

**“A STUDY TO ASSESS THE KNOWLEDGE ON HOME
REMEDIES FOR MENOPAUSAL SYMPTOMS AMONG
WOMEN AT SELECTED RURAL COMMUNITY KOLAR
WITH VIEW TO DEVELOP INFORMATION BOOKLET”**



BY,

**(Agnes Reji, Anami Renny, Anu Thomas, Besteena Jose, Jinta
Sebastian, Mithu Alex, Rengi Sara Varghese, Sona Sunny, Titty
Merin Eldho and Jyothi M)**

Project report submitted to

Sri Devaraj Urs College of Nursing, Tamaka, Kolar

**As a part of the curriculum requirement for the degree of Basic
BSc Nursing**

Under the Guidance of

MRS. SUMANA YESU PRIYA S H

Assistant Professor

Dept. of Community Health Nursing

Sri Devaraj Urs College of Nursing

Tamaka, Kolar-563103

2023

DECLARATION BY THE CANDIDATES

We hereby declare that this research project **“A STUDY TO ASSESS THE KNOWLEDGE ON HOME REMEDIES FOR MENOPAUSAL SYMPTOMS AMONG WOMEN AT SELECTED RURAL COMMUNITY KOLAR WITH VIEW TO DEVELOP INFORMATION BOOKLET”** is a bonafide and genuine work carried out by Community Health Nursing research group students under the guidance of Mrs Sumana Yesu Priya Assistant Professor of Community Health Nursing Department, Sri Devaraj Urs College Of Nursing, Tamaka, Kolar.

Place: Tamaka, Kolar

Signature of the candidates

Date:

- a. Agnes Reji**
- b. Anami Renny**
- c. Anu Thomas**
- d. Besteena Jose**
- e. Jinta Sebastian**
- f. Mithu Alex**
- g. Rengi sara varghese**
- h. Sona Sunny**
- i. Titty Merin Eldho**
- j. Jyothi M**

CERTIFICATE BY THE GUIDE

This is to certify that the research project entitled “**A STUDY TO ASSESS THE KNOWLEDGE ON HOME REMEDIES FOR MENOPAUSAL SYMPTOMS AMONG WOMEN AT SELECTED RURAL COMMUNITY KOLAR WITH VIEW TO DEVELOP INFORMATION BOOKLET**” is a bonafide research work done by **Ms Agnes Reji, Ms Anami Renny, Ms Anu Thomas, Besteena Jose, Jinta Sebastian, Mithu Alex, Rengi Sara Varghese, Sona Sunny, Titty Merin Eldho and Jyothi M** as a part of curriculum requirement for the degree of Basic BSc nursing programme.

Signature of Guide

Mrs. Sumana Yesu Priya S H

Assistant professor

Dept. of Community Health Nursing

SDUCON

Tamaka, Kolar

Place: Tamaka, Kolar

Date:

**ENDORSEMENT BY THE HOD PRINCIPAL/HEAD OF THE
INSTITUTION**

This is to certify that the research project entitled “A STUDY TO A STUDY TO ASSESS THE KNOWLEDGE ON HOME REMEDIES FOR MENOPAUSAL SYMPTOMS AMONG WOMEN AT SELECTED RURAL COMMUNITY KOLAR WITH VIEW TO DEVELOP INFORMATION BOOKLET” is a bonafide research work done by Ms Agnes Reji, Ms Anami Renny, Ms Anu Thomas, Besteena Jose, Jinta Sebastian, Mithu Alex, Rengi Sara Varghese, Sona Sunny, Titty Merin Eldho and Jyothi M under the guidance of Mrs Sumana yesu Priya Assistant Professor Community Health Nursing Department Sri Devaraj Urs College Of Nursing Tamaka, Kolar, in partial fulfilment of requirement of conducting research in 4th year BSc nursing

Signature of the HOD

Dr. Malathi K V

HOD

Department of Community Health Nursing
Sri Devaraj Urs College of Nursing
Tamaka, Kolar

Date:

Place: Tamaka, Kolar

Signature of the Principal

Dr.G. Vijayalakshmi

Professor and Principal

Sri Devaraj Urs College of Nursing
Tamaka, Kolar

Date:

Place: Tamaka, Kolar

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Thanking you

- a. Agnes Reji**
- b. Anami Renny**
- c. Anu Thomas**
- d. Besteena Jose**
- e. Jinta Sebastian**
- f. Mithu Alex**
- g. Rengi sara varghese**
- h. Sona Sunny**
- i. Titty Merin Eldho**
- j. Jyothi M**

Date :

Place:

ABSTRACT

BACKGROUND OF THE STUDY

Menopause is one of the most significant events in a woman's life and brings in a number of physiological changes that affect the life of a woman permanently. There have been a lot of speculations about symptom that appear before, during and after menopause. Appropriate understanding of women that certain physical, mental, social and psychological changes occur during menopause helps them with greater readiness to cope with these changes.

Home remedies for menopausal symptoms is eat healthy food balance diet and exercising regularly. Add more soya products on diet and maintain the weight.

The purposes of the study is to assess the level of knowledge on home remedies for menopausal symptoms among women and to find out the association between knowledge score with selected socio demographic variables of menopausal women.

STATEMENT OF THE PROBLEM

A study to assess the knowledge on home remedies for menopausal symptoms among women at selected rural community Kolar with view to develop information booklet.

OBJECTIVES OF THE STUDY

1. To assess the level of knowledge on home remedies for menopausal symptoms among women.
2. To find out the association between knowledge score with selected socio demographic variables of menopausal women.

METHODOLOGY

A non-experimental descriptive survey method was used to conduct the study, 100 menopausal women among 45-55 were selected for the study by using simple random sampling technique to collect the data. Data was collected by using structured knowledge questionnaire and analysed by descriptive and inferential statistics.

RESULT

The major findings of the study are as follows:

- Findings related to demographic characteristics of the study: -
 - Majority 43% above 50 years of age.
 - 79% have no formal education.
 - 74% of respondents are home makers.
 - 54% having the family income between 5001-10001.
 - 98% of respondents are Hindus.
 - 60% of respondents belongs to nuclear family.
 - 36% of respondent's source of information is radio/television.
 - 76% of respondents consume milk as a dairy product.
- Finding related to association between the knowledge score and demographic variables was computed by using chi-square test.
 - There exist non- significant association between selected demographic variables and knowledge score of respondents. Hence the stated null hypothesis is not accepted.

The study result revealed that there was no significant statistical association between knowledge on home remedies on menopausal symptoms and socio demographic variables age, educational attainment, occupation, family income, religion, type of family, information source, and dairy consumption.

INTERPRETATION AND CONCLUSION

The study result showed that there was majority 93% of menopausal women have below average knowledge, 7% of menopausal women have average knowledge and 0% of menopausal women have above average knowledge.

KEYWORDS

Knowledge, women, menopausal symptoms, home remedies, rural, information booklet.

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CHAPTER 1

INTRODUCTION



CHAPTER - I

INTRODUCTION

“A women’s health is her total wellbeing, not determined solely by biological factors and reproduction, but also by effects of work load, nutrition, stress, war, and migration, among others.”

- Vander Kwak

As the primary earners of the family, healthy women demonstrate a crucial function in providing to, promoting, and preserving the health of their society. Healthy women, healthy nation, healthy globe. In actuality, the well-being of women has an important influence on the health of families and societies¹.

Menarche, which refers to the age of first menstruation, which denotes a periodic and cyclic shedding of endometrium, puberty, during which secondary sexual characteristics and sex organs develop and girls become capable of bearing children, and menopause, which refers to the cessation of menstruation brought on by rapid declines in the production of female sex hormones by the ovaries¹.

Every menopausal woman needs a balanced diet, good life style practices, personal hygiene and physical activities. It helps the women to utilize the calories better, maintain good sleep

Menopause affects every woman differently. The hormone levels vary significantly throughout the period of menopause, generating many symptoms in women, includes symptoms such as hot flashes, night sweats, vaginal and bladder issues, changes in sexual desire, problems with sleep, mood swings, and physical changes². Menopausal women's stages can be divided into:

- a) Perimenopausal: The menstrual cycle can extend or shrink, or a period without an egg release may start.
- b) Menopause: When a woman can no longer become pregnant naturally and has gone 12 months without having her period.
- c) Post menopause: This period occurs after a woman finishes a year without getting a period. Postmenopausal women are vulnerable to various medical conditions.

There are a number of natural treatments and therapies for menopausal symptoms, including deep breathing techniques, meditation, rhythmic movements, aerobic exercise, yoga, and other stress-relieving activities. Soy, flaxseeds, vitamin D & E, wild yam, yogurt, coconut and olive oil, sage, clove, cinnamon, chasteberry, black cohosh can be included in the diet³.

NEED FOR THE STUDY

A woman is an adult female human being. When a girl turns 18, she becomes a lady. Women make up around 3.905 billion people worldwide, or 49.58% of the total population. Around 25 million women worldwide experience menopause each year, according to this group. Women who have reached menopause live almost longer in emerging nations⁴.

According to the country's current population, which exceeds 1 billion, there are approximately 71 million Indians over the age of 60 and 43 million menopausal women⁵.

About 8.4% of women in the age 15 – 49 years were in natural menopausal. The highest precaution being in Karnataka is 10.5%⁶.

The purpose of this study was to determine the menopause onset age, the prevalence of menopause, and the menopausal symptoms among South Indian women. According to this study, the most common menopausal symptoms included hurting muscles and joints, fatigue, impaired memory, lower back pain, and difficulty sleeping⁷.

A study of menopausal symptoms perceptions about menopause among women at a rural community in Kerala. The study reveals that the prevalence of symptoms among ladies where emotional problems 90.7%, headache 72.9%, lethargy 65.4%, dysuria 58.9%, forgetfulness 15.7%, musculoskeletal problems 53.3%, sexual problems 31.8%, genital problems 9.3% and changes in voice 8.4%. Only 22.4% of women new the correct cause of menopause⁸.

STATEMENT OF THE PROBLEM

“A study to assess the knowledge on home remedies for menopausal symptoms among women at selected rural community Kolar with view to develop information booklet”.

OBJECTIVES OF THE STUDY

- 1.To assess the level of knowledge on home remedies for menopausal symptoms among women.
- 2.To find out the association between knowledge score with selected socio demographic variables of menopausal women.

ASSUMPTION OF THE STUDY

1. Women may have some knowledge regarding, home remedies on menopausal symptoms.
2. The information booklet will improve the knowledge of the women regarding home remedies on menopausal symptoms.

OPERATIONAL DEFINITIONS

1. Knowledge: - It is the response given by the women on home remedies related to menopausal symptoms.
2. Women: - In this study, it refers to women having menopausal symptoms aging between 45-55 years.
3. Menopausal symptoms: - In this study it refers to assessing the menopausal symptoms like Osteoporosis, weight gain, stress, sleep disorder.
4. Home remedies: - In this study, it refers to food stuff such as Calcium rich food like dairy products, Vitamin D foods, Egg, Protein rich foods as soya bean used in home to reduce menopausal symptoms.
5. Rural: - It refers to the selected village of Kolar district where the study is conducted.
6. Information booklet: - It refers to systemically planned validated printed material giving information booklet on Management of Menopausal Symptoms by using home remedies.

CHAPTER 2

REVIEW

OF LITERATURE



CHAPTER - II

REVIEW OF LITERATURE

In the process of carrying out the present study, the investigator has reviewed the following literature:

A descriptive study conducted in selected rural area in Faridabad. On assessment of level of knowledge and attitude regarding women. 100 menopausal women were drawn by convenient sampling technique. The study reveals that 5% of the total subject had good knowledge, 94% had average knowledge, 1% had poor knowledge, 98% of the total subjects had positive attitude, 2% had natural attitude, 0% had negative attitude. There were found association significant between attitude and occupation⁹.

A cross sectional study conducted in Kuching, Sarawak, Malaysia. The study was conducted to assess the prevalence of menopausal symptoms among women aged 40-65 years. 356 Sarawakian women age 40-65 years were included in the study. Modified MRS questionnaire technique was used to collect the sample .The result revealed that the mean age of menopause was 51.3 years, the most prevalent symptoms reported were joint and muscular discomfort 80.1%, physical and mental exhaustion 67.1%, and sleeping problem 52.2% followed by symptoms of hot flushes and sweating 41.6%, irritability 37.9%, dryness of vagina 37.9%, anxiety 36.5% , depressive mode 32.6% other complaints denoted were sexual problem 30.9%, bladder problem 13.8%, and heart discomfort 18.3%. The study concluded that the prevalence of classical menopausal symptoms of hot flushes, sweating was lower compared to studies on Caucasian women⁹.

A cross sectional study conducted in Riyadh, Saudi Arabia. On prevalence and severity of menopausal symptoms among Saudi women .119 women aged 45-60 years included in the study. Questionnaire sampling technique was used to collect the sample. The result revealed that the mean age at menopause was 48.3 years. The symptoms reported to be most prevalent were joint and muscle pain 80.7%, physical and mental exhaustion 64.7% and hot flushes and sweating 47.1%, somatic and psychological symptoms were highly prevalent in perimenopausal women compared to other groups. The study concluded that the prevalence of classic symptoms of hot flushes and night sweats was lower than reported in Western study¹⁰.

A descriptive study conducted in Kanchipuram district, on premenopausal symptoms among middle aged women. The convenience sampling technique was used to select 109 samples. The data were collected by self-administrated questionnaires. The study shows that 0%of the women had adequate knowledge 15% of the women had moderate knowledge and 94% of the women had inadequate knowledge regarding pre-menopausal symptom¹¹.

An analytical study conducted in selected hospital in Madhya Pradesh. On assessment of knowledge, attitude and practice regarding menopause among menopausal women.32.72% samples included. A convenient sampling technique was used to collect the sample. The study reveals that 32.72% of menopausal women had knowledge of menopausal symptoms. 39.09%,52.72% and 22.72% knew that menopause increases risk of cardiovascular, osteoporosis and breast cancer respectively¹².

A cross sectional study conducted in selected rural community in Kerala. On assessment of menopausal symptoms and perceptions about menopause among women. 106 post-menopausal women included in the study. Random sampling technique was used to collect the sample. The result revealed that prevalence of symptoms among ladies were emotional problems 90.7%, headache 72.9%, lethargy 65.4 %, dysuria 58.9%, forgetfulness 57%, sexual problems 31.8%, genital problems 9.3% and changes in voice 8.4 %.the study concluded that 22.4% of women suffered with menopausal symptoms¹³.

A cross sectional study conducted in Kurhita, Bangladesh on assessment of menopausal symptoms among women.509 samples included. A modified MRS questionnaire was used to collect the sample. The result revealed that prevalence of symptoms among women were feeling tide 92.90%, head ache 88.80%, joint and muscular discomfort 76.20%, physical and mental exhaustion 60.90%, and sleeplessness 54.4%¹⁴.

