

# Comparative Study was Conducted to Assess the Knowledge Regarding Selected Bio-Psychological Problems and their Management among Post-Menopausal Women Residing in Selected Urban and Rural Areas of Bagalkot District, Karnataka

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## Abstract:-

**Over the Centuries, Postmenopausal women have been subjected to Biological and Psychological problems. Comparative study was conducted to assess the knowledge regarding selected bio-psychological problems and their management among postmenopausal women residing in selected urban and rural areas of Bagalkot District, Karnataka.**

## I. OBJECTIVES

This chapter deals with the statement of the problem, objectives, operational definitions, assumptions, hypothesis, variables, and conceptual framework of the study.

### ➤ Objectives of the Study

1. To assess the knowledge regarding bio-psychological problems and their management among postmenopausal women residing at selected urban and rural areas of Bagalkot District.
2. To compare the knowledge regarding bio-psychological problems and their management among postmenopausal women residing at selected urban and rural areas of Bagalkot District.
3. To determine the association between knowledge regarding bio-psychological problems and their

management among postmenopausal women residing at selected urban and rural areas of Bagalkot District with their selected socio-demographic variables.

### ➤ Hypothesis:

**H<sub>1</sub>:** There is a significant difference between knowledge scores of Urban and Rural Postmenopausal women regarding the bio-psychological problems of post menopause and their management.

**H<sub>2</sub>:** There is a significant association between the knowledge scores of Urban and Rural Postmenopausal women regarding the bio-psychological problems of post menopause and their management and selected socio-demographic variables.

## II. INTRODUCTION

Human beings go through various stages of life like infancy, childhood, adolescence, adulthood, middle age, and old age and each stage of life is influenced various challenges. Women's postmenopausal period is very important since it influences biological, psychological, social, and emotional aspects due to physiological changes and causing biological problems such as osteoporosis and heart diseases and psychosocial problems affecting

women's physical well-being resulting in chronic fatigue, sleep problems, and changes in appetite.<sup>1</sup>

One of the most important stages in woman's life is Menopause. In this period the permanent cessation of menstruation resulting in the loss of ovarian follicle development and it is the normal developmental period experienced by women in mid life. It happened in critical period of women's life where there is a lot of social transition and it coincides with empty Nest syndrome, when children leave home and women find their selves alone with increased incidence of psychosomatic symptoms. Menopause knowledge implies the degree of understanding of changes in the body as a transition from a potentially reproductive to a non-reproductive state. During the postmenopausal stage, menopausal symptoms, such as hot flashes, can ease for most women. But, as a result of a lower level of oestrogen, postmenopausal women are at increased risk for a number of health conditions, such as osteoporosis, heart disease and several psychological problems. Medication, such as hormone therapy and/or healthy lifestyle changes, may reduce the risk of some of these conditions. Since every woman's risk is different, talk to your doctor to learn what steps you can take to reduce your individual risk<sup>2</sup>.

### III. RESEARCH METHODOLOGY

In a research study the researcher moves from the beginning a study (posing a question) to the end (obtaining an answer) is a logical sequence of predetermined steps that is similar across studies. This chapter deals with that flow, which is selected by the investigator in order to solve research problem.

#### A. Research Approach

Selection of research approach is a basic procedure for the conduction of research study. Survey studies are investigation in which self-report data are collected from sample with the purpose of describing population on same variables or variable of interest. Comparative studies are those studies that examine the difference between the intact groups on same dependent variables of interest. In view of the nature of the problem for the study and objectives to be accomplished, non-experimental descriptive approach considers as an appropriate research approach for the present study.

#### B. Research Design:

Research design help the researcher in selection of subjects, identification of variables, their manipulation and control, observation to be made and types of statistical analysis to interpret the data. In the present study Descriptive comparative survey design has been adopted.

#### C. Variables Of The Study:

Variable is a content that has measurable changing attributes. Variables are qualities properties or characteristics of persons, things, or situation that change or vary.

