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Research article

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Women's awareness of menopausal symptoms and the measures taken at selected settings in Asmara, in view of preparing self-instructional module

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ABSTRACT

Background

Aim

The main aim of the study is to assess the women's Awareness of menopausal symptoms and the measures taken by them in view of preparing self-instructional module.

Methods

Totally 180 samples were selected for this study from selected settings in Asmara by clustering sample technique. The interview questionnaire was used to collect the data. The data analysis was done by SPSS package.

Results

The result of the study showed the **mean age** of menopause was 45.yearsMost of the participants (97.84%) were attained menopause naturally . 56.11 % were not aware of menopausal symptoms. The majority of them (72.22%) were not taken any action to relive the menopausal symptoms

Keywords: Menopause, Menopausal symptoms, Measures, Mean age of menopause.

BACKGROUND

Middle age is one of the turning points in women's life as it brings along many changes. It is midway between the challenges of adulthood and despair of old age, comes the changes, i.e. menopause in women and which take a compulsory change of direction (Meyer, 2003). As a woman approaches menopause, the number of ovarian follicles declines producing less estrogen causing irregular menstrual period and a host of other physical discomforts. The reduction of estrogen production results in a number of signs and

symptoms, which could be observed during menopausal transition (Clarisa, et al., 2007 as cited in Girma, 2014). One third of the age of women spent in menopause. On the other hand, one third of the female population is in menopause suffering with menopausal symptoms [1-5].

AIM

The main aim of the study is to assess the women's Awareness of menopausal symptoms and the measures taken by them.

Specific Objectives

- ✓ To assess the demographic variables.
- ✓ To assess the awareness of menopausal symptoms.
- ✓ To assess any measures taken by women to relieve the menopausal symptoms.
- ✓ To assess the mean age of menopause.
- ✓ To find out the association between demographic variables and awareness.

METHODOLOGY

Descriptive cross-sectional design was used in this study. The research samples are female workers selected from Asmara College of health sciences and Public Transportation of ZobaMaekel between the ages of 40-60 years. Cluster sampling technique was used to select 180 samples for the study. The data were collected using interview questionnaire. It was analyzed using descriptive

& inferential statistics. SPSS version 20 was the statistical program used for analysis [5-15].

RESULTS

- ❖ Most of them (56.11%.) were between the age group of 40-45 .
- ❖ Few of them (12.78%.) were between the age group of 51-55
- ❖ More than half of them (51.67%.) were attained menopause.
- ❖ Most of the participants (97.84%.) were attained menopause naturally.
- ❖ More than half of them (56.11 %) were not aware of menopausal symptoms.
- ❖ 24.79% mentioned their source of information were from the health care providers.
- ❖ The majority of them (72.22%) were not taken any action to relieve the menopausal symptoms.
- ❖ The **mean age** of menopause was calculated and it was 45.years.

SECTION A

Table –1 Distribution of Menstrual history in frequency & percentage

N=180		
Status of Women	f	Percentage
Menopausal Women	93	51.67%
premenopausal women	87	48.33%

Table –2 - Frequency & percentage of Distribution Mode of menopause

N=93		
Mode of menopause	f	Percentage
Natural	91	97.84%
Medical	0	0%
Surgical	2	2.16%

Table 2: shows that most of the participants were attained menopause naturally 91 (97.84%) and 2 (2.16%) of them had surgical menopause [16]

SECTION – B: To assess the awareness about menopausal symptoms.

Table – 3- frequency and percentage distribution of women’s awareness

N =180		
State of awareness	F	Percentage
Aware	79	43.88%
Not Aware	101	56.11%

Table 3: shows that among 180 participants 79(43.88%) of them were aware of menopausal

symptoms and the majority of them {101(56.11)} were not aware of menopausal symptoms [17].