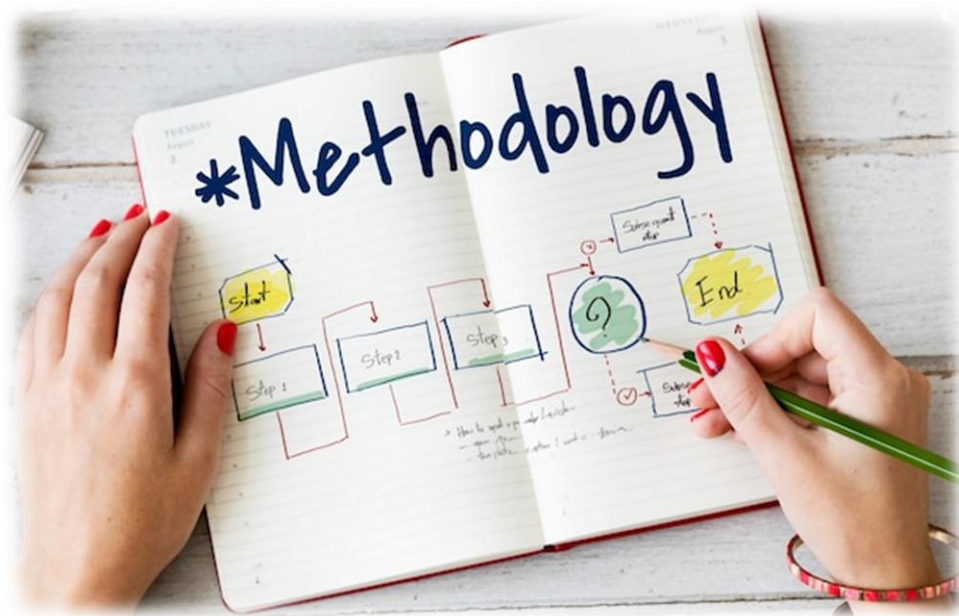
A descriptive study was conducted in selected community in Udupi. On assessment of knowledge and perception regarding menopause among married women. 140 samples included by using simple random sampling. Out of married women the data shows that majority of women belongs to the age group 45-50 years and their mean age was 48-26 years and SD 2.359. Most 106 women had a history of regular menstrual cycle and 138 had no history of any gynaecological illness during the data collection. Majority of the married women 120 had average knowledge on menopause. Among 140 married women most 111 of them had good perception. There is significant association between knowledge score and education and income. There is weak positive corelation between the knowledge and perception was observed¹⁵.

A cross sectional study conducted in rural hospital, South Karnataka. The study was conducted to assess the prevalence of menopausal symptoms among rural perimenopausal women. 200 menopausal women included in the study. Questionnaire sampling technique was used to collect the sample. The result revealed that among 200 women, the prevalence of the symptoms of menopause was 70%. Commonly reported symptoms were somatic symptoms: joint or muscular pain, hot flushes and psychological symptoms: physical or mental exhaustion, anxiety. Perception of menopause was generally positive, but we also documented some myths and misconceptions regarding menopause that indicate a need for health awareness in this population. The study concluded that high prevalence but low severity of menopausal symptoms¹⁵.

A cross sectional study conducted in Kasturba Medical college, Mangalore. On assessment of menopausal symptoms among women .110 samples included. A convenient sampling technique was used to collect sample The result revealed that prevalence of symptoms among women were joint and muscular discomfort and physical and mental exhaustion seen in 94 %. The mean number of symptoms reported by participants was 7.6. Educated women reported significantly more symptoms somatic and urogenital symptoms were more among perimenopausal women and somatic symptoms were more among post-menopausal women. Participants had one or more severe symptoms. Severe symptoms were most among premenopausal women¹⁶.

CHAPTER 3

METHODOLOGY



CHAPTER – III

METHODOLOGY

This chapter deals with the type of research approach used, in the setting of the study, population, sampling technique, sample technique, sample selection, inclusion and exclusion criteria, development of the tool, collection of data, procedure of data collection and the plan for data analysis.

RESEARCH APPROACH

The selection of research approach is the basic procedure for the research of enquiry. The research approach helps the investigator to determine the data collect and analysis the data. Research approach indicates procedures conducting the study in order to accomplish the objectives of the study. In the study Quantitative Research approach will be used.

RESEARCH DESIGN

A research design is an investigation overall plan for obtaining answer for the research questions. In the study the design is non-experimental descriptive survey design.

SETTING OF THE STUDY

Setting is the location where a study is conducted. For the present study the setting is selected rural area because of availability of sample and feasibility for conducting study.

METHOD OF DATA COLLECTION

Step-1

The ethical clearance will be obtained from research and ethical committee of the institution.

Step-2

The written consent will be taken from the menopausal women.

Step-3

The sample will be selected by using convenient sampling method and informed consent will be taken from the study participant.

Step-4

Data will be collected from the menopausal women by using structured knowledge questionnaire by self-administered method.

TARGET POPULATION

Population is referred as target population which represents the entire group of the all the element like individuals, objective that need certain criteria for the study. In the present study, the population consist menopausal women aging between 45-55 years.

TOOL DESCRIPTION

Preparatory phase:

A formal written consent obtained from the menopausal women in the rural areas of Kolar like Kembodi, Arabikothanooru 5-6 kilometers away from the

college. 100 menopausal women selected using the convenient sampling technique who fulfil the criteria.

Data collection phase:

The data collected individually by administering structured knowledge questionnaire which consist of three aspects' menopause, menopausal symptoms and its home remedies.15-20 minutes spent with each menopausal women for collecting the data.

SAMPLE AND SAMPLING TECHNIQUE

A sample is subject or proportion of the population that has been selected to represent the population of interest. For the study, a sample of 100 menopausal women residing in selected rural community area in Kolar district.

Sampling is the process of selecting a portion of population to represent the entire population. Convenient sampling technique will be used.

CRITERIA FOR SELECTION OF SAMPLE

Sampling criteria:

❖ *INCLUSION CRITERIA*

1. Women having menopausal symptoms.
2. Willing to participate in the study.
3. Who are available at the time of data collection.
4. Able to understand Kannada or English.

❖ **EXCLUSION CRITERIA**

1. Women more than 45yrs and still menstruating.
2. Who are not available at the time of data collection.
3. Who are not willing to participate.
4. Who do not understand Kannada or English.

DATA COLLECTION TOOL

A structured questionnaire schedule was prepared to assess the knowledge of menopausal women regarding home remedies for menopausal symptoms.

SECTION – I

Demographic data like age, gender, education, occupation, menopausal symptoms, home remedies, income, religion, place of residence.

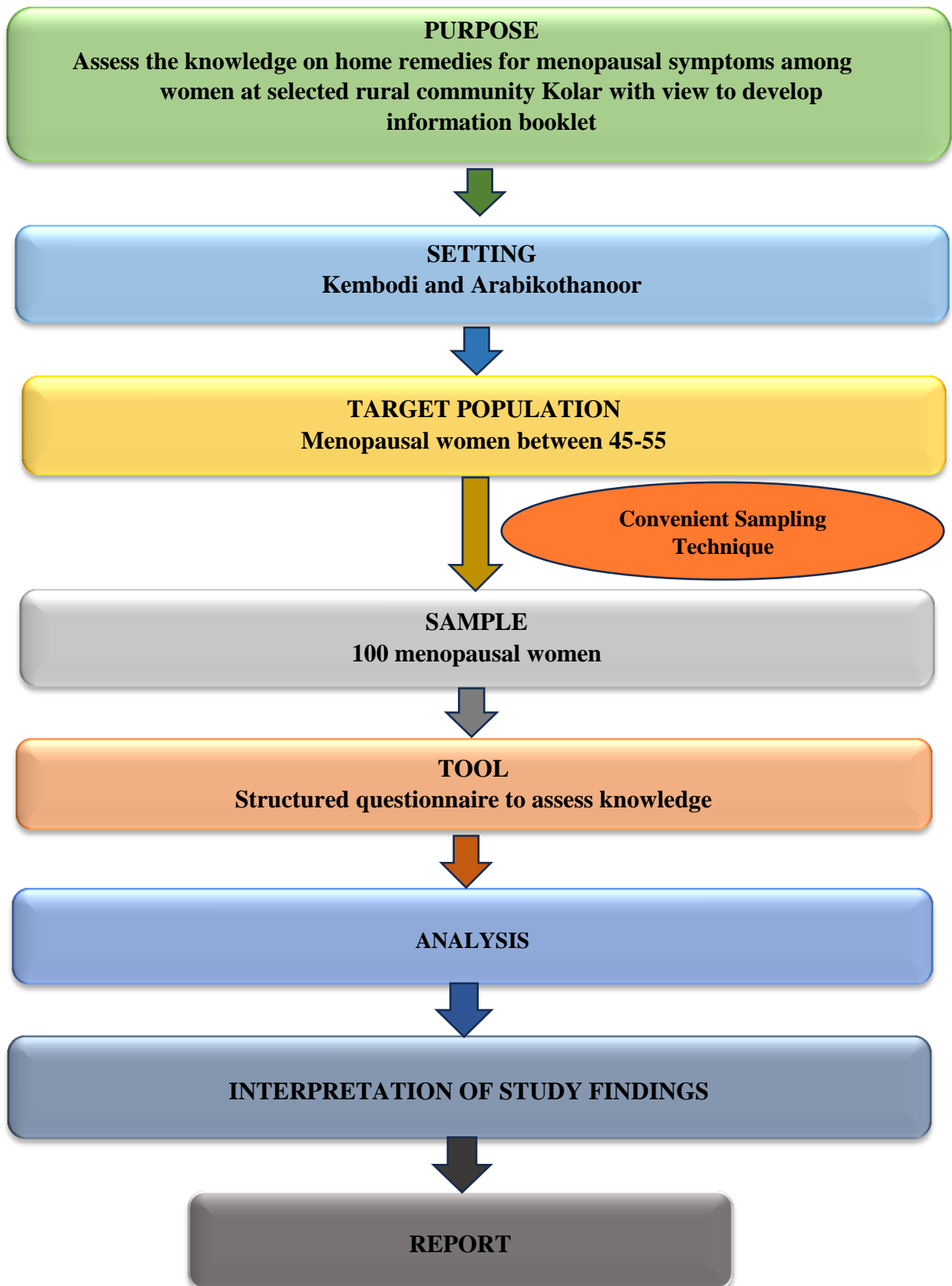
SECTION -II

It consists of structured knowledge Questionnaire on home remedies of menopausal symptoms.

METHOD AND PLAN OF DATA ANALYSIS

Data is analysed by Descriptive and Inferential Statistics.

- Descriptive Statistics: Mean, Median, Mode & Standard Deviation.
- Inferential Statistics: Chi-Square test



CHAPTER 4

RESULTS



CHAPTER – IV

RESULTS

This chapter deals with the data analysis and interpretation of the study to “Assess the knowledge on home remedies for menopausal symptoms among women at selected rural community Kolar with a view to develop information booklet” the data was collected on the basis of objectives and assumptions formulated for the study.

The analysis of the data is organised and presented under following sections:

Section – I: Demographic profile

Section – II:

- A. Aspect wise knowledge score on menopause.
- B. Chi square value showing association between knowledge score with selected socio demographic variables of menopausal women.

SECTION-01

SOCIO DEMOGRAPHIC PROFILE

Table 1: Sample distribution according to age

Age in year	No of samples	percentage
41 – 43 yrs.	1	1
44 – 46 yrs.	14	14
47 – 49 yrs.	42	42
Above 50 yrs.	43	43
Total	100	100%

Table 1: Depicts that Majority 43% of menopausal women belongs to above 50 years of age, 42% of menopausal women belongs to 47 – 49 years of age group, 14% of menopausal women belongs to 44- 46 years of age group and 1% of menopausal women belongs to above 41- 43% years of age group.

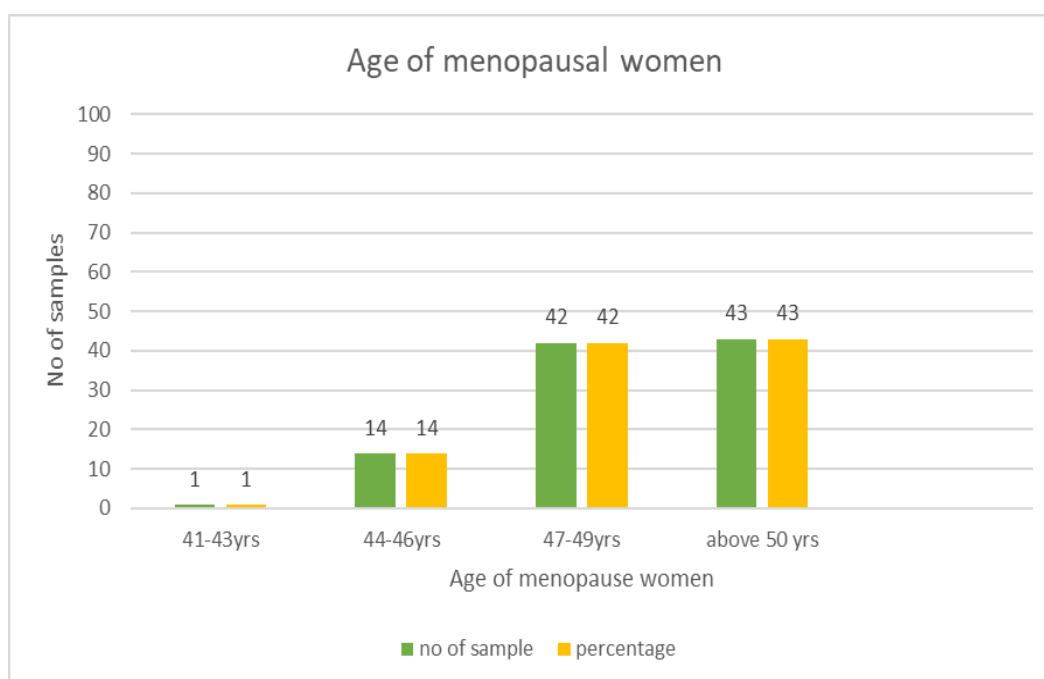


Figure 1: Sample distribution according to age

Table 2: Sample distribution based on educational status of menopausal women

Educational status	No of samples	Percentage
No formal education	79	79
Primary education	17	17
Secondary education	3	3
Under graduated	1	1
Total	100	100%

Table 2: Depicts that majority 79% of menopausal women have no formal education, 17% of menopausal women have primary education, 3% of menopausal women have secondary education and 1% of menopausal women are under graduated.

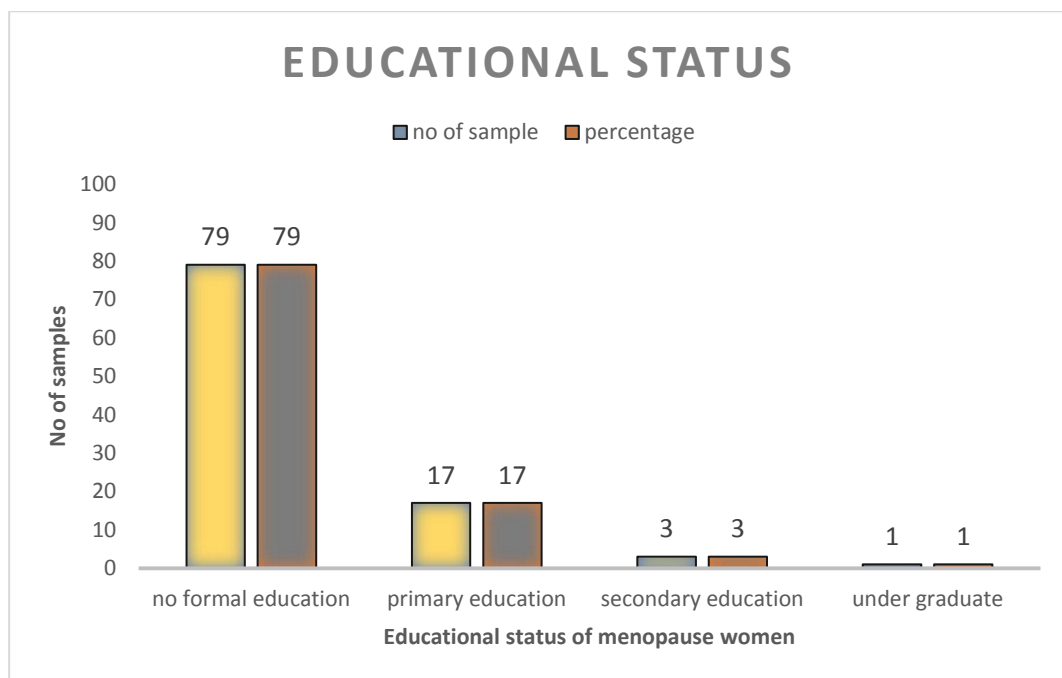


Figure 2: Sample distribution based on educational status of menopausal women

Table 3: Sample distribution based on occupational status of menopausal women

Occupational status	No. of samples	Percentage
Home maker	74	74
Agriculture	26	26
Private employee	1	1
Government employee	0	0
Total	100	100%

Table 3: Depicts that majority 74% of menopausal women are home maker, 26% of menopausal women work in agriculture field, 1% of menopausal women are private employees and 0% of menopausal women are government employees.

