

## ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING MENOPAUSAL SYMPTOMS AMONG MIDLIFE WOMEN

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### KEYWORDS

Knowledge, attitude, menopausal symptoms midlife women.

### ABSTRACT:

**Background:** Women entering menopause usually develop different symptoms both physically and psychologically including hot flashes along with night sweats, irregular periods, anxiety, mood swings and so on.

**Aim:** The study aimed to assess the knowledge and attitude regarding menopausal symptoms among midlife women aged between 45-55 years.

**Methodology:** A descriptive cross-sectional study was performed among midlife women aged 45-55 years residing in selected villages, Gudur. The study employed convenient sampling to recruit 150 female participants and the research study received approval from the institutional ethical committee. The study included women aged between 45-55 years who were in menopause or experiencing menopausal stages and who are willing to participate with informed consent. All participants who did not give consent in the study were excluded.

**Results:** The study found that 16.67% of midlife women had inadequate knowledge, 50% had moderate knowledge, and 33.33% had adequate knowledge. Regarding attitude, 10% had a poor attitude, and 46.67% exhibited an average attitude. A strong positive correlation between knowledge and attitude suggests that women with higher knowledge levels tend to have more positive attitudes. **Conclusion:** The study concludes that the assessment of knowledge and attitudes towards menopause among midlife women underscores critical gaps that must be addressed through targeted educational interventions. These efforts should prioritize age-appropriate and context sensitive approaches, aiming to empower women with the necessary knowledge to navigate the menopausal transition more successfully.

### 1. Introduction

Women entering their midlife experience a substantial psychological and physical menopausal transition that typically occurs within the interval of 45 to 55 years old. When people enter menopause, they usually develop different symptoms with both physical and mental elements including hot flashes along with night sweats and irregular periods and anxiety and mood swings. The evaluation of menopausal symptoms together with women's understanding and perspectives of these symptoms supports the creation of supportive environments to enable better coping methods (Kumari 2023; Dashti et al., 2021; Patel et al., 2023).

Studies demonstrate that women's understanding of menopause builds strong associations which shape their attitudinal positions toward this transitional period of life. Educated women tend to hold positive attitudes about menopause because their increased knowledge of menopausal symptoms leads to better understanding (Dashti et al., 2021; Patel et al., 2023; Pershad et al., 2023). Lack of menopause-related education leads women to view it negatively since they lack an understanding of its natural biological foundation thus increasing symptom severity (Gebretatayos et al., 2020; Richard-Davis et al., 2022). The negative knowledge and attitudes toward menopause can initiate a destructive pattern

which intensifies physical and emotional symptoms that progressively worsens the quality of life for menopausal women (**Ketranji et al., 2020; Gebretatynos et al., 2020**).

Additionally, the study shows how cultural contexts affect women's perceptions of menopause. Menopausal symptoms experienced and interpreted differently by women of various societies, with some societies viewing menopause positively as transitioning from one stage of life to a new one, while the other societies watching it negatively and inferring to them as being loss or decline (**Richard-Davis et al 2022; Li et al 2023**). In some Asian communities, where the Asian cultural belief impacts the attitude, menopause in these communities is understood in terms of respect and wisdom that may affect the symptoms felt by a woman (**Moser et al., 2020**).

Healthcare professionals directly impact how patients understand and accept their menopause. An educated healthcare provider teaches women all about menopause making their response to symptoms healthier. Continuing professional education about menopause helps healthcare professionals treat patients better by learning effective ways to show concern and provide guidance (**Harrison et al., 2021; Sharma & Kumar, 2022**). Multiple studies indicate that healthcare providers across specialties need more educational resources about menopause yet struggle to provide satisfactory patient care and effective therapeutic choices. (**2022 Donegan et al, 2021 Harrison et al**).

Moreover, the importance of health education cannot be overstated; it represents a fundamental component for empowering women during this transitional phase. Education initiatives that specifically target menopausal knowledge can significantly improve women's health literacy, shift their attitudes toward menopause, and ultimately enhance their coping mechanisms and management strategies for associated symptoms (**Aquino et al., 2024; Tariq et al., 2023**). Various educational interventions, including workshops, seminars, and digital platforms, have shown promising results in improving knowledge and changing perspectives regarding menopause (**Chand et al., 2023; Durairaj & Venkateshvaran, 2022**).

