

A Study to Assess the Menopausal Symptoms Among Middle Aged Women Residing in Sarfarazganj Lucknow with A View to Develop an Information Booklet on Coping Strategies

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ABSTRACT

BACKGROUND: Menopause is one of the most significant events in a woman's life and brings in a number of physiological changes that affect the life of a women permanently and can be influenced by various socio-demographic factors and coping activities.

AIM: Assess the menopausal symptoms among middle aged women with a view to develop an information booklet on coping strategies.

OBJECTIVES OF THE STUDY

1. Assess the menopausal symptoms among middle aged women.
2. Associate the menopausal symptoms among middle aged women with selected demographic variables with a view to develop an information booklet on coping strategies

RESEARCH DESIGN: A Descriptive research design was used.

SETTING: The study was conducted in Sarfarazganj, Lucknow, U.P.

SAMPLE: A purposive sample composed of 150 middle aged women residing in sarfarazganj Lucknow.

TOOLS OF DATA COLLECTION:

1. Socio demographic data
2. Standardized MRS scale was use to assess menopause symptoms middle aged women.
3. A booklet on coping strategies regarding menopause and distributed to each respondent after collecting data to aware middle aged women.

RESULTS: Descriptive Statistics: mean was 20.98, standard deviation was 3.16, mean% was 47.68 menopausal symptoms among middle aged women. It shows that the calculated value is significant with degree of freedom 6 at $p < 0.05$ it was level of significant was effective.

CONCLUSION: The findings of the study revealed that significantly contributed towards the awareness about menopause.

KEYWORDS: Menopausal symptoms, coping strategies, menopausal rating scale, middle age women.

Background of the study

The word menopause simply refers to the permanent cessation of menstruation. Menopause has been considered a major transition point in women's reproductive and emotional life. Menopause is not a disease but a natural transition in a women's life that results from a decrease in the ovarian production of sex hormones such as Estrogen, Progesterone and Testosterone. By loss of reproductive potential and transition into later life she may become a victim of both physically and psychologically problems. Physical complaints in order of frequency are as follows: hot flashes, night sweating or chills, disrupted sleep, vaginal dryness, loss of libido, loss of energy, mood swings, increased irritability, loss of skin tone, and urinary leakage. Psychological complaints include loss of confidence, depressed mood, irritability, and forgetfulness, difficulty in concentrating, panic attacks and anxiety.¹

Menopause is a unique stage of female reproductive life cycle, a transition from reproductive to non-reproductive stage. It is characterized by cessation of menstruation and implies loss of child bearing, capacity and aging. Many women may view menopause as a transition from middle age to old age. Some women may look upon this with pleasant anticipation as time of relative freedom from such worries as undesired pregnancies and the stress of child bearing. Many women may have fear during this period because of the anticipated losses. Thus women may be hesitant and ignore the unusual and hormonally related symptoms may go undetected resulting in a delay in diagnosis and treatment. This transition will be smooth only if women are aware of the natural changes occurring during which will help them to adopt self help behavior and to improve their physical and mental health.²

Many women become adjusted to the menopausal symptoms over time by learning to live with them, however some women require intervention for symptom relief, especially if associated with moderate to severe distress of discomfort as menopausal symptoms become more dominant in their life. Menopause raises important health care issues and present physical challenges. Menopause causes short term changes and there are long term risks that can have a major impact on overall health and quality of life. Some consider menopause to be a call to action, it is a time to learn more about one's body, a process that can be invigorating and empowering³

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ASSUMPTION

Women may have some knowledge regarding menopausal symptoms.

METHODOLOGY

RESEARCH APPROACH - Quantitative survey approach was used as an appropriate research

approach for the study.

RESEARCH DESIGN- Descriptive research design was used to achieve the objectives of the study.

RESEARCH SETTING - In this study the samples are selected from 150 middle aged women residing in Sarfarazganj locality near Era medical college, Balagunj Lucknow.

POPULATION- In this study 12052 women residing in Sarfarazganj Lucknow U.P.

SAMPLE AND SAMPLES SIZE- In this study sample size consists of 150 middle aged women according to Morgan statistical calculation the sample size.

SAMPLING TECHNIQUE- Sampling technique used in the study is purposive sampling technique.

TARGET POPULATION-The target population is the entire set of individuals or objects having some common characteristics for a research study. In this study 289middle aged women residing in Sarfarazganj Lucknow.

