

## **Premenopausal Women's Awareness Regarding Menopause Mediated Problems.**

Maha Salah Razzaq [Mehas.alnafagh@uokufa.edu.iq](mailto:Mehas.alnafagh@uokufa.edu.iq)

Alaq hameed ali [Alaqh.alfatlawi@uokufa.edu.iq](mailto:Alaqh.alfatlawi@uokufa.edu.iq)

Maryam Mohammed Ali Kareem

Zahraa Abdull Abbass Taher Al-Kafajy [zahraa.abdulabbas@uokufa.edu.iq](mailto:zahraa.abdulabbas@uokufa.edu.iq)

### **Abstract:**

**Background:** World Health Organization defines the menopause as the end of the menstruation because of the loss of ovarian activity. Menopause is a natural and an unavoidable event, which affects all women.

**Methodology:** A cross-sectional descriptive to identify level of awareness of women regarding menopause mediated problems, the period of the study is from December, 1<sup>st</sup>, 2018 to May, 14<sup>th</sup>, 2019. The study aims to identify level of awareness of women regarding menopause mediated problems and to find out relationship between awareness of women regarding menopause mediated problems and demographic data. A non-probability (Purposive sample) sample of one hundred (100) women who are attended primary health centers at Al-Najaf Al-Ashraf Health Directorate. The data collection is done by constructing questionnaire by the interview technique with each women, by using the Arabic questionnaire version, and it is consist of three parts: Part 1 Included Socio-demographic characteristics, Part 2 Include (13) items concerned with signs and complications of menopause and part 3 concerned with prevention from complications of menopause. Validity of the study instrument is conducted through a panel of experts who have years of experience in nursing field. Data analysis by using descriptive statistics (percentage, frequency & mean of score) and inferential statistics (Chi-Square).

**Results:** revealed that majority of women have moderate awareness regarding menopausal mediated problems. There was a significant association between the about menopause mediated problems and their demographic data with women age and level of education.

**Conclusion:** The researcher can conclude that the majority of the women have moderate awareness regarding menopausal mediated problems.

**Recommendations:** Recommendations about menopause and its problems and prevention and put them in the waiting rooms of health centers and hospitals, emphasizing audio-visual mass media programs about menopause problems and the health personnel in hospitals and health centers should educate women about menopause and their problems.

**Key words:** menopause, awareness.

## INTRODUCTION

World Health Organization defines the menopause as the end of the menstruation because of the loss of ovary activity. Menopause is a natural and an unavoidable event, which affects all women. Natural menopause is recognized after 12 months of amenorrhea, which is not associated with a pathologic cause. The average age of menopause in the United States is 51 years, and can vary normally between 40 and 58 years.<sup>(1)</sup>

The age at which natural menopause occurs is between the ages of 45 & 55 for women worldwide. Women spend nearly half of their lives in the postmenopausal state. Menopausal transition can span over several years. It often begins with variations in menstrual cycle length in response to rising levels of follicle stimulating hormone (FSH). The mean age of onset of Menopausal transition is 47.5 years and commonly lasts approximately between 4 to 5 years.<sup>(2)</sup>

Menopausal symptoms will affect each woman differently and it is not possible to predict the severity and duration of these symptoms. Menopause is the time of a woman's life when reproductive capacity ceases. The ovaries stop functioning and their production of steroid and peptide hormone falls. A variety of physiological changes takes place in the body. Some of these are the result of cessation of ovarian function and related menopausal events while others are a function of the ageing process. Many women experience symptoms around the time of menopause.<sup>(3) (4)</sup>

Most of which are self-limiting and not life-threatening, but are none less unpleasant and sometimes disabling. The consciousness of menopause-related symptoms among women in developing countries is not well known. The most important and the immediate symptoms of the menopause are the effects of hormonal changes on many organ systems of the body.<sup>(5)</sup>

Women's awareness of menopause is various based on multiple factors; their age; the number of births; social, economic, cultural, and education status; and geographical factors.<sup>10</sup> Most of women reach menopause age without having adequate knowledge about the events of this period and the ways to deal with the phenomenon. In the societies where women have high information about menopause, the consequences of the phenomenon are less obvious. When women are well-versed in the symptoms and complications of menopause, they are able to tolerate its complications in a better manner and prevent occurrence of its serious and irreversible consequences through appropriate treatments. Midwives, who are in constant contact with most of women during different period of their lives, play a key role in transferring information and curing the effects of menopause.<sup>(6)</sup>

**METHODOLOG**

A descriptive design was carried throughout the present study to assess to identify level of awareness of women regarding menopause-mediated problems in AL-Najaf city. This study started from, December, 1<sup>st</sup>, 2018 to May, 14<sup>th</sup>, 2019. is conducted at in Al-Najaf primary health center was taken. The statistical data analysis approaches was used in order to analyze the data of the study under application of the statistical package (SPSS) ver. (20), and the Microsoft excel (2010). Data were presented using descriptive the in from of frequencies and Percentages. Summary Statistics tables including: Mean, Mean of scores (M.S), standard deviation (SD). Used to accept or reject the statistical hypothesis, which includes the following chi-square test ( $\chi^2$ ) is used