#### ➤ Socio-Demographic Variables:

Socio-demographic variables in this study includes, Age in years, religion, educational status, marital status, occupational status, family monthly income, number of children, duration of menopause, sources of health information and have you attended post-menopausal programme.

#### D. Setting Of The Study:

The present study was conducted in Muchakhandi, which is a rural area of Bagalkot District and in Vidyagiri, which is an urban area of Bagalkot city.

#### E. Population:

A population is complete set of persons or subjects that passes common characteristics that is of interest to the researcher.

#### ➤ The Target Population:

The target population for the present study is postmenopausal women with 45 to 61 years & above age group residing in rural and urban areas of Bagalkot District.

#### F. Sampling Technique:

In the present study convenient sampling technique was used to select the rural and urban areas, and subjects for the study.

#### G. Data Collection Method:

In the present study the data was collected by the use of closed ended structured interview schedule.

#### H. Developmental Of The Tool:

A structured interview schedule was developed by the investigator and translated into Kannada for assessing the knowledge of postmenopausal women's regarding bio-psychological problems and their management. The tool was prepared on the basis of objectives of the study.

#### ➤ Description of the Tool:

**Part-I** The socio-demographic profile consists of information about postmenopausal women; Age in years, religion, educational status, marital status, occupational status, family monthly income, number of children, duration of menopause, sources of health information and have you attended any post-menopausal programme.

**Part-II** It consists of 40 items to assess the knowledge of rural and urban postmenopausal women regarding biopsychological problems and their management. It has three sections as mentioned below.

➤ *Reliability of the tool:*

The coefficient of internal consistency was completed for structured knowledge questionnaire by using split half technique. The reliability of the test was done by using Karl Pearson's co-efficient of correlation formula and Spearman's Brown prophecy formula. The reliability co-efficient obtained for knowledge questionnaire was 0.86 which indicates the tool is reliable.

*I. Data Collection Procedure:*

The investigator obtained permission from the Ward Councillor of Vidyagiri, Bagalkot city and Gram panchayat member of Muchakhandi village of Bagalkot District. Participants consent is taken for willing in research study. Data was collected with the help of closed ended structured interview schedule for 20 days which begins from 02-03-2018 to 21-3-2018. The postmenopausal women were interviewed from 9am to 5pm, based on their availability and convenience. Every day 05 postmenopausal women were interviewed and co-operation was obtained from the subjects and it made easier for the investigator to gather the necessary information.

#### IV. RESULTS

Analysis is a research technique for systematic, objective and quantitative description of content of research procured through various means of research investigations. The analysis and interpretation of data involve the objectives material in the possession of researcher and his subjective reaction to the problem.

This chapter deals with the analysis and interpretation of data collected from the sample i.e., 100 Postmenopausal women in selected rural (50) and urban (50) areas of Bagalkot Distract. Was done with the help of descriptive and inferential statistics.

➤ *Presentation of Data:*

To begin with, data was entered in a master sheet for tabulation and statistical processing. The findings were presented under the following headings.

**Part-I:** Description of subjects with their selected socio demographic variables.

**Part-II:** Assessment of levels of knowledge regarding biopsychological problems & their management among

postmenopausal women residing in selected urban & rural areas of Bagalkot District.

**Section-A:** Assessment of levels of knowledge regarding biopsychological problems & their management among postmenopausal women residing in selected urban & rural areas of Bagalkot District.

**Section-B:** Area wise mean, SD and mean percentage of knowledge scores of rural & urban postmenopausal women regarding Biopsychological problems and their management.

**Part-III:** Comparison of knowledge between rural and urban postmenopausal women regarding Bio psychological problems and their management.

**Part-IV:** Association of the socio demographic variables of rural and urban postmenopausal women with their knowledge scores.

**Part- I: Description of samples with their selected socio demographic variables.**

The Percentage wise distribution of sample according their age depicts that, majority of urban Postmenopausal women (44%) were belongs to 45-50 years of Age, 30% of them were belongs to 51-55 years of age, 20% of them were Belongs to 56-60 years of age, and only 6% belongs to 61 & above years of age. Where as in rural area, most of the Postmenopausal women (38%) were belongs to 51-55 years of age, 36% of them were belongs to 45-50 years of age, 16% of them were belongs to 56-60 years of age, and only 10% belongs to 61 & above years of age.

