

A Study to Assess the Knowledge and Attitude Regarding Menopause among Staff Nurse Selected Hospitals of Bagalkot, Karnataka

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Abstract

Background: Women should be considered as a most important valuable jewel as a fourfold objective of life, progeny, happiness, all can be attained only through her. Her life is spread into different stages due to some anatomical and physiological changes in body. She responds very differently in different stages of her lives. menopause is a natural phase which tends to be highly variable in timings, pattern, and behaviour due to the reduction in reproductive sex hormones.

The term “Menopause” is commonly used to describe the years when women’s ovaries gradually begin to produce fewer eggs and less of female hormones like oestrogen and progesterone. This reduction hormone production causes periods to become less regular until they stop together, and produces physical and psychological symptoms in many women.

Menopause is an important period in a woman's life. It is the permanent cessation of menses for 12 months or more. Menopause can develop over a long period of time. The average age for menopause to start is 52 years, but it can begin at any time from age 40 to 58 years. Many symptoms are related to postmenopausal syndrome: hot flashes, irritability, mood swings, insomnia, dry vagina, difficulty concentrating, mental confusion, stress incontinence, urge incontinence, osteoporotic symptoms, depression, anxiety, headache, and vasomotor symptoms it is determined clinically by the onset of irregular menstrual cycles or variable cycle lengths. Women are at an increased risk of depression and anxiety during perimenopause and the menopausal transition. During menopausal transition, the impact of fluctuating oestrogen in the central nervous system (CNS) can have negative psychological effects for some women.

Objectives: To assess the knowledge and attitude on menopause among staff nurse and find out the relationship between knowledge and attitude among staff nurse.

Materials and methods: Non-experimental descriptive design was adopted for this study. 50 samples were selected through simple random sampling technique and the setting of the study was a selected hospital of Bagalkot karnataka. Self-structured knowledge questionnaire and attitude scales were used for data collection. Descriptive and inferential statistics were used to analyse the data.

Results: Majority (60%) samples had good knowledge and favourable attitude (positive attitude), 6% of them had poor knowledge and none of them had unfavourable attitude (negative attitude) regarding menopause. It also showed that there was a moderate positive significant correlation between knowledge and attitude regarding menopause among staff nurses

Keywords: Assess, Knowledge, attitude, menopause, Staff nurse

STATEMENT OF THE PROBLEM

A study to assess the knowledge and attitude regarding menopause among staff nurses at selected hospital of Bgalkot karnataka

OBJECTIVES OF THE STUDY

- 1) To assess the knowledge regarding menopause among staff nurse
- 2) To assess the attitude regarding menopause among staff nurse
- 3) To find out the relationship between knowledge and attitude among staff nurses.

RESEARCH METHODOLOGY

Research Design: descriptive design was used.

Research Approach: In this study, a quantitative research approach was considered

Setting: The present study was conducted at hsk hospital and research centre Bagalkot.

Sample size: 50 female staff nurses with an age group of 20-50 years were selected.

Sampling technique: In this study, probability simple random sampling technique was used

Data collection tool:

Part I: Demographic data, which consists of age, religion, marital status, education, area of working.

Part II: It consists of 30 items of multiple-choice questions to assess the knowledge level of staff nurses regarding menopause.

Part III: It is a five point likert scale consists of 10 items and was given in the form of statements to assess the attitude of staff nurse regarding menopause.

Data analysis: For data analysis, descriptive and inferential statistics were used

RESULTS:

Part I: Demographic characteristics

Table I: Distribution of samples according to demographic variables such as age, religion, marital status, education, area of working.

n=50

Variables	f	%	Variables	F	%
Age			Education		
• 21-30	19	38	• GNM	39	78
• 31-40	22	44	• BSc/ PPBsc	9	18
• 41-50	9	18	• MSc	2	4
Religion			Area of working		
• Hindu	13	26	• /NICU	9	18
• Christian	35	70	• med / surgical	29	58
• Muslim	2	4	• Casualty	12	24
Marital status			Year of experience		
• Single	40	80	< 5years	14	28
• Married	8	16	• 5-10 years	20	40
• Widows/separated	2	4	• 10 years	16	32

Part II: Level of knowledge of staff regarding menopause.

Table – 2: Distribution of samples according to knowledge level.

n=50

Knowledge level	Score	Score in percentage	Frequency	Percentage
Excellent	24-30	80-100	2	4
Good	18-23	60-79	30	60
Average	12-17	40-59	15	30
Poor	<12	<40	3	6

Maximum Score -30

Data presented on Table 2 and Figure 1 represented that the majority (60%) of the subjects had good knowledge (30%) of subject had average knowledge, (6%) subjects had poor knowledge and 4% had excellent knowledge regarding menopause.

