

# A Study to Assess the Effectiveness of Teaching Regarding Perimenopausal Syndrome among Teachers using Concept Mapping Technique in Selected School University Colleges in Kanpur (U.P)

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## ABSTRACT

“A study to assess the effectiveness of teaching regarding perimenopausal syndrome among teachers using concept mapping technique in selected School university colleges in Kanpur (U.P)”. The objective of the study was to determine the knowledge of the School university college teachers on perimenopausal syndrome by using structured questionnaire, to evaluate the effectiveness of concept mapping technique in terms of gain in post-test knowledge scores, to find the association between pretest knowledge score scores with the selected demographic variables. In order to accomplish the objectives of the study, pre-experimental one group pretest post-test design was adopted. the sample consists of 50 teachers from Govt Polytechnique college, Government women Polytechnique college, ITI college, Saaii college of medical sciences and technology, mariyani. u.p, industrial training institute, government industrial training institute, Sukhdev school at Kanpur who fulfilled the inclusion criteria for the study. Purposive sampling technique was used for this study. The instrument comprises of knowledge questionnaire and demographic Performa. Demographic Performa consist of 10 questions and Knowledge questionnaire consist of 2 sessions one comprises of 11 items regarding Anatomy and physiology of uterus and meaning of perimenopause and second knowledge questionnaire comprise of 15 items regarding symptoms and management of perimenopause. The collected data was tabulated according to various parameters and the complete analysis was done with descriptive and inferential statistics. Interpretation and conclusion revealed that there was a highly significant increase in the knowledge of teachers regarding perimenopausal syndrome after the administration of concept mapping teaching. Hence it was concluded that concept mapping was highly effective in improving the knowledge of teachers.

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**KEYWORDS:** *Effective Teaching Peri Menopausal Syndrome, Mapping, School, College, University*

## NEED FOR THE STUDY

Perimenopause is derived from the Greek term meaning critical point in human life. The term has been used for long to indicate high point of life. Speroff defines perimenopause as the period extending from the first sign of menopause to after menopause. Climacteric is used synonymously with the perimenopausal period.

Perimenopause is an important yet complex period during which many changes occur in a woman in an

unpredictable way. It is essential to ensure that a woman understands that the perimenopause represents a change of life and not an end of life, and that, unless she allows it to do so it will not result in her suddenly becoming aged and unattractive.

Midlife has emerged as an important developmental transitional for both men and women. Midlife brings about perimenopause in women. Most women experiences perimenopause as they travel from the

fourth to the fifth decade of life. It is a period when women require adjusting the tasks associated with this phase of life.

Perimenopausal is the natural event. The experience of perimenopause is different for every woman. There is no fixed pattern and no chain of events that must transpire. According to MaGraw, the onset is perceptible, the end is unpredictable, the duration is indefinite and the experience is different for every woman as she passes through it. Although perimenopausal is a universal experience for every woman, the experience is not universal.

Perimenopause, which is the period of readjustments involves every aspect of feminine personality-women mood, emotions, mind, and body. Usually, this readjustment is accomplished smoothly and without obvious symptoms, but for some women, it may be a period of many and varied discomforts and occasionally of acute illness.

In 2000 a study was conducted to determine women's knowledge concerning perimenopause and the relationship between a woman's level of knowledge and her background characteristics. The women were from the general urban population. On the average the women responded correctly to 59% of the questions. The findings of the study showed that younger women who were employed and women with higher levels of education performed better than older, unemployed, and less educated women suggesting greater knowledge among these women.

The investigator during clinical experience has witnessed many women suffering from perimenopausal syndrome. Investigator felt that knowledge and explanation can make them more comfortable. This motivated the investigator to take up this study.

### STATEMENT OF PROBLEM

A study to assess the effectiveness of teaching regarding perimenopausal syndrome among teachers using concept mapping technique in selected school university colleges in Kanpur (U.P).

### OBJECTIVES

- To determine the knowledge of the school university college teachers on perimenopausal syndrome by using structured questionnaire.
- To evaluate the effectiveness of concept mapping technique in terms of gain in post-test knowledge scores.
- To find the association between pretest knowledge score scores with the selected demographic variables

### Research Hypothesis

H1 – There will be a significant difference between pre test and post test mean knowledge scores of teachers on perimenopausal syndrome.

H2- There will be association between pretest knowledge scores of teachers and selected demographic variables.

### Material and method:-

**Research approach and design:** - one group pre test post test experimental research design used.

**Setting of the study:** - Govt Polytechnique college, Government women Polytechnique college, modern ITI college, Saaii college of medical sciences and technology mariyani.up, industrial training institute, government industrial training institute, Sukhdev school at Kanpur

**Study population:** - Teachers between the age group of 40-45 years working in School university colleges of Kanpur.

**Accessible population:** - Teachers between the age group of 40-45 years working in selected School university colleges of Kanpur.

**Sample size:** - 50

### Sampling technique

Purposive sampling technique

### Criteria for sample selection

#### Inclusion criteria

1. Teachers who are in the age group of 40-45 years teaching in School university colleges in Kanpur.
2. Teachers who are willing to participate in the study.
3. Teachers who are present at the time of data collection.

#### Exclusion criteria

1. Teachers who have received any formal teaching about pre menopause.
2. Teachers who have undergone total hysterectomy.

### Variables

1. In the current study, knowledge of teachers is the dependent variable.
2. In this study independent variable is concept mapping teaching.

### Description of the Tool

The instrument consists of two parts  
Section I: Demographic variables and  
Section II: knowledge questionnaire

### Section-I

It consists of 10 items such as age in year, age at menarche, age at marriage, marital status, educational

status, income per month, parity, dietary habits, weight, source of information.

## Section-II

It consists of knowledge questionnaire with two sessions

Section A: - knowledge questionnaire compromise of 11 items regarding Anatomy and physiology of uterus