

ABSTRACT

The present study was aimed to assess the effect of planned teaching on knowledge and self expressed practices among women during perimenopause in relation to management of selected physical components of menopause affecting health related quality of life (HRQoL).

Objectives of the Study were

1. To find out the existing symptoms of menopause affecting physical health related quality of life (HRQoL) among women during perimenopause.
2. To assess the existing knowledge and self expressed practices of women, in relation to management of selected physical components of menopause, before teaching.
3. To assess the effect of planned teaching on knowledge and self expressed practices of women, in relation to management of selected physical components of menopause after teaching.
4. To compare the effect of planned teaching on knowledge and self expressed practices of women, in relation to management of selected physical components of menopause before and after teaching.
5. To find the association between selected demographic characteristics, personal characteristics and knowledge and self expressed practices of women in relation to management of selected physical components of menopause.
6. To find out the views of women about the instructional manual.

The study was based on Health Belief Model. A quasi experimental approach with one group pre-test, post test research design was used for the study. This design was used since the study evaluates the effect of planned teaching (Independent variable) on knowledge and self expressed practices of women (Dependent variable).

The study was conducted in different schools/colleges, offices, hospitals and some traditional local organizations like mahila mandal and other social clubs located in different nodes of Navi Mumbai. The different nodes are Vashi, Nerul, CBD, Koparkhairne, Kharghar and Panvel, Navi Mumbai.

A total of 300 subjects were selected as per the inclusion and exclusion criteria. The samples were selected through snow ball technique in which, first contacts were made with few women of the above mentioned age group and then they were asked to identify other women participants of the same age group who are meeting the inclusion and exclusion criteria of the study. Structured questionnaire and an information booklet were the instruments for data collection.

The content validity of the instruments was determined by getting the opinion from a panel of eighteen experts consisting of three gynaecologists, eight nurse educators, two physiotherapists, two statistician and two women between 42 and 45 years age. Pilot study was followed by actual data collection from August 2009 to April 2010.

A written consent was obtained and self administered questionnaire was distributed with necessary instructions in English/Marathi/Hindi as per the choice of the participants. The intervention in this study was the Planned Teaching Program in relation to management of selected physical components of menopause affecting HRQoL. The teaching was conducted either in a class room, a community centre or a home setting where there is sufficient space to accommodate at least 15 participants and availability of electricity plug points. The investigator used LCD projector, laptop with pictorial power point slides as well as natural seeds like flax seeds, sesame seeds as a teaching aid. Post test was done by the investigator along with the trained research assistants after 28 – 30 days. The data analysis was done using Statistical Package for Social Sciences (SPSS) computer program – 17 version.

The findings of the study revealed that planned teaching has significant effect on knowledge and practices of subjects in relation to management of selected physical components of menopause. It is concluded that planned teaching is very effective in improving knowledge and practices of women in relation to menopause and has valuable implications for nursing practice, education, administration and nursing research.

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