

# A Study to Assess the Level of Knowledge Regarding Health Issues Related to Menopause Among Women in Selected Areas of Kannur District

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**Abstract:** The present study was conducted to assess the level of knowledge regarding health issues related to menopause among women in selected areas of Kannur district. The objectives of the study were to assess the level of knowledge regarding health issues related to menopause among women and to find out the association between level of knowledge regarding health issues related to menopause and selected demographic variable. The sample consisted of 100 women between the age of 35-60 years selected by using convenient sampling and as per inclusion criteria. Quantitative approach with descriptive design was used and the data were collected using a structured knowledge questionnaire. The data was analyzed using descriptive and inferential statistics. The result of the study shows that 50% of women have moderately adequate knowledge, 43% of women have adequate knowledge, 7% of women have inadequate knowledge and also there is a significant association between the level of knowledge regarding health issues related to menopause and selected demographic variables such as education and source of information related to menopausal health issues. The study concluded that there is a need to conduct an education program to increase the level of awareness among women. So, the researchers developed and distributed an informational booklet regarding menopausal health issues. The findings have implications in nursing research, nursing education, nursing practice and nursing administration.

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## I. INTRODUCTION

Menopause is the permanent cessation of menstruation. It is a normal aspect of life considered not as a disease or condition. When a woman permanently stops having menstrual periods, she has reached the stage of life called menopause.<sup>1</sup> Menopause is a natural biological transition marking the end of a woman's reproductive years, typically occurring between the ages of 45 and 55. It is characterized by the cessation of menstruation for 12 consecutive months due to declining ovarian function and reduced estrogen production. While menopause itself is a physiological process, the transition phase, known as perimenopause, is often associated with a range of physical, psychological, and emotional symptoms that

can affect a woman's quality of life.<sup>2</sup> Understanding the transition and its symptoms is crucial for early management and better coping strategies. Many women encounter a range of health issues during this period, including physical symptoms such as hot flashes, sleep disturbances, and joint pains, as well as emotional challenges like mood swings, anxiety, and changes in self-identity. Despite being a universal experience, awareness and understanding of menopausal health issues often remain limited. Women often navigate this life stage without adequate knowledge, making them more vulnerable to distress and health complications. Cultural taboos, lack of open conversation, and inadequate access to accurate information can leave women unprepared to manage this significant phase of life effectively. By exploring the women's knowledge

regarding health issues related to menopause, this study identifies the gaps in awareness and provide insights that can help guide education, support, and healthcare strategies. Ultimately, it aims to empower women with the information and confidence they need to navigate menopause with dignity, health, and well-being. Its purpose centers on identifying awareness gaps to promote education, reduce stigma, and improve health management during this life stage. By doing so, the study supports women's empowerment and better quality of life through informed decision-making. WHO recommended that the hormonal changes associated with menopause can affect physical, emotional, mental, and social well-being. The symptoms experienced during and following the menopausal transition vary substantially from person to person. Some have few if any symptoms. For others, symptoms can be severe and affect daily activities and quality of life. Some can experience symptoms for several years. Body composition and cardiovascular risk can also be affected. Menopause can also result in the weakening of the pelvic support structures, increasing the risk of pelvic organ prolapse. Loss of bone density at menopause is a significant contributor to higher rates of osteoporosis and fractures.<sup>3</sup> Studies conducted in various districts of Kerala provide statistical evidence that knowledge regarding menopause and its associated health issues is often inadequate among women.

## II. OBJECTIVES

- To assess the level of knowledge regarding health issues related to menopause among women.
- To find out the association between level of knowledge regarding health issues related to menopause and selected demographic variables.