Table -4:Frequency and percentage distribution of Menopausal symptoms stated by participants

N=180

S.No	Menopausal Symptoms	f	Percentage
1	Hot flashes	50	27.78%
2	Vaginal dryness	2	1.11%
3	Shorter duration	0	0%
4	Shorter cycles	14	7.78%
5	Incontinence	4	2.22%
6	Longer cycles	21	11.66%
7	Difficulty sleeping	10	5.56%
8	Easy tearfulness	3	1.67%
9	Night sweats	31	17.22%
10	Irregular periods	43	23.88%
11	Lighter periods	8	4.44%
12	Irritability	59	32.77%
13	Longer cycles	12	6.66%
14	Low mood or depression	8	4.44%
15	Decreased ability to concentration	6	3.33%
16	Weight gain	39	21.66%
17	Absence of periods	62	34.44%
18	Heavier periods or flooding	17	9.44%
19	Loss of interest in sex	15	8.33%
20	Changes in hair growth	0	0%
21	Memory problems	5	2.77%
22	Others	33	18.33%

Table-5-Distribution of frequency and percentage for number of symptoms mentioned by the participants who have awareness

N=79

No: of symptoms mentioned by the participants	F	Percentage
2	12	15.2
3	29	36.7
4	15	19.0
5	10	12.7
6	8	10.1
7	3	3.8
9	1	1.3
10	1	1.3
Total	79	100.0

Table -5: shows that many of them mentioned 3 symptoms {29(36.7%)} and only one mentioned

9(1.3%) and another one mentioned 10(1.3%) symptoms

FIG 1

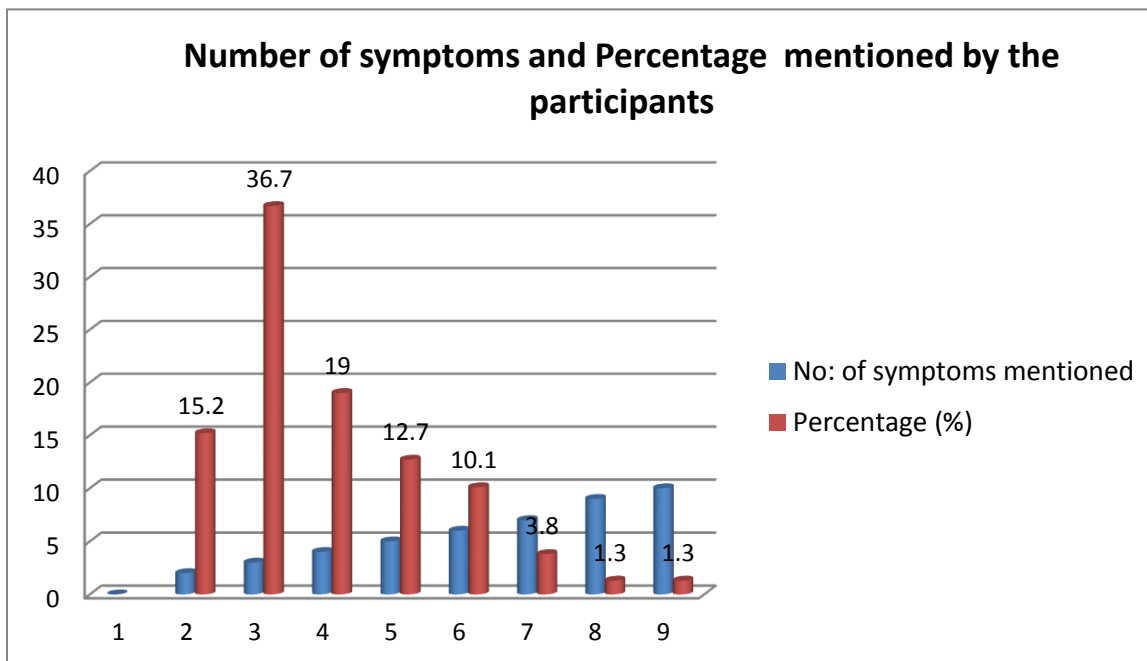


FIG:1 Number of symptoms mentioned by the aware participants

Table: 6: Frequency and percentage distribution of participants who state their Source of information (from women who aware)

Source of information	f	Percentage
Health provider	30	24.79%
Books, magazines, journals	4	3.30%
Mass media	9	7.43%
Friend	23	19%
Relatives	6	4.96%
Educational session	13	10.74%
Community elders	5	4.13%
Parents	4	3.30%
Personal experience	27	22.31%

Table-6: shows that most of them 30(24.79%) they mentioned their source of information were from the health care providers and the least of them

{4 (3.30%)} were mentioned books, magazines, journals and 4 (3.30%) of them got information from their parents [18-23].

