

A Study To Assess The Effectiveness Of Information Booklet On Knowledge Regarding Premenopausal Symptoms Among Women, In Selected Rural Area, Lucknow, UP

Laxmi Pandey, Komal Gautam ,Nidhi, Anushka Sharma,Lakshmi,Neeshu Rawat , Roshni Rani , Somi Singh

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Abstract- Background: Pre-menopause is natural occurring in every woman's reproductive age, this typically occurs between the age of 40-50 years and its symptoms includes menstrual irregularities, hot flashes, fatigue, vaginal dryness, which occurs 2-10 years before attaining the menopause. Objectives: To evaluate pre-test knowledge score related to pre-menopausal symptoms. To assess the post-test knowledge score related to pre-menopausal symptoms. To compare the pre-test and post-test knowledge score regarding pre-menopausal symptoms. To find out association between pre-test level of knowledge with their socio demographic variable. Methodology: This study was conducted using quantitative research approach A quasi- experimental research design (one group pre-test post-test) was used. 30 women of age group from 40-51 years were selected through convenient sampling technique, in selected rural area of Lucknow. A Self Structured Knowledge questionnaire was used to assess the knowledge regarding premenopausal symptoms among women. Result-The study revealed that mean and SD of pretest level of knowledge score was 9.33 ± 2.1 and post-test level of knowledge score was 11.43 ± 1.9 . The paired (t) test value shows that there is a significant difference between pre-test and posttest knowledge score ($t=8.4$) at the level of significance ($p<0.05$). There is no significance found with the demographic variables except source of previous knowledge. Conclusion: The overall findings of the study shows that information booklet was effective, appropriate and feasible to impart the knowledge regarding premenopausal symptoms among women.

Index Terms- assess, effectiveness, information booklet, knowledge, premenopausal symptoms

I. INTRODUCTION

Pre-menopause is an unspoken, unattendant , reality of life. It is one such midlife stage which might be overcome easily or make a woman miserable and menopause is the cessation of menstruation. Pre-menopause by definition is the time in a women's life when she is adapting to physical, emotional, mental and hormonal changes. Some of the common associated changes include interrupted sleep pattern, hot flashes, stress and menstrual irregularities. Pre-menopause is completely natural occurring in every woman's reproductive age. This typically occurs between the age of 40-50 years and it is a period of menopause transition refers to 2-10 years before attaining the menopause. The average age of menopause is around 55 years of age.

According to World Health Report (2015), population of female in the world is estimated 3.905 billion out of which 476 million women attain menopause every year.

A normal woman's life cycle consists of stages-

1. Pre-pubertal stage
2. Pubertal stage(menarche)
3. Menstruation stage
4. Pre-menopausal stage
5. Menopausal stage
6. Post -menopausal stage

According to Pan Asian Menopause Society (2008). The Asian pre-menopausal women were more likely to have body ache (76-93%) and western pre- menopausal women were more prone to get vasomotor symptoms (14-34%)
According to Stacy B. German, (2010) in the United States about 1.3 million women attain menopause per year out of which 20% of women diagnosed with depression.

According to Govil (2010) women in pre-menopause period are negligent about their health and end up with chronic disease.

According to M. Deepan. Babu in (2020) at Tamil Nādu India shows that 0% of the women had adequate knowledge ,15% of the women had moderate knowledge and 94% of women had inadequate knowledge regarding premenopausal symptoms. With all these observations the investigator felt that it is essential to identify the premenopausal symptoms and home remedies among women (45-55 years).

II. STATEMENT OF THE PROBLEM

“A study to assess the effectiveness of information booklet on knowledge regarding Premenopausal symptoms among Women, in selected rural area, Lucknow, U.P.”

III. OBJECTIVE OF THE STUDY

- To evaluate pre-test knowledge score related to pre-menopausal symptoms.
- To assess the post-test knowledge score related to pre-menopausal symptoms.
- To compare the pre-test and post-test knowledge score regarding pre- menopausal symptoms.
- To find out association between pre-test level of knowledge with their socio demographic variable.

HYPOTHESIS

- **H1-** There would be a significant difference between pre-test and post- test knowledge score of women on premenopausal symptoms
- **H2-** There would be a significant association between pre-test knowledge score with their selected demographic variable.

OPERATIONAL DEFINITION

A) ASSESS: In present study, assess refers to the process used to identify the level of

B) EFFECTIVENESS: Effectiveness refers to the knowledge score after providing information booklet regarding premenopausal symptoms among women.

C) INFORMATION BOOKLET: In present study, information booklet is an instructional aid, designed to provide information regarding premenopausal symptoms among women. knowledge regarding the pre-menopausal symptoms.

D) KNOWLEDGE: In this study the knowledge refers to right response given by women to the questionnaires related to pre-menopausal symptoms.

E) PRE-MENOPAUSAL SYMPTOMS: Pre menopause symptoms includes menstrual irregularities, hot flashes, fatigue, vaginal dryness, which occurs 2-10 years before attaining the menopause

DELIMITATIONS

The study is delimited to premenopausal women (40-51 years) of selected rural area of Lucknow.