## III. REVIEW OF LITERATURE

A descriptive study was conducted by Mrs. Deva Pon Pushpam (2021) to assess the level of knowledge regarding menopause among rural women of age group 45-55 years at Kot Bhalwal, Jammu. Quantitative approach and descriptive research design was used. 100 samples were selected using purposive sampling technique, a self-structured questionnaire was used for data collection. The findings showed that 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.<sup>4</sup>

A Non-experimental descriptive study conducted by Ms. Leena Mathew (Sr. Gladys Maria), Dr. Bimla Raniwas (2021) to assess the knowledge level regarding menopause among middle aged woman at selected community of Idukki district, Kerala. 80 samples were selected through non-probability sampling technique and the setting of the study was a rural community of 16 Idukki district, Kerala. A structured knowledge questionnaire was used for data collection. The findings showed that majority of the samples (71.1%) had average knowledge, 13.8 % of samples had good knowledge,

6.3% of samples had excellent knowledge and 8.8 % of samples had poor knowledge regarding menopause.<sup>5</sup>

A cross-sectional study was conducted by Shaymaa Majeed Hamzah Al-Shammari (2024) to assess knowledge and attitudes towards menopause among women in Al-diwanayah, Iraq. 285 samples were selected using convenient sampling technique. Data were collected using a structured questionnaire. The results reveal that overall, 38.6% of women exhibited good knowledge of menopause, 43.5% had moderate knowledge, while 17.9% had poor knowledge.<sup>6</sup>

A descriptive cross-sectional study was conducted by Amani Osman Abdelmola and et al (2024) on determinants of knowledge and perception about menopause among Saudi women. 480 samples were selected using random sampling. Data collection was done through face-to-face interviews in primary healthcare centers. Results showed that 56.3 % of the participants were classified as having low knowledge, while 43.8 % were classified as having high knowledge, and that knowledge levels are associated significantly by age, income, residence, and family status.

## IV. METHODOLOGY

- Research approach: Quantitative research approach
- Research design: Non-experimental descriptive research design.
- Setting of the study: Cherukunnu grama panchayat
- Sample and sample size: 100 women of age 35-60 years
- Sampling technique: Convenient sampling technique.
- Tool for data collection:
  - Section A: Demographic variables
  - Section B: Structured knowledge questionnaire to assess level of knowledge regarding health issues related to menopause

## V. DATA ANALYSIS AND INTERPRETATION

- Section I: Data on Demographic Variables among women.
  - Out of 100 Samples:
    - 22% belongs to age group of 41-45 years,
    - 41% are having pre-degree education
    - 70% are housewife
    - 53% are premenopausal women
    - 97% of women are married
    - 86% is from nuclear family
    - 63% of women have 2 to 3 numbers of children
    - 35% have previous knowledge from family and friends
- Section II: level of knowledge regarding health issues related to menopause among women

Table 1: Frequency and Percentage Distribution of Level of Knowledge Regarding Health Issues Related to Menopause Among Women.

Sl. No	Level of Knowledge	Range of Score	Frequency	Percentage
1	Inadequate knowledge	0-10	7	7%
2	Moderately adequate knowledge	11-20	50	50%
3	Adequate knowledge	21-30	43	43%

➤ Section III: association between level of knowledge regarding health issues related to menopause among women and selected demographic variables

Table 2: Association Between Level of Knowledge Regarding Health Issues Related to Menopause and Selected Demographic Variables Among Women

SL.NO	VARIABLES	DEGREE OF FREEDOM (df)	CHI SQUARE VALUE (X <sup>2</sup> )	TABLE VALUE
1	Age	8	5.56	15.51
2	Education	6	22.97	12.59
3	Occupation	8	14.6	15.51
4	Menopausal status	2	0.57	5.99
5	Marital status	2	0.44	5.99
6	Type of family	4	3.91	9.49
7	Number of children	4	2.89	9.49
8	Source of information related to menopausal health issues	8	17.79	15.51

### VI. RECOMMENDATIONS

- The study can replicate on large samples there by findings can be generalized to large population.
- An interventional study can be conducted by using structured teaching program.
- A study can be conducted to assess the impact of menopause on quality of life in women.

### VII. CONCLUSION

The current study was an attempt to estimate the level of knowledge regarding health issues related to menopause among women. The findings of the study showed that 50% had moderately adequate knowledge, 43% had adequate knowledge and 7% had inadequate knowledge. This indicates the importance of conducting an education program to increase the level of awareness among general population. So, the researchers developed and distributed an informational booklet regarding menopausal health issues.

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