ACCESSIBLE POPULATION- In this study the 150 accessible population is middle aged women residing in Sarfarazganj Lucknow .

VARIABLE

1. RESEARCH VARIABLE

Menopausal symptoms among middle aged women.

2. SOCIO DEMOGRAPHIC VARIABLES

In this study includes age (in year), menopausal status, age at menopause ,family support ,educational status ,marital status ,occupational status ,

SAMPLING CRITERIA

INCLUSION CRITERIA

1. The women age group between 40-60 year.
2. Middle age women who are available at the time of data collection.

EXCLUSION CRITERIA

1. Women under gone hysterectomy.
2. Not willing to participate.

SELECTION AND DESCRIPTION OF TOOL

1. Socio demographic data

In this study includes age(in year), menopausal status ,age of menopause, family support, educational status, marital status ,occupational status.

2. Standardized MRS scale was use to assess menopause symptoms among middle aged women.

MRS questionnaire was developed by Heinemann et al in 1990s and is composed of 11 items related to menopausal complaint were used as a basis for assessing menopausal symptoms in this study. it divided into three subscales

1. Somatic (hot flushes, sweating, heart discomfort, sleeping problems, joint and muscular discomfort)
2. Psychological (depressive mood, irritability, anxiety.)
3. Urogenital (burning sensation in vulva, burning micturition, dryness of vagina, incontinence).
4. A booklet on coping strategies regarding menopause was developed and will be distributed to each respondent after collecting data to aware middle aged women.

ETHICAL CONSIDERATION

The study was conducted after the approval by the ethical committee of the university. The permission was obtained from the nursing College. Written consent was obtained from participative middle aged women after full explanation of the aim of the study and of their rights.

PILOT STUDY

The pilot study was conducted after getting formal administrative permission and ethical clearance. It was conducted in Kakori it is situated 14 km of Lucknow. Formal permission was obtained from executive officer. Purposive sampling technique was carried out on 15 samples menopausal women (10% of the study sample) prior to the initiation of the fieldwork. This provided them with enough time to read the menopausal rating scale carefully and to avoid missing data. The data were collected during the morning shifts date 26-4-21 to 31-4-21.

VALIDITY OF THE TOOL

The content validity of the tool was done by the panel of 5 experts qualified in medical and specialty areas of nursing. Content validation they assessed the tool for clarity, relevance, comprehensiveness, and applicability. The tool was first drafted in English and translated to Hindi by language expert. The corrections given by the experts were incorporated in the tool.

RELIABILITY OF TOOL

The reliability coefficient of the tool was used Cronbach alpha or coefficient alpha. Score reliability value was $r=0.76$, this indicated that the tool is highly reliable which is statistically significant and indicated that the tool was reliable.

DATA COLLECTION PROCEDURE

A formal written permission was obtained from the councillor of Sarfarazganj, Lucknow, to conduct the study. The data was collected from 18/6/ 2021 to 6/7/2021. Sample was selected based on inclusion criteria the data was collected with the use of purposive sampling technique after brief self-introduction, explain the purpose of the study and obtained informed consent from the subjects. Consent was taken before data collection Part -1 Socio demographic profile was used to collect basic information. Part- 2 Standardized MRS scale was used to assess menopause symptoms among middle aged women by interview schedule. Part -3 A booklet on coping strategies regarding menopause and distributed to each respondent after collecting data to aware middle aged women

PLAN FOR DATA COLLECTION

Formal permission obtained from concern authority .Sample was selected base on inclusion criteria.Prior data collection researcher introduced them and explain the purpose of the study .Consent was taken before data collection Part -1 Socio demographic profile were used to collect basic information. Part- 2 Standardized MRS scale were used to assess menopause symptoms among middle aged women by interview schedule. Part -3 A booklet on coping strategies regarding menopause were developed and would be distributed to each respondent after collecting data to aware middle aged women.

PLAN FOR DATA ANALYSIS

Data were analysed in MS EXCEL and interpreted in terms of descriptive and inferential statistics. The findings are presented in tables.

SECTION-1

Distribution of subject according to the socio-demographic variable.

Table -1 frequency and percentage distribution of sample according to their selected socio demographic variables.