Hence as per the above stated findings it is clear that most of urban (44%) postmenopausal women were in the age group of 45-50 and rural (38%) postmenopausal women were in the age group of 51-55yrs.

The percentage wise distribution of sample according to their religion shows that, 88% of urban Postmenopausal women were belongs to Hindu religion and remaining (10%) of them were belongs to Muslim community and only (2%) were belongs to Christianity. Where as in rural area highest percentage of the Postmenopausal women (96%) were belonging to Hindu religion and remaining (4%) of them were belongs to Muslim community.

Thus, as per the above cited results, it is clear that, majority of urban (88%) and rural (96%) postmenopausal women were belonging to Hindu religion.

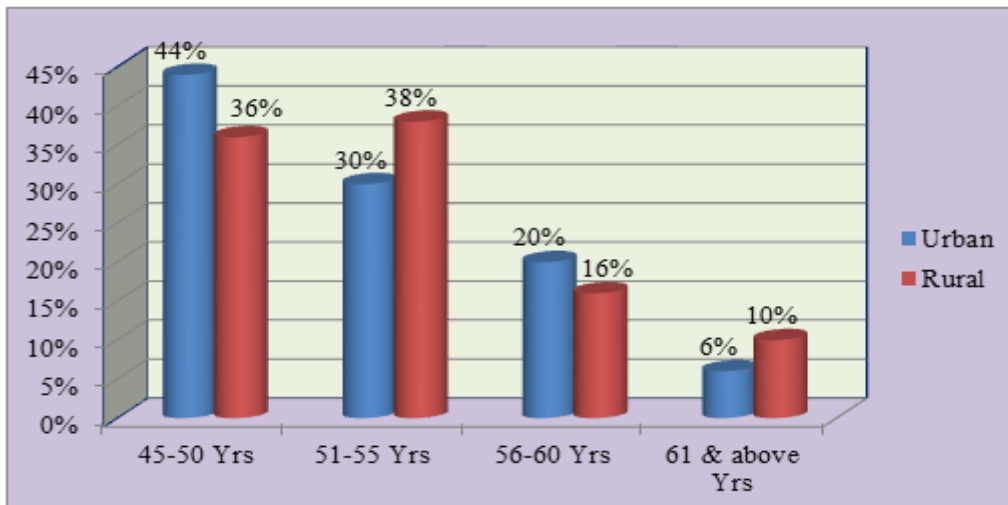


Fig 1:- Percentage wise distribution of postmenopausal women according to their age

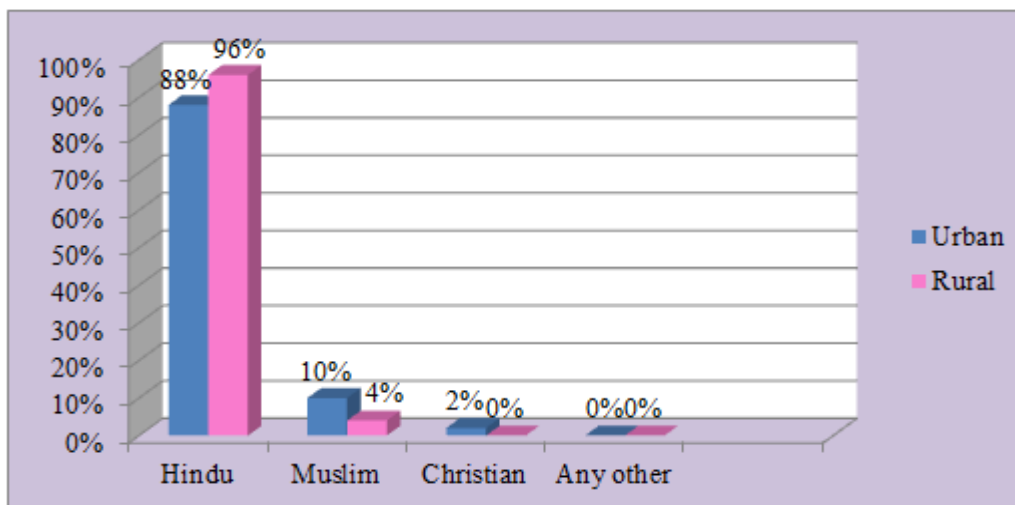


Fig 2:- Percentage wise distribution of postmenopausal women according to their religion