IV. RESEARCH METHODOLOGY

Research Approach : The research approach indicates the basic procedures for conducting research, based on the nature of the problem and objective of the study. The research chosen for the study was Quantitative research approach.

Research Design : It refers to overall strategies that one chooses to integrate different components of the study. The research design chosen for the study was Quasi – experimental research design (one group pre-post-test).

Variables: The variable in the present study includes:

- **Independent variable** -In present study independent variables is “Information booklet”.
- **Dependent variable** -In present study dependent variable is “pre-menopausal women” (40-50years)

Setting: The study was conducted at the selected rural area of Lucknow. The present study was conducted in juggaur , Chinhat Block , Lucknow District , Uttar Pradesh.

Population:

- **Target population** – In present study target population was women of premenopausal age.

- **Accessible population-** Women (40-51 years) of selected rural area in Lucknow.

Sample: In the present study sample was women (40-51 years) in selected rural area Lucknow.

Sample size: The study consists of 30 samples at selected rural area of Lucknow.

Sampling technique: Convenient sampling technique.

Sampling criteria

- **Inclusion criteria-**
 - women was willing to participate.
 - Women was able to speak hindi.
 - Women were of age group (40-51 years)
- **Exclusion criteria-**
 - women unwilling to participate
 - women who were not present at the time of data collection.

Tools of data collection

- Section A- Demographic variable
- Section B- Structured knowledge questionnaire

SCORING KEY

Level of knowledge	Knowledge score
Adequate	14-26
Inadequate	0-13

Content validity: Content validity of the tool was obtained by expert suggestion for development of tool.

Ethical Consideration: The proposed study was conducted after taking administrative permission from Principal of Sahara College of Nursing and Paramedical Science and Ethical permission from Sarpanch and Pradhan of village.

Data Collection process: Informed consent from the participants was taken. Pretest was conducted through structured knowledge questionnaires. Intervention was given by information booklet to pre-menopausal women. Post test was conducted after 7 days.

Plan for data analysis-

Organization of data in master sheet. Frequency and percentage used for analysis of demographic data.

Descriptive statistics- Calculation of mean, standard deviation, chi square for the analysis of knowledge score.

Inferential statistics- Paired t-test to determine the association between pre-test knowledge score with their demographic variables.

V. ANALYSIS AND INTERPRETATION

SECTION-A

Socio Demographic Variables of Participants

Table No.1- Frequency, Percentage Distribution of socio demographic variables of pre-menopausal women:

[1] S.No.	[2] Characteristics	[3] Frequency	[4] Percentage (%)
[5] 1	[6] Age [7] 42-46 years [8] 46-49 years [9] 49-51 years	[10] [11] 9 [12] 14 [13] 7	[14] [15] 36% [16] 46.66% [17] 23.33%
[18] 2	[19] Religion [20] Hindu [21] Muslim	[22] [23] 25 [24] 5	[25] [26] 83.33% [27] 16.66%
[28] 3	[29] Marital status [30] Married [31] Divorced [32] Widow	[33] [34] 20 [35] 2 [36] 8	[37] [38] 66.66% [39] 6.66% [40] 26.67% [41]
[42] 4	[43] Level of Education [44] Illiterate [45] Primary Education [46] Graduate	[47] [48] 10 [49] 19	[51] [52] 33.33% [53] 63.33%

		[50] 01	[54] 3.34%
[55] 5	[56] Socio-Economic status [57] <10,000/month [58] 10,000-20,000/month	[59] [60] 23 [61] 7	[62] [63] 76.66% [64] 23.33%
[65] 6	[66] Dietary Pattern [67] Vegetarian [68] Non vegetarian [69] Eggetarian	[70] [71] 7 [72] 13 [73] 10	[74] [75] 23.33 [76] 43.33% [77] 33.33
[78] 7	[79] Habits [80] Tobacco chewing [81] Alcoholism [82] Smoking [83] No bad habits	[84] [85] 8 [86] 2 [87] 7 [88] 13	[89] [90] 26.66% [91] 6.66% [92] 23.33% [93] 43.33%
[94] 8	[95] Source of information [96] Family [97] Peer group [98] Mass media [99] Other	[100] [101] 25 [102] 2 [103] 2 [104] 1	[105] [106] 83.33% [107] 6.66% [108] 6.66% [109] 3.33%

Table No.1 Reveals that maximum no. of participants 46.66% were between 46-49 years of age , 30% were between 42-46 years of age, 23.33% were between 49-51 years of age. Most of the women 83.33% were hindu and only 16.66% were muslim women. 66.66% of women were married, 6.66% were divorced and 26.67% of women were widow. Most of the 63.33% of women were having primary education, 33.33% of women are illiterate and only 3.34% of women were graduate. Most of the 76.66% of women were having very low socio- economic status and 23.33% have low socio-economic status. 43.33% of women were non-vegetarian, 33.33% of women were eggitarian , and only 23.33% of women were vegetarian. Most of the women 43.33% were having no bad habits, 26.66% of women were having the habit of tobacco chewing, 23.33% of them were having smoking habits, and 6.66% of women were having the habit of drinking alcohol. Most of the women 83.33% were having family as a source of information, 6.66% of women were having information from peer groups and mass media, 3.33% of were were having other source of information .