N=150

Variables	Opts	Percentage(%)	Frequency(f)
AGE (IN YEAR)	40-45	20%	30
	46-50	40%	60
	51-55	26%	39
	56-60	14%	21
MENOPAUSAL STATUS	Pre menopausal	33%	49
	Perimenopausal	44%	66
	Postmenopausal	23%	35
AGE AT MENOPAUSE	>45	87%	120
	<45	13%	30
FAMILY SUPPORT	Yes	87%	130
	No	13%	20
EDUCATIONAL STATUS	Illiterate	29%	43
	Up to primary	39%	59
	Up to secondary	15%	23
	Graduate and above	17%	25
MARITAL STATUS	Married	87%	130
	Widows/ divorcee	13%	20
	Unmarried	0%	0
OCCUPATIONAL STATUS	Professional	3%	5
	Non-professional	17%	26
	Housewife	79%	119

Above table-4.1 showed that the age between 40-45 years old are 20%, 46-50 years old are 40%, 51years old are 26%, 56-60 years old are 14% respectively. Menopausal status which includes pre-menopausal that are 33%, perimenopausal (44%), and postmenopausal (23%). Age at menopause >45 are 87%, <45 are 13%, family support which includes yes's are 87%, no's are 13%. Educational status includes illiterates that are 29%, up to primary are 39%, up to secondary are 15%, graduates and above are 17%. Marital status includes married that are 87%, widows/divorce are 13%, unmarried are 0%.

Occupational status includes professional that are 3%, non-professional are 17% and housewives are 79%.

SECTION- 2

Table No: 2 frequency and percentage distribution of middle aged women according to their menopausal symptoms.

CRITERIA MEASURE OF MENOPAUSAL SYMPTOMS SCORE		
Level of Scores n= 150	Percentage	Frequency
VERY SEVERE.(36-44)	0.0%	0
SEVERE.(27-35)	2.7%	4
MODERATE.(18-26)	83.3%	125
MILD.(9-17)	14.0%	21
NONE.(0-8)	0.0%	0

