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## RESEARCH ARTICLE

### KNOWLEDGE AND ATTITUDE TOWARD MENOPAUSE

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#### ABSTRACT

**Introduction:** Appropriate awareness of women about certain physical, mental, social and psychological changes that occur following menopause helps them with greater readiness to cope with these changes.

**Aim:** To determine the knowledge and attitude of women toward menopause phenomenon and based on its results we can improve life quality and promote women's health by various training programs.

**Materials and Methods:** This cross-sectional study was conducted on 100 postmenopausal women who attended OBG OPD in SBMCH over a period of 3 months. The stratified sampling method was used and participation in this study was based on obtaining informed consent. The data collection instrument was a questionnaire consisting of three parts: demographic information, questions to assess knowledge and attitude investigation questions.

**Results:** In this study, 8% of the subjects had poor knowledge, 71.5% had moderate knowledge and 20.5% had good knowledge. Meanwhile, 81.5% of the women had a positive attitude toward menopause. The correlation test showed that knowledge and attitude are meaningfully related to economic status and education level.

**Conclusion:** Identifying the quality of women's subjective perception of menopause has an essential role in the development of accurate and appropriate programs to promote women's health during menopausal years.

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## INTRODUCTION

Nowadays, health systems have described their plans based on the family's health. Women are considered as the base of family's health, which, in addition to health management of family members, are original patterns of training and propagating a healthy lifestyle to the next generation. Women have a greater population and their average age and life expectancy is more than men, but their imperfection and disability is higher and they face special issues resulting from their natural and physiological conditions; one of these issues is the menopausal transition period. Menopause is one of the natural and important processes of women's life, where its main feature is fertility and menstruation ending. The average age of menopause onset is 51 years (from 47 to 53 years). Women during the menopause period experience certain physical and psychological changes and face various problems such as urogenital, psychological-social, cardiovascular and neurological problems, etc. Familiarity with these changes and understanding their reasons are essential in the life of all women, and helps them enter this stage of their life with adequate knowledge and a positive attitude.

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Knowledge is a basic condition for the use of health services and attitude is an effective organizing principle in performing an action and can start a health behavior due to the effect it has on the person. In fact, training (education) is one of the most important ways of women's empowerment and, as we know, the first step in any training is recognition and analysis of the knowledge, attitudes and behavior of the subjects, based on which to be able to perform the next steps for designing and implementing training programs.

#### Aim

To determine the knowledge and attitude of women toward menopause phenomenon and based on its results we can improve life quality and promote women's health by various training programs.

## MATERIALS AND METHODS

This cross-sectional study was conducted on 100 postmenopausal women in age group 45 – 55 yrs, who attended OBG OPD in SBMCH over a period of 3 months. The stratified sampling method was used and participation in this study was based on obtaining informed consent.

The data collection instrument was a questionnaire consisting of three parts: demographic information, questions to assess knowledge and attitude investigation questions.

#### Inclusion criteria:

Postmenopausal women  
Age 45 – 55yrs

#### Exclusion criteria

Surgical menopause

## RESULTS

This study is performed on 100 postmenopausal women aged 45–55yrs. Most people in this study (64.8%) were 50-year-old women. Sixty-nine percent of them had school education, 31% were diploma and higher and 83.5% were housekeepers.

**Name: Age: Socioeconomic status: Age of menopause: Education:**

#### Check List

Symptoms	Yes	No
Fatigue		
Mood changes		
Vaginal dryness		
Weight gain		
Lower sex drive		
Breast Tenderness		
Hot flush		
Urinary leakage during coughing and sneezing		

Signature of the candidate:

Date:

The highest percentages of women under study (92%) were married. The majority of subjects (64.8%) evaluated their economic situation as moderate. 73.2% of the subjects had previously acquired information about menopause, and the greatest sources of information in this field were friends and acquaintances (37%). It should be noted that some individuals had acquired information from two or more sources. Regarding the status of the subjects' knowledge, the results showed that the majority of people (71.5%) had moderate knowledge, 20.5% had good knowledge and only 8% had weak knowledge.

## DISCUSSION

People's knowledge about some obvious symptoms of menopause, such as hot flashes and dry vaginawere high. For example, more than 85% of the women knew that hot flushes is one of the main symptoms of menopause.

On the other hand, knowledge about other menopausal symptoms such painful intercourse, urinary frequency and dysuria was low. The results of the subjects' attitude toward menopause showed that the attitude of 81.5% was positive and only 18.5% had a negative attitude toward this phenomenon. For example, more than 70% of the women agreed with the fact that woman's life in the menopause period is more delightful than before, or more than 67% of them knew menopause as a comfortable period of menstruation problems and pregnancy prevention. Also, results showed that there is no meaningful statistical relation between knowledge and attitude scores of subjects and age and number of their children. In this study, there was a meaningful relation between knowledge and attitude scores of people and variables of economic status and education level. In other words, the knowledge of women with higher education and women having reported their economic status as desirable was higher and their attitude toward this phenomenon was more positive.

## Conclusion

Identifying the quality of women's subjective perception of menopause has an essential role in the development of accurate and appropriate programs to promote women's health during menopausal years. Physical, mental, psychological and social aspects need to be taken into consideration in developing appropriate programs. In addition, the tailored pre-, peri-, postmenopausal educational intervention is required according to status, symptoms and severity of menopause.

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