Part II: Attitude of staff Nurses regarding menopause. Table – 3: Distribution of samples according to Attitude.

Attitude score	Score	Score in F	%	
		percentage		
Most favourable	41-50	81-100	2	32
Favourable	31-40	61-80	30	60
Neutral	21-30	41-60	15	8
Unfavourable	11-20	21 -40	3	0
Most unfavourable	<11	<20	0	0

Data presented in the Table 3 and Figure 2 shows that the majority (60%) of subjects had favourable attitude (positive attitude) and 32% had most favorable attitude, 8% had neutral attitude and none of them had unfavorable attitude regarding menopause.

Part III: Relationship between knowledge and attitude of staff nurse

n=50

Variables	Mean	Standard deviation	r value	p
Knowledge	16.80	3.21	0.678	.000*
Attitude	36.60	4.25		

***Significant**

The data presented in the Table 4 and Figure 3 shows that the computed P value ($P = 0.000$) is less than .05, and hence; the Karl Pearson Correlation ($r = 0.685$) between knowledge and attitude is significant at 0.05 level. There for there is moderate positive correlation between knowledge and attitude regarding menopause among staff nurses.

DISCUSSION

Part I: Distribution of samples based on demographic data

Out of 50 samples 44% (22) samples belong to the age group of 31-40, whereas 18% (9) women belong to 41- 50 and 38% (19) samples belong to the age group of 21-30. Majority of the samples 70 % (35) belong to Christian religion. Whereas 26% (13) women belong to Hindu religion and only 4% (2) women belong to Muslim religion .Out of 50 samples, 78% (39) of nurses were studied GNM and 18% (9) staffs were BSc and 4% (2) were PG. Most of the samples 80% (40) were married. Whereas 16% (8) were, single and 4% (2) of staffs were widows. More than half of the staff 58% (29) was working at medical and surgical ward, 24% (12) of them were working at pediatric ward and 18% (9) staffs were working at gynecology ward. Nearly half of the samples 40 % (20) have 5-10 year experience, 32 % (16) samples have more than 10 years' experience and 28 % (14) have less than 5 years' experience.

Part II: level of knowledge and attitude regarding menopause among staff nurses

The present study revealed that majority (60%) samples had good knowledge, 30% of them had average knowledge, 6% of them had poor knowledge and only 4% had excellent knowledge regarding menopause whereas majority (60%) of subjects had favourable attitude (positive attitude) and 32% had most favourable attitude, 8% had neutral attitude and none of them had unfavourable attitude (negative attitude) regarding menopause.

The present study supported by another study conducted in Faridabad (2015), reported that majority (94%) of the subject had average knowledge, 5% of the subjects had good knowledge, and 1% women had poor knowledge, whereas all most all subjects (98%) had positive attitude, 2% had neutral attitude, 0% had negative attitude. (Akoiyam Mamata Devi 2015) Another study results showed that 68% had moderate knowledge, 38.5% had good knowledge and 8% of the subjects had poor knowledge, meanwhile, 81.5% of the women had a positive attitude toward menopause. (Noroozi, E 2013) The present study is contradicting with another study conducted in Jammu among middle-aged women. The result showed that the majority of the sample 97(97%) had below average level of knowledge, 3(3%) had average level of knowledge and 0(0%) had above average level of knowledge (DevaPon Pushpam2021). A supportive study reported that the level of good knowledge about menopause was low among perimenopausal and postmenopausal women. (Reham Daifallah Alharbi 2021) majority (52.0%) had poor knowledge regarding premenopausal symptoms and its management.

Part III: Relationship between level of knowledge and attitude.

The study result revealed that there was a moderate positive significant correlation between knowledge and attitude regarding menopause among staff nurses. The computed P value ($P = 0.000$) is less than .05, and the Karl Pearson Correlation ($r = 0.678$) between knowledge and attitude at 0.05 level.

Another study conducted (Mary, 2017) correlation between knowledge, attitude and practice reveals that there is a mild positive correlation between knowledge and practice, but no correlation exist between

knowledge and attitude. The above study (Noroozi, E 2013) also showed that there was no significant relationship between knowledge and attitude of women.

CONCLUSION

The present study was conducted to assess the knowledge and attitude regarding menopause among staff nurse. Result revealed that out of 50 samples, majority (60%) samples had good knowledge and favourable attitude regarding menopause and a very few 6% of them had poor knowledge. In addition, another significant fact is none of them had unfavourable attitude (negative attitude) regarding menopause. Therefore, nurses can play an important role to improve the awareness of public health.

LIMITATIONS AND RECOMMENDATIONS

- Since the sample was limited to 50, generalization of findings is limited. A very few studies have been conducted among the health care professionals.
- A structured teaching programme could have been implicated to improve their knowledge on menopause
- Health awareness programme can be performed among staff nurses

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