than that of rural women.

KEY WORDS: Preparedness, Menopausal Life

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I. INTRODUCTION

Menopause is considered as one of the important mile stone during the reproductive period. This process is accompanied by many biological and psychosocial changes. The term menopause is derived from Greek word which means 'cessation of periods'. Menopausal transition may make women more aware of future health risks due to increased symptomatology and help-seeking behaviour. Motivation for health promotion may be further strengthened if women perceive life-style modifications as an alternative, non-pharmacological, way of managing menopausal symptoms.

II. MATERIALS AND METHODS

Research methodology involves the systematic procedure by which the researcher starts from the initial identification of the problem to its final conclusion.

• **Research approach:**

Quantitative research approach

• **Research design:**

Descriptive comparative research design

Site and setting of the study:

Kalipankulum PHC (urban) and Pallichal Panchayat

Population

Target population:

Rural and urban women with 35-45 years who are not attained menopause in Thiruvananthapuram District, Kerala.

Accessible population:

Includes (300) rural women in pallichal panchayat and (300) urban women in Kallipankulum and Sreevaraham areas under National Urban Health Mission.

- **Sample**

The sample consist of rural and urban women from Kalipamkulam PHC (urban)and Pallichal Panchayat,Thiruvananthapuram.

- **Sample size**

600 (300 rural women and 300 urban women)

- **Sample technique**

Consecutive sampling technique

- **Criteria for sample selection**

Inclusion criteria:

- women with age group of 35-45years
- Women who are willing to participate in thestudy
- Women who are not attainedmenopause

Exclusion criteria:

- Women who are attainedmenopause
- Women having serious healthproblem
- Women does not give consent for data collection due to ownreason

Research Tool

The data collection tool consists of two sections:

Tool 1: socio demographic data includes Age, Educational status, Occupation, Type of family. Dietary habits, Marital status, Residential area, Number of menopausal women in family, Number of children, Source of information regarding menopause, Age of menarche, History of menstrualirregularities,family history of menstrual irregularities, History of poly cystic ovarian diseases,Treatment taken for menstrual irregularities, Hormonal supplements taken.

Tool 2: check list to assess the preparedness towards post-menopausal life among rural and urban women. It consist of 25 items and every item was scores in between 0 to 1

Scoring

1-8 -Poor

9-16 -Average

17-25 -Good

Procedure methodology: After written informed consent was obtained, a Structured knowledge questionnaire was given to the rural & urban women. The Section A included sociodemographic characteristics such as Age, Educational status, Occupation, Type of family. Dietary habits, Marital status, Residential area, Number of menopausal women in family, Number of children, Source of information regarding menopause, Age of menarche, History of menstrualirregularities,family history of menstrual irregularities, History of poly cystic ovarian diseases,Treatment taken for menstrual irregularities, Hormonal supplements taken.

Statistical analysis: Thedatawasanalysedusingdescriptiveandinferentialstatistics. Frequency, percentage, means and standard deviation was used to analyse the sociopersonalvariables.T test was used to compare thepreparedness towards postmenopausal life among rural and urban women. Chi square test was used to find out the association of findings with selected demographicvariables. The level $P < 0.05$ was considered as the cutoff value or significance

III. RESULTS

Organization of study findings

Section 1 - Description of demographic performa of rural women

Section 2 - Description of demographic performa of urban women.

Section 3 - Description of preparedness of postmenopausal life in rural women.

