

## The Effect of Health Promoting Lifestyle Modification Education on Knowledge among Menopausal Women at Selected Villages of Kanpur

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### ABSTRACT

Menopause is a natural phase in a woman's life associated with physiological and psychological changes, making knowledge about lifestyle modifications essential for maintaining health and quality of life. The purpose of this study was to measure menopausal women's pre-test knowledge about lifestyle modification, assess the efficacy of health-promoting lifestyle modification education, and investigate the relationship between pre-test knowledge and specific demographic characteristics. The study was carried out in the Kanpur villages of Kukeradev and Bhawanipur using a convenient sample of sixty menopausal women using a pre-experimental one-group pre-test post-test methodology. A knowledge evaluation tool and a structured demographic questionnaire were used to gather data. According to pre-test results, most women had insufficient knowledge (38/60), but post-test results showed a significant improvement, with the majority of women

attaining enough knowledge (40/60). The efficiency of the educational program was demonstrated by the paired t-test, which showed a substantial increase in knowledge after the intervention (pre-test mean = 11.65, post-test mean = 23.35,  $t = 25.89$ ,  $p < 0.0001$ ). Pre-test knowledge and demographic factors did not significantly correlate, according to chi-square analysis. The study concludes that health-promoting lifestyle modification education is highly effective in enhancing knowledge among menopausal women and highlights the critical role of nurses in providing structured health education to improve awareness, encourage healthy behaviors, and promote overall well-being during menopause.

**Key words:** *menopause, pre-experimental study, chi-square test.*

### INTRODUCTION

A woman's monthly cycle includes menstruation, which is a typical vaginal bleeding. The regular, cyclical shedding of

the uterine lining caused by the interplay of hormones generated by the pituitary, ovaries, and hypothalamus is known as menstruation. Menopause is a normal physiological condition associated with aging and the end of menstruation. In India, menopause typically begins at age 46. It is a phase in a woman's life where she moves from the reproductive to the postproductive stage. Follicle stimulating hormones cause peri-menopause and menopause by fluctuating and lowering progesterone and estrogen levels.

When a woman has not had her period for a full year, she is said to be in menopause. When hormone levels drop, many body parts are impacted. Hot flashes, irritability, mood swings, headaches, insomnia, melancholy, urge incontinence, and knee joint discomfort are the most common complaints among women in this age range. It is a disorder that all women experience as they age, and it can have numerous side effects that could lower their quality of life. As estrogen levels drop, inflammation may rise, leading to discomfort and menopausal symptoms. Estrogen helps to lower inflammation.

The prevalence of menopausal symptoms was determined to be 87.7%, according to the WHO 2018 report. In March 2021, 258 Iranian women between the ages of 48 and 55

participated in a cross-sectional study on women's health information needs in menopausal age. The survey revealed that 62.5% of the women had joint and muscle discomfort, 38% had sexual issues, and 43% had hair and nail issues. In March 2019, 300 rural middle-aged Iranian women (40–60 years old) were randomly selected to determine the prevalence of menopausal symptoms and their impact on quality of life. The subjects reported anxiety (80%), physical and mental exhaustion (71.55%), sleep problems (61.2%), and joint and muscular discomfort (56%).

#### **NEED FOR THE STUDY**

In 2018, 150 postmenopausal women who attended the OPD at Amrita Institute of Medical Sciences had their symptoms and quality of life evaluated. Vaginal dryness, diminished sexual desire (98.45%), anxiety and nervousness (81%), and joint and muscle aches (90.7%) were the most common menopausal symptoms.

In 2020, a cross-sectional study was carried out in Bangalore with 50 samples to evaluate the efficacy of a structured education program on menopausal symptom knowledge among premenopausal women. The results of the study showed that the post-test mean score was much greater than the pre-test score.. A study on postmenopausal

symptoms and their therapy carried out in Trissur revealed similar findings.

About 65 million Indian women over 45 have menopause-related health symptoms, according to a 2017 study by the Indian Menopause Society. Increasing women's understanding of and ability to adjust to menopause through health-promoting lifestyle modification programs has become crucial due to the growing number of women in the 45–60 age range. Another study examined the efficacy of lifestyle-related treatments to enhance the quality of life for postmenopausal women in the Bhubaneswar slums; this community-based quasi-experimental study was carried out in 2023 among women between the ages of 40 and 60. Menopausal symptom management was covered in STP. The study's findings demonstrate that lifestyle-related therapies are a safe, cost-effective, and side-effect-free alternative therapy that can be used to improve menopausal women.