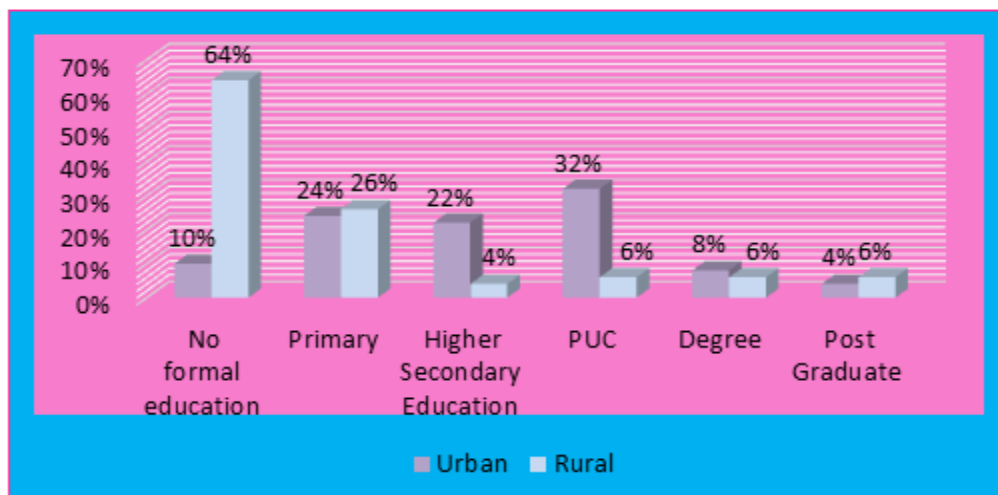


Fig 3:- Percentage wise distribution of postmenopausal women according to their educational status

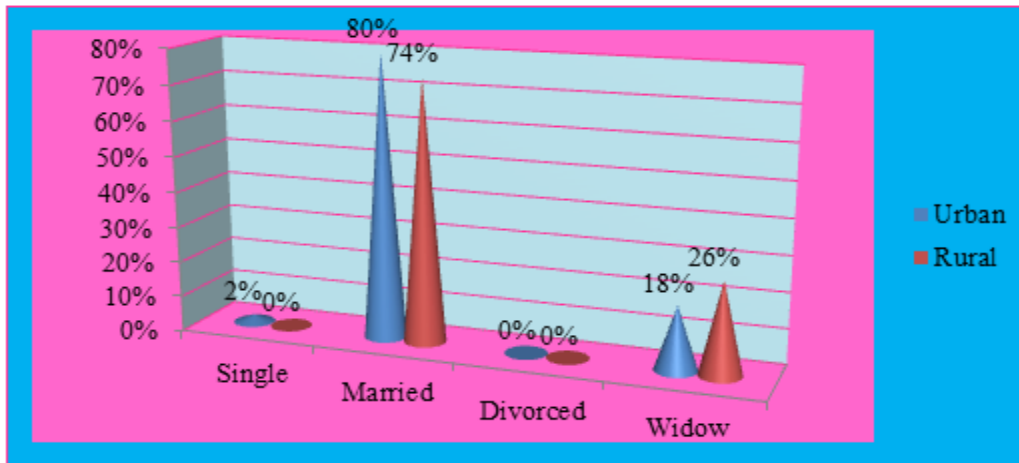


Fig 4:- Percentage wise distribution of postmenopausal women according to their marital status.