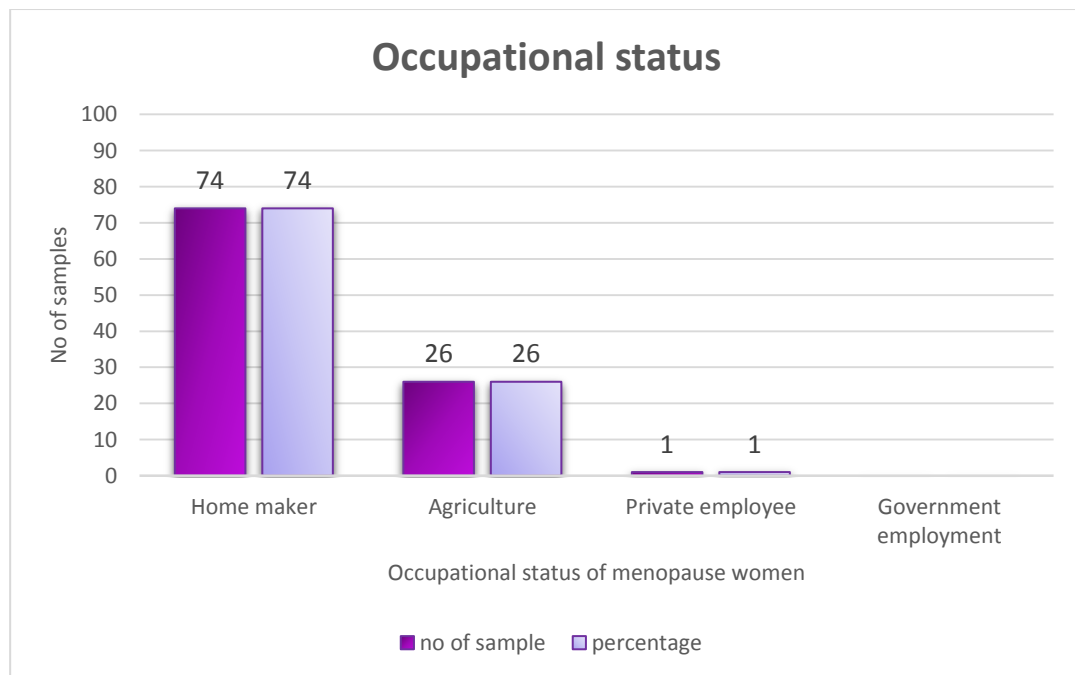


Figure 3: Sample distribution based on occupational status of menopausal women

Table 4: Sample distribution based on family monthly income of menopausal women

Family income	No of sample	Percentage
Below Rs.5000/-	32	32
Rs.5001 - 10000/-	54	54
Rs.10001 - 15000/-	12	12
Rs.15001 - 20000/-	2	2
Total	100	100%

Table 4: Depicts that majority 54% of menopausal women have Rs.5001/-10000/- as family income, 32% of menopausal women have below Rs.5000/- as family income, 12% of menopausal women have Rs.10001- 15000/- as family income, 2% of menopausal women have Rs.15001- 20000/- as family income.

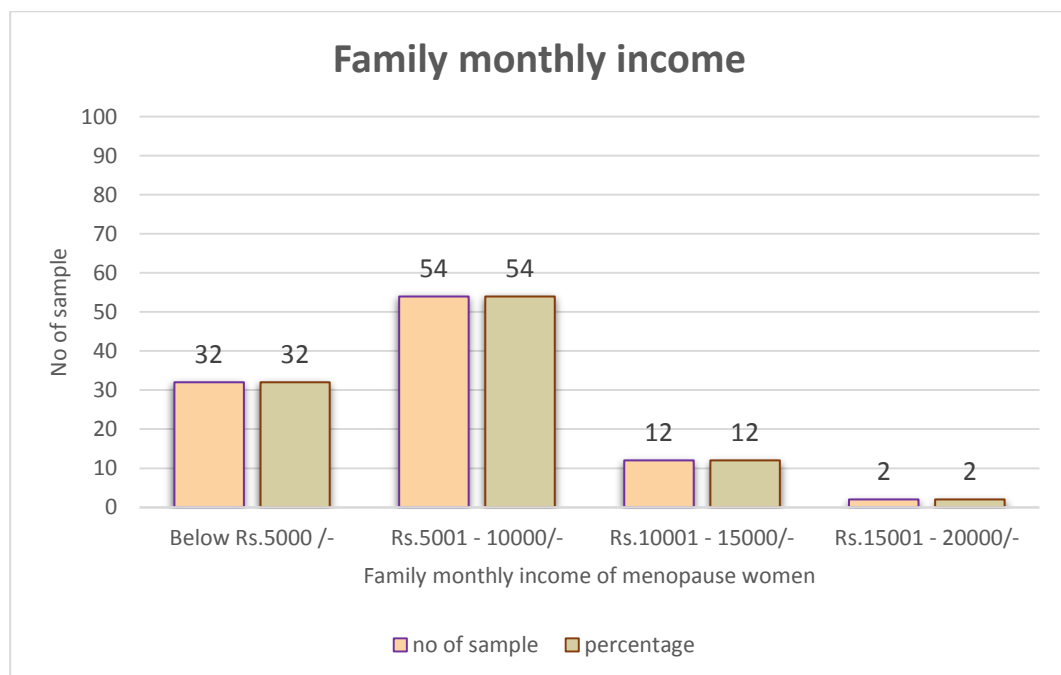


Figure 4: Sample distribution based on family monthly income of menopausal women

Table 5: Sample distribution based on religion of menopausal women

Religion	No of sample	Percentage
Hindu	100	100
Muslim	0	0
Christian	0	0

Table 5: Depicts that majority 98% of menopausal women are Hindus, 0% of menopausal women belongs are Muslim and 0% of menopausal women are Christian.

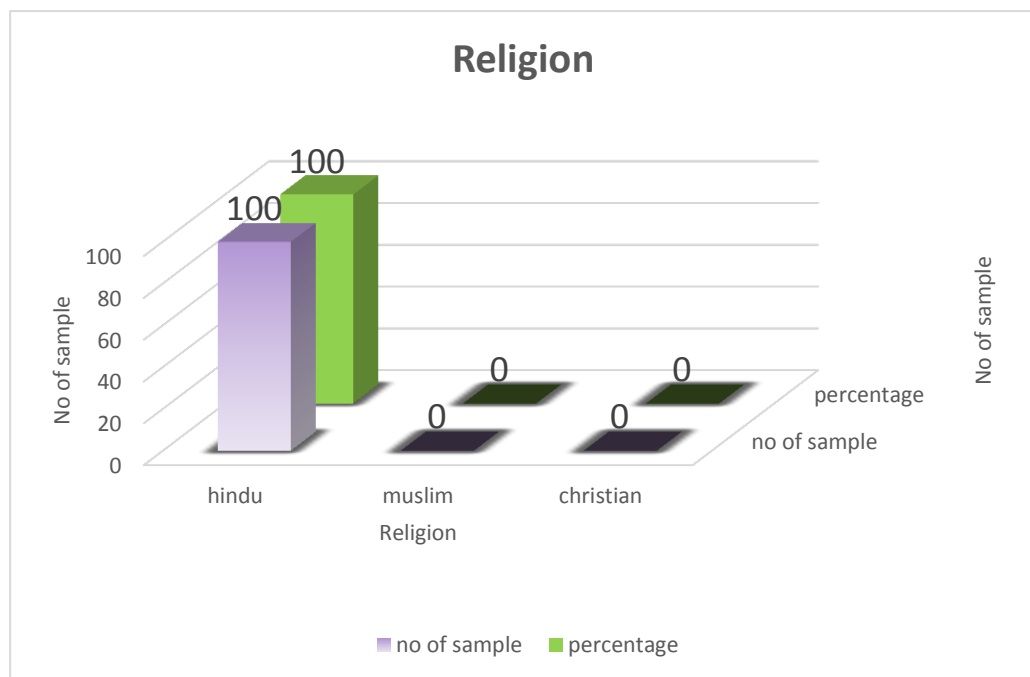


Figure 5: Sample distribution based on religion of menopausal women

Table 6: sample distribution based on type of family

Type of family	No of sample	Percentage
Nuclear family	60	60
Joint family	40	40
Extended family	0	0
Total	100	100%

Table 6: Depicts that majority 60% of menopausal women belongs to nuclear family, 40% of menopausal women belongs to joint family and 0% of menopausal women belongs to extended family.

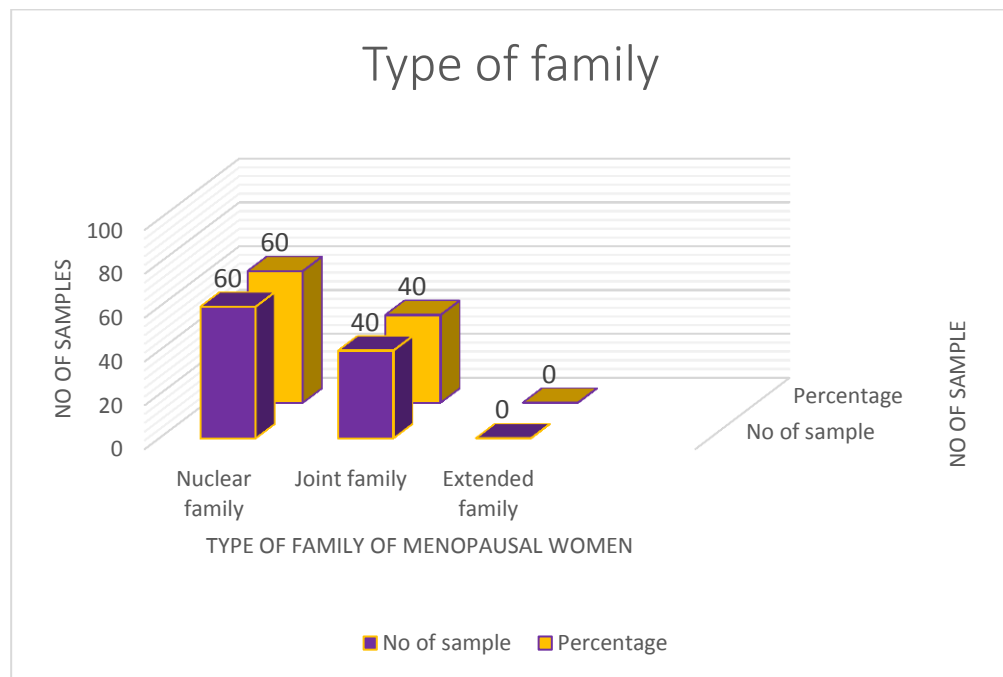


Figure 6: sample distribution based on type of family

Table 7: Sample distribution based on source of information regarding menopausal symptoms

Source of information	No of sample	Percentage
Radio/ television	36	36
Newspaper/ Health magazine	19	19
Family members / relatives	29	29
Health personals	16	16
Total	100	100%

Table 7: Depicts that majority 36% of menopausal women get knowledge from radio/television, 29% of menopausal women get knowledge from family members/relatives, 19% of menopausal women get knowledge from newspaper/health magazine, 16% of menopausal women get knowledge from health personals.

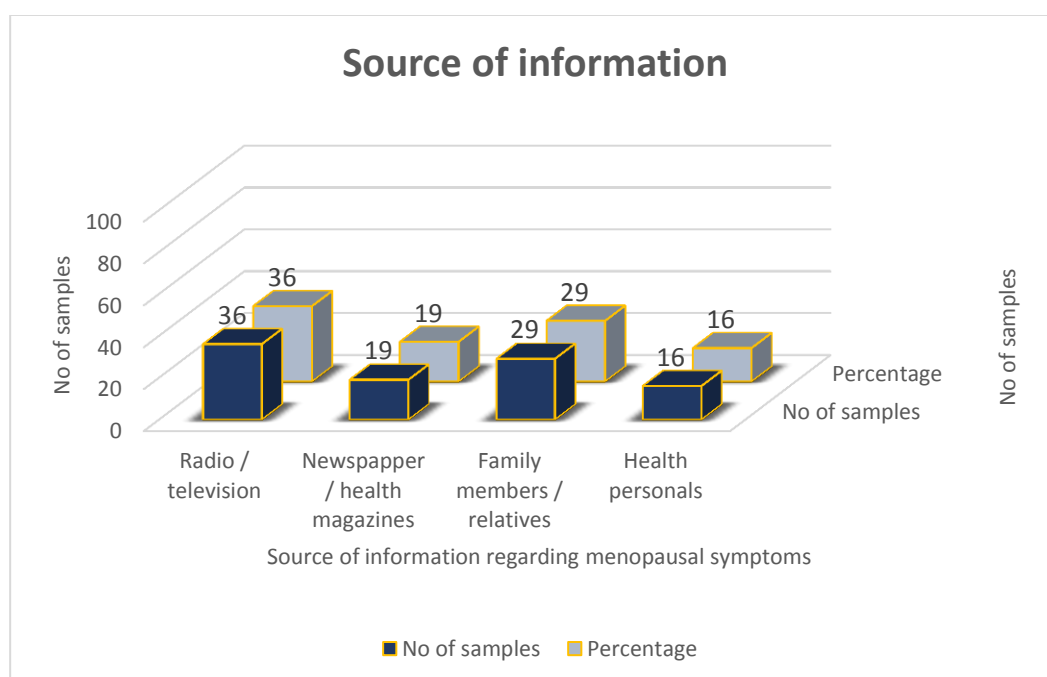


Figure 7: Sample distribution based on source of information regarding menopausal symptoms

Table 8: Sample distribution based on dairy products consume

Dairy products consume	No of sample	Percentage
Milk	76	76
Cheese	21	21
Yogurt	3	3
Don't consume	0	0
Total	100	100%

Table 8: Depicts that majority 76% of menopausal women consume milk as a dairy product, 21% of menopausal women consume cheese as a dairy product, 3% of menopausal women consume yogurt as a dairy product and 0% of menopausal women don't consume any dairy product.

