

Assessment of nutritional knowledge of menopausal women

Anupriya Mamgain and Sarla Lakhawat

The study was investigated on pre, peri and post-menopausal women with the objective of assessing their knowledge regarding nutrition and menopause. The sample was consisted of 120 menopausal women (40 in each group). It was observed that most of the pre, peri and post-menopausal women (55%, 65% and 65%, respectively) had poor knowledge while only 12.5 per cent of pre-menopausal and 5 per cent of post-menopausal women had good knowledge. Overall mean per cent score (MPS) of the respondents was 27.28 which is very low. The respondents had least MPS in the aspect of nutrient deficiency diseases and nutrient sources. No significant difference was found in knowledge of all the three sample groups.

Key Words : Menopausal women, Knowledge, Nutrition, Menopause

How to cite this article : Mamgain, Anupriya and Lakhawat, Sarla (2019). Assessment of nutritional knowledge of menopausal women. *Food Sci. Res. J.*, 10(2): 207-210, DOI : 10.15740/HAS/FSRJ/10.2/207-210. Copyright© 2019: Hind Agri-Horticultural Society.

INTRODUCTION

Menopause is the permanent cessation of menstruation which is confirmed only after 12 consecutive months of amenorrhoea (WHO) which generally occurs between 45-55 years of age. There are three phases of menopause- pre, peri and post-menopause phase. In pre-menopause, women have regular menstrual cycle with no symptoms of menopause and in peri-menopause, women have irregular menstrual cycle accompanied with menopausal symptoms. While in post-menopause, women have permanent cessation of menstruation for at least 12 months and experience symptoms of menopause. During

menopause, women undergo series of endocrinal and biological changes that are associated with increased prevalence of chronic conditions such as type 2 diabetes mellitus, hypertension, osteoporosis, dyslipidemia and obesity (Fortwengel *et al.*, 2016). It is an established fact that well-balanced diet and active lifestyle can prevent the degenerative diseases. Therefore, it is important for the menopausal women to be aware about nutrition and healthy lifestyle so as to decrease the risk of chronic diseases. Hence, the study was conducted with the objective of assessing knowledge of pre, peri and post-menopausal women regarding nutrition and menopause.

METHODOLOGY

The present study was conducted on pre, peri and post-menopausal women aged between 40-60 years within the municipal limits of Udaipur city of Rajasthan in 2019. The sample was consisted of 120 menopausal women (40 in each group) and was selected by using purposive sampling technique. The pre-tested questionnaire was used to collect the data from the

MEMBERS OF RESEARCH FORUM

Author for correspondence :

Anupriya Mamgain, Department of Food Science and Nutrition, College of Community Applied Sciences, Maharana Pratap University of Agriculture and Technology, **Udaipur (Rajasthan) India**
Email: mamgainanupriya@gmail.com

Associate Authors' :

Sarla Lakhawat, Department of Food Science and Nutrition, College of Community Applied Sciences, Maharana Pratap University of Agriculture and Technology, **Udaipur (Rajasthan) India**

respondents and the scoring of each question was done on two point continuum *i.e.* correct or incorrect. The total score for each question was summed up and divided into three equal ranges to categorize the knowledge level as poor, average and good. The data was analyzed by using statistical tools like frequency, percentage, mean and mean per cent score and ANOVA.

OBSERVATIONS AND ASSESSMENT

Table 1 shows that majority of pre and peri menopausal women (67.50% and 57.50%, respectively) were in the age range of 40-45 years while most of the post-menopausal women (42.50%) belonged to 55-60 years of age. Majority of the pre-menopausal women (27.50%) were graduate, peri-menopausal women (20.00%) were secondary pass and post-menopausal women (32.50%) were post graduate. Most of the pre, peri and post-menopausal women (90.00%, 77.50% and 67.50%, respectively) were non- working. Greater percentage of peri-menopausal (62.50%) and post-menopausal women (42.50%) had consulted physician/

gynaecologists than pre-menopausal women (17.50%).

Fig. 1 illustrates that most of the pre, peri and post-menopausal women (55%, 65% and 65%, respectively) had poor knowledge while only 12.5 per cent of pre-menopausal and 5 per cent of post-menopausal women had good knowledge regarding nutrition and menopause. Similar results were found among adolescent girls by

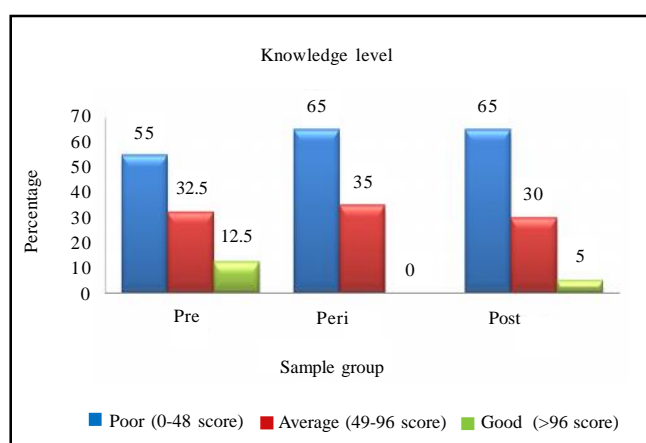


Fig. 1 : Per cent distribution of the study population on the basis of their knowledge level