Additionally, a brief assessment of menopausal symptoms among ten women in the 45–55 age range conducted during the clinical specialty posting revealed that 70% of them had mood swings, hot flashes, irritability, and joint pain. Based on this, the researcher determined that women needed to be made more aware of postmenopausal

symptoms and how to manage them, with a focus on exercise.

## **STATEMENT OF THE PROBLEM**

“A Study to Assess the Effect of Health Promoting Lifestyle Modification Education on Knowledge among Menopausal Women at Selected Villages of Kanpur”

## **OBJECTIVES**

1. To assess the menopausal women's pre-test level understanding of lifestyle modification
2. To assess the effectiveness of health promoting lifestyle modification education on menopausal women.
3. To determine the association between menopausal women's pre-test knowledge score level about changing their lifestyle with their selected demographic characteristics.

## **HYPOTHESIS**

H1: There will be a significant difference between the pre-test knowledge and post-test knowledge level of menopausal women regarding life style modification after intervention.

H2: There will be a significant association between pre-test knowledge score level of menopausal women regarding their life style

modification with their selected demographic variables.

## METHODOLOGY

**Research approach:** Evaluative approach was adopted for the present study.

**Research design:** The research design used for this study was quasi experimental Pre experimental one group pre -test post – test design.

### Research variables:

**Independent variables:** Health promoting lifestyle modification education programme.

**Dependent variables:** knowledge of life style modification among menopausal women.

**Demographic variables:** demographic data which include age, religion, educational status, occupation, type of family, family income, dietary habit, source of health information.

**Settings:** The study conducted in kukeradev and bhawanipur villages of Kanpur.

**Population:** The present study population is menopausal women's.

**Sample:** the samples for the present study was menopausal women

**Sample size:** The present study sample size was 60(those who met inclusion criteria

**Sampling method:** A convenient sampling method was selected for the present study.

### Tools and techniques:

The present studies have two tools

**Section A:** demographic data collection tool which includes age, religion, educational status, occupation, type of family, family income, dietary habit, source of health information.

**Section B:** Structured knowledge questionnaire.

## RESULT & FINDINGS

### Section A

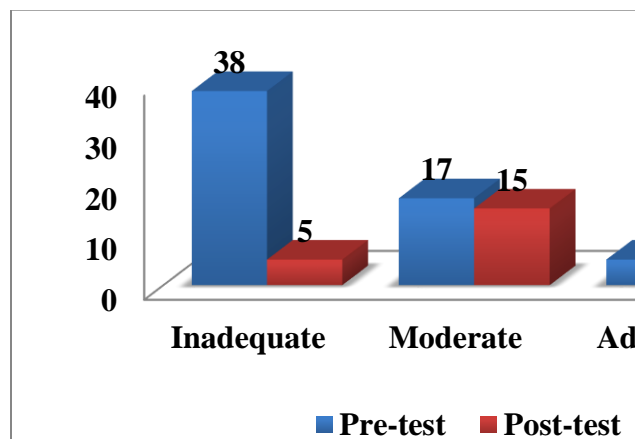
Major finding of the present study are;

- Majority of the menopausal women's belongs to 46 – 50 age group 22 (36.7%)
- Majority of the menopausal women's have primary education 20 (33.3%)
- Majority of the menopausal women's are housewives 35 (58.3%)
- Majority of the menopausal women's are from nuclear family 28 (46.7%)

- Majority of the menopausal women’s family income belongs to Rs. 5000-10000 30 (50%)
- Majority of the menopausal women’s belongs to Hindu religion 42 (70%)
- Majority of the menopausal women’s are vegetarians 32 (53.3%)
- Majority of the menopausal women’s got information from television 20 (33.3%)

**Section B**

Knowledge of menopausal women regarding the Health promoting lifestyle modification



Data from the above figure depicts that regarding health-promoting lifestyle change in menopausal women, 38 subjects had insufficient information, 17 had moderate knowledge, and 5 had appropriate knowledge in the pre-test. In the post-test, 40 menopausal women had adequate knowledge, 15 had moderate knowledge, and

5 had inadequate information about changing their lifestyles to promote health.