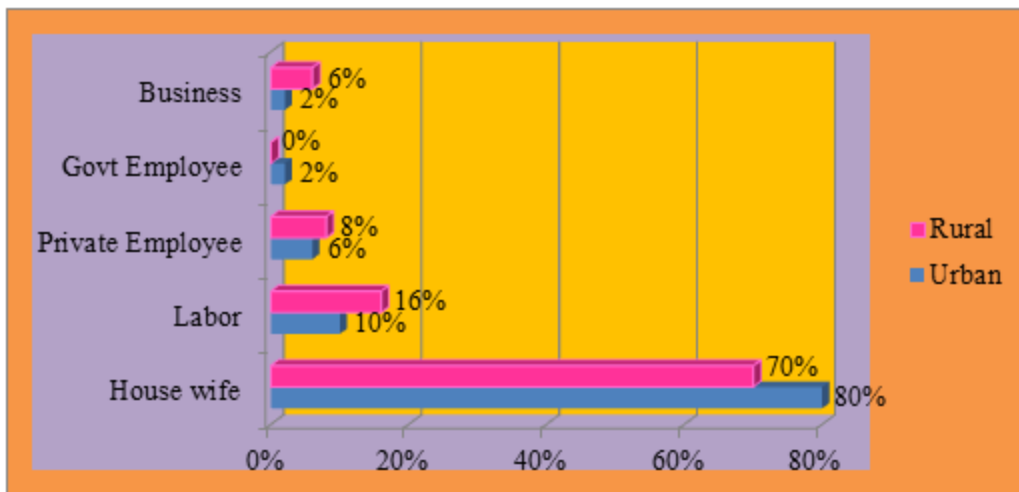


Fig 5:- Percentage wise distribution of postmenopausal women according to their Occupation

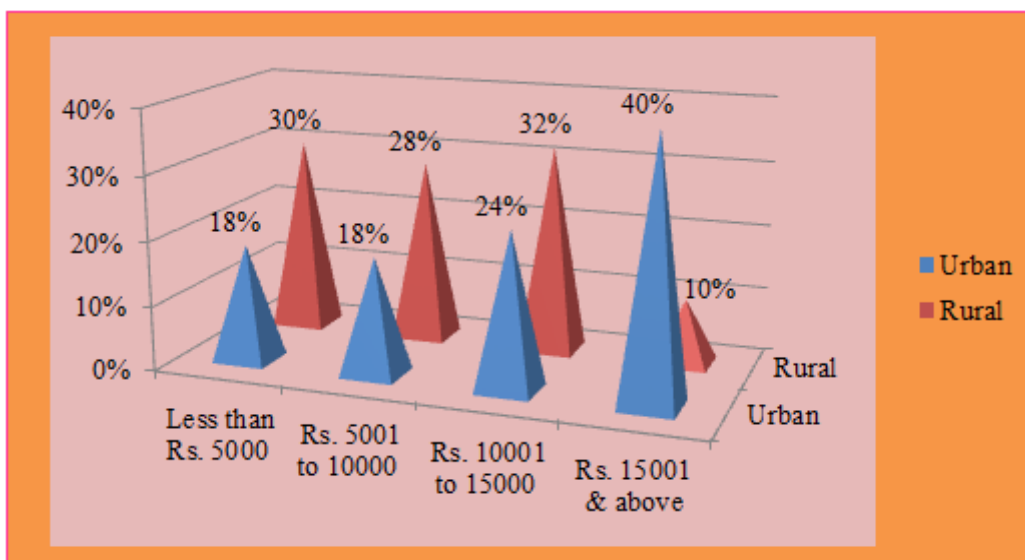


Fig 6:- Percentage wise distribution of postmenopausal women according to their Income