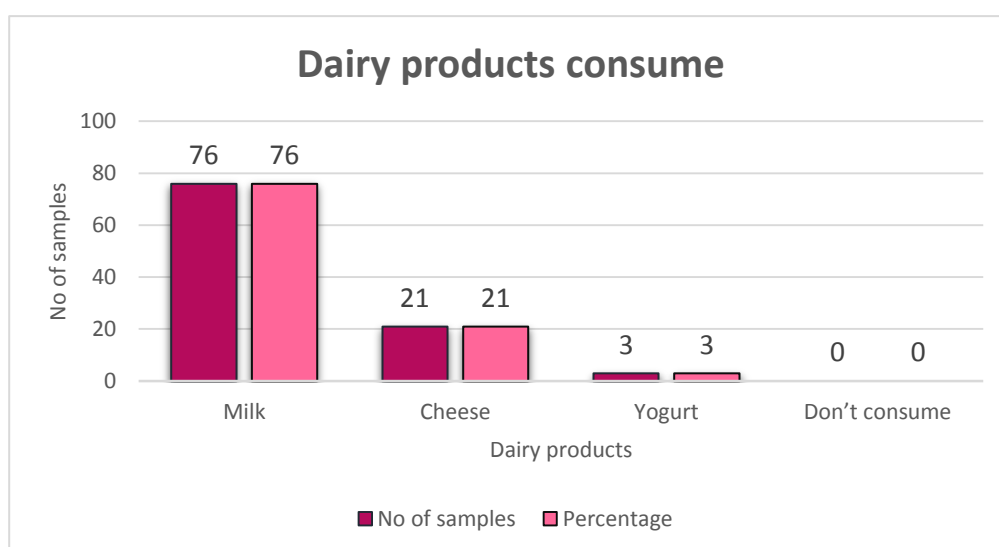


Figure 8: Sample distribution based on dairy products consume

SECTION – 02

STRUCTURED KNOWLEDGE QUESTIONNAIRE ON MENOPAUSE

Table 9: Knowledge scores on menopause

	Knowledge score	Percentage
Above average	75 - 100%	4
Average	50 - 74%	45
Below average	<49%	51
Total		100%

Table 9: Depicts that majority 51% of menopausal women have below average knowledge, 45% of menopausal women have average knowledge and 4% of menopausal women have above average knowledge.

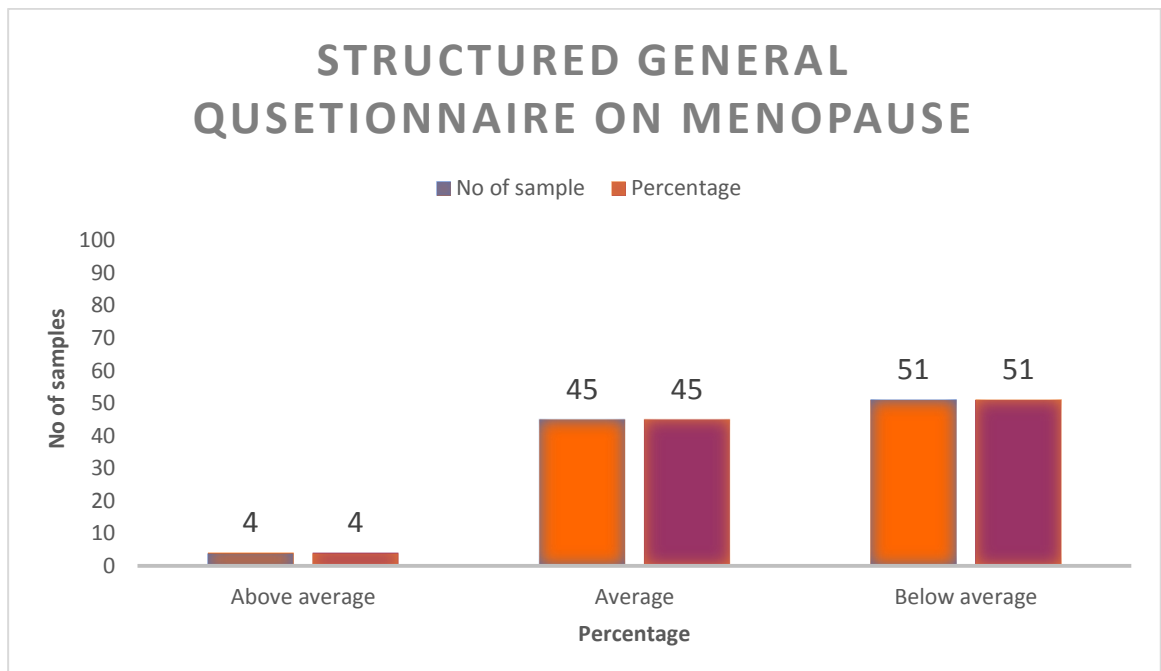


Figure 9: Knowledge scores on menopause

STRUCTURED KNOWLEDGE QUESTIONNAIRE ON MENOPAUSAL SYMPTOMS

Table 10: Knowledge scores on menopausal symptoms

	Knowledge score	Percentage
Above average	75 - 100%	5
Average	50 - 74%	43
Below average	<49%	52
Total		100%

Table 10: Depicts that majority 52% of menopausal women have below average knowledge, 43% of menopausal women have average knowledge and 5% of menopausal women have above average knowledge.

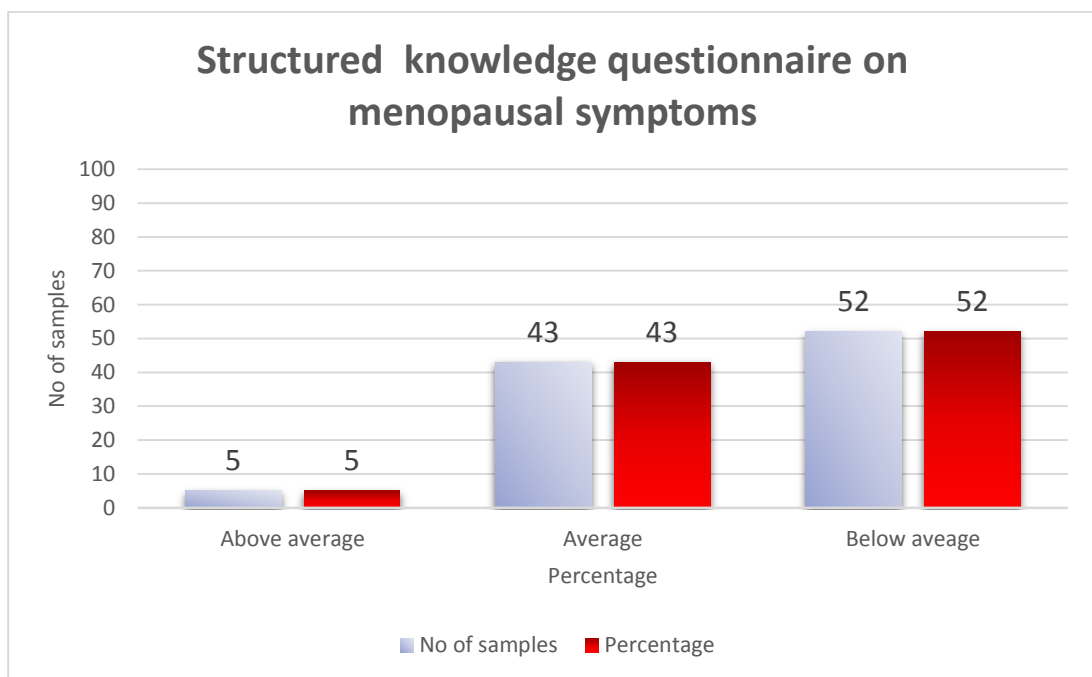


Figure 10: Knowledge scores on menopausal symptoms

STRUCTURED KNOWLEDGE QUESTIONS ON HOME REMEDIES FOR MENOPAUSAL SYMPTOMS

Table 11: Knowledge scores of home remedies for menopausal symptoms

	Knowledge score	Percentage
Above average	75-100%	0
Average	50-74%	7
Below average	< 49%	93
Total		100%

Table 11: Depicts that majority 93% of menopausal women have below average knowledge, 7% of menopausal women have average knowledge and 0% of menopausal women have above average knowledge.

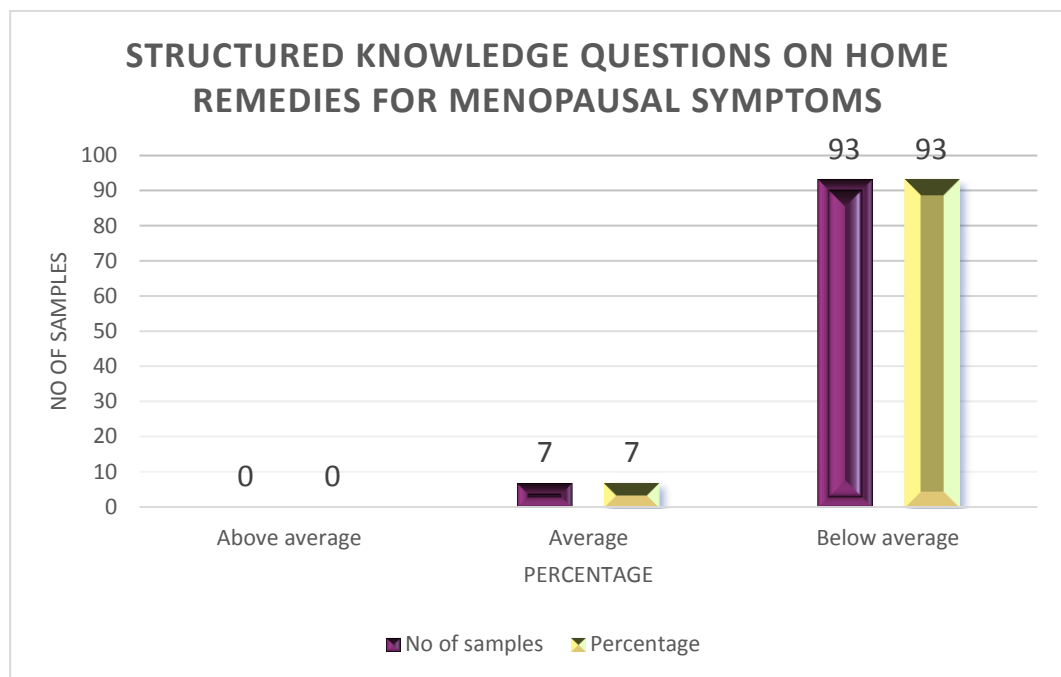


Figure 11: Knowledge score on home remedies for menopausal symptoms

OVER ALL KNOWLEDGE SCORE

Table 12: Over all knowledge score about menopause in women

	Knowledge score	Percentage
Above average	75% - 100%	0
Average	50% - 74%	10
Below average	<49 %	90
Total		100%

Table 12: Depicts that Majority 90% of menopausal women have below average knowledge, 10% of menopausal women have average knowledge, 0% of menopausal women have above average knowledge.

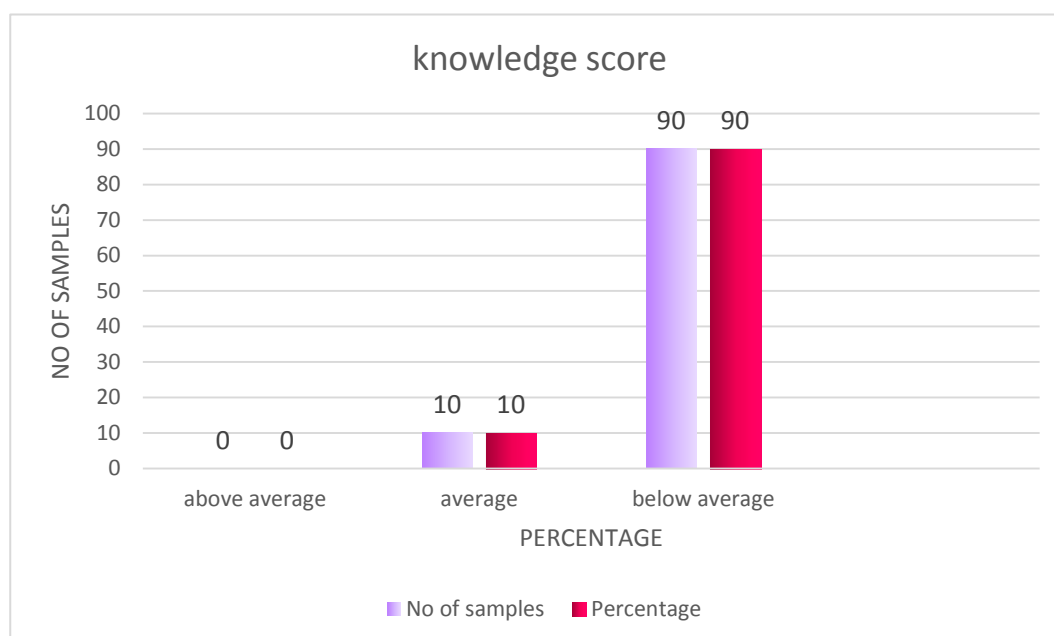


Figure 12: sample distribution according to overall knowledge score about menopause in women

SECTION II – A

ASPECTS WISE DISTRIBUTION OF KNOWLEDGE SCORES

Aspects of Knowledge Score	Item	Range	Mean	Mean%	SD
On menopause	8	0-8	3.6	45	1.2
On menopausal symptoms	7	1-7	3.55	51	1.18
On home remedies	29	1-21	9.68	33.37	3.2
Overall	44	7-26	16.72	38	3.90

Table 13: Gives the description of mean, mean percentage and standard deviation for the menopause, menopausal symptoms, home remedies and overall knowledge of menopausal women.

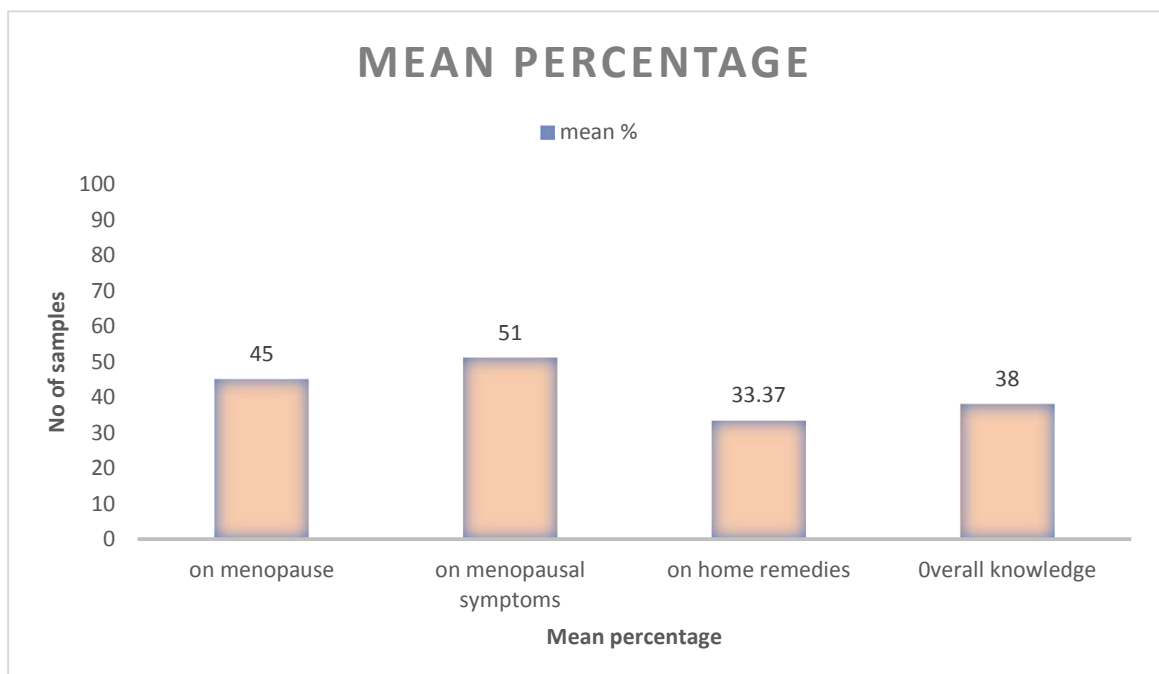


figure 13 It is evident that maximum mean percentage obtained by the menopausal women found in the aspects of knowledge on menopausal symptoms, menopause, overall knowledge and home remedies are 51%, 45%, 38% and 33.37% simultaneously.