SECTION-B

Comparison of PRE-TEST and POST-TEST knowledge score

Table No.2: Frequency and Percentage distribution of knowledge score of pre-menopausal women.

[110]Knowledge	[111] Pre-Test		[112] Post- Test	
	[113]Frequency	[114]Percentage(%)	[115]Frequency	[116]Percentage(%)
[117]Inadequate(0-13)	[118]29	[119]96.66%	[120]21	[121]70%
[122]Adequate(14-26)	[123]1	[124]3.33%	[125]9	[126]30%

Table No.2 exhibits the comparison,96.66% of women had inadequate and 3.33% of women had adequate knowledge in pre-test; whereas in post-test 70% of women had inadequate knowledge and 30% have adequate knowledge.

SECTION-C

Effectiveness of Information Booklet on knowledge regarding Pre-menopausal Symptoms

Table No.3 Depicting the mean, standard deviation , and t-value of pre-test and post-test.

[127]Test	[128]Mean+_SD	[129]'t' value	[130]Inference [131](df)
[132]Pre-Test	[133]9.33+_2.1	[134]8.4	[135]2.05(29)
[136]Post-Test	[137]11.43+_1.9		

Table No.3: Exhibit the overall pre-test mean and standard deviation was 9.33+_ 2.13 whereas overall post-test means and standard deviation was 11.43+_ 1.94. The obtained paired 't' value was 52.20 significant at 5% level 'p' <0.05. The statistical 't' test implies that the difference in pre-test and posttest value was found 52.20 which is statistically significant at 5% level (p<0.05). There exists a statistical significance in the enhancement of level of knowledge score indicating the positive impact of information booklet. Hence the stated hypothesis H1 is accepted.

SECTION-D

Association between the Pre-Test Knowledge score with demographic variables.

Table No.4: Depicting association between pre-test knowledge score with demographic variables.

S.No.	Variable	Pre-Test Knowledge Score		Chi-Square Value	DF	P-Value	Inference
		Inadequate	Adequate				
1	Age in Years			3.399	2	5.99	NS
	42-46	9	0				
	46-49	14	0				
	49-51	6	1				
2	Religion			0.2068	1	3.84	NS
	Hindu	24	1				
	Muslim	5	0				
3	Marital Status			0.5172	2	5.99	NS
	Married	19	1				
	Divorced	2	0				
	Widow	8	0				
4	Education Level			0.5989	2	5.99	NS
	Illiterate	10	0				
	Primary Education	18	1				
	Graduate	1	0				
5	Socio-Economic Status			0.3148	1	3.84	NS
	<10000 /Month	22	1				
	10000-20000 /month	7	0				

6	Dietary Pattern			3.3990	2	5.99	NS
	Vegetarian	6	1				
	Non-Vegetarian	13	0				
	Eggetarian	10	0				
7	Habits			1.352	3	7.82	NS
	Tobacco Chewing	8	0				
	Alcoholism	2	0				
	Smoking	17	0				
	No Bad Habits	12	1				
8	Source of previous information			14.4828	3	5.99	S
	Family	25	0				
	Peer Group	1	1				
	Information Media	2	0				
	Other	1	0				

Table No.4: shows that there was no significant association between age, religion, marital status, education level, socio-economic status, dietary pattern, and habits of pre- menopausal women with socio- demographic variables except source of previous information at the level of significance $p < 0.05$.

VI. SUMMARY:

Data were analysed according to the objectives of the study. Analysed data were presented in the form of tables. The presentation was described in empirical and justified manner.

VII. DISCUSSION

Objectives

1. To assess the pre-test knowledge score regarding premenopausal symptoms.

The mean pre- test score was 9.33 and SD was 2.1 and post-test results states that 9 (30%) had adequate knowledge whereas majority of women 21(70%) had inadequate knowledge. The mean post test score was 11.43 and SD was 1.9. Therefore, the overall mean of post-test knowledge score was 11.43 when compared to pre-test of 9.33 The obtained t value was 8.4 highly significance at $p < 0.05(2.05)$ level.

2. To find the association between pre-test level of knowledge with their socio demographic variables.

There is significant association found between pre-test knowledge score with selected demographic variable (source of previous information).

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AUTHORS

First Author – Laxmi Pandey
Second Author – Komal Gautam
Third Author – Nidhi
Fourth Author – Anushka sharma
Fifth Author – Lakshmi
Sxith Author – Neeshu Rawat
Seventh Author – Roshni Rani
Eighth Author- Somi Singh