

## Effectiveness of Structural Teaching Programme on Knowledge about Reducing of Menopausal Transition Symptoms: A Study

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### ABSTRACT

*The description of the result is the eternity of a research project which enables the researcher to reduce, summarize, organize, evaluate, interpret and communicate numerical information. In order to find a meaningful answer to the research problem, the data must be processed, analyzed in systemic and some orderly coherent fashion so that the pattern and relationship can be discerned.*

**Keywords:** *Structural Teaching, Menopausal Transition Symptoms, Research Problem, Premenopausal Women, Rural Community.*

### Introduction

Menopause is a natural biological process and an unique event in women's life which occurs around the age of 50. Menopause is a transition from potentially reproductive to non – reproductive stage. It is characterised by cessation of menstruation and implies loss of childbearing capacity and aging.

### Research Design

The selection of research design is an important and essential step in research.

Research design refers to the researcher's overall plan for obtaining answers to research questions and it spells out the strategies that the researcher Adopt to develop information that is accurate, objectives and interpretive.

Researcher organizes all the components of the study in way that are most likely to lead to valid answer to the question that have been posed.

### Research Variables

An attribute of person or object the varies, that is, takes on different values. Variables are the measurable characteristics of a concept and consist of logical group of attributes.

There are three Type of variables i.e. dependent variable, independent variable, socio-demographic variable.

### Dependent Variables

In this study the dependent variable are knowledge and effectiveness about reducing the menopausal transition symptoms among pre menopause women.

### Independent Variables

In this study independent variable is structural Teaching Programme about reducing the menopausal transition symptoms among pre menopause women.

### Demographic Variables

Characteristics and attributes of the study subjects are considered as demographic variables.

### **Sample Size**

Sample size is the number of the sample depends upon various factors like the number of subjects, events, behaviours or situations that are examined in a study.

The sample for the present study includes woman. The sample size will be 60 Woman, selected by non-probability Convenience sampling techniques will be use.

### **Sampling Technique**

Sampling is the process of selecting subject who is representative of population, behaviour or other elements with which to conduct a study.

### **Objectives**

- To assess the pre-test level of knowledge about reducing the menopausal transition symptoms among premenopausal women at selected rural community in district Karauli Rajasthan.
- To assess the post-test level of knowledge about reducing the menopausal transition symptoms among premenopausal women at selected rural community in district Karauli Rajasthan.
- To find out the difference between pre-test and post-test level of reducing the menopausal transition symptoms among premenopausal women at selected rural community Karauli Rajasthan.
- To find out the association between pre-test level of knowledge about reducing the menopausal transition symptoms among premenopausal women with their socio demographic variables at selected rural community in district Karauli Rajasthan.
- To assess the effectiveness of structural teaching programme on menopausal transition symptoms among premenopausal women.

### **Hypothesis**

- H<sub>1</sub>:** There will be significant difference between pre-test and post-test level on knowledge regarding management of menopausal transition symptoms among premenopausal women at selected rural community in district Karauli Rajasthan.
- H<sub>01</sub>:** There will be no significant difference between pre-test and post-test level on knowledge about reducing the menopausal transition symptoms among premenopausal women at selected rural community in district Karauli Rajasthan.
- H<sub>2</sub>:** There will be significant association between pre-test level of knowledge about reducing the menopausal transition symptoms among premenopausal women with selected demographic variables at selected rural community in district Karauli, Rajasthan.
- H<sub>02</sub>:** There will be no significant association between pre-test level of knowledge about reducing the menopausal transition symptoms among premenopausal women with selected demographic variables at selected rural community Karauli Rajasthan.

### **Development of Structured Teaching Program**

A structured teaching program was prepared by the investigator by utilizing various sources like reviewing related literature and in consultation with subject experts in the field, by consulting various books, journals and reports About reducing of menopausal transition symptoms among premenopausal.

Expert opinion from teachers and experts.

The following steps were adopted for development of Step:

- Preparation of structured teaching program
- Content validity

### **Preparation of Structured Teaching Program**

The STP was prepared on the basis of criteria rating scale. A STP was developed and organized under the following headings:

- Introduction
- Definition of menopausal
- Meaning of menopausal transition
- Factor affecting menopause
- Symptoms of menopausal transition
- The measures of reducing the menopausal transition symptoms

### **Content Validity of STP**

The initial draft of the ST was given to 7 experts along with criteria rating sc.

There were 97% agreement on relevant and 3% agreement on needs modification of content and add more visual aids to the content by the experts. Suggestions for minor chi were duly made and final draft was prepared.

### **Pilot Study**

A pilot study, pilot project, or pilot experiment is a Small scale preliminary study conducted in order to evaluate feasibility, time, cost, adverse events, and improve upon the study design prior to performance of a full-scale research project Pilot study was done to assess the feasibility and possibility of the tool.

Formal permission was sought to the sarpanch of village Bilwa, Jaipur. To conduct the pilot study. The pilot study was conducted on the 10 women who are rural community from 05/10/2023 to 07/10/2023. the tool was Consist of demographic data and structured knowledge questionnaire regarding reducing of menopausal transition symptoms among premenopausal women. The women responded well for the questions and they were able to understand the questions. The result of the pilot study represented the knowledge of women reducing of menopausal transition symptoms among perimenopause was unsatisfactory and a negative attitude towards the symptoms among perimenopause and need for improvement to reduce the risk of menopausal transition symptoms among premenopausal. The results of the study were found to be feasible and practicable and father study can be done.

### **Plan for Data Analysis**

The data obtained were analysed in terms of the objectives of the study, using descriptive and inferential statistics, the purpose of analysis was to reduce the data to an intelligible and interruptible form, so that research problem could be studied and tested. The plan for data analysis would be as follows:

- Data was organized in a master sheet
- Computation of frequencies and percentages for data analysis of sociodemographic variables.
- Calculate the mean score, median score, standard deviation, inferential statistics.

### **Conclusion**

This study dealt with the method adopted for the present study that includes research approach, research design, variables include in the study, setting of the study, population, sample and sample size and sample technique, criteria for selection of sample, data selection technique, description of tool, content validity, reliability. pilot study, data collection procedure and plan for data analysis.

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