SECTION II -B

Table 14: Chi square value showing association between knowledge score with selected socio demographic variables of menopausal women.

SL. NO	Demographic variables	Knowledge score with selected socio demographic variables of menopausal women		X ²	DF	P value	Inference
		Below Median (<16)	Above Median (>16)				
1	Age						
	Below 46	05	06	0.205	1	0.65	P < 0.05 NS
	Above 47	33	53				
2	Educational status						
	No formal education	34	45	0.645	1	0.421	P < 0.05 NS
	Under graduated	07	14				
3	Occupational status						
	Famer home maker	40	59	1.453	1	0.228	P < 0.05 NS
	Employees	01	00				
4	Family income						
	Below 5000/-	13	20	0.046	1	0.840	P < 0.05 NS
	5001-20000/-	25	42				
5	Religion						
	Hindu	38	60	0.103	1	0.747	P < 0.05 NS
	Muslim	01	01				
	Christian	00	00				
6	Type Of Family			0.249	1	0.617	P < 0.05 NS

	Nuclear family	22	34				
	Joint family	13	25				
7	Source Of Information						
	Radio/ Newspaper	16	45	1.058	1	0.303	P < 0.05 NS
	Family members/Health personal	14	25				
8	Consume Dairy Products						
	Consume	37	60	0.995	1	0.318	P < 0.05 NS
	Don't consume	02	01				

Table 14 Depicts the chi-square value established at 0.05 level of significance for finding out the association knowledge score on menopause, menopausal symptoms and home remedies with selected demographic characteristics. The table denotes that calculated chi square values of age ($X^2 = 0.205$), Educational status ($X^2 = 0.645$), Occupational status ($X^2 = 0.145$), Family income ($X^2 = 0.046$), Religion ($X^2 = 0.103$), Type of family ($X^2 = 0.249$), Source of information ($X^2 = 0.1058$), Consume dairy products ($X^2 = 0.995$) is lesser than the table value at 0.05 level of confidence. Hence the analysis revealed that there is no statistical significance.

CHAPTER 5

DISCUSSION



CHAPTER - V

DISCUSSION

The present study is to assess the knowledge on home remedies for menopausal symptoms among women at selected rural community Kolar.

The data was gathered using a structured questionnaire routine. 100 samples were evaluated for their knowledge of menopause, menopausal symptoms, and home remedies using a descriptive survey approach.

The findings of the study are discussed under the following headings:

Section 1: Demographic characteristics

Section 2: Assessment of knowledge of menopausal women on menopause,
menopausal symptoms and its home remedies

Section 3: Association between knowledge score with selected socio demographic
variables of menopausal women.

Section 1: Demographic characteristics

In relation to demographic factors 79% of samples lack a formal education, 74% of samples are homemakers, and 43% of samples are older than 50. 60% of the samples are from nuclear families, 98% of the samples are Hindus, 36% of the samples acquire their information from radio or television, and 76% of menopausal women consume milk as a dairy product.

Section 2: Assessment of knowledge of menopausal women on menopause, menopausal symptoms and its home remedies.

Results show that respondents' that majority 51% of menopausal women have below average knowledge, 49% of menopausal women have average knowledge and 8% of menopausal women have above average knowledge.

Section 3: Association between knowledge score with selected socio demographic variables of menopausal women.

The demographic factors studied in this study included age, educational attainment, occupation, family income, religion, type of family, information source, and dairy consumption. Selected demographic factors and respondents' knowledge scores do not significantly correlate with one another.

Only a few studies have reported on knowledge influencing menopausal women regarding menopausal symptoms. A descriptive study conducted in village of tarn-taran Punjab reported majority of the sample had inadequate knowledge score which is similar to our findings¹⁷.

However, the other studies found poor knowledge score regarding menopausal symptoms among menopausal woman such as a descriptive study conducted in selected village at Namakkal district Tamil Nadu had majority 80% poor knowledge¹⁸.

CHAPTER 6

CONCLUSION



CHAPTER – VI

CONCLUSION

This chapter presents the conclusion, implications, limitations and recommendations. The focus of the study was to evaluate the knowledge on menopause, menopausal symptoms and home remedies among women in rural community.

A descriptive survey was used in the study. The data was collected from 100 samples through structured questionnaire. The conclusion drawn from the study were follows.

The majority of the menopausal women willing participated in the study. The menopausal women have some knowledge about menopause, menopausal symptoms and its home remedies.

FINDINGS OF THE STUDY

Regarding demographic variables 43 % of sample is above 50 years, 79% have no formal education and 74% are home makers, 54% having family income of 50001 – 10001, 36% of samples are getting information about menopause from radio and television, 76% of samples are using milk as a diary product. The study findings reveals that the chi-square value established at 0.05 level of significance for finding out the association knowledge score on menopause, menopausal symptoms and home remedies with selected demographic characteristics. The analysis revealed that there is no statistical significance with socio demographic variables and knowledge score. Results shows that, majority 51% of menopausal women have below average knowledge, 49% of menopausal women have average knowledge and 8% of menopausal women have above average knowledge.

NURSING EDUCATION

As a nurse educator, there are abundant opportunities for nursing professionals to educate the menopausal women regarding its symptoms and home remedies.

The study emphasis significant of short-term in-service education programmes for nurses and community health care workers regarding menopausal symptoms and its home remedies.

NURSING ADMINISTRATION

The nursing administrator can mobilize the available resource personnel towards the health education of menopausal women regarding menopausal symptoms and its home remedies. The nurse as an administrator should plan and organize educational programs in the community. She should also encourage and depute nurses to participate in the health promotional programs conducted by other voluntary organization both in community and hospital.

NURSING RESEARCH

Nursing research is crucial for the effective delivery of health care and for the role and status of the nursing profession. Nursing research is indispensable in the several of the health care as the hospital and the community. The need for the research among menopausal women regarding its symptoms and home remedies will provide nurses the credibility to influence the health policy. It will also help to institute appropriate intervention strategies to meet the needs of specific population. Community nurse have a role to perform in the health

education for community, hence research in this field will broaden the horizons and help in the effective delivery of health care services.

LIMITATIONS OF THE STUDY

- The study is limited to menopausal women in selected rural villages in Kolar.
- The study did not use any control group.
- The study was conducted for the represented group of menopausal women.
- Long-term follow up could not be carried out due to time constraints.
- The sample was limited to 100 only.

RECOMMENDATION

Based on the finding of the study the recommendations are made.

- A similar study can be conducted on knowledge and attitude of menopausal women regarding home remedies in urban setting.
- A comparative study can be conducted between urban and rural.
- A similar study may be conducted in other back ward districts, taluks, villages etc.

CHAPTER 7

SUMMARY



CHAPTER – VII

SUMMARY

The menopausal transition most often begins from the age of 45-55 years. The women at the menopausal stage health should be assessed and checked periodically because in this period major changes in the body occurs. Women should be educated regarding the importance and maintenance of health which mainly depends on the healthy practice and good food. Nutrition plays an important role in maintenance of health. So healthy and nutritious diet is taken during the menopausal stage to prevent further complications and to maintain optimum health.

The present study was conducted to assess the knowledge on home remedies for menopausal symptoms among women at selected rural community area with the following objectives:

1. To assess the level of knowledge on home remedies for menopausal symptoms among women.
2. To find out the association between knowledge score with selected socio demographic variables of menopausal women.

Assumption of the study was:

1. Women may have some knowledge regarding, home remedies on menopausal symptoms.
2. The information booklet will improve the knowledge of the women regarding home remedies on menopausal symptoms.

The present study aims at assessing the knowledge on home remedies for menopausal symptoms among women at menopausal age.

In this study various literature reviewed which includes literature related to prevalence and severity of menopausal symptoms, knowledge and attitude regarding menopause and home remedies.

The study involves women at menopausal age one group descriptive design with survey approach. The dependent variable is knowledge score. The sample of this study comprise of 100 samples. The tool developed and used for the data collected was structured questionnaire. 8 experts validated the content, validity of the tool and the tool was found to be reliable and feasible.

Data collection procedure began from 20/01/23 to 10/02/23. The investigators personally explained the need and assured them of the confidentiality of their response.

The data gathered were analysed and interpreted according to objectives. Descriptive statistics used were mean and standard deviation. Inferential statistics like chi square test was included to test the assumptions at difference levels of significance and the data obtained are presented in the graphical form.

MAJOR FINDINGS OF THE STUDY

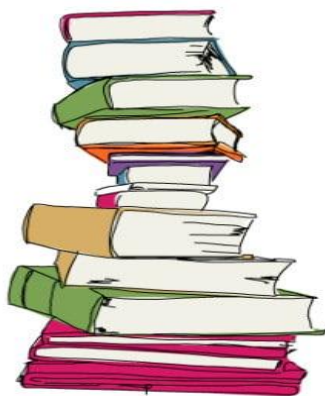
The major findings of the study are as follows:

- Findings related to demographic characteristics of the study: -
- Majority 43% above 50 years of age.
- 79% have no formal education.
- 74% of respondents are home makers.
- 54% having the family income between 5001-10001.

- 98% of respondents are Hindus.
- 60% of respondents belongs to nuclear family.
- 36% of respondent's source of information is radio/television.
- 76% of respondents consume milk as a dairy product.
- Finding related to association between the knowledge score and demographic variables was computed by using chi-square test.
- There exist non- significant association between selected demographic variables and knowledge score of respondents. Hence the stated null hypothesis is not accepted.

CHAPTER 8

BIBLIOGRAPHY



CHAPTER- VIII

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CHAPTER 9

ANNEXURE



ANNEXURE-I

ETHICAL CLEARANCE

	SRI DEVARAJ URS COLLEGE OF NURSING	Format No.	IEC 01
	TAMAKA, KOLAR - 563 103.	Issue No.	02
	INSTITUTIONAL ETHICS COMMITTEE	Rev No.	01
		Date	01-09-2018


Ref.:No.SDUCON/IEC/ 50 /2022

Date:28/07/2022

This is to certify that the Institutional Ethics committee of Sri Devaraj Urs College of Nursing, Tamaka, Kolar has examined and unanimously the following projects of III Year Basic B.Sc Nursing and II year P.B.B.Sc, I Year M.Sc Nursing Students and Faculty projects for the academic year 2021-22

Number of projects B.Sc Nursing: 11
Number of projects M.Sc Nursing: 18
Number of Faculty Projects: 14

Sl. No	Name of the Topic	Guide	Investigators	Accepted/ Not accepted	Remarks
1.	A descriptive study to assess the knowledge regarding assistive technology for children with learning disabilities among school teachers in selected schools at kolar.	Mr. R Rajesh	Abigale Thomas Amrutha GN Ansu James Athulya CS Gayathri N Meghana V Rajecna Biju Sneha Benny Tessy Thomas Suresh (PBBSc) Arunamma (PBBSc)	Accepted	For Review find meeting minutes for all projects
2	"A Descriptive Study To Assess The Academic Stress And Self Efficacy In Relation To Study Habits Among Adolescents In Selected Pu Colleges, Kolar."	Mrs. Punitha M	Miss. Achangel Sebastian Miss. Amrutha S Miss. Anu Johnson Miss. Ayana Joseph Miss. Husna N Miss. Merin Lenin Mr. Rakesh M P Miss. Sneha Rajmohanam	Accepted	

	SRI DEVARAJ URS COLLEGE OF NURSING		Format No.	IEC 01
	TAMAKA, KOLAR - 563 103.		Issue No.	02
	INSTITUTIONAL ETHICS COMMITTEE		Rev No.	01
			Date	01-09-2018

			Miss. Theresa K Bijoy Mrs. Asha Rani Mr. Venkataravanappa		
3	A study to Assess the Knowledge on Home Remedies for Menopausal Symptoms among Women at selected Rural Community Kolar, with view to develop Information Booklet.	Mrs. Sumana Yesu Priya SH	Anami Renny Anu Thomas Besteena Jose Jinta Sebastian Mithu Alex Rengi Sara Varghese Sona Sunny Titty Merin Eldho Jyothi M	Accepted	
4	"A study to assess the knowledge regarding child abuse among parents of children at selected school, kolar, karnataka."	Dr. Lavanya Subhashini	Aiswarya sajeev Anitta mathew Anumol joseph Bhargavi s Juby sara george Navarathna v.n Rose mariya varghese Sonu m.v Varsha varghese B magdalena	Accepted	
5	"Effectiveness of video teaching on natural remedies for premenstrual syndrome among adolescents in selected college, kolar."	Prof. Mary Minerva	Aksa b Anjana benny Aparna benny Bincy baby Keerthi. N Naveen kumar Roshna roy Sony mathew Vinaya anand Mala	Accepted	
6	A Study to Evaluate the Effectiveness of Self-Instructional Module on Knowledge and Practice regarding Obstetrics Emergencies and its Management among Staff Nurses working at selected Hospital, Kolar	Mrs. Gayathri K.V	Alana Vinod Anjana joshy Archanamol Ashokan Demy Daniel Krupashree	Accepted	

ANNEXURE-II
PATIENT INFORMED CONENT FORM

I have read and I understand the provided information and have had the opportunity to ask questions. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving a reason and without cost. I understand that I will be given a copy of this consent form. I voluntarily agree to take part in this study.

Participants Signature _____ Date _____

Investigators Signature _____ Date _____

ANNEXURE-III

INFORMED CONSENT FORM

Name of the Principal Investigator: Ms. Sumana Yesu Priya S H
Asst. Professor

Name of the co-investigators: Ms. Agnes Regi, Ms. Anami Renny, Ms. Anu Thomas, Ms. Besteena Jose, Ms. Jinta Sebastian, Ms. Mithu Alex, Ms. Rengi Sara Varghese, Ms. Sona Sunny, Ms. Titty Merin Eldho, Mrs. Jyothi M

Name of The Organisation: Sri Devaraj Urs College of Nursing

Title of the study: “ A Study to Assess the Knowledge on Home Remedies for Menopausal Symptoms among Women at Selected Rural Community Kolar with view to Develop Information Booklet”

If you agree to participate in the research study. We will collect information (as per Performa) from you as a person responsible for you or both. We will collect relevant details.

You are invited to participate in the research study. You are being asked to participate in the study because you satisfy our eligibility criteria. The information given in the documents is meant to help you decide whether or not take part. Please be free to ask queries. I give my consent to collect the information and also can be used for research. Test validation or education as long as my privacy maintained.

I have read the information or it has been read and explained to me in my own language. I have understood the purpose of the study. The nature of information will be collected and disclosed during the study. I had the opportunity to ask questions and the same has been answered to my satisfaction. I understand that I remain free to withdraw from the study at any time and this will not change my future care. I the undersigned agree to participate in this study and authorised to collect personal information of presentation and publication.

Patient's signature/ Thumb impression

Person obtaining consent and his/her signature:

Principal investigator signature:

Principal investigator.

