

KHYATI COLLEGE OF NURSING

SUBJECT: NURSING RESEARCH & STATISTICS

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CHAPTER - 1

BACKGROUND OF THE STUDY

Menopause is an unspoken, unattended, reality of life, the cause of which is still undeciphered completely by man. Menopause is one such midlife stage which might be over reduction me easily or make a lady miserable depending on her luck. This phase of life shrouded with lots of myths and taboos. Early recognition of symptoms can help in reduction of discomfort and fear among the women.

World health organization (WHO) has defined post - menopause women as those women who have stopped menstrual bleeding one year ago or stopped having periods as result of with increasing life expectancy, women spend 1/3 of life in this phase.

It is estimated that by the end of 2015 there will be 130 million elderly women in India, necessitating substantial amount of care. Menopause symptoms though well tolerated by some women, may be particularly troublesome in others. Severe symptoms compromise overall quality of life for those experiencing them.

There is under reporting of symptoms among Indian women due to socio cultural factor According to literature, at least 60% of ladies suffer from mild symptoms and 20% symptoms. The average life expectancy is forecasted to be 35.98 years between 40-60 year of midlife, and the middle aged women population is projected to grow rapidly. Middle aged womens.

Health has been underscored as their social status and the standered of living has improved along with growth which was relatively faster than that of man population women in the transition from midlife to elder status are more likely to undergo various and complex health problems and to draw medical attention due to an increased risk of lowered quality of elderly life caused by inappropriate management.

Pre and post menopause women experience a wide range of menopause symptoms and their life style patterns and physical, psychological, social, and spiritual adaptation directly affecting elderly health improvement are considerable crucial, Many middle aged women worry about losing their women hood

and attractiveness after menopause Moreover, peri menopausal women may experience sense of loss and worthlessness after they stop giving valves their children grow and become independent women

facing postmenopausal changes can a riches life by looking of life on a positive perspective as an opportunity for inner maturity. Since postmenopausal women at midlife experience various problems and difficulty in adapting to climacteric change has a effect on elderly women's health, appropriate understanding of women that certain physical, mental, social, and psychological changes occurs during menopause help them with greater readiness to cope with these change.

The most common and severe symptoms are memory loss, reccurent fatigue, Exhaustion and dry skin in karean women at menopause period. Midlife symptoms were more likely to have a lower quality of

life on the other hand, the quality of life improve with the use of alternative and preventive measures for menopause management.

NEED OF THE STUDY

- The menopause is the permanent cessation of menstruation which occur as a result of the loss of ovarian follicular activity & is recognized after 12 months of consecutive amenorrhea.
- The menopause refers to the time in every women's life when menstruation stop & ovaries loss their reproductive function.
- Menopause may result many retraction in women's physiological functioning & cause anxiety. It is important that middle age women during menopause period should have adequate knowledge & positive perception regarding menopause transition that may help them to cope up with the changes in their life & improve the quality of life.
- Menopause is not the end of life, but during the menopausal stage women may experience various symptoms. These symptoms may affected their physical as well as physiological activities in this period, women need knowledge & better understanding to easily cope-up with post-menopausal life.
- In the menopausal period of women's life is very crucial where the needs most emotional support & expert guidance before the menopause.

STATEMENT OF PROBLEM

A descriptive study to assess the knowledge regarding changes during menopause among middle age women in selected district of Gujarat state.

OBJECTIVE OF PROBLEM

- To assess the level of knowledge regarding changes during menopause among middle age women in selected district of Gujarat.
- To find out association between knowledge regarding change during menopause among middle age women in selected district of Gujarat state with selected demographic variables.

OPERATION DEFINATION

1)ASSESS :-In this study, it refers to find out the knowledge of middle age women regarding changes during menopause.

2)KNOWLEDGE :- In this study, it refer to correct responses given by middle age women

regarding change during menopause

3)MENOPAUSE :- In this study, It refers to the time when there has been no menstruation period for 12 consecutive month and no other biological or physical cause can be identified. It can be fertility, the end the child bearing birth.

4)MIDDLE AGE WOMEN :- In this study, It refers to age group between 30 to 40 years of age.

