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**A descriptive study to assess the knowledge and perception
regarding menopause among married women and their spouses
in selected villages of Udupi Districts.**

AMITHA .

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"ABSTRACT

A research study entitled "a descriptive study to assess the knowledge and perception regarding menopause among married women and their spouses in selected villages of Udupi Taluk, Karnataka conducted by Mrs. Amitha as a partial fulfillment of the requirements for the degree of Master of Science in Nursing, at Manipal College of Nursing, MAHE, Manipal.

The objectives of the study were to assess the knowledge of married women and their spouses regarding menopause and to determine the perception of married women and their spouses regarding menopause, to find out the association between the knowledge and perception of married women and their spouses regarding menopause with selected demographic variables and to find the relationship between the knowledge and perception regarding menopause.

The conceptual framework used in this study was Rosenstock's Health Belief Model (1974). The study adopted a survey approach with a descriptive survey design. The setting of the study was Ambalpady and Thenkanidiyure villages of Udupi Taluk, Karnataka.

Hypotheses were formulated based on the study objectives and tested at 0.05 level of significance. Simple random sampling technique was used to select the villages and convenient sampling technique was used to select the participants. A total of 140 married women and their spouses were participated in the study.

The instruments used for the data collection were: Demographic proforma, structured knowledge questionnaire and perception scale which were developed by the
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researcher. The tools were validated by nine experts from the field of department of Obstetrics and Gynecology, Department of Community Medicine, Obstetrics and Gynecology Nursing, Community Health Nursing, Medical Surgical Nursing department.

The tools were translated to Kannada and re translated to English by language experts. Split half method ($r=0.84$) and Cronbach's Alpha ($r=0.768$) was computed to test the reliability of tools and tools were reliable. Data collection was done in the month of December 2017 and January 2018 after obtaining the administrative permission and

Institutional Ethical Clearance. Informed consent was sought from every study participants. Pilot study on five married women and their spouses was conducted and found feasible.

Both descriptive and inferential statistics were used to analyse the data using SPSS Version 16.0. The major findings of the study were as follows:

Majority 118(84.3%) of the married women were belongs to the age group of 45-50 years, majority 113(80.7%) of the married women were from nuclear family and 130(92.9%) of them were belongs to Hindu religion. Most 80(57.1%) of the married women had their education upto higher secondary and 96(68.6%) of them were housewives. Majority 138(98.6%) of married women had more than 15 years of married life, 49(35%) of them had information from more than one source and 84(60%) of them were having two children. Most 77(55%) of the married women had their monthly income between ` 5001 -10000, 107(76.4%) of them had their regular menstrual cycle. Only 12(8.6%) of them had history of diabetes and 15(10.7%) of them had history of hypertension and 138(98.6%) had no history of any gynecological illness at the time of data collection.

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Majority 94(67.1%) of the spouses of married women were belongs to the age group of 45-55years, 130(92.95%) of them belongs to Hindu religion, 75(53.6%) of them were had their education upto higher secondary, 134(95.7%) of them were unskilled workers, 76(54.3%) of the participants had not received any information regarding menopause.

Majority 120(85.7%) of the married women and spouses of married women 115(82.1%) had average knowledge on menopause. Among the married women mean and standard deviation of knowledge score was more in the area of meaning (6.30 & 1.798) and management of menopause (6.34 & 1.865). Among the spouses of married women mean and standard deviation of knowledge score was more in management of menopause (6.35 & 2.021). The study found that there was association between knowledge with their education and monthly income of the family of married women. There was association between the knowledge score and age, education, occupation and monthly income of the spouses of married women.

There was weak positive correlation between the knowledge and perception on menopause of married women which is statistically not significant.

The study population was limited to only two villages of Udupi Taluk. Hence the study findings cannot be generalized. However, this study has implications to nursing practice, research, education and administration. Further interventional studies can be done to assess the effectiveness of any intervention or awareness program to improve the quality of life of midlife women."