**RESULTS**

**Table 1: Statistical distribution of study group by their Socio-Demographic Data:-**

Items	Sub-groups	Study group Total = 100	
		Frequency	Percentage
Age / Years	35-39	51	51.0
	40-44	49	49.0
Marital Status	Married	92	92.0
	Not Married	7	7.0
No. of Children	0	13	13
	1-5	68	68
	6-10	19	19
Residency	Rural	15	15.0
	Urban	85	85.0
Levels of Education	Illiterate	9	9.0
	Primary school	25	25.0
	Preparatory school	24	24.0
	Diploma	16	16.0
	B.Sc.	24	24.0
	Postgraduate	2	2.0
Occupation Status	Governmental Employee	42	42.0
	Private Sector Employee	4	4.0
	House wife	51	51.0
	Free Jobs	3	3.0
Using Contraceptives	Yes	46	46.0
	No	54	54.0
Contraceptive Method	No	54	54.0
	Tablets	22	22.0
	Injections	5	5.0
	IUD	12	12.0
	Implant	0	0.0
	Tubal Ligation	2	2.0
	Condom	5	5.0
Source of information about menopause problems	Family & Relatives	51	51.0
	Social Media	21	21.0
	Medical Staff Consultation	28	28.0

Table (1) this table show that socio- demographic characteristics of the study sample. About half of the study sample are (51 %) within age group (35- 39) years old. Regarding marital status majority of study sample, (92.0%) of them married. Concerning number of children, the study indicate that (68%) from sample have (1-

5) child. Regarding the residence area the highest percentage of study sample (85 %) in the urban area. Concerning the level of education, the study indicates about (25 %) of women graduated from primary school. Regarding to women occupation, (51 %) of them housewife. Concerning using contraceptives, (54 %) of them do not use contraceptives. Regarding sources of information about problems of menopause, (51 %) of the study sample have information from family and relatives.

**Table 2: Percentage of women's subgroups according to their awareness about menopausal complications:-**

Women's subgroups	Good	Moderate	Poor
	<b>%18</b>	<b>%82</b>	<b>%0</b>

Table (2) this table indicate the majority of study sample was moderate awareness about menopausal complications.

**Table 3: Percentage of women's subgroups according to their total awareness about menopause mediated problems prevention:-**

Women's subgroups	Good	Moderate	Poor
	<b>30%</b>	<b>70%</b>	<b>0%</b>

Table 3 shows that the (70%) from study sample was moderate awareness about menopause mediated problems prevention.

**Table 4: Correlation between total women awareness about menopause mediated problems and their demographic data:-**

Demographic Data	Correlation Coefficient	Significance P value
Age	0.16	<b>0.12</b>
Level of Education	0.75	<b>0.01</b>
Occupational Status	0.22	<b>0.32</b>
Marital status	0.31	<b>0.51</b>
Residence	0.29	<b>0.72</b>
Using contraceptives	0.26	<b>0.24</b>
Information Sources	0.65	<b>0.03</b>

Table 4 reveals that there is a significant relationship between women awareness about menopause mediated problems and level of education and sources of information about menopause problems at (p-value > 0.05), while there is a non- significant relationship between women awareness about menopause mediated problems with remaining demographic data.

## DISCUSSION

The study shows about half of the study sample are age group (35-39) year 22. This result agrees with Tuomikoski P, *et al.*, (2011).<sup>(1)</sup> Regarding with the marital status majority of study sample are married. Fatemeh, *et al.*, (2013) agree with result.<sup>(2)</sup>

Regarding to residency, the majority of the study sample are from urban area. Monika, (2015) agree with result. Concerning to occupation about half of sample are housewife. This result agrees with Fatemeh, *et al.*, (2013). Regarding source of information about menopause problems, about half of study sample have information from family and relatives. This result agrees with Fatemeh, *et al.*, (2013).<sup>(2)</sup>

The study show the majority of sample has moderate awareness about menopausal complications. This result agrees with Shafiei. *et al.*, (2006).<sup>(7)</sup>

The research revealed the majority of study sample has moderate awareness about Menopause Mediated Problems Prevention. This result agrees with Shafiei. *et al.*, (2006).<sup>(7)</sup>

According to the result, the study indicate that there is a significant relationship between women awareness about menopause mediated problems and their demographic data with information source and level of education. Shafiei. *et al.*, (2006) agree with result.<sup>(7)</sup>

**Conclusions:** Majority of the study sample was moderate awareness about menopausal complications, Majority of the study sample was moderate awareness about menopause mediated problems prevention, and Finally, there is a significant relationship between women awareness about menopause mediated problems and their demographic data with mothers age and level of education, while a non - significant relationship with remaining socio-demographic data.

**Recommendations:** Recommendations about menopause and its problems and prevention and put them in the waiting rooms of health centers and hospitals, Emphasizing audio-visual mass media programs about menopause problems and Health personnel in hospitals and health centers should educate women about menopause and their problems.

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