

## TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON IMPORTANCE OF SPECIAL DIET DURING POST MENOPAUSAL PERIOD AMONG HOUSEKEEPING WOMEN AT ST. JOHN'S HOSPITAL KATTAPPANA, KERALA

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### ABSTRACT

*A study to evaluate the effectiveness of structured teaching programme on importance of special diet during post menopausal period among housekeeping women working at St. John's Hospital Kattappana.*

**Objectives:** *To assess pre- and post-test knowledge score of women regarding the importance of special diet among women in post menopausal period.*

**Methodology:** *The research approach adopted for the study was quantitative approach. The research design selected for the study was one group pre-test post-test design, which was used to determine the effectiveness of planned teaching programme regarding the importance of special diet required during post-menopausal period. The selection sampling was done by convenient sampling technique and sample size consisted of 30. Structured questionnaire was used to assess the knowledge of housekeeping staff. The planned teaching programme was administered following pre-test. Post test was conducted within interval of 5 days. The collected data were analysed by using descriptive statistics in terms of frequency, percentage, mean and S.D and inferential statistics*

**Findings:** *The planned teaching programme was effective in increasing the knowledge of housekeeping staff regarding the importance of special diet during post menopausal period. The post-test mean knowledge score percentage (20.6%) was higher than pre-test mean score percentage (14.6%).*

**KEY WORDS:** *post menopausal period, housekeeping staff, special diet, oestrogen and progesterone hormones.*

## INTRODUCTION

A woman is a gifted life. She plays an inevitable role in society. She is the one who cares for individuals from womb to tomb. She carries on with a lot of suffering. Therefore, it is our responsibility to care for their wellbeing.

All over the world total population is about 68 million. In that 34million are female, while in India, the population of women is 1.3 billion (48 %) though about 13.5% of women came under the age group 45-65 years. In this age group about 68% women are facing health problems such as osteoporosis (3.2%), osteomalacia (1.2%), mood swing (0.2%) and anaemia (2%)

Menarche is the beginning of reproductive phase in women, and menopause is the cessation of reproductive phase in women. Between the ages of 12 to 16 years she attains menarche and reaches menopause (the cessation of menstrual cycle) at 45-55 years. During menopause, she suffers a lot of problems because of lack of essential nutrients and hormones like oestrogen and progesterone. Due to the lack of essential hormones various bodily changes occur. Once she attains menopause, these hormones get reduced as a result of which bodily changes occur and result in imbalance of body equilibrium. There are many physiological causes and are manifested as symptoms. These symptoms include hot flush, chest pain, osteoporosis osteomalacia, and even mood changes. When she attains menopause her body needs to compensate for the loss of hormones and nutrients. So she needs special diet to help her overcome the complications and is necessary for their sustenance.

## STATEMENT OF THE PROBLEM

Study to evaluate the effectiveness of structured teaching programme on the importance of special diet during post menopausal period among housekeeping women working at St. John's Hospital Kattappana

## OBJECTIVES

- 1) To assess the level of existing knowledge of women regarding the importance of special diet among women in post menopausal period.
- 2) To evaluate the effectiveness of structured teaching programme on the importance of special diet during post menopausal period among housekeeping women.

## HYPOTHESIS

The mean post-test knowledge of post menopausal women regarding the importance of special diet will be significantly higher than mean pre-test knowledge score.

## RESEARCH METHODOLOGY

**Research approach:** Quantitative research approach was used to assess the knowledge of menopausal women regarding importance of nutrients and special diet.

**Research design:** The research design was planned for obtaining answers to the questions. The research design planned for the study was one group pre-test post-test design. [Pre experimental design]

**Study setting:** Study was planned to be conducted in St John's hospital auditorium situated in the St John's Hospital.

**Population:** Target population of study would be the house keeping women of age 45 – 55 years among those working in St John's Hospital, Kattappana.

**Sample:** Sample consisted of women of age 45 – 55 years and working as housekeeping staff in St .John's Hospital Kattappana.

**Sample size:** Sample size consists of 40 women.

**Sampling technique:** Convenience sampling technique was used for the study.

**Scoring procedure:** The questionnaire consisted of 30 multiple choice questions, each with 4 options. One mark was given for each correct answer and mark was calculated under percentage. The score interpreted was:

|                     |   |          |
|---------------------|---|----------|
| Adequate            | : | 76- 100% |
| Moderately adequate | : | 51- 75%  |
| Inadequate          | : | <50%     |

**Procedure of data collection:** Initially a written permission was obtained from the Head of the Department. After that, the participants were selected by convenience sampling technique and questionnaire was given to the participants. The questionnaire consisted of Part I which included age, education, number of children, occupation, age of menopause and Part II consisted a of multiple choice questions with 4 options. after the pre-test the structured teaching programme was given to the participants using lecture method and power point presentation. After 5 days, with the same questionnaire post-test was done.