- The middle age women may have adequate knowledge regarding the changing during menopause

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DELIMITATION

- The study is delimited to menopause women in the mean age group of 40 – 65 years.

The study is delimited to those women who are not present during collection.

SUMMARY

Menopause is the condition, in which the time in the women's life when her menstrual cycle used is stopped. It's usually occurs naturally, most often after age of 45 year. It because women's ovaries stop producing the hormones like estrogen and progesteron.

In this study, the investigator including the need for study, problem statement, objective, operation

Definition and assumption and after that summarization.

CHAPTER II

The review of literature is a key step in the research process a well structured literature review is characterized by logical flow of idea current and relevant references with consistent appropriate reference style, proper use of terminology and on unbiased and comprehensive view of previous research on the topic.

Naharumkarmakar (2017), Occurrence or vasomotor symptoms was average win 60% or then reporting not pluses & 47% sweating. Most prevalent psychosocial symptoms reported this reading of anxiety of nervousness 94% and overall depress on physical symptoms were guilty, varying in occurrence win some symptoms such as felling tired 49% reported of avoiding intimate win a partner and 26% complained of vaginal dryness.

Kalabroudi et.al (2012), conducted cross sectional study of prevalence and severity of menopausal symptoms were assessed among 700 menopausal women aged 40-60 years using menopause quality of life questionnaire the most common symptoms in vasomotor, psychosocial physical and sexual domains were night sweating, feeling a lack of energy and changes in sexual desire respectively moreover the most severe symptoms in those domains were feeling anxious and avoiding intimacy.

Shafle et.al (2012), conducted cross sectional study among 427 health women between 40 to 60 years in using menopause rating scale was conducted with the aim to analyze the prevalence and severity of climetric symptoms.

Rahman Et.al (2011), conducted study aimed to document the menopausal related symptoms among middle age women the data was collected from 50g women aged 40-70 years in the community. The most prevalent symptoms reported include felling tired (92.9%) , headache (88.8%), joint and muscular discomfort (76.2%), physical and mental exhaustion (60.9%), and sleeplessness (54.4%), which are

followed by depressive mood (37.30%), irritability (36%), dryness of vagina (36%), hot flushes and sweating (35.8%), and bladder problem (12.8%).

Waidyasekerawijewardena, landmark nassen (2009) conducted cross sectional study on 683 women ages 45 to 65 years. The most prevalent menopausal symptoms were joint and muscular discomfort (74.7%), physical and mental exhaustion (53.9), and hot flashes (39.12%), joint muscular discomfort showed an increase in prevalence from the premenopausal category to the postmenopausal category ($p < 0.05$ for all) chronic illness in the women.

Nisar and sohoo (2008), assessed the menopause related symptoms and the impact of these symptoms on the quality of life of menopausal women. Menopause specific quality of life questionnaire was used to assess the frequency and severity of symptoms most prevalent symptoms within study objects was body ache 165 (81.7%), frequencies of some classical symptoms were 134 (66.3%), reported hot flushes 139 (68.8%), and 134 (66.3%), reported lack of energy and decrease in physical strengths respectively the less frequently reported symptoms was increase in facial hair 20 (9.9%).

Eden (2007), conducted a cross sectional survey among 310 women aged 45-65 years using menopause quality of life (MENQOL) questionnaire only 34% of women reported hot flushes and 27% reported night sweats more commonly reported psychological symptoms such as poor memory and physical symptoms such as dry skin, aching in muscle and joints and decreased physical.

National institute of aging (2006), menopause is a natural event in the course of every women life it is a time of last period but symptoms can begin several years before these symptoms can last for months or years sometimes around 40 years, the women notice that her menstruation is different in its duration pregnancy and among

of bleeding changing level of estrogen & progesterone which are two female hormone produced in the ovaries might lead to these symptoms.

According to north American menopause survey (2000), the average age for the onset of premenopausal is 47.5 years and natural menopause occurs at the age of 51.4 years in western women in rural north India, Singh & Arora (2005) found that the average age at menopause is 44 years. There were many studies reported the mean age of menopause between 45 to 55 years. Quazi (2006) reported it as 50 years Dillon Singh, Hamid & Mahmood (2001) document it as 49.4 years.