In addition, lifestyle factors such as physical activity and nutrition have been associated with the experience of menopausal symptoms. Studies reveal that regular physical activity can significantly reduce the severity of hot flashes and improve overall mood during menopause, suggesting that health-promoting behaviors can serve as effective coping strategies (**Durairaj & Venkateshvaran, 2022; Thapa & Yang, 2022**). Furthermore, dietary adjustments and holistic practices, including yoga and mindfulness, have been promoted in various health circles, highlighting the need for a more integrative approach towards the management of menopausal symptoms (**Pershad et al., 2023; Lathia et al., 2022**).

Overall, the need for comprehensive strategies to educate women on menopause is essential for optimizing their health outcomes. Any effective intervention must involve not just increasing knowledge but also addressing emotional and psychological aspects of menopause, promoting a more comprehensive understanding and approach to this significant life transition. The varying experiences, knowledge, attitudes, and cultural perceptions that women carry into this phase necessitate tailored educational initiatives that resonate within their specific contexts. (**Uslu-Şahan et al., 2023; Harper et al., 2022**).

## 2. Materials and Methods

A descriptive cross-sectional study was performed among midlife women aged 45-55 years residing in selected villages, Gudur. The study employed convenient sampling to recruit 150 female participants and the research study received approval from the institutional ethical committee. The study included women aged between 45-55 years who were in menopause or experiencing menopausal stages and

who are willing to participate with informed consent. All participants who did not give consent in the study were excluded.

### **Tools:**

The research survey collected demographic information about participants through interview questions regarding their age and education background along with marital status and work and financial situation. The research utilized pre-validated questionnaires comprising ten questions for each section addressing knowledge and attitudes.

### **Data Collection Procedure:**

The structured questionnaire served for data collection either through personal interviews or online platforms while needing 15 to 20 minutes for completion. Six to eight participants joined small group discussions running from 30 to 45 minutes. The analysis methods enabled researchers to obtain complete information about women's understanding and behavioural aspects of menopause.

### **Statistical Analysis:**

Descriptive statistics evaluated demographic information along with scores from the knowledge assessment and attitude measurement. The researchers evaluated relationships between knowledge and demographic variables and attitude through the application of chi-square tests and inferential analysis. The researchers performed Pearson's correlation to evaluate the connection between knowledge and attitude measures.

## **Results**

### **Demographic variables:**

The table 1 presents the demographic characteristics of midlife women in the study. The majority (56.67%) were aged between 45-50 years, with a smaller proportion (43.33%) falling within the 51-55 years range. Regarding education, 46.67% had an undergraduate degree, while 33.33% had a postgraduate degree. In terms of marital status, 70% were married, and 13.33% were single. Professionally, 40% were full-time employed, with 23.33% being homemakers or retired. Economic status showed that 50% had a middle income, followed by 26.67% in the low-income category.

### **Knowledge and Attitude**

Figure 1 presents the levels of knowledge and attitude among midlife women. In terms of knowledge, 16.67% were classified as having inadequate knowledge, 50% had moderate knowledge, and 33.33% had adequate knowledge. Regarding attitude, 10% of women had a poor attitude, while 46.67% exhibited an average attitude. These results highlight the distribution of knowledge and attitude levels among the women in the study. (Figure 2)

### **Correlation of Knowledge and Attitude**

Table 2 showed high positive correlation ( $V$ -value = 0.85,  $p$ -value < 0.01) between knowledge and attitude scores suggests that women with higher knowledge levels also tend to have more positive attitudes. The  $p$ -value indicates statistical significance.