GUIDE : Ms. Sumana Yesu Priya SH

Asst. professor,
Department of CHN
SDUCON
Tamaka, Kolar

Your's Sincerely

1. Ms. Agnes Regi
2. Ms. Anami Renny
3. Ms. Anu Thomas
4. Ms. Besteena Jose
5. Ms. Jinta Sebastian
6. Ms. Mithu Alex
7. Ms. Rengi Sara Varghese
8. Ms. Sona Sunny
9. Ms. Titty Merin Eldho
10. Mrs. Jyothi M

CONTENT VALIDITY CERTIFICATE OF TOOL

Name :

Designation :

Name of Institution :

Statement of acceptance/non-acceptance:

I hereby certify that I have validated the tool of 3rd year B.Sc. Nursing student of Sri Devaraj Urs College of Nursing, Tamaka, Kolar, who are undertaking research project as partial fulfilment of Basic B.Sc. Nursing Degree on:

“A STUDY TO ASSESS THE KNOWLEDGE ON HOME REMEDIES FOR MENOPAUSAL SYMPTOMS AMONG WOMEN AT SELECTED RURAL COMMUNITY KOLAR WITH VIEW TO DEVELOP INFORMATION BOOKLET”

Place:

Date:

**LETTER REQUESTING OPINION AND SUGGESTIONS OF
EXPERTS FOR ESTABLISHING CONTENT VALIDITY FOR
RESEARCH TOOL.**

From,

Research Students

3rd Year B.Sc. (N)

Sri Devaraj Urs College of Nursing

Tamaka, Kolar

To,

Subject: Requesting for the opinion and suggestion of experts for establishing content validity of research tool.

Respected Sir/Madam

We the students of basic B.Sc. Nursing 3rd year team belonging to Dept. of Community Health Nursing have selected below mentioned topic for research project for the fulfilment of the requirements of nursing research subject for BSc(N) degree.

Title of the study

“A STUDY TO ASSESS THE KNOWLEDGE ON HOME REMEDIES FOR
MENOPAUSAL SYMPTOMS AMONG WOMEN AT SELECTED RURAL
COMMUNITY KOLAR WITH VIEW TO DEVELOP INFORMATION
BOOKLET”

With the regard to the above, we kindly request your Good-self to validate the tool for its relevancy and adequacy. Hereby, we have enclosed the objectives of the study and the Structure Knowledge Questionnaire with the answer key and content validity certificate for your kind reference. We will be highly obliged and thankful for your great help. Here with, we enclose,

- Statement of the study
- Objective of the study
- Tool of the study
- Answer key of the tool

Objectives of the study

- 1.To assess the level of knowledge on home remedies for menopausal symptoms among women.
- 2.To find out the association between knowledge score with selected socio demographic variables of menopausal women.

Data collection tool

Section I: Socio-Demographic Proforma

Section II: Structured Knowledge Questionnaires

- A. General questions on menopause.
- B. Structured knowledge question on menopausal symptoms.
- C. Structured knowledge questionnaires on Home remedies for menopausal symptoms.

We, humbly request you to go through the tool and give your valuable suggestions and opinion. Kindly suggest modifications, additions and deletions, if any, in the remark column.

Thanking you,

Yours sincerely,

1. **Ms. Agnes Regi**
2. **Ms. Anami Renny**
3. **Ms. Anu Thomas**
4. **Ms. Besteena Jose**
5. **Ms. Jinta Sebastian**
6. **Ms. Mithu Alex**
7. **Ms. Rengi Sara Varghese**
8. **Ms. Sona Sunny**
9. **Ms. Titty Merin Eldho**
10. **Mrs. Jyothi M**

Place:

Date:

ANNEXURE – IV

CONTENT VALIDATORS

1. Dr. G Vijayalakshmi

Principal of SDUCON

Tamaka. Kolar

2. Dr. Lavanya Subashini

HOD Of Dept. Of Child Health Nursing,

SDUCON Tamaka, Kolar

3. Dr Zeenath C.J

HOD of Dept. of Medical Surgical Nursing

SDUCON Tamaka, Kolar

4. Prof. Mary Minerva

HOD of Community Health Nursing

SDUCON Tamaka, Kolar

5. Prof. Jairakini Aruna

HOD of Mental Health Nursing

SDUCON Tamaka, Kolar

6. Mrs. Punitha. M.

HOD Of Dept of Obstetrical and Gynecology

SDUCON Tamaka,

7. Dr. Malathi K.V.

Dept. Of Community Health Nursing,

SDUCON Tamaka, Kolar

8. Mr. Rajesh.

Assoc. Professor of Mental Health nursing

SDUCON Tamaka, Kolar

9. Mrs. Gayathri K.V.

Assoc. prof of Obstetrical and Gynecology

SDUCON, Tamaka, Kolar

10. Mrs. Vani. R

Assoc. prof. Community Health Nursing ,

SDUCON Tamaka, Kolar

ANNEXURE – V

CRITERIA CHECK LIST FOR TOOL VALIDATION

For each of the following statements, please indicate how much you agree or disagree by marking the number that most closely corresponds to your opinion. (5= strong agreement, 4= agreement, 3= uncertain, 2= disagreement, 1= strong disagreement). You may choose any number from 1 to 5.

Question no:	Strongly agree	Agree	Uncertain	Disagree	Strongly disagree
Section 1:					
Socio- Demographic Variables					
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
Section 2:					
A. General Knowledge Questionnaire on Menopausal Symptoms					
1.					
2.					
3.					
4.					
5.					
6.					
7.					
B. Structured Knowledge Questionnaire on Menopausal Symptoms					
1.					
2.					
3.					
4.					
5.					
6.					
7.					
C. Structured Knowledge Questions on Home Remedies for Menopausal Symptoms					
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31.					

ANNEXURE – VI

SECTION I: - SOCIO DEMOGRAPHIC PROFORMAT

INSTRUCTIONS:

Dear participants, we request your kind co-operation in filling the below asked details. The answer given by you will be kept confidential. No one will know your answer. Kindly answer or place a tick mark (✓) or fill in where ever necessary pertaining to you. There are no right or wrong answers.

1. Name of the menopausal women_____

2. Age of the menopausal women

- a. 41-43yrs
- b. 44-46yrs
- c. 47-49yrs
- d. Above 50yrs

3. Educational status

- a. No formal education
- b. Primary education
- c. Secondary education
- d. Under graduated

4. Occupational status

- a. Home maker
- b. Agriculture
- c. Private Employee
- d. Government Employee
- e. Self-employment
- f. Other

5. Family monthly income:

- a. Below Rs. 5000/-
- b. Rs.5001-10000/-
- c. Rs.10001-15000/-
- d. Rs.15001-20000/-

6. Religion of the women

- a. Hindu
- b. Muslim
- c. Christian
- d. Any other specify

7. Type of Family

- a. Nuclear family
- b. Joint family
- c. Extended family

8. Source of information regarding menopausal symptoms

- a. Radio/ Television
- b. Newspaper/ Health magazines
- c. Family members/ Relatives
- d. Health personnel

9. ----- is the dairy products you consume each day

- a. Milk
- b. Cheese
- c. Yogurt
- d. Don't Consume

SECTION II.

A. STRUCTURED GENERAL QUESTIONNAIRE ON MENOPAUSE

1. What is menopause?
 - a. Absence of periods for 12 months.
 - b. Prolonged bleeding.
 - c. Intermittent periods.
 - d. First periods.
2. Which is not a common symptom of Menopause
 - a. Thinning hair
 - b. Irregular periods
 - c. Hot flashes
 - d. Headache
3. Why do menopause symptoms occur
 - a. Start of reproductive age
 - b. Natural part of aging
 - c. Sign of libido
 - d. Increase hormone production
4. At which age the women attain menopause?
 - a. 30-35
 - b. 35-40
 - c. 40-45
 - d. 45-55
5. How many menstrual periods should be missed to attain menopause?
 - a. 5
 - b. 6
 - c. 7
 - d. 12
6. What are the alternative therapies for the menopausal symptoms?
 - a. Yoga, physical exercises
 - b. Laughing therapy
 - c. Musical therapy

- d. Play therapy
- 7. What are the common physical changes occur during menopause
 - a. Colour blindness
 - b. Weight gain
 - c. Change in hair colour
 - d. Muscle spasm
- 8. What is the most serious effect of menopause
 - a. Bronchitis
 - b. Heart disease
 - c. Diabetes
 - d. Skin allergies

B. STRUCTURED KNOWLEDGE QUESTIONNAIRE ON MENOPAUSAL SYMPTOMS

- 1. What are the symptoms of menopause
 - a. Hot flushes
 - b. Vomiting
 - c. Diarrhoea
 - d. Chest pain
- 2. What are the factors that cause menopause
 - a. Smoking
 - b. Congenital anomalies
 - c. Over nutrition
 - d. Restlessness
- 3. What is the most serious adverse effect of menopause
 - a. Hot flashes
 - b. Osteoporosis
 - c. Heart failure
 - d. Hearing loss
- 4. Menopause marks the end of a women's -----
 - a. Menstrual cycle
 - b. First trimester
 - c. Second trimester

- d. Patience
 - 5. How long do menopause hot flushes last
 - a. 2-4 minutes
 - b. 5-7 days
 - c. 2-5 years
 - d. 1-2 days
 - 6. At what time menopausal symptom occur
 - a. Often starts before periods stops
 - b. During reproductive age
 - c. Before getting pregnant
 - d. After delivery
 - 7. Are you facing any sleeping problem
 - a. Yes
 - b. No
- If yes specify-----

C. STRUCTURED KNOWLEDGE QUESTIONS ON HOME REMEDIES FOR MENOPAUSAL SYMPTOMS

1. ----- of the following is rich in Calcium
 - a. Milk & milk products
 - b. Spinach
 - c. Beans
 - d. Carrot
2. ----- fruit is rich in calcium
 - a. Corn
 - b. Dried fruits
 - c. Papaya and Orange
 - d. Mustard greens
3. ----- foods to eat during menopause
 - a. Processed foods
 - b. Calcium rich foods
 - c. Spicy Foods
 - d. Alcohol
4. Calcium helps to reduce ----- condition
 - a. Diabetes
 - b. Thyroid
 - c. Osteoporosis
 - d. Cholesterol
5. ----- is the rich source of protein
 - a. Soya
 - b. Beans
 - c. Peas
 - d. Corns
6. ----- protein is good for menopause
 - a. Lean protein
 - b. Carrot
 - c. Cucumber
 - d. Tomato

7. ----- food products are high in protein content
- a. Tofu and eggs
 - b. Grains and legumes
 - c. Yogurt
 - d. Bread
8. Adequate amount of protein will reduce -----
- a. Loss of muscle mass
 - b. Helps to sleep better
 - c. Prevents blood clot
 - d. Produce thyroid hormone
9. ----- is poor source of vitamin D
- a. Fish
 - b. Eggs
 - c. Cod liver oil
 - d. Yogurt
10. ----- is the fruit rich in vitamin D
- a. Egg yolk
 - b. Tuna
 - c. Orange
 - d. Fatty fish
11. Vitamin D helps to reduce ----- condition
- a. Osteomalacia
 - b. Improve in vision
 - c. cellulitis
 - d. Improve digestion
12. ----- are the phytoestrogen supplements
- a. Flaxseeds
 - b. Potatoes
 - c. Carrots
 - d. Pumpkin
13. Which is Medical plant used for menopause?
- a. Gooseberry
 - b. Neem
 - c. Mint leaves

- d. Ginger
14. Home remedies for bone weakness
- a. Spinach & milk
 - b. Intake of alcohol
 - c. Refined sugar
 - d. Processed food
15. ----- rich diet controls menopause symptoms.
- a. Carbohydrate
 - b. Soya items
 - c. Fruits and vegetable
 - d. Eggs and meat
16. The ----- helps to controls the symptoms of menopause.
- a. Diet and exercise
 - b. Fried foods
 - c. Weight lifting
 - d. Salted foods
17. The ----- nutrients are included to reduce the menopausal symptoms
- a. Calcium
 - b. Iron
 - c. Sodium
 - d. Zinc
18. The foods which trigger menopausal symptoms
- a. Caffeine
 - b. Fresh juice
 - c. Fruits
 - d. Vegetables
19. Which is the herbal products used to treat menopausal symptoms
- a. Wild yam
 - b. Cucumber
 - c. Carrot
 - d. Beetroot

20. ----- is effective for mood swings
- a. Meditation
 - b. Fast food
 - c. Aloe Vera
 - d. Milk
21. ----- are the foods should be avoided to reduce hot flushes and night sweats
- a. Vegetable soup
 - b. Alcohol
 - c. Rice
 - d. Chapati
22. ----- exercise reduces hot flashes
- a. Deep breathing exercise
 - b. Downward facing dog
 - c. Legs up the wall
 - d. None of these
23. ----- are the natural remedies for vaginal dryness
- a. Alovera gel
 - b. Pineapple
 - c. Coconut oil
 - d. A & C
24. ----- amount of water to be taken to reduce vaginal dryness
- a. 8-12 glasses
 - b. 4-6 glasses
 - c. 5-7 glasses
 - d. 3-4 glasses
25. ----- type of drink helps to reduce memory loss
- a. Green tea
 - b. Lemon tea
 - c. Ginger tea

- d. Black tea
26. ----- reduces emotional disturbance
- a. Alcohol intake
 - b. Excess medication
 - c. Relaxation technique
 - d. Smoking
27. ----- technique is used to reduce stress, anxiety & increased sleep
- a. Mindfulness
 - b. Sleeplessness
 - c. No exercise
 - d. Meditation & Yoga
28. ----- therapy reduce depression
- a. Classical music
 - b. Behavioural therapy
 - c. No concentration
 - d. Isolation
29. ----- is useful to reduce weight gain
- a. Fruit & vegetables
 - b. Fat rich food
 - c. Inactivity
 - d. Drugs

ವಿಭಾಗ: - ಸಾಮಾಜಿಕ ಜನಸಂಖ್ಯೆ ಸ್ವರೂಪ

ಸೂಚನೆಗಳು:

ಆತ್ಮೀಯ ಭಾಗವಹಿಸುವವರೇ,

ಕಳೆದ ಹೇಳಲಾದ ವಿವರಗಳನ್ನು ಮಾಡಲು ನಿಮ್ಮ ಸಹಕಾರವನ್ನು ನಾವು ಕೋರುತ್ತಿರುವ ನೀವು ನೀಡಿದ ಉತ್ತರವನ್ನು ಗೌಪ್ಯವಾಗಿಡಲಾಗುವುದು ನಿಮ್ಮ ಹಾರ ಯಾರಿಗೂ ತಿಳಿಯುವುದಿಲ್ಲ ದಯವಿಟ್ಟು ಉರಿ ಅಥವಾ ಟೇಕ್ ಮಾಡಿ (1 ಅನ್ನು 0 ಸಿ ಅಥವಾ ನಿಮಗೆ ಸಂಬಂಧಿಸಿದಂತೆ ಆಗತ್ಯವಿರುವಲ್ಲಿ ಈ ರೀತಿ ಮಾಡಿ ಸರಿ ಅಥವಾ ತಮ್ಮ ಉತ್ತರಗಳಿಲ್ಲ.

