



## KNOWLEDGE ON MENOPAUSE AMONG RURAL WOMEN IN SELECTED COMMUNITY

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### ABSTRACT

Many women find that menopause is a time to celebrate a new phase of life rather than grieving for lost youth. After transitioning through menopause, women will not have any more periods or symptoms of PMS. They will also be able to have sex without worrying about pregnancies. Menopause should be used as a time to explore sources of pleasure and joy, fill yourself with positive thoughts, love yourself, and revive your sex life. The process of menopause does not occur overnight, but rather is a gradual process. This so-called perimenopausal transition period is a different experience for each woman. The average age of menopause is 51 years old. Most women reach menopause between the ages of 45 and 55, but menopause may occur as earlier as ages 30s or 40s, or may not occur until a woman reaches her 60s. As a rough "rule of thumb," women tend to undergo menopause at an age similar to that of their mothers. As a rough "rule of thumb," women tend to undergo menopause at an age similar to that of their mothers

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### INTRODUCTION

#### *God's interest in the human race is nowhere better evidenced than in "Obstetrics"*

Menopause is defined as the absence of menstrual periods for 12 months. It is the time in a woman's life when the function of the ovaries ceases. The process of menopause does not occur overnight, but rather is a gradual process. This so-called perimenopausal transition period is a different experience for each woman. The average age of menopause is 51 years old. But there is no way to predict when an individual woman will have menopause or begin having symptoms suggestive of menopause. The age at which a woman starts having menstrual periods is also not related to the age of menopause onset. Most women reach menopause between the ages of 45 and 55, but menopause may occur as earlier as ages 30s or 40s, or may not occur until a woman reaches her 60s. As a rough "rule of thumb," women tend to undergo menopause at an age similar to that of their mothers

#### Objectives of the study

1. To assess the level of knowledge on menopause among women in selected rural community
2. To find out association between knowledge on menopause and selected demographic variables

#### Hypotheses

**H01:** there is statistically significance of association between the level of knowledge on menopause and selected demographic variables

#### Research methodology

##### Description of the tool

##### Section I

Knowledge	Score	Percentage
Adequate knowledge	20-40	70-100
Moderate knowledge	14-26	34-65
Inadequate knowledge	1-13	0-33

The research design used for this study was nonexperimental design. the sample size was 60 womens between the age group of 45-60 yrs in a selected rural community in tamilnadu. purposive sampling method was used.

**Part I**-it consists of demographic variables such as age, martial status, education, occupation type of family, socioeconomic status etc

**Part II**-it consists of clinical variables such as parity, menopausal symptoms, number of health visit per year, taking any hormonal therapy.

##### Section II

It consisted of structured interview questions about menopause.

### Major findings of the study

1. Majority of the women belong to 40-50yrs of age [43.3], married [80%], illiterate [36.7%], housewives [56.7%]. The data revealed that majority belong to joint family and having children and monthly family income is upto Rs.40000 [43.3%].
2. Frequency and percentage distribution of level of knowledge on menopause among women in rural community depicts majority of women [53.3%] were having inadequate knowledge, 43.3% having moderate knowledge
3. There was no significant association found between demographic variables and knowledge of menopause among women

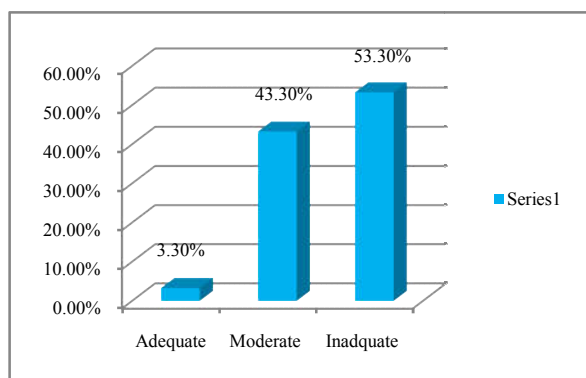


Fig 1 Frequency distribution of knowledge level of menopause in rural women

### Recommendations

1. This study can be done in different settings
2. The same study can be conducted with larger number of samples.
3. A comparison can be made between rural and urban population.

### CONCLUSION

The majority of the women living in rural area in Tamil Nadu have inadequate knowledge and moderate knowledge level on menopause. This study recommends the necessity of educational programe regarding menopause in rural population. Many women find that menopause is a time to celebrate a new phase of life rather than grieving for lost youth. After transitioning through menopause, women will not have any more periods or symptoms of PMS. They will also be able to have sex without worrying about pregnancies. Menopause should be used as a time to explore sources of pleasure and joy, fill yourself with positive thoughts, love yourself, and revive your sex life.

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