Maximum =44 Minimum=0

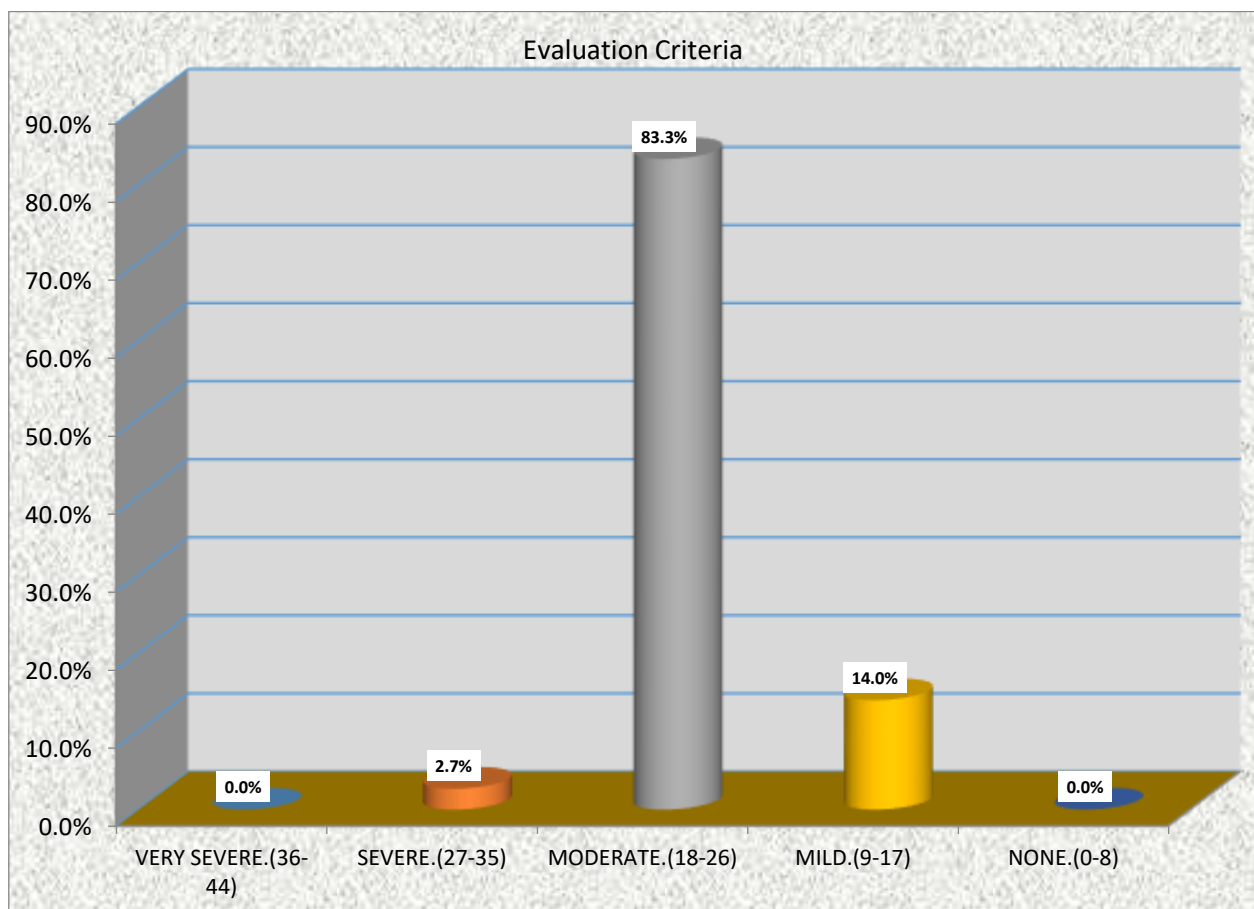


Figure No 4 8: The frequency and percentage distribution of middle aged women according to their menopausal symptoms. Majority of middle aged women whose score level is (18-26) are 83.3% of menopausal symptoms are in moderate, (9-17) are 14.0% of menopausal symptoms are in mild, (27-35)

are 2.7% menopausal symptoms are in severe, (36-44) are 0% of menopausal symptoms are in very severe, (0-8) which are 0% of menopausal symptoms are in none.

Table No 3: Descriptive Statistics table mean, median, standard deviation, maximum, minimum, range, mean% menopausal symptoms among middle aged women.

n= 150							
Descriptive Statistics	Mean	Median	S.D.	Maximum	Minimum	Range	Mean %
MENOPAUSAL SYMPTOMS Score	20.98	21	3.16	29	14	15	47.68
Maximum=44 Minimum=0							

The above table showed that the Descriptive Statistics table mean was 20.98, median was 21, standard deviation was 3.16, maximum was 29, minimum was 14, range was 15 and mean% was 47.68menopausal symptoms among middle aged women.