1. ಋತುಬಂಧಕ್ಕೊಳಗಾದ ಮಹಿಳೆಯ ಹೆಸರು _____

2. ಋತುಬಂಧಕ್ಕೊಳಗಾದ ಮಹಿಳೆಯ ವಯಸ್ಸು

ಎ. 41-43 ವರ್ಷಗಳು

ಬಿ. 44-46 ವರ್ಷಗಳು

ಸಿ. 47-49 ವರ್ಷಗಳು

ಡಿ. 50 ವರ್ಷ ಮೇಲ್ಪಟ್ಟವರು

3. ಶೈಕ್ಷಣಿಕ ಸ್ಥಿತಿ

ಎ. ಔಪಚಾರಿಕ ಶಿಕ್ಷಣವಿಲ್ಲ

ಬಿ. ಪ್ರಾಥಮಿಕ ಶಿಕ್ಷಣ

ಸಿ. ಪ್ರೌಢ ಶಿಕ್ಷಣ

ಡಿ. ಅಡಿಯಲ್ಲಿ ಪದವಿ ಪಡೆದಿದ್ದಾರೆ

4. ಔದ್ಯೋಗಿಕ ಸ್ಥಿತಿ

ಎ. ಮನೆ ಕೆಲಸ

ಬಿ. ಕೃಷಿ

ಸಿ. ಖಾಸಗಿ ಉದ್ಯೋಗಿ

ಡಿ. ಸರ್ಕಾರಿ ನೌಕರ

ಇ. ಸ್ವಯಂ ಉದ್ಯೋಗ

ಎಫ್. ಇತರೆ

5. ಕುಟುಂಬದ ಮಾಸಿಕ ಆದಾಯ:

- ಎ. ರೂ. 5000/- ಕೆಳಗೆ
- ಬಿ. ರೂ.5001-10000/-
- ಸಿ. ರೂ.10001-15000/-
- ಡಿ. ರೂ.15001-20000/-

6. ಮಹಿಳೆಯ ಜಾತಿ

- ಎ. ಹಿಂದೂ
- ಬಿ. ಮುಸ್ಲಿಂ
- ಸಿ. ಕ್ರಿಶ್ಚಿಯನ್
- ಡಿ. ಬೇರೆ ಯಾವುದಾದರೂ ನಿರ್ದಿಷ್ಟಪಡಿಸಿ

7. ಕುಟುಂಬದ ಪ್ರಕಾರ

- ಎ. ವಿಭಕ್ತ ಕುಟುಂಬ
- ಬಿ. ಅವಿಭಕ್ತ ಕುಟುಂಬ
- ಸಿ. ವಿಸ್ತೃತ ಕುಟುಂಬ

8. ಋತುಬಂಧದ ಲಕ್ಷಣಗಳ ಬಗ್ಗೆ ಮಾಹಿತಿಯ ಮೂಲ

- ಎ. ರೇಡಿಯೋ/ ದೂರದರ್ಶನ
- ಬಿ. ಪತ್ರಿಕೆ/ಆರೋಗ್ಯ ನಿಯತಕಾಲಿಕೆಗಳು
- ಸಿ. ಕುಟುಂಬ ಸದಸ್ಯರು/ಸಂಬಂಧಿಗಳು
- ಡಿ. ಆರೋಗ್ಯ ಸಿಬ್ಬಂದಿ

9. ----- ನೀವು ಪ್ರತಿದಿನ ಸೇವಿಸುವ ಡೈರಿ ಉತ್ಪನ್ನಗಳು

- ಎ. ಹಾಲು
- ಬಿ. ಗಿಣ್ಣು
- ಸಿ. ಮೊಸರು
- ಡಿ. ಸೇವಿಸಬೇಡಿ

ವಿಭಾಗ II.

ಎ.ರಚನಾತ್ಮಕ ರಚನಾತ್ಮಕ ಸಾಮಾನ್ಯ ಪ್ರಶ್ನೆಪತ್ರಿಕೆ

1. ಋತುಬಂಧ ಎಂದರೇನು?

ಎ. 12 ತಿಂಗಳ ಕಾಲ ಋತುವೊಂದರ ಇಲ್ಲದಿರುವುದು.

ಬಿ. ದೀರ್ಘಕಾಲದ ರಕ್ತಸ್ರಾವ.

ಸಿ. ಮಧ್ಯಂತರ ಅವಧಿಗಳು.

ಡಿ. ಮೊದಲ ಅವಧಿಗಳು.

2. ಇದು ಋತುಬಂಧದ ಸಾಮಾನ್ಯ ಲಕ್ಷಣವಲ್ಲ

ಎ. ತೆಳ್ಳಗೆ ಕೂದಲು

ಬಿ. ಅನಿಯಮಿತ ಅವಧಿಗಳು

ಸಿ. ಬಿಸಿ ಪ್ರಶ್ನೆಗಳು

ಡಿ. ತಲೆನೋವು

3. ಋತುಬಂಧದ ಲಕ್ಷಣಗಳು ಏಕೆ ಸಂಭವಿಸುತ್ತವೆ

ಎ. ಸಂತಾನೋತ್ಪತ್ತಿ ವಯಸ್ಸಿನ ಆರಂಭ

ಬಿ. ವಯಸ್ಸಾದ ನೈಸರ್ಗಿಕ ಭಾಗ

ಸಿ. ಕಾಮಾಸಕ್ತಿಯ ಚಿಹ್ನೆ

ಡಿ. ಹಾರ್ಮೋನ್ ಉತ್ಪಾದನೆಯನ್ನು ಹೆಚ್ಚಿಸಿ

4. ಯಾವ ವಯಸ್ಸಿನಲ್ಲಿ ಮಹಿಳೆಯರು ಋತುಬಂಧವನ್ನು ಹೊಂದುತ್ತಾರೆ?

ಎ. 30-35

ಬಿ. 35-40

ಸಿ. 40-45

ಡಿ. 45-55

5. ಋತುಬಂಧವನ್ನು ಪಡೆಯಲು ಎಷ್ಟು ಮುಟ್ಟಿನ ಅವಧಿಗಳನ್ನು ತಪ್ಪಿಸಬೇಕು?

ಎ. 5

ಬಿ. 6

ಸಿ. 7

ಡಿ. 12

6. ಋತುಬಂಧದ ರೋಗಲಕ್ಷಣಗಳಿಗೆ ಪರ್ಯಾಯ ಚಿಕಿತ್ಸೆಗಳು ಯಾವುವು?

ಎ. ಯೋಗ, ದೈಹಿಕ ವ್ಯಾಯಾಮ

ಬಿ. ನಗುವ ಚಿಕಿತ್ಸೆ

ಸಿ. ಸಂಗೀತ ಚಿಕಿತ್ಸೆ

ಡಿ. ಫ್ಲೇ ಥೆರಪಿ

7. ಋತುಬಂಧ ಸಮಯದಲ್ಲಿ ಸಂಭವಿಸುವ ಸಾಮಾನ್ಯ ದೈಹಿಕ ಬದಲಾವಣೆಗಳು ಯಾವುವು

ಎ. ಬಣ್ಣ ಕುರುಡುತನ

ಬಿ. ತೂಕ ಹೆಚ್ಚಿಸಿಕೊಳ್ಳುವುದು

ಸಿ. ಕೂದಲಿನ ಬಣ್ಣದಲ್ಲಿ ಬದಲಾವಣೆ

ಡಿ. ಸ್ನಾಯು ಸೆಳೆತ

8. ಋತುಬಂಧದ ಅತ್ಯಂತ ಗಂಭೀರ ಪರಿಣಾಮ ಯಾವುದು

ಎ. ಬ್ರಾಂಕ್ಯೆಟಿಸ್

ಬಿ. ಹೃದಯರೋಗ

ಸಿ. ಮಧುಮೇಹ

ಡಿ. ಚರ್ಮದ ಅಲರ್ಜಿಗಳು

ಬಿ. ಋತುಬಂಧದ ಲಕ್ಷಣಗಳ ಕುರಿತು ರಚನಾತ್ಮಕ ಜ್ಞಾನ ಪ್ರಶ್ನಾವಳಿ

1. ಋತುಬಂಧದ ಲಕ್ಷಣಗಳು ಯಾವುವು

ಎ ದೀರ್ಘ ಕಾಲದ ರಕ್ತಸ್ರಾವ

ಬಿ. ವಾಂತಿ

ಸಿ. ಅತಿಸಾರ

ಡಿ. ಎದೆ ನೋವು

2. ಋತುಬಂಧಕ್ಕೆ ಕಾರಣವಾಗುವ ಅಂಶಗಳು ಯಾವುವು

ಎ. ಧೂಮಪಾನ

ಬಿ. ಜನ್ಮಜಾತ ವೈಪರೀತ್ಯಗಳು

ಸಿ. ಅತಿಯಾದ ಪೋಷಣೆ

ಡಿ. ಚಡಪಡಿಕೆ

3. ಋತುಬಂಧದ ಅತ್ಯಂತ ಗಂಭೀರವಾದ ಪರಿಣಾಮ ಯಾವುದು

- ಎ. ಬಿಸಿ ಹೊಳವು
- ಬಿ. ಮೂಳೆಗಳ ಸವತ
- ಸಿ. ಹೃದಯಾಘಾತ
- ಡಿ. ಕಿವುಡುತನ

4. ಋತುಬಂಧವು ಮಹಿಳೆಯರ ----- ಅಂತ್ಯವನ್ನು ಸೂಚಿಸುತ್ತದೆ

- ಎ. ಋತುಚಕ್ರ
- ಬಿ. ಮೊದಲ ತ್ರೈಮಾಸಿಕ
- ಸಿ. ಎರಡನೇ ತ್ರೈಮಾಸಿಕ
- ಡಿ. ತಾಳ್ಮೆ

5. ಋತುಬಂಧ ಹಾಟ್ ಫ್ಲಶ್ ಎಮ್ಮು, ಕಾಲ ಇರುತ್ತದೆ.

- ಎ. 2-4 ನಿಮಿಷಗಳು
- ಬಿ. 5-7 ದಿನಗಳು
- ಸಿ. 2-5 ವರ್ಷಗಳು
- ಡಿ. 1-2 ದಿನಗಳು

6. ಯಾವ ಸಮಯದಲ್ಲಿ ಋತುಬಂಧದ ಲಕ್ಷಣವು ಸಂಭವಿಸುತ್ತದೆ

- ಎ. ಸಾಮಾನ್ಯವಾಗಿ ಅವಧಿಗಳು ನಿಲ್ಲುವ ಮೊದಲು ಪ್ರಾರಂಭವಾಗುತ್ತದೆ
- ಬಿ. ಸಂತಾನೋತ್ಪತ್ತಿ ವಯಸ್ಸಿನಲ್ಲಿ
- ಸಿ. ಗರ್ಭಿಣಿಯಾಗುವ ಮೊದಲು
- ಡಿ. ವಿತರಣೆಯ ನಂತರ

7. ನೀವು ಯಾವುದೇ ನಿದ್ರೆಯ ಸಮಸ್ಯೆಯನ್ನು ಎದುರಿಸುತ್ತಿರುವಿರಾ?

- ಎ. ಹೌದು
- ಬಿ. ಸಂ
- ಹೌದು ಎಂದಾದರೆ -----

ಸಿ. ಮನೆ ಮದ್ದುಗಳ ಕುರಿತು ರಚನಾತ್ಮಕ ಜಾನದ ಪ್ರಶ್ನೆಗಳು ಋತುಬಂಧದ
ಲಕ್ಷಣಗಳು ಸಮ್ಮದವಾಗಿದೆ ಕ್ಯಾಲಿಸ್ಸಿಯಂನಲ್ಲಿ

1. ಕೆಳಗಿನವುಗಳಲ್ಲಿ----- ಕ್ಯಾಲಿಸ್ಸಿಯಂನಲ್ಲಿ ಸಮೃದ್ಧವಾಗಿದೆ

ಎ. ಹಾಲು ಮತ್ತು ಹಾಲಿನ ಉತ್ಪನ್ನಗಳು

ಬಿ. ಸೋಪು

ಸಿ. ಬೀನ್ಸ್

ಡಿ. ಕ್ಯಾರೆಟ್

2. ----- ಹಣ್ಣಿನಲ್ಲಿ ಕ್ಯಾಲಿಸ್ಸಿಯಂ ಸಮೃದ್ಧವಾಗಿದೆ

ಎ. ಜೋಳ

ಬಿ. ಒಣಗಿದ ಹಣ್ಣುಗಳು

ಸಿ. ಪಪಾಯಿ ಮತ್ತು ಕಿತ್ತಳೆ

ಡಿ. ಸಾಸಿವೆ ಗ್ರೀನ್ಸ್

3. ----- ಋತುಬಂಧ ಸಮಯದಲ್ಲಿ ತಿನ್ನಬೇಕಾದ ಆಹಾರಗಳು

ಎ. ಸಂಸ್ಕರಿಸಿದ ಆಹಾರಗಳು

ಬಿ. ಕ್ಯಾಲಿಸ್ಸಿಯಂ ಭರಿತ ಆಹಾರಗಳು

ಸಿ. ಮನಾಲೆಯುಕ್ತ ಆಹಾರಗಳು

ಡಿ. ಮದ್ಯ

4. ಕ್ಯಾಲಿಸ್ಸಿಯಂ ----- ಸ್ಥಿತಿಯನ್ನು ಕಡಿಮೆ ಮಾಡಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ

ಎ. ಮಧುಮೇಹ

ಬಿ. ಥೈರಾಯ್ಡ್

ಸಿ. ಮೂಳೆಗಳ ಸವೆತ

ಡಿ. ಕೂಬ್ಜು

5. ----- ಪ್ರೋಟೀನ ಶ್ರೀಮಂತ ಮೂಲವಾಗಿದೆ

ಎ. ಸೋಯಾ

ಬಿ. ಬೀನ್ಸ್

ಸಿ. ಅವರೆಕಾಳು

ಡಿ. ಕಾರ್ನ್

6. ----- ಪೋಟೀನ್ ಋತುಬಂಧಕ್ಕೆ ಒಳ್ಳೆಯದು

ಎ. ನೇರ ಪೋಟೀನ್

ಬಿ. ಕ್ಯಾರೆಟ್

ಸಿ. ಸೌತೆಕಾಯ

ಡಿ. ಟೊಮೆಟೊ

7. ----- ಆಹಾರ ಉತ್ಪನ್ನಗಳಲ್ಲಿ ಪೋಟೀನ್ ಅಂಶ ಹೆಚ್ಚಾಗಿರುತ್ತದೆ

ಎ. ತೋಪು ಮತ್ತು ಮೊಟ್ಟೆಗಳು

ಬಿ. ಧಾನ್ಯಗಳು ಮತ್ತು ದ್ವಿದಳ ಧಾನ್ಯಗಳು

ಸಿ. ಮೊಸರು

ಡಿ. ಬ್ರೆಡ್

8. ಸಾಕಷ್ಟು ಪುಮಾಣದ ಪೋಟೀನ್ ಕಡಿಮೆ ಮಾಡುವುದು -----

ಎ. ಸ್ನಾಯುವಿನ ದ್ರವ್ಯರಾಶಿಯ ನಷ್ಟ

ಬಿ. ಉತ್ತಮವಾಗಿ ನಿದ್ರೆ ಮಾಡಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ

ಸಿ. ರಕ್ತ ಹೆಪ್ಪುಗಟ್ಟುವುದನ್ನು ತಡೆಯುತ್ತದೆ

ಡಿ. ಉತ್ಪಾದಿಸಿ

9. ----- ವಿಟಮಿನ್ ಡಿ ಯ ಕಳಪೆ ಮೂಲವಾಗಿದೆ

ಎ. ಮೀನು

ಬಿ. ಮೊಟ್ಟೆಗಳು

ಸಿ. ಮೀನಿನ ಎಣ್ಣೆ

ಡಿ. ಮೊಸರು

10. ----- ವಿಟಮಿನ್ ಡಿ ಸಮೃದ್ಧವಾಗಿರುವ ಹಣ್ಣು

ಎ. ಮೊಟ್ಟೆಯ ಹಳದಿ

ಬಿ. ಟ್ಯೂನ ಮೀನು

ಸಿ. ಕಿತ್ತಳೆ

ಡಿ. ಕೊಬ್ಬಿನ ಮೀನು

11. ವಿಟಮಿನ್ ಡಿ ----- ಸ್ಥಿತಿಯನ್ನು ಕಡಿಮೆ ಮಾಡಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ

ಎ. ದ್ರವಿಷ ಸುಧಾರಿಸಿ

ಬಿ. ದೃಷ್ಟಿ ಸುಧಾರಿಸಿ

ಸಿ. ಜೀರ್ಣಕ್ರಿಯೆಯನ್ನು ಸುಧಾರಿಸುತ್ತದೆ

ಡಿ. ಜೀರ್ಣಕ್ರಿಯೆಯನ್ನು ಸುಧಾರಿಸಿ

12. ----- ಫೈಟೋಕ್ಸಾನ್ಮೊಜೆನ್ ಪೂರಕಗಳಾಗಿವೆ

ಎ. ಅಗಸೆಬೀಜಗಳು

ಬಿ. ಆಲೂಗಡ್ಡೆ

ಸಿ. ಕ್ಯಾರೆಟ್ಗಳು

ಡಿ. ಕುಂಬಳಕಾಯಿ

13. ಋತುಬಂಧಕ್ಕೆ ಬಳಸುವ ವೈದ್ಯಕೀಯ ಸಸ್ಯ ಯಾವುದು?