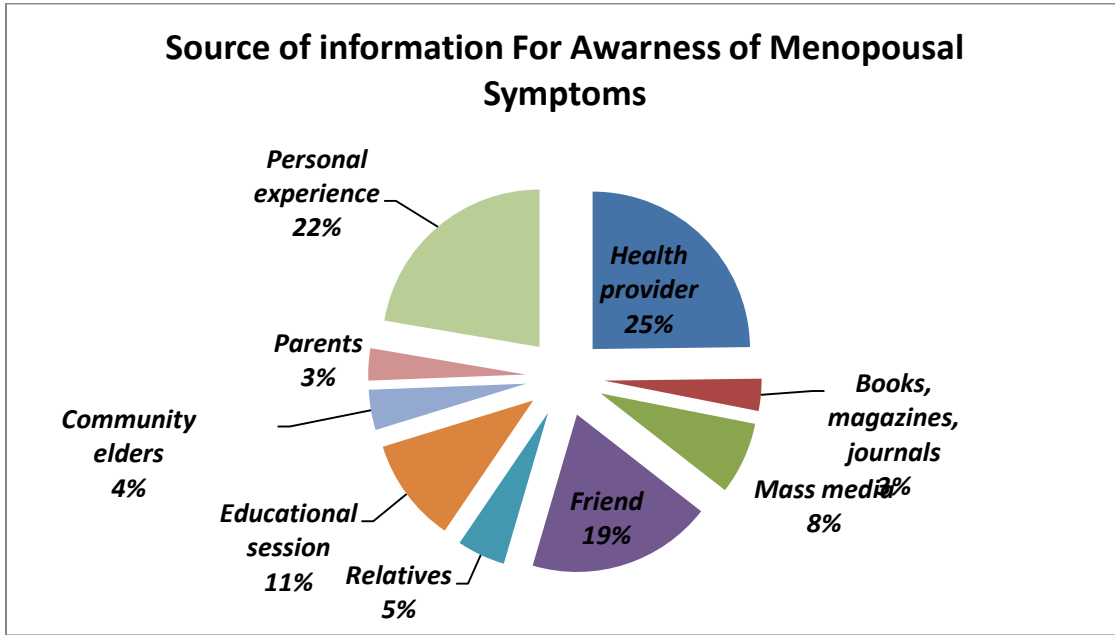


FIG 2: Percentage Distribution Of Source Of Information

Section - C: To find out measures taken to relieve the menopausal symptoms

Table-7- Distribution of frequency and percentage of measures taken to relive the Menopausal symptoms

Measures taken to relive the Menopausal symptoms	By aware (N=79)		Non aware (N= 101)		Total(N=180)	
	f	Percentage	f	Percentage	f	Percentage
Health center	4	5.06%	2	1.98%	6	3.33%
Hospital	18	22.78%	10	9.90%	28	15.55%
Private hospital	6	7.59%	3	2.97%	9	5%
Traditional healer	0	0%	2	1.98%	2	1.11%
Holly water	6	7.59%	6	5.94%	12	6.67%
Dietary modification	0	0%	0	0%	0	0%
Action not taken	45	56.96%	78	77.22%	123	68%

Section– E: To find out the association between demographic variables and awareness

Table – 8 Association of demographic variables with awareness

Association of demographic variables	P-value
Age	0.87(NS)
Education	0.044(S)
Occupation	0.128(NS)
Religion	0.011(S)
Family type	0.05(S)
Residence-Urban &Rural	0.633(NS)

N.B S – significant NS – non significant. P-value<0.05

Table: 8 shows that the associations were found with education (P- 0.044), religion (P- 0.011) and type of family (P- 0.05). The other demographic

variables were not having significant association. Hence H₁ was rejected.

CONCLUSION

According to the results, most of the women were not aware of the menopausal symptoms and the measures that should be taken. From this it can be concluded that even though the mothers were experiencing the symptoms they were not able to relate it with menopausal symptoms which may be because of lack of awareness.

Women needed to enhance awareness towards menopausal symptoms and measure taken to relieve menopausal symptoms. It is important to emphasize on educating them about menopause how much it influences their health and how to adopt healthy lifestyle behavior to relieve their menopausal symptoms. So further studies needed in Eritrea

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