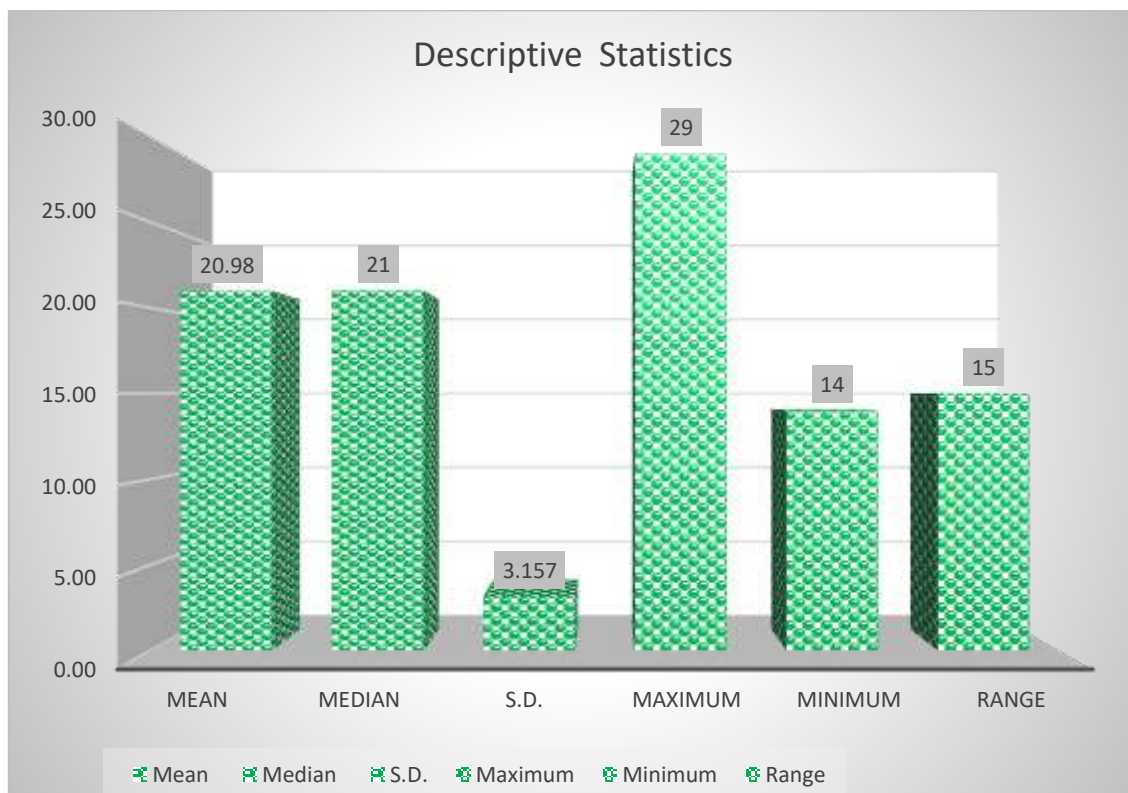


Figure No 4. 9: Diagram showing descriptive statistics

The above graph showed that the Descriptive Statistics table mean is 20.98, median is 21, standard deviation is 3.16, maximum is 29, minimum is 14, range is 15, and mean % is 47.68menopausal symptoms among middle aged women.

Table No 4: Table Showing Association between menopausal symptoms Scores among middle aged women with Demographic Variables.

This section deals with the findings related to the association between menopausal symptoms score middle aged women with selected demographic variables. The chi-square test was used to determine the association between the score levels and selected demographic variables.

Demographic Data		Levels (N=150)							Association with MENOPAUSAL SYMPTOMS Score						
Variables	Opts	Y	SEVE	SEVE	RE	MOD	ERA	FE	MIL	D	NON	E	Chi Test	df	Result
AGE (IN YEAR)	40-45	1	29	0									15.509	6	Significant
	46-50	0	49	11											
	51-55	3	32	4											
	56-60	0	15	6											
MENOPAUSAL STATUS	Pre menopausal	2	45	2									7.271	4	Not Significant
	Perimenopausal	2	51	13											
	Postmenopausal	0	29	6											
AGE AT MENOPAUSE	>45	4	106	20									2.327	2	Not Significant
	<45	0	19	1											
FAMILY SUPPORT	Yes	2	115	13									18.874	2	Significant
	No	2	10	8											
EDUCATIONAL STATUS	Illiterate	2	37	4									3.333	6	Not Significant
	Up to primary	2	47	10											
	Up to secondary	0	20	3											
	Graduate and above	0	21	4											
MARITAL STATUS	Married	4	106	20									2.327	2	Not Significant
	Widows/ divorcee	0	19	1											
	Unmarried	0	0	0											
OCCUPATIONAL STATUS	Professional	1	3	1									6.993	4	Not Significant
	Non-professional	0	23	3											
	Housewife	3	99	17											

Table 4, shows that the association between the level of menopausal score and socio demographic variable like age, menopausal status, age at menopause, family support, educational status, marital status, occupational status. Based on the objectives used to Chi-square test used to associate the menopausal symptoms and selected demographic variables, it indicated that the chi-square values computed significance association between the menopausal symptoms and age ($\chi^2 = 15.509$) and family support ($\chi^2 = 18.874$). There is no significance association between the level of scores and other demographic variables menopausal status ($\chi^2 = 7.271$), age at menopause ($\chi^2 = 2.327$), educational status ($\chi^2 = 3.333$), marital status ($\chi^2 = 2.327$), occupational status ($\chi^2 = 6.993$). The calculated chi-square values are less than the table value at the 0.05 level of significance.

DISCUSSION

The purpose of the study was to assess the menopausal symptoms among middle aged women with a view to develop an information booklet on coping strategies. Research design a descriptive research design was used. Setting: the study was conducted in Sarfarazganj, Lucknow, U.P. Sample a purposive sample composed of 150 middle aged women residing in Sarfarazganj Lucknow. Tools of data collection socio demographic data, standardized MRS scale was use to assess menopause symptoms middle aged women, a booklet on coping strategies regarding menopause was developed and was distributed to each respondent after collecting data to aware middle aged women.