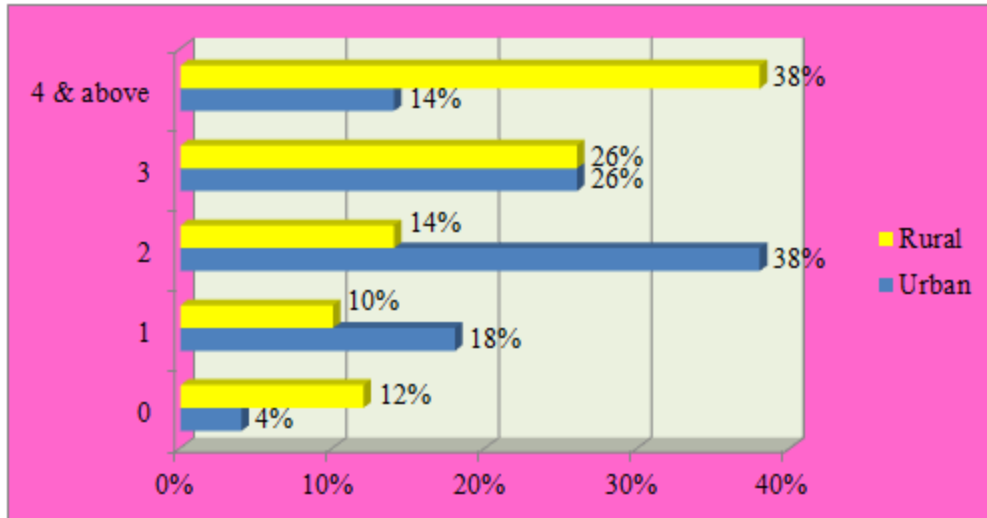


Fig 7:- Percentage wise distribution of postmenopausal women according to their Number of children

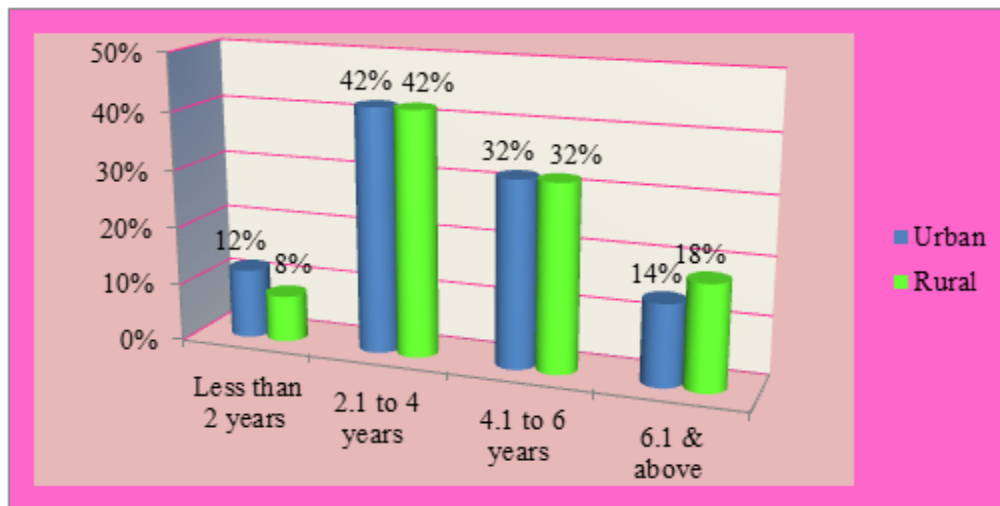


Fig 8:- Percentage wise distribution of postmenopausal women according to The Duration of menopause.