ಎ. ನೆಲ್ಲಿಕಾಯಿ

ಬಿ. ಬೇವು

ಸಿ. ಪುದೀನ ಎಲೆಗಳು

ಡಿ. ಶುಂಠಿ

14. ಮೂಳೆ ದೌರ್ಬಲ್ಯಕ್ಕೆ ಮನೆಮದ್ದು

ಎ. ಪಾಲಕ ಮತ್ತು ಹಾಲು

ಬಿ. ಮದ್ಯದ ಸೇವನೆ

ಸಿ. ಸಂಸ್ಕರಿಸಿದ ಸಕ್ಕರೆ

ಡಿ. ಸಂಸ್ಕರಿಸಿದ ಆಹಾರ

15. ----- ಸಮೃದ್ಧ ಆಹಾರವು ಋತುಬಂಧ ಲಕ್ಷಣಗಳನ್ನು ನಿಯಂತ್ರಿಸುತ್ತದೆ.

ಬಿ. ಸೋಯಾ ವಸ್ತುಗಳು

ಬಿ. ಸೋಯಾ ವಸ್ತುಗಳು

ಸಿ. ಹಣ್ಣುಗಳು ಮತ್ತು ತರಕಾರಿಗಳು

ಡಿ. ಮೊಟ್ಟೆ ಮತ್ತು ಮಾಂಸ

16. ಋತುಬಂಧದ ಲಕ್ಷಣಗಳನ್ನು ನಿಯಂತ್ರಿಸಲು ----- ಸಹಾಯ ಮಾಡುತ್ತದೆ.

ಎ. ಆಹಾರ ಮತ್ತು ವ್ಯಾಯಾಮ

ಬಿ. ಹುರಿದ ಆಹಾರಗಳು

ಸಿ. ಭಾರ ಎತ್ತುವಿಕೆ

ಡಿ. ಉಪ್ಪುಸಹಿತ ಆಹಾರಗಳು

17. ಋತುಬಂಧದ ಲಕ್ಷಣಗಳನ್ನು ಕಡಿಮೆ ಮಾಡಲು ----- ಪೋಷಕಾಂಶಗಳನ್ನು ಸೇರಿಸಲಾಗಿದೆ

ಎ. ಕ್ಯಾಲ್ಸಿಯಂ

ಬಿ. ಕಬ್ಬಿಣ

ಸಿ. ಸೋಡಿಯಂ

ಡಿ. ಸತು

18. ಋತುಬಂಧದ ಲಕ್ಷಣಗಳನ್ನು ಪ್ರಚೋದಿಸುವ ಆಹಾರಗಳು

ಎ. ಕೆಫೀನ್

ಬಿ. ತಾಜಾ ರಸ

ಸಿ. ಹಣ್ಣುಗಳು

ಡಿ. ತರಕಾರಿಗಳು

19. ಋತುಬಂಧದ ರೋಗಲಕ್ಷಣಗಳಿಗೆ ಚಿಕಿತ್ಸೆ ನೀಡಲು ಬಳಸಲಾಗುವ ಗಿಡಮೂಲಿಕೆ ಉತ್ಪನ್ನಗಳು

ಎ. ಕಾಡು ಯಾಮ್

ಬಿ. ಸೌತೆಕಾಯಿ

ಸಿ. ಕ್ಯಾರೆಟ್

ಡಿ. ಬೀಟ್ರೂಟ್

20. ----- ಚಿತ್ತಸ್ಥಿತಿಗೆ ಪರಿಣಾಮಕಾರಿಯಾಗಿದೆ

ಎ. ಧ್ಯಾನ

ಬಿ. ತ್ವರಿತ ಆಹಾರ

ಸಿ. ಲೋಳೆಸರ

ಡಿ. ಹಾಲು

21. ----- ದೇಹದ ಬಿಸಿ ಮತ್ತು ರಾತ್ರಿ ಬೆವರುವಿಕೆಯನ್ನು ಕಡಿಮೆ ಮಾಡಲು ಆಹಾರಗಳನ್ನು ಈ ಜಿಸಬೇಕು

ಎ. ತರಕಾರಿ ಸೂಪ್

ಬಿ. ಮಧ್ಯ

ಸಿ. ಅಕ್ಕಿ

ಡಿ. ಚಪಾತಿ

22. ----- ವ್ಯಾಯಾಮವು ಬಿಸಿ ಹೊಳಪನ್ನು ಕಡಿಮೆ ಮಾಡುತ್ತದೆ

ಎ. ಆಳವಾದ ಉಸಿರಾಟದ ವ್ಯಾಯಾಮ

ಬಿ. ಕೆಳಮುಖವಾಗಿ ಎದುರಿಸುತ್ತಿರುವ ನಾಯಿ

ಸಿ. ಗೋಡೆಯ ಮೇಲೆ ಕಾಲುಗಳು

ಡಿ. ಇದ್ಯಾವುದೂ ಅಲ್ಲ

23. ----- ಯೋನಿ ಶುಷ್ಕತೆಗೆ ನೈಸರ್ಗಿಕ ಪರಿಹಾರಗಳಾಗಿವೆ

ಎ. ಅಲೋವೆರಾ ಜೆಲ್

ಬಿ. ಅನಾನಸ್

ಸಿ. ತೆಂಗಿನ ಎಣ್ಣೆ

ಡಿ. ಎ & ಸಿ

24. ಯೋನಿ ಶುಷ್ಕತೆಯನ್ನು ಕಡಿಮೆ ಮಾಡಲು ----- ನೀರಿನ ಪ್ರಮಾಣವನ್ನು ತೆಗೆದುಕೊಳ್ಳಬೇಕು

ಎ. 8-12 ಗ್ಲಾಸ್ಸುಗಳು

ಬಿ. 4-6 ಗ್ಲಾಸ್ಸುಗಳು

ಸಿ. 5-7 ಗ್ಲಾಸ್ಸುಗಳು

ಡಿ. 3-4 ಗ್ಲಾಸ್ಸುಗಳು

25. ಮಾದರಿಯ ಪಾನೀಯವು ಮೆಮೂರಿ ನಮ್ಮವನ್ನು ಕಡಿಮೆ ಮಾಡಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ.

ಎ. ಹಸಿರು ಚಹಾ

ಬಿ. ನಿಂಬೆ ಚಹಾ

ಸಿ. ಶುಂಠಿ ಚಹಾ

ಡಿ. ಕಪ್ಪು ಚಹಾ

26. ----- ಭಾವನಾತ್ಮಕ ಅಡಚಣೆಯನ್ನು ಕಡಿಮೆ ಮಾಡುತ್ತದೆ

ಎ. ಆಲೋಹಾಲೇ ನನ

ಬಿ. ಹೆಚ್ಚುವರಿ ಔಷಧ

ಸಿ. ವಿಶ್ರಾಂತಿ ತಂತ್ರ

ಡಿ. ಧೂಮಪಾನ

27. ----- ತಂತ್ರವನ್ನು ಒತ್ತಡ, ಆತಂಕ ಮತ್ತು ಹೆಚ್ಚಿದ ನಿದ್ರೆಯನ್ನು ಕಡಿಮೆ ಮಾಡಲು ಬಳಸಲಾಗುತ್ತದೆ

ಎ. ನಿದ್ರಾಹೀನತೆ

ಬಿ. ನಿದ್ರಾಹೀನತೆ

ಸಿ. ವ್ಯಾಯಾಮ ಇಲ್ಲ

ಡಿ. ಧ್ಯಾನ ಮತ್ತು ಯೋಗ

28. ----- ಚಿಕಿತ್ಸೆಯು ಖಿನ್ನತೆಯನ್ನು ಕಡಿಮೆ ಮಾಡುತ್ತದೆ

ಎ. ಶಾಸ್ತ್ರೀಯ ಸಂಗೀತ

ಬಿ. ನಡವಳಿಕೆಯಾ ಚಿಕಿತ್ಸೆ

ಸಿ. ಏಕಾಗ್ರತೆ ಇಲ್ಲ

ಡಿ. ಪ್ರತ್ಯೇಕತೆ

29. ----- ತೂಕವನ್ನು ಕಡಿಮೆ ಮಾಡಲು ಉಪಯುಕ್ತವಾಗಿದೆ

ಎ. ಹಣ್ಣು ಮತ್ತು ತರಕಾರಿಗಳು

ಬಿ. ಕೊಬ್ಬು ಭರಿತ ಆಹಾರ

ಸಿ. ನಿಷ್ಕ್ರಿಯತೆ

ಡಿ. ಔಷಧಿಗಳು

ANSWER KEY

A. General Knowledge Questionnaire on Menopausal Symptoms			
QUESTION	ANSWER	QUESTION	ANSWER
1.	A	5.	D
2.	C	6.	A
3.	B	7.	B
4.	D	8.	B
B. Structured Knowledge Questionnaire on Menopausal Symptoms			
1.	A	5.	B
2.	A	6.	A
3.	B	7.	B
4.	A		
C. Structured Knowledge Questions on Home Remedies for Menopausal Symptoms			
1.	A	17.	A
2.	C	18.	A
3.	B	19.	A
4.	C	20.	A
5.	B	21.	B
6.	A	22.	A
7.	C	23.	C
8.	A	24.	C
9.	D	25.	B
10.	C	26.	A
11.	A	27.	C
12.	A	28.	D
13.	B	29.	A
14.	A		
15.	B		
16.	A		

ANNEXURE VII

FORMULA USED

1. Mean: -

Mean (m)= sum of observation/ total no of observation

$$M = \sum I / N$$

2. Percentage: -

Percentage = sum of observation / total no of observation X 100

3. Mean %:-

Mean percentage = sum of two percentage number/ the sum of two sample size

4. Standard deviation: -

$$S = \sqrt{\frac{\sum (x - \bar{x})^2}{n - 1}}$$

S = Population standard deviation

X = Each value of the population

\bar{x} = The population mean

n = The size of the population

ANNEXURE VII
MASTER SHEET
OVERALL KNOWLEDGE SCORE ON MENOPAUSE

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3	5 4	5 5	5 6	5 7	5 8	5 9	6 0	6 1	6 2	6 3	6 4	6 5	6 6	6 7	6 8	6 9	7 0	7 1	7 2	7 3	7 4	7 5	7 6	7 7	7 8	7 9	8 0	8 1	8 2	8 3	8 4	8 5	8 6	8 7	8 8	8 9	9 0	9 1	9 2	9 3	9 4	9 5	9 6	9 7	9 8	9 9	0 0	0 1	0 2	0 3	0 4	0 5	0 6	0 7	0 8	0 9	1 0	1 1	1 2	1 3	1 4	1 5	1 6	1 7	1 8	1 9	2 0	2 1	2 2	2 3	2 4	2 5	2 6	2 7	2 8	2 9	3 0	3 1	3 2	3 3	3 4	3 5	3 6	3 7	3 8	3 9	4 0	4 1	4 2	4 3	4 4	4 5	4 6	4 7	4 8	4 9	5 0	5 1	5 2	5 3	5 4	5 5	5 6	5 7	5 8	5 9	6 0	6 1	6 2	6 3	6 4	6 5	6 6	6 7	6 8	6 9	7 0	7 1	7 2	7 3	7 4	7 5	7 6	7 7	7 8	7 9	8 0	8 1	8 2	8 3	8 4	8 5	8 6	8 7	8 8	8 9	9 0	9 1	9 2	9 3	9 4	9 5	9 6	9 7	9 8	9 9	0 0	0 1	0 2	0 3	0 4	0 5	0 6	0 7	0 8	0 9	1 0	1 1	1 2	1 3	1 4	1 5	1 6	1 7	1 8	1 9	2 0	2 1	2 2	2 3	2 4	2 5	2 6	2 7	2 8	2 9	3 0	3 1	3 2	3 3	3 4	3 5	3 6	3 7	3 8	3 9	4 0	4 1	4 2	4 3	4 4	4 5	4 6	4 7	4 8	4 9	5 0	5 1	5 2	5 3	5 4	5 5	5 6	5 7	5 8	5 9	6 0	6 1	6 2	6 3	6 4	6 5	6 6	6 7	6 8	6 9	7 0	7 1	7 2	7 3	7 4	7 5	7 6	7 7	7 8	7 9	8 0	8 1	8 2	8 3	8 4	8 5	8 6	8 7	8 8	8 9	9 0	9 1	9 2	9 3	9 4	9 5	9 6	9 7	9 8	9 9	0 0	0 1	0 2	0 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ANNEXURE VIII

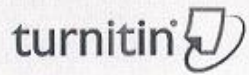
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INTRODUCTION

"A woman's health is her soul reflecting, an illuminated body by intelligent action and moderation, but also by virtue of wit, trust, emotion, desire, wit, and imagination, among others."

As primary sources of the family, healthy women demonstrate a model function in maintaining, educating, and ensuring the healthiness of their society. Healthy women, by taking action, healthy global to a healthy well-being of women has an important influence on the health of families and societies.

Every menopausal woman needs a balanced diet, good life style practices, personal hygiene and physical activities. It is for the women to follow the advice/notes, maintain good sleep.

Menopause affects every woman differently. The hormone levels vary significantly throughout the period of menopause, producing many symptoms among different women, symptoms symptoms such as hot flashes & sweating, vaginal atrophy, dryness, decrease in sexual desire, problems with sleep, mood swings and physical changes. Menopausal women's stages can be described as:

- Perimenopause: The menstrual cycle can extend or delay or a period without any eggs released may occur.
- Menopause: When a woman has not had her period for 12 months consecutively and ending all 12 consecutive months.
- Post menopause: The period occurs after a woman finishes a year without getting a period. Postmenopausal women are vulnerable to various medical conditions.

There are a number of natural treatments and therapies for menopausal symptoms, including drug techniques, essential supplements, aromatherapy, yoga and other stress-reducing activities.

Key research channels (AA, E, and J) have papers, reports and other self-help books, documents, brochures, book, articles, notes, websites, etc.

WOMEN THE WORLD

It is women in an adult female human being. When a girl turns 18, she becomes a lady. Women make up around 49.6 billion people worldwide, or 49.6% of the world population.