**Section C**

The effectiveness of health promoting lifestyle modification education on menopausal women

Knowledge Assessment	Mean	Mean Difference	Standard Deviation	df	Paired 't' value	'p' value
Pre-test	11.65	11.7	2.89	59	25.89	<0.0001 S*
Post-test	23.35		1.82			

Note: - S\* - Significant

NS – Not Significant

The mean post-test knowledge score (23.35) was higher than the mean pre-test score (11.65), as the above table shows. The average score difference between the pre-test and post-test was 11.7. The knowledge score on the paired "t" test was 25.89, and it was significant at the p <0.0001 level. As a result, study hypothesis H1 was approved. This suggests that the education was successful in raising menopausal women's awareness of lifestyle adjustment.

**Section D****Association between pre-test knowledge score and selected demographic variables**

Sl. No	Demographic variables	Chi-square value	Degree of Freedom	Tabulated value	Level of significance
1	Age	3.45	6	12.592	NS
2	Education	9.21	6	12.592	NS
3	Occupation	2.98	6	12.592	NS
4	Type of family	1.87	4	9.488	NS
5	Family Income	8.15	4	9.488	NS
6	Religion	1.22	6	12.592	NS
7.	Dietary habits	0.89	2	5.991	NS
8	Source of information	6.34	5	12.592	NS

Note: - S\* - Significant

NS – Not Significant

The results showed that, at the 0.05% level of significance, the chi-square value was not significant. As a result, study hypothesis H2 was rejected. It showed that certain demographic characteristics of menopausal women did not correlate with the pre-test knowledge score.

**NURSING IMPLICATIONS****Nursing Education**

The results of this study highlight the necessity of including instruction on healthy lifestyle modifications in nursing curriculum. The physiological changes that occur during menopause and how they affect women's health can be taught to nursing students. With this knowledge, students will be able to identify knowledge gaps for menopausal

women and develop efficient teaching strategies to promote healthy lifestyle choices. Nursing education may equip future nurses to effectively guide and support this group by including hands-on workshops on stress management, diet, exercise, and counseling.

### **Nursing Administration**

These results can be used by nurse administrators to create and carry out community-based health education initiatives for women going through menopause. It is possible to increase understanding and encourage healthy behaviors by planning workshops, awareness campaigns, and structured counseling sessions. In order to guarantee that lifestyle modification programs are continuously provided at hospitals, clinics, and community health centers, administrators can also create policies and assign resources. These programs can promote population-level preventive healthcare initiatives and improve the quality of treatment given to menopausal women.

### **Nursing Practice**

When it comes to teaching and counseling menopausal women about lifestyle changes, such as nutrition, exercise, and stress management, nurses can play a critical role in

clinical practice. Nurses can promote adherence to health-promoting behaviors, lower the risk of chronic illnesses, and enhance overall quality of life by evaluating each person's level of knowledge and offering customized support. Women can sustain favorable lifestyle changes over time with regular follow-ups, healthy behavior demonstrations, and reinforcement. In order to provide complete treatment that attends to both physical and psychosocial requirements, nurses might also work in conjunction with other healthcare professionals.

### **Nursing Research**

The study emphasizes the need for more nursing research on menopausal women's health-promoting interventions. Researchers can create studies to assess behavior change, quality-of-life outcomes, and the long-term efficacy of educational initiatives. The results can also aid in the creation of organized educational programs and instruments for evaluating practice and knowledge in various community contexts. Future studies can support evidence-based tactics for encouraging healthy lifestyles and enhancing menopausal women's access to healthcare.

### **Recommendations:**

- To generalize the results, a large sample might be used in the study.
- A control group can be used in an experimental investigation.
- It is possible to compare menopausal mothers in rural and urban areas.
- Menopausal mothers' attitudes and knowledge can be evaluated through a study.
- A similar study can be conducted using the other strategies like self-Instructional Module (SIM), booklets and VAT.

### **Conclusion:**

The study found that menopausal women's understanding of food, exercise, stress management, and other lifestyle habits was greatly enhanced by health-promoting lifestyle modification education. Pre-test findings showed that most women lacked appropriate knowledge, but post-test scores considerably improved, demonstrating the positive impacts of the educational intervention. Additionally, the study discovered a strong correlation between pre-test knowledge and socio-demographic characteristics like family income and education, but not with factors like age, occupation, family type, religion, or eating

habits. Overall, the results emphasize the critical role that nurses play in empowering and educating menopausal women. They stress the importance of health education programs in nursing practice, administration, and community health initiatives because they can raise awareness, encourage healthy behaviors, prevent complications, and improve quality of life during menopause.

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