RESULT

The first objective of the study was to assess the menopausal symptoms among middle aged women.

Showed that the age between 40-45 years old are 20%, 46-50 years old are 40%, 51 years old are 26%, 56-60 years old are 14% respectively. Menopausal status which includes pre-menopausal that are 33%, perimenopausal (44%) and postmenopausal (23%). Age at menopause >45 are 87%, <45 are 13%, family support which includes yes's are 87%, no's are 13%. Educational status include illiterates that are 29%, up to primary are 39%, up to secondary are 15%, graduates and above are 17%. Marital status includes married that are 87%, widows/divorce are 13%, unmarried are 0%. Occupational status includes professional that are 3%, non-professional are 17% and housewives are 79%.

Major finding of the study characteristics

Regarding Majority of the subjects 40% were in the age of 46-50 years, regarding Majority of the 44% were in the menopausal status of Perimenopausal, regarding Majority of the 87% were in the age at menopause of >45 years, regarding Majority of the 87% were in the family support of yes, regarding Majority of the subjects 39% were in the educational status of up to primary, Majority of the 87% were in the marital status of married, regarding Majority of the 79% were in the occupational status of housewife.

The second objective of the study was to associate the menopausal symptoms among middle aged women with selected demographic variables with a view to develop an information booklet on coping strategies.

Frequency and percentage distribution of middle aged women according to their menopausal symptoms of scores majority (18-26) 83.3% of menopausal symptoms were in moderate, (9-17) 14.0% of menopausal symptoms were in mild (27-35) 2.7% menopausal symptoms were in severe, (36-44) 0% of menopausal symptoms were in very severe, (0-8) 0% of menopausal symptoms were in none.

The Descriptive Statistics table mean was 20.98, median was 21, standard deviation was 3.16, maximum was 29, minimum was 14, range was 15, mean % was 47.68 menopausal symptoms among middle aged women.

Association between the level of menopausal score and socio demographic variable like age, menopausal status, age at menopause, family support, educational status, marital status, occupational status. Based on the objectives used to Chi-square test used to associate the level of knowledge and selected demographic variables, it indicated that the chi-square values computed significance association between the menopausal symptoms and age ($\chi^2=15.509$) and family support ($\chi^2=18.874$) There is no significance association between the level of scores and other demographic variables menopausal status ($\chi^2=7.271$), age at menopause ($\chi^2=2.327$), educational status ($\chi^2=3.333$), marital status ($\chi^2=2.327$),

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Association between menopausal symptoms Scores among middle aged women with Demographic Variables.

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5.3 CONCLUSION

Conclusion was derived from finding and a synthesis of finding. Forming these conclusion requires a combination of logical reasoning, creative formation of meaningful whole from the pieces of information obtained through data analysis and finding from the previous studies receptivity to subtle calves in data and the use of open context in considering alternative of data.

The following conclusions were drawn on the basis of present study to assess the menopausal symptoms among middle aged women residing in Sarfarazganj Lucknow with a view to develop an information booklet on coping strategies.

- Assess the menopausal symptoms majority of middle aged women.
- There was no significant association was found with menopausal symptoms with selected demographic variables.

LIMITATIONS

1. The number of sample was small which interfered with the generalization of the findings.
2. Study was conducted in only one town area, there by restricting the generalization of the findings.
3. Study was restricted only to the menopausal women.

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Date: 18/03/2021

APPROVAL LETTER

To,

Ms. Kanchan Singh

Student of M.Sc. Nursing,
Era College of Nursing,
Era University,
Lucknow.

Dear Student,

I am happy to inform you that your Obstetrics and Gynaecology Nursing Dissertation Protocol, on the topic entitled **"A study to assess the menopausal symptoms among middle aged women residing in Sarfarazganj Lucknow with a view to develop an information booklet on coping strategies"** under guidance of Dr. Indra V. has been **"Approved"** by the Institutional Ethics Committee.

Final Decision: "APPROVED"



Prof. Luxmi Singh

Member Secretary,
Institutional Ethics Committee,
Era's Lucknow Medical College & Hospital
Lucknow.

Institutional Ethics Committee
Era's Lucknow Medical College
& Hospital Lucknow

Copy to:

- Dr. Indra V. (Guide), Era College of Nursing
- Office Copy