### **Association of Demographic Variables with Knowledge and attitude**

The Chi-Square test results reveal that age ( $\chi^2 = 11.23$ ,  $p = 0.024$ ), educational level ( $\chi^2 = 6.15$ ,  $p = 0.047$ ), and profession ( $\chi^2 = 9.14$ ,  $p = 0.033$ ) are significantly associated with knowledge scores. However, marital status ( $\chi^2 = 2.81$ ,  $p = 0.419$ ) and economic status ( $\chi^2 = 0.58$ ,  $p = 0.753$ ) do not show a significant association. (Table 4)

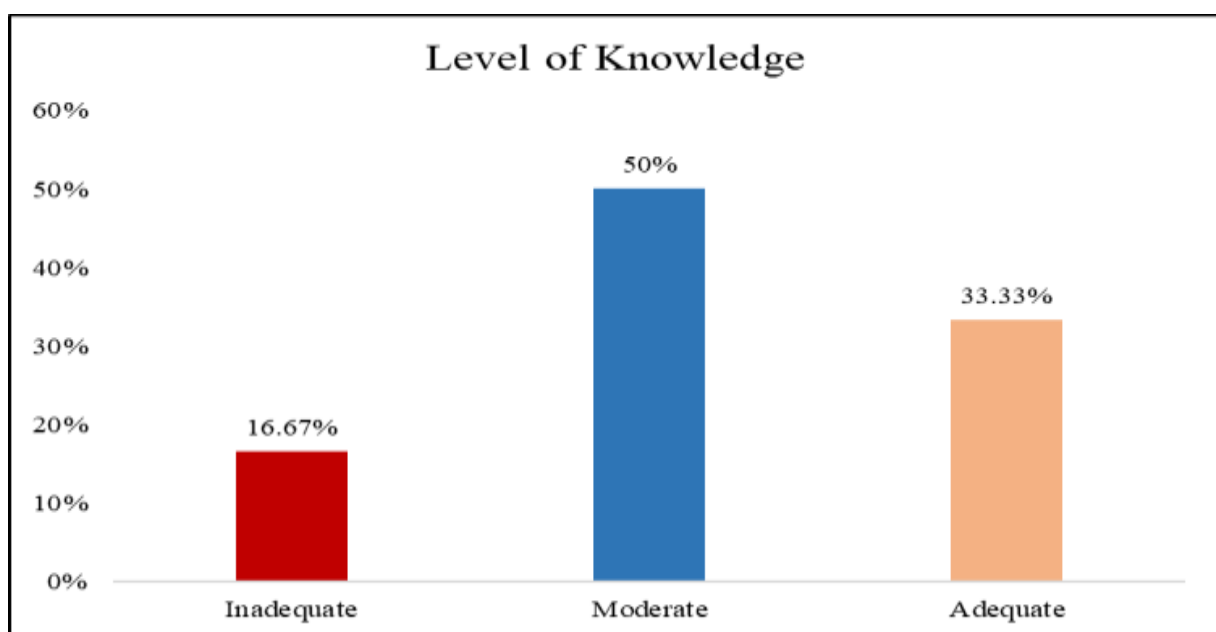
Association of Demographic Variables with Attitude Score Age ( $\chi^2 = 14.56$ ,  $p = 0.002$ ) and profession ( $\chi^2 = 7.43$ ,  $p = 0.024$ ) are significantly associated with attitude scores, indicating that these variables influence attitudes. Educational level ( $\chi^2 = 4.92$ ,  $p = 0.085$ ) and marital status ( $\chi^2 = 3.72$ ,  $p = 0.294$ ) do not exhibit significant associations. Economic status ( $\chi^2 = 1.94$ ,  $p = 0.585$ ) is also not significantly related to attitude scores. (Table 5)

**Table 1: Demographic variables of the Midlife women.**

**N=150**

Demographic Variable	Category	Frequency	Percentage (%)
<b>Age</b>	45-50 years	85	56.67%
	51-55 years	65	43.33%
<b>Educational Level</b>	No formal education	5	3.33%
	Primary/Secondary	25	16.67%
	Undergraduate degree	70	46.67%
	Postgraduate degree	50	33.33%
<b>Marital Status</b>	Single	20	13.33%
	Married	105	70%
	Divorced	15	10%
	Widowed	10	6.67%
<b>Profession</b>	Full-time employed	60	40%
	Part-time employed	30	20%
	Self-employed	25	16.67%
	Homemaker/Retired	35	23.33%
<b>Economic Status</b>	Low income	40	26.67%
	Middle income	75	50%
	Upper-middle income	25	16.67%
	High income	10	6.67%