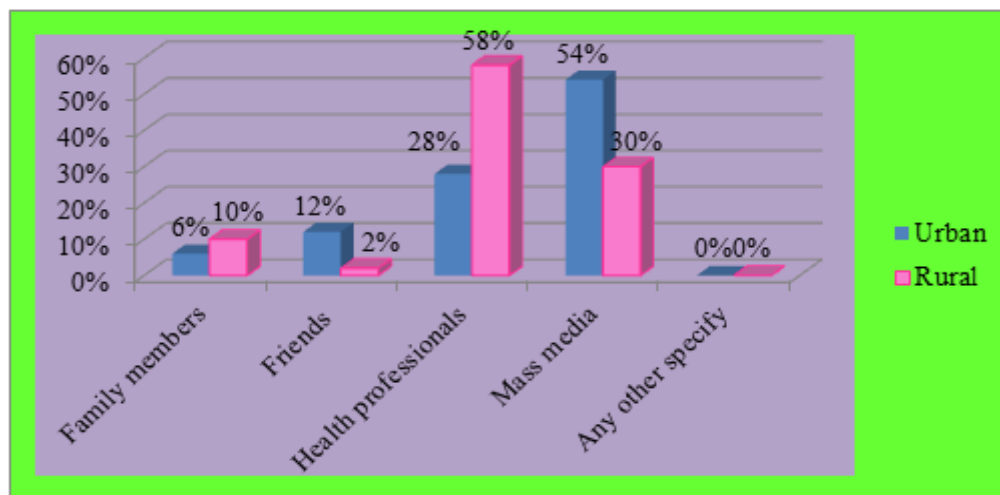


Fig 9:- Percentage wise distribution of postmenopausal women according to the Sources of health information.

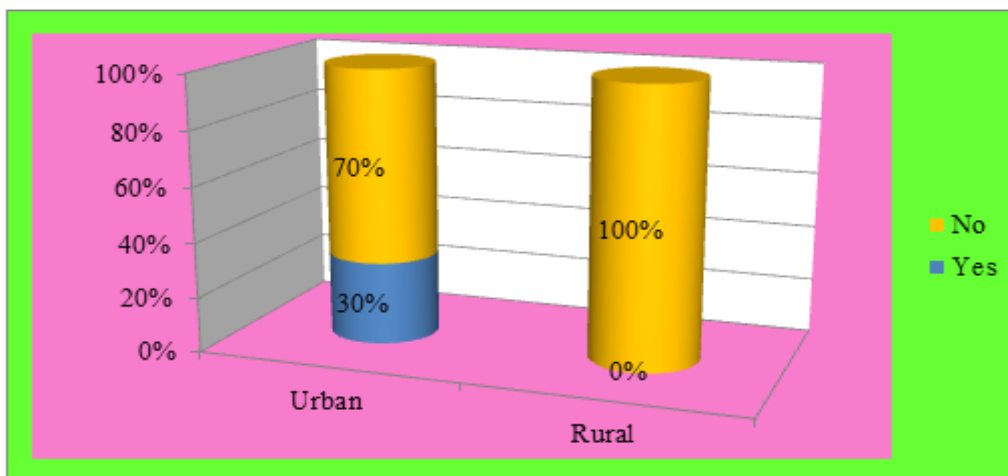


Fig 10:- Percentage wise distribution of postmenopausal women according to the attending of any postmenopausal programme.

**Part-II: It consists of 2 sections.**

**Section-A: Assessment of levels of knowledge regarding biopsychological problems & their management among postmenopausal women residing in selected urban & rural areas of Bagalkot District.**

Categorization of the postmenopausal women on the basis of the level of knowledge was done as follows; 33-40 scores very good knowledge level, scores 25-32 good knowledge level, Scores 17-24 Average knowledge level, score 9-16 poor knowledge level, scores 0-8 Very poor knowledge level.

S.no	level of knowledge	Range of knowledge	Urban		Rural	
			Frequency	percentage	Frequency	percentage
1	Very poor	0-8	-	0%	-	0%
2	Poor	9-16	4	8%	5	10%
3	Average	17-24	5	10%	12	24%
4	Good	25-32	30	60%	33	66%
5	Very good	33-40	11	22%	-	0%
	Total		50	100%	50	100%

Table 1:- Levels of knowledge regarding bio psychological problems & their management among postmenopausal women residing in selected urban & rural areas of Bagalkot District. (N=50+50)

**Section-B: Area wise mean, SD and mean percentage of knowledge scores of rural & urban postmenopausal women regarding biopsychological problems & their management.**