**Plan for data analysis** The data was analysed using descriptive statistics such as frequency, percentage, mean and S.D. and inferential statistics such as “t” test.

#### ANALYSIS AND INTERPRETATION

**Table – 1: Pre-test score of knowledge regarding post-menopausal diet: (N-30)**

| KNOWLEDGE SCORE               | PRE-TEST       |               |
|-------------------------------|----------------|---------------|
|                               | Percentage (%) | Frequency (F) |
| Adequate (76- 100%)           | 03.33          | 01            |
| Moderately adequate (51- 75%) | 06.66          | 02            |
| Inadequate (<50% )            | 89.01          | 27            |

Table – 1 shows that in pre-test 03.33% of sample was found adequate, 06.66% of sample was found moderately adequate and 89.01% of sample was found having adequate knowledge

**Table – 2: Post-test score of knowledge regarding post menopausal diet: (N-30)**

| KNOWLEDGE SCORE               | PRE-TEST       |               |
|-------------------------------|----------------|---------------|
|                               | Percentage (%) | Frequency (F) |
| Adequate (76- 100%)           | 60.88          | 16            |
| Moderately adequate (51- 75%) | 30.03          | 11            |
| Inadequate (<50% )            | 09.09          | 03            |

Table – 2 shows that in post test, in 60.88% of sample, knowledge of diet was found adequate and in 30.03% of sample it was found moderately adequate and 09.09% were found having inadequate knowledge about diet.

**Table – 3: Comparison of pre-test and post-test knowledge scores of the sample**

| KNOWLEDGE SCORE | MEAN  | S.D   | “t” test |
|-----------------|-------|-------|----------|
| Pre-Test        | 10.02 | 03.24 | 21.54    |
| Post-Test       | 19.03 | 02.04 |          |

Table - 3 shows that the mean post-test knowledge score is higher than pre-test knowledge score. Hence the research hypothesis was accepted at 0.05 level of significance.

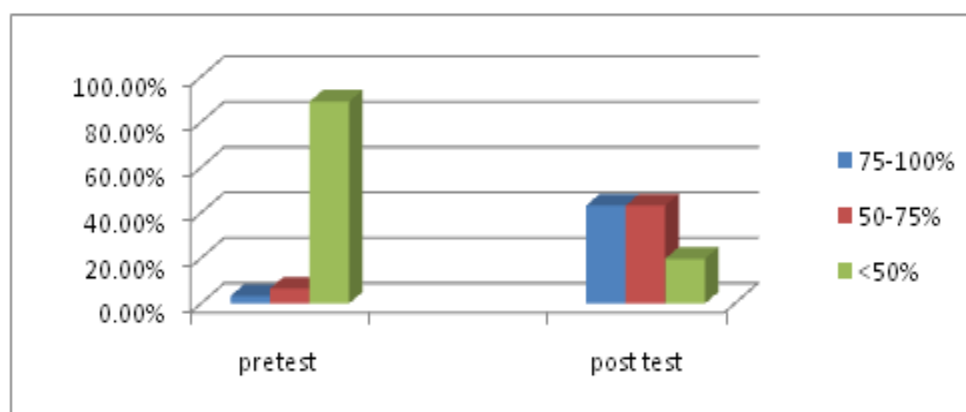


Fig. – 1: Comparison of pre-test and post-test knowledge scores of the sample

## DISCUSSION

The study findings are discussed in this chapter with reference to the objectives of the study. The base line data infers that 33.3% of sample belonged to age of 45-50 years, 26.6% of sample belonged to 55-60 and 9.9% of sample belonged to age of 40-45 years. 89.9% of the sample studied up to SSLC and below, 9.9% of sample were pre degree and 0% of sample studied up to degree and above. 43.4% of sample had 2 children, 43.2% of sample had more than 2 children and 13.2% of sample had 1 child. The mean post-test knowledge score was found higher than pre-test knowledge score (pre-test mean 10.02 vs post test mean 19.03). Hence the research hypothesis was accepted at 0.05 level of significance ( $t=29.54$ ) and it was inferred that the planned teaching programme on the importance of special diet during post menopausal period was found effective.

## CONCLUSION

The above were the conclusion drawn from the findings of the study. The samples were having inadequate knowledge regarding importance of special diet during post menopause. The structured teaching programme was found to be effective in improving the knowledge of the samples regarding importance of special diet.

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