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### A study to assess effectiveness of planned teaching on knowledge regarding post-menopausal coping strategies among perimenopausal women in selected city, Pune

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#### Abstract

“Women; to many, she is god’s most complete creation. She symbolizes independence, love, caring, gentleness and intensity both in love and in hate. More intelligence and emotionally stronger than man, why as she been called Adam’s better half? Undoubtedly, women endure much more pain than men do”. Women’s may suffer from pre and post-menopausal syndromes, fibroids, menorrhagia, but if she follows better life-style she can have problem free menopausal period. Women can avoid complications and improve her health in her precious ages of life. If she has other problems like hypertension, diabetes mellitus, arthritis, depression, and then women have more burdens on her overall health.

**Objectives:** (1) To determine the pre-test knowledge of perimenopausal women regarding post-menopausal coping strategies. (2) To evaluate the effectiveness of planned teaching program on knowledge regarding post-menopausal coping strategies among perimenopausal women. The research method used in the study was the quasi experimental method.

**Results:** Average practice score in pre-test was 7.76 which increased to 13.2 in post-test. The practice score increased significantly after practice teaching. Paired t-test is applied. ‘t’ value was found to be 10.24 at 29 degree of freedom. Corresponding p-value was small (of order of 0.000, less than 0.0001).

**Conclusion:** The present study proved that there was a significant improvement in knowledge score of perimenopausal women regarding postmenopausal coping mechanism, as seen in pre-test and post-test.

**Keywords:** Post menopause, coping strategies, peri menopause

#### Introduction

Menstruation was a way for the body to get rid of impurities. So when menstruation ceased during menopause, the blood started to remain within the body, clotting and stagnating. On those days (i.e.) in the year 1700’s, the logical solution was the application of leeches to a woman’s genitalia or to the nape of her neck. Finally, with lot of difficulties they try and remove this excess blood. Most women were thought to be caused by evil “humors” or body fluids. Although all women experience menopause, the perception of menopause varies by culture. Ethnic groups have different traditions and beliefs regarding menopause, including the use of complementary and alternative therapies to manage symptoms. In many cultures, menopause is considered a normal part of aging, and little emphasis is placed on physical and emotional symptoms that accompany the loss of fertility.

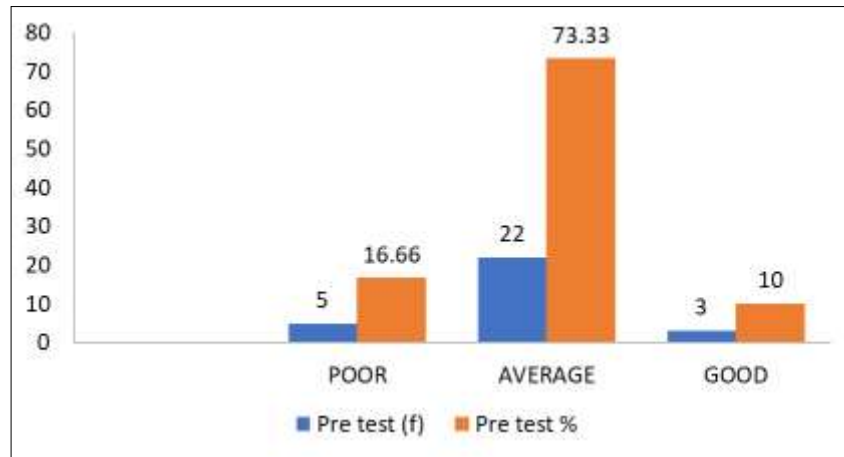
#### Material and Methods

**Table 1:** Pre-test and post-test knowledge score distribution of perimenopausal women regarding postmenopausal coping mechanism

Knowledge score	f	Percentage
0-5 (Poor)	5	16.66%
5-10 (Average)	22	73.33%
11-15 (Good)	3	10%
Total	30	

According to data collection in pretest 16.66% (5) had poor knowledge, 73.33% (22) had average and 10% (3) had good knowledge of postmenopausal coping mechanism. This finding indicates that majority of women had average knowledge about postmenopausal coping mechanisms.

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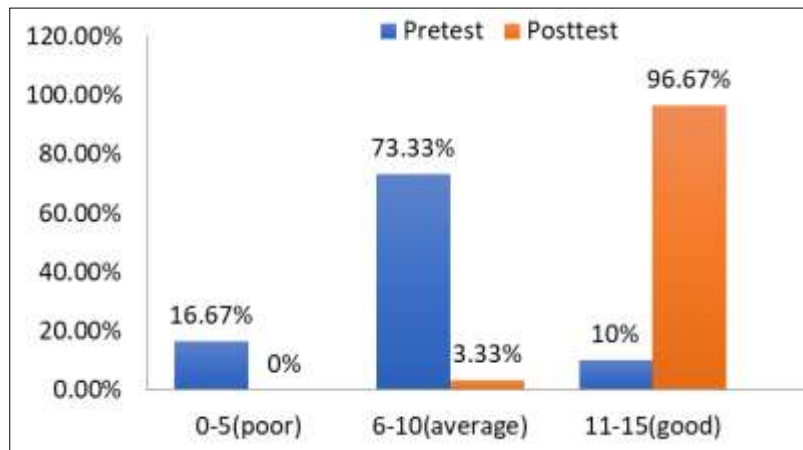
**Fig 1:** Pre-test knowledge wise distribution of perimenopausal women regarding postmenopausal coping mechanism

**Table 2:** Pre-test and post-test knowledge score distribution of perimenopausal women regarding postmenopausal coping mechanism

Knowledge score	Pre-test		Post-test	
	f	Percentage	f	Percentage
0-5 (poor)	5	16.66%	0	0%
6-10 (average)	22	73.33%	1	3.33%
11-15 (good)	3	10%	29	96.66%
Total	30		30	

According to data collection in pretest 16.66% (5) had poor knowledge, 73.33% (22) had average and 10% (3) perimenopausal women had good knowledge of postmenopausal coping mechanism. While after planned

teaching on postmenopausal coping mechanism in posttest the knowledge score was good 96.66% (29), average 3.33% (1), poor 0% (0) women.



**Fig 2:** The comparison of knowledge gained after planned teaching regarding postmenopausal coping mechanism

**Table 3:** Pre-test and post-test score

Parameter	Pre-test N = 30		Post-test N = 30		Paired t-test	df	p-value
	Mean	SD	Mean	SD			
Knowledge score	7.7667	0.437	13.2	0.273	10.24	29	0.000

Above table shows that pre-test and post-test score of them were compared for effectiveness of practice teaching on post-menopausal coping mechanisms among perimenopausal women. Average practice score in pre-test was 7.76 which increased to 13.2 in post-test. The practice score increased significantly after practice teaching. Paired t-test is applied. 't' value was found to be 10.24 at 29 degree of freedom. Corresponding p-value was small (of order of 0.000, less than 0.0001).

So it was found that planned teaching is highly effective among perimenopausal women to enhance the knowledge

regarding post-menopausal coping strategies.

**Conclusion**

During menopausal period women may go through many problems. Coping strategies may help to adjust with the problems. The present study proved that there was a significant improvement in knowledge score of perimenopausal women regarding post-menopausal coping mechanism, as seen in pretest and post-test. The study grouped gained knowledge on postmenopausal coping mechanism through planned teaching. The planned teaching

on postmenopausal coping mechanism was found to be effective in improving the knowledge among perimenopausal women. Perimenopausal women may understand very easily by looking at the pictures. Therefore, planned teaching by using Audio-visual aids is more effective method to educate women and it will help to retain and enlighten this knowledge to other.

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