Knowledge area	Max Score	Urban			Rural		
		Mean	SD	Mean%	Mean	SD	Mean%
Menopause & Biological problems of postmenopausal women	13	9.00	±1.77	22.5%	8.40	±1.53	21%
Psychological problems of postmenopausal women	11	8.12	±1.73	20.3%	7.08	±1.26	17.7%
Management of Bio-Psychological problems by postmenopausal women	16	11.46	±2.23	28.65%	10.18	±1.86	25.45%
<b>TOTAL</b>	<b>40</b>	<b>28.58</b>	<b>±5.74</b>	<b>71.45%</b>	<b>25.66</b>	<b>±4.64</b>	<b>64.15%</b>

Table 2:- Area wise mean, SD and mean percentage of knowledge score: N=50+50

**Part-III: Comparison of knowledge regarding biopsychological problems & their management between urban and rural postmenopausal women.**

Urban			Rural		
Mean	SD	Mean%	Mean	SD	Mean%
28.58	±4.79	71.45%	25.66	±3.80	64.15%

Table 3:- Comparison of Knowledge Level of rural and urban postmenopausal women. (N=50+50)

**Z = 3.49 (Table value = 1.96)**

**Part-IV: Association of the knowledge Scores of postmenopausal women with their selected socio-demographic variables.**

To find out association of the knowledge scores of postmenopausal women with their selected socio-demographic variables a research hypothesis was formulated.

**H<sub>2</sub>:** There will be a significant association between knowledge scores of rural and urban postmenopausal women regarding Biopsychological problems & their management with their selected socio- demographic variables.

The hypothesis was tested by using Chi-square test.

Demographic Variables of postmenopausal women	Rural	Urban	df	Table value	Level of significance	
	Chi-square value	Chi-square value			Rural	Urban
Age	5.820	0.414	1	3.84	P<0.05 (S)	P<0.05 (NS)
Religion	-	0.293	1	3.84	P<0.05 (NS)	P<0.05 (NS)
Educational status	3.776	0.004	1	3.84	P<0.05 (NS)	P<0.05 (NS)
Marital status	0.934	1.748	1	3.84	P<0.05 (NS)	P<0.05 (NS)
Occupation	1.872	1.000	1	3.84	P<0.05 (NS)	P<0.05 (NS)
Income	0.007	0.007	1	3.84	P<0.05 (NS)	P<0.05 (NS)
Number of children in the family	3.210	0.020	1	3.84	P<0.05 (NS)	P<0.05 (NS)
Duration of Menopause	2.228	0.010	1	3.84	P<0.05 (NS)	P<0.05 (NS)
Source of information	1.000	1.000	1	3.84	P<0.05 (NS)	P<0.05 (NS)
Have you attended postmenopausal programme	-	0.246	1	3.84	P<0.05 (NS)	P<0.05 (NS)

Table 4:- Association of the knowledge scores of postmenopausal women with their sociodemographic variables. (N=50+50)

The findings related to the association of the knowledge scores of postmenopausal women with their selected sociodemographic variables shows that, no significant association was found between knowledge of urban postmenopausal women with their selected demographic variables like age, religion, educational status, occupation of postmenopausal women, income, marital status, number of children in the family, duration of menopause, source of information and attending of any postmenopausal programme.

The findings related to the association of the knowledge scores of postmenopausal women with their selected sociodemographic variables shows that, there is a significant association was found in between knowledge of rural postmenopausal women with their selected demographic variables like age and no significant association was found between knowledge of urban postmenopausal women with their selected other demographic variables like religion, educational status, occupational status, income, marital status, number of children in the family, duration of menopause, source of information and attending of any postmenopausal programme.



### SUMMARY

This chapter deals with the analysis and interpretation of the findings of the study. The data gathered were summarized in the master sheet and both descriptive and inferential statistics were used for analysis. Finding reveal that the knowledge of urban postmenopausal women ( $28.58 \pm 4.79$ ) and rural postmenopausal women ( $25.66 \pm 3.80$ ) regarding Biopsychological problems & their management at 0.05 level of significance [ $Z=3.49$ ] it indicates that urban postmenopausal women had good knowledge regarding biopsychological problems & their management as compared to rural postmenopausal women. There is no significant association between knowledge of rural postmenopausal women & urban postmenopausal women.

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