Sr. No.	Particulars	Pre-menopausal women (n ₁ =40) f (%)	Peri-menopausal women (n ₂ =40) f (%)	Post-menopausal women (n ₃ =40) f (%)
1.	Age (years)			
	40-45	27 (67.50)	23 (57.50)	9 (22.50)
	45-50	9 (22.50)	11 (27.50)	7 (17.50)
	50-55	4 (10.00)	6 (15.00)	7 (17.50)
	55-60	0 (0.00)	0 (0.00)	17 (42.50)
2.	Education qualification			
	Illiterate	1 (2.50)	4 (10.00)	5 (12.50)
	Primary	2 (5.00)	5 (12.50)	6 (15.00)
	Secondary	4 (10.00)	8 (20.00)	4 (10.00)
	High School	8 (20.00)	4 (10.00)	5 (12.50)
	Intermediate	7 (17.50)	7 (17.50)	1 (2.50)
	Graduation	11 (27.50)	6 (15.00)	6 (15.00)
	Post graduation	4 (10.00)	6 (15.00)	13 (32.50)
	Doctorate	3 (7.50)	0 (0.00)	0 (0.00)
3.	Occupational status			
	Working	4 (10.00)	9 (22.50)	13 (32.50)
	Non-working	36 (90.00)	31 (77.50)	27 (67.50)
4.	Consulted physician/ gynaecologist regarding menopause			
		7 (17.50)	25 (62.50)	17 (42.50)

*Upper limit included in the range

Sr. No.	Sample	Mean \pm SD	SE	F value	P value
1.	Pre-menopausal women	42.25 \pm 32.02	5.06	0.67 ^{NS}	0.51
2.	Peri-menopausal women	36.20 \pm 21.62	3.42		
3.	Post-menopausal women	36.48 \pm 24.27	3.84		

NS = Non-significant;

SD= Standard deviation;

SE= Standard error

Sr. No.	Knowledge aspect	Mean per cent score (%)		
		Pre-menopausal women (n ₁ =40)	Peri-menopausal women (n ₂ =40)	Post-menopausal women (n ₃ =40)
1.	Food and balanced diet	52.50	40.83	47.22
2.	Nutrients and its functions	31.58	28.82	19.34
3.	Nutrient deficiency diseases	26.15	20.38	18.78
4.	Sources of nutrients	27.75	17.75	19.50
5.	Chronic diseases	28.93	22.50	28.81
6.	Dietary and cooking practices	51.75	38.25	46.25
7.	Menopause	26.63	26.92	27.60
8.	Overall MPS (%) = 27.28			

SD= Standard deviation;

MPS= Mean per cent score

Sharma (2014). Table 2 depicts that there was no significant difference in knowledge of all the three sample groups. Table 3 represent that overall mean per cent score (MPS) of the respondents was 27.28 which is very low. It was noted that pre-menopausal, peri- and post-menopausal women obtained highest MPS (52.50%, 40.83% and 47.22%, respectively) in food and balanced diet aspect of knowledge. However, least MPS was obtained by pre-menopausal (26.15%) and post-menopausal women (18.78%) in nutrient deficiency disease aspect while peri-menopausal women had least MPS (17.75%) in sources of nutrients aspect.

According to Sirivole and Eturi (2014) demographic variables such as age and education are significantly associated with knowledge on importance of nutrition and lifestyle in prevention and management of osteoporosis. Low knowledge scores of the respondents may be accounted to the fact that the respondents have poor education qualification as majority of them are not even graduated. Age is also the factor that influences individual's awareness and knowledge as younger generation are more health conscious and eager to learn more. Table 2 also represents that greater knowledge score mean was obtained by the pre-menopausal women (42.25) which majorly fell into the younger age category (40-45 years).

Conclusion:

The study can be concluded that majority of respondents in all the three groups- pre, peri and post-menopausal women had poor knowledge regarding nutrition and menopause with overall MPS of 27.28. The respondents had least knowledge scores in the aspect of nutrient deficiency diseases and nutrient sources that might affect their nutrient intake and ultimately affect their nutritional health. Therefore, there is a need to educate menopausal women regarding nutrition and menopause to maintain their nutritional health and quality of life.

LITERATURE CITED

- Fortwengel, G., Limaye, D., Bhatia, T., Oka, M., Bhattacharjee, S., Nagda, B., Limaye, V., Saeed, F. and Ahmed, M. (2016).** An epidemiological study on prevalence of chronic diseases in post-menopausal women in Mumbai and Karachi. *Internat. J. Life Sci. & Rev.*, **2**: 121 - 129.
- Srivole, M.R. and Eturi, S. (2014).** Knowledge of post-menopausal women on importance of nutrition and lifestyle in prevention and management of osteoporosis. *J. Academia & Industrial Res.*, **2**: 468-471.

WEBLIOGRAPHY

- Sharma, V. (2014).** Impact assessment of nutrition education

programme on nutritional knowledge and status of adolescent girls. Retrieved from <http://krishikosh.egranth.ac.in/displaybitstream?handle=1/5810024893> on 11.05.2019.

World Health Organization (1996). Research on the menopause in the 1990s. Geneva. Retrieved from <http://www.who.int/iris/handle/10665/41841> on 29.08.18.

Received : 30.05.2019; Revised : 18.09.2019; Accepted : 24.09.2019