

EFFECTIVENESS OF VATP REGARDING ALTERNATIVE THERAPIES ON MENOPAUSAL SYMPTOMS AMONG PERIMENOPAUSAL WOMEN



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Abstract

Although menopause is a natural process, almost all women during and after the menopause suffer from typical symptoms related to vasomotor, psychological, uro-genital or musculoskeletal systems. A Pre experimental research study was conducted to assess the effectiveness of video assisted teaching program (VATP) regarding alternative therapies for reduction of menopausal symptoms among perimenopausal women in rural areas of Mulki was undertaken. An evaluative approach with one group pre-test post-test design was used for the study. The sample comprised of 40 perimenopausal women between the age group of 40 to 50 years selected by purposive sampling method. In the Pretest knowledge score more than half (67.5%) of perimenopausal women had average knowledge on alternative therapies for reduction of menopausal symptoms, 20% of the subjects had poor knowledge, and 12.5% had good knowledge where as post test knowledge score revealed that 50% had very good knowledge, 35% had good knowledge and only 15% had average knowledge. There was no significant association between the mean pretest knowledge scores and selected baseline characteristics. The mean post test knowledge score (24.48%) was higher than the mean pretest knowledge score (15.05%). The computed 't' value ($t_{99}=14.15$) showed that there was significant difference between pre test and post test knowledge score. The result proved that VATP prepared by the investigator had helped the perimenopausal women to improve their knowledge on alternative therapies for reduction of menopausal symptoms.

Key words: Video Assisted Teaching Program (VATP), perimenopausal women, alternative therapies, menopausal symptoms.

Background

A woman is the axle around which not only the whole family but also, the whole society revolves. She is a main guiding factor behind all success and health of the family. Thus, she makes an essential contribution to the society and nation. Her role becomes more important in the twilight years of her life specifically menopausal and perimenopausal years when she should be most healthy and active physically as well as psychologically. If she is not healthy and careful, she can turn this physiological phenomenon into a pathological one and can turn her golden years into gloomy ones. Menopause is the absence of menstruation for consecutive months. It is a natural process involving the gradual depletion of ovarian follicle that occurs with advanced age. The menopausal transition usually begins in a woman's 40s. Menopause is an event in life, not a disease. It is a vital event in woman's life. Menarche heralds the onset of reproductive functions

and menopause signals its end. **Abuja Maninder, 2008**¹.

Although it is a natural process, almost all women during and after the menopause suffer from typical symptoms with approximately 40% seeking medical help for various symptoms related to vasomotor, psychological, urogenital or musculoskeletal systems. Until mid of 2002, health care providers routinely encouraged using Hormone Replacement Therapy (HRT) to reduce menopausal symptoms. Recent studies failed to show the protective effect of HRT in reducing the risk of coronary artery disease and have revealed an increased risk of heart disease, stroke and invasive breast cancer. Thus, there is need for development of alternative safe regimens like use of phytoestrogens, vitamin D, calcium, micronutrients, exercise, and change in life style. **Singh A, Arora AK. 2005**².

Need of the Study

Menopause is an event with a variety of symptoms that each women experiences in the climacteric period. Appropriate and timely education would definitely help women to cope with the transition in their life in a better way.

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