**Figure: 1 Level of Knowledge among Midlife women**



**Table 2: Correlation of knowledge and attitude score among women**

Variable 1	V-value	p-value
Knowledge	0.85	< 0.01
Attitude		

**Table 3: Association of demographic variable with knowledge score**

Demographic Variable	Chi-Square ( $\chi^2$ )	p-value
Age	11.23	0.024
Educational Level	6.15	0.047
Marital Status	2.81	0.419
Profession	9.14	0.033
Economic Status	0.58	0.753

**Table 4: Association of demographic variable with attitude score**

Demographic Variable	Chi-Square ( $\chi^2$ )	p-value
Age	14.56	0.002
Educational Level	4.92	0.085
Marital Status	3.72	0.294
Profession	7.43	0.024
Economic Status	1.94	0.585

## Discussion

The findings regarding the knowledge and attitudes of midlife women towards menopausal symptoms provide critical insights into how awareness and perceptions influence women's experiences during this significant life transition. The results indicating that 16.67% of women had inadequate knowledge, 50% had moderate knowledge, and 33.33% had adequate knowledge reflect a concerning trend; a notable proportion of women remain ill-informed about menopause, which can negatively impact their health behaviors and quality of life (Sharifirad et al. (2013) Shahzad et al., 2021). The distribution of attitudes suggests that while 10% exhibited a poor attitude, a substantial 46.67% showed an average attitude toward menopause. This highlights an opportunity for targeted educational interventions aimed at improving both knowledge and attitudes among midlife women.

The positive correlation observed between knowledge and attitude indicates that informed women tend to hold more favourable views towards menopause and its accompanying symptoms. This is consistent with research showing that increased knowledge relates to better management of menopause-related experiences (Uslu-Şahan et al., 2023; Pirouzeh et al., 2024). Thus, efforts should focus not only on increasing the overall knowledge base about menopause but also on addressing specific gaps that exist within various demographic groups. The investigation also found that age, education, and profession were significantly associated with knowledge, which corresponds with studies emphasizing education as a critical factor in shaping menopausal knowledge (Ghorbani et al., 2014; SELCEN et al., 2022).

Interestingly, while marital status and economic factors did not show significant correlations with knowledge scores, a relationship was observed between age and profession with attitude scores. This implies that as women age, their perspectives on menopause may evolve, potentially due to cumulative experiences and exposure to information (Miral & Bayraktar, 2024; Horasanlı & Demirbaş, 2024). The lack of significant associations between economic status and attitudes suggests that the lived experiences of women, rather than their financial situations, primarily shape their beliefs about menopause (Beura et al., 2020). This observation aligns with prior research positing that understanding and attitudes toward menopause are influenced more by personal and cultural contexts than by external socio-economic variables (Erbil, 2018; Perera & Goonewardena, 2020).

The implications of these findings are multifaceted. They indicate the necessity for comprehensive health education strategies that emphasize accurate information about menopause and its symptoms, particularly as women approach this phase of life. Furthermore, given the established correlation between knowledge and positive attitudes, educational initiatives must engage women actively to provide psychoeducational support that fosters a positive outlook on menopause. By reframing menopause as a natural life transition rather than a decline, women's experiences during this phase can be significantly improved (Erbil & Gümüşay, 2018).

Moreover, the correlation between knowledge, attitude, and overall well-being is significant. Research demonstrates that women who adopt a more favorable attitude toward menopause often experience a reduction in symptom severity and an improvement in overall quality of life (Morrison et al., 2010; Marván et al., 2013). Conversely, negative attitudes towards menopause are associated with increased symptom severity and a decline in emotional well-being (Eslami et al., 2013; U et al., 2020). This suggests that enhancing women's attitudes toward menopause through education and support may lead to better symptom management and improved mental health outcomes.



## Conclusion

The study concludes that the assessment of knowledge and attitudes toward menopause among midlife women underscores critical gaps that must be addressed through targeted educational interventions. These efforts should prioritize age-appropriate and context-sensitive approaches, aiming to empower women with the necessary knowledge to navigate the menopausal transition more successfully. Ultimately, fostering a positive perception of menopause as a natural life phase could enhance women's self-efficacy regarding their health and well-being during this pivotal time.

## Recommendations

Develop and implement community-based educational programs targeting midlife women to improve their knowledge of menopause, symptoms, and available management strategies. Workshops could cover topics such as physiological changes, psychological effects, and health promotion during menopause.

## Financial support

No

## Conflicts of Interest

No

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