

**"A DESCRIPTIVE STUDY TO ASSESS THE ATTITUDE AND
KNOWLEDGE REGARDING MENOPAUSE AND ITS
MANAGEMENT AMONG RURAL WOMEN BETWEEN THE
AGE GROUP OF 45-50 YEARS IN THE SELECTED AREAS."**



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IV Year B. Sc Nursing (2020-2024)

**Research project submitted to
SMT. Nagarathnamma College of Nursing**

Under the guidance of

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BY,

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Ms. Shihana R
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Mr. Muhammad Shahazad N**

**Dissertation submitted to the
RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES,
BENGALURU, KARNATAKA**

**In partial fulfilment of the requirement for the degree of
BACHELOR OF SCIENCE IN NURSING**

**Under the guidance of
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Bengaluru - 560107
2020 - 2024**

DECLARATION BY THE CANDIDATE

I hereby declare that this project entitled "**A descriptive study to assess the attitude and knowledge regarding menopause and its management among rural women between the age group of 45-50 years in the selected areas**" is a bonafide and genuine research work carried out by Ms. Sukritha Raj, Ms. Shihana R, Mr. Anel M, Mr. Muhammad Shahazad N, under the guidance of **Ms. Ashwini**, Lecturer, Obstetrics and gynaecological Nursing, Smt. Nagarathnamma College of Nursing, 69/80, Acharya Institute, Dr Sarvepalli Radhakrishnan Road, Soladevanahalli, Bangalore-560107.

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Place: Bengaluru

Signature of the Students

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CERTIFICATE BY THE GUIDE

This is to certify that this project work entitled "**A descriptive study to assess the attitude and knowledge regarding menopause and its management among rural women between the age group of 45-50 years in the selected areas**" is a bonafide and genuine research work carried out by Ms. Sukritha Raj, Ms. Shihana R, Mr. Anel M, Mr. Muhammad Shahazad N in partial fulfillment of the requirement for the basic BSc. Nursing.

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ENDORSEMENT BY THE PRINCIPAL

This is to certify that the research project entitled “**A descriptive study to assess the attitude and knowledge regarding menopause and its management among rural women between the age group of 45-50 years in the selected areas**” is a bonafide research work done by Ms.Sukritha Raj, Ms. Shihana R, Mr. Anel M, Mr. Muhammad Shahazad N , as a partial fulfillment of the requirement for the degree Bachelor of Science in Nursing under the guidance of Ms. Ashwini, Lecturer, Department of Obstetrics and Gynaecological Nursing, Smt. Nagarathamma College of Nursing.

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ABSTRACT

Title: A descriptive study to assess the attitude and knowledge regarding menopause and its management among rural women between the age group of 45-50 years at the selected areas.

This descriptive study aims to assess the attitude and knowledge regarding menopause and its management among rural women aged 45-50 years in selected areas. The study investigates key factors influencing these attitudes and levels of knowledge, focusing on the impact of healthcare access and social support systems. The study examines whether having access to healthcare services, such as clinics, doctors, and health education programs, affects how much these women know about menopause and how well they manage it. For instance, women with better access to healthcare might have more opportunities to learn about menopause from professionals, leading to better knowledge and management strategies.

The study also investigates the role of social support systems, which include family, friends, community groups, and other social networks. Social support can play a crucial role in shaping attitudes towards menopause. For example, women who receive encouragement, advice, and emotional support from their social circles may have a more positive outlook on menopause. They might also be more proactive in managing their symptoms because of the shared knowledge and experiences within these support networks.

Objectives

1. To assess the attitude regarding menopause and its management among rural women between the age group of 45-50 years at the selected areas.
2. To assess the knowledge regarding menopause and its management among rural women between the age group of 45-50 years at the selected areas.
3. To examine the impact of healthcare access on knowledge and management of menopause among rural women aged 45-50 years.
4. To examine the influence of social support systems on the attitudes towards menopause among rural women aged 45-50 years.

Methods: This study was done with a purposive sampling technique was used to select 50 rural women aged 45-50 years to assess their attitudes and knowledge regarding

menopause. A structured questionnaire served as the primary data collection tool, covering areas such as demographic information, healthcare access, knowledge of menopause, attitudes towards it, management practices, and social support systems. The purposive sampling ensured that participants were relevant to the study's objectives, while the structured questionnaire allowed for consistent and comprehensive data collection. This approach provided valuable insights into how rural women perceive and manage menopause.

Results

1. Among the rural women aged 45-50 years surveyed, 58.41% exhibited a positive attitude towards menopause and its management, while 41.62% displayed a negative attitude.
2. The study found that 47.75% of the participants possessed adequate knowledge regarding menopause and its management. Conversely, 52.25% lacked sufficient knowledge.
3. Analysis of the data revealed that 84.57% of participants have access to healthcare services, while 15.43% lack proper healthcare access.
4. The survey revealed that 22.73% of participants feel they have a strong support system for discussing menopause-related issues, whereas 77.27% do not perceive having adequate support.

Conclusion

The study reveals that while a majority of rural women aged 45-50 have a positive attitude towards menopause, many still lack adequate knowledge and face challenges with healthcare access and support. To improve menopause management, there is a need for better education, enhanced healthcare access, and stronger support systems. Addressing these areas could lead to improved outcomes and a more positive experience for these women.

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