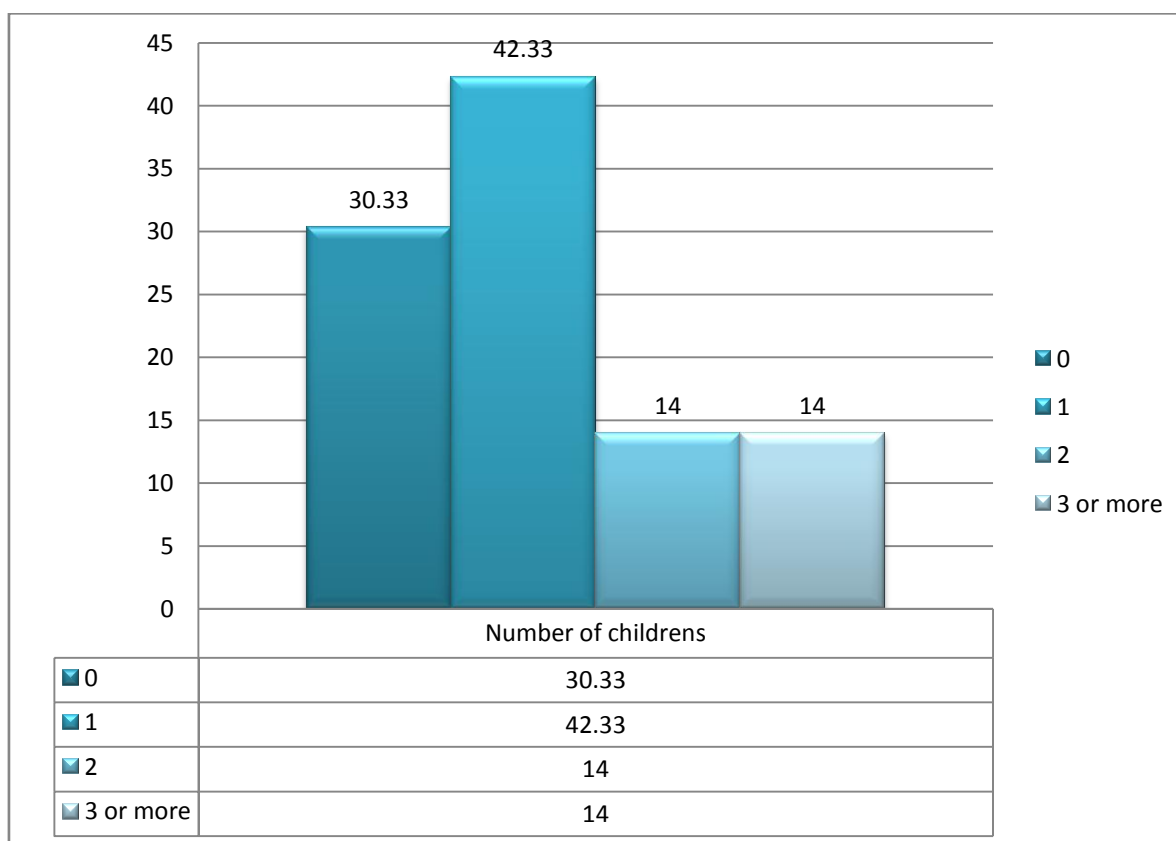
Section 4- Comparison of preparedness towards postmenopausal life between the rural and urban women.

Section 5 -Association of preparedness towards postmenopausal life between the rural women with selected demographic variables.

Section 6-Association of preparedness towards postmenopausal life between the urban women with selected demographic variables

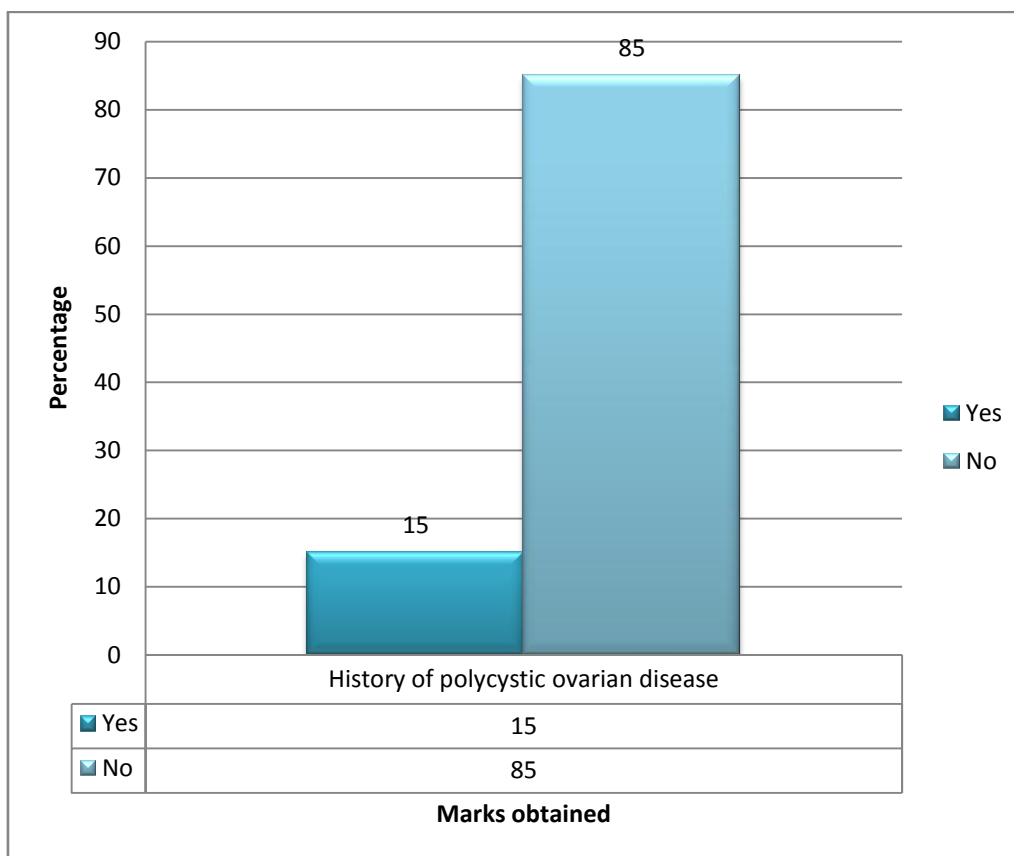
Frequency and percentage distribution of rural women according to number of children.

Figure 11 shows that majority of the participant's (42.33%) were have one children and only (14%) were have more than 3or more children in the family



Frequency and percentage distribution of urban women according toHistory of polycystic ovarian disease.

Figure-31shows thatmajority of the participants (85%) were have no history of polycystic ovarian diseases and only 15 % were have history of polycystic ovarian diseases.



Frequency and Percentage Distribution of preparedness of postmenopausal life in urban women..
N = 300

Sl. No.	Areas	Level of Acceptance (%)					
		Below average		Average		Good	
		No	%	No	%	No.	%
4	Preparedness of postmenopausal life in urban women.	19	6.33	263	87.67	18	06

The data reveals the levels of preparedness of postmenopausal life in urban women. 6.33% had below average preparedness of postmenopausal life, while 87.67% had average preparedness of postmenopausal life and 06% of the respondents had good preparedness.

Comparison of Preparedness Towards Postmenopausal Life Between The Rural And Urban Women.

N 600

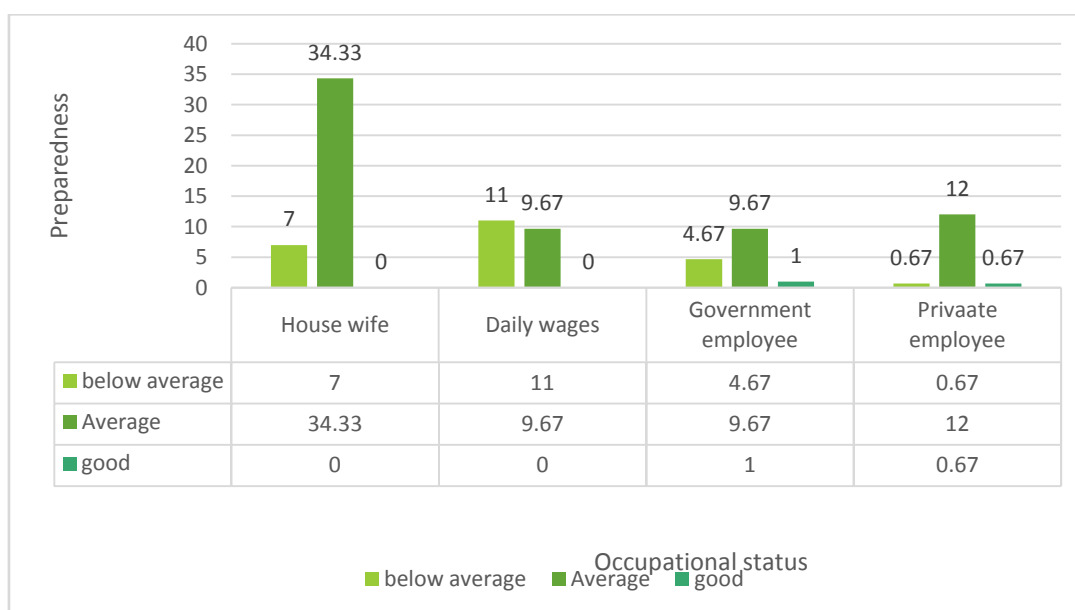
SL NO	Preparedness Towards Postmenopausal Life	Maximum score	Mean	Mean Score %	SD	Mean difference	DF	t
2	Rural women	25	8.27	33.08	2.54	2.57	598	12.91

	Urban women	25	10.84	43.36	2.33			
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T(598)=1.96,P<0.05

Table 37 shows that mean preparedness score of urban women was higher 10.84 (43.36) than mean preparedness score of rural couple 8.27 (33.08) with the Mean difference of 2.57. The calculated 't' value was (t=12.91) greater than the tabled value (t(598)=1.96), which was significant at p<0.05 and p<0.01 level. Hence, it was concluded that urban women had higher preparedness as compared to rural women hence null hypothesis (H₀₁) is rejected.

Association between level of preparedness towards postmenopausal life among rural women and occupational status



IV. DISCUSSION

A quantitative study approach was used the study to assess the awareness and preparedness towards post menopausal women in urban and rural areas of Trivandrum. The design used for the study was Descriptive comparative research. The target populations for the study were rural and urban women with 35-45 years who are not attained menopause in Thiruvananthapuram. Kerala. The sample size used was 600 (300 rural and 300 urban women) consecutive sampling technique was used. Tool used for data collection consists of three parts: part A- demographic data, part B- structured knowledge questionnaire and part C- check list . After collection of data analysis was done by quantitative on the basis of objectives and hypotheses of the study and to compute data, master coding sheet was prepared. Researcher first used descriptive and inferential statistics for analyses of data. t - test was used to compare the awareness and preparedness among rural and urban women, Chi square is used for findout the association of findings with the variables.

V. CONCLUSION

The preparedness towards post menopausal life average among rural women and the preparedness towards post menopausal life among urban women was average. The preparedness towards post menopausal life among urban women was slightly higher than that of rural women.

VI. RECOMMENDATIONS

- For improving the knowledge level some awareness class can be provided in all community settings
- Educational interventions to alleviate menopause symptoms
- Health education programme helps to improve a positive attitude towards menopause.
- A qualitative study can be conducted to assess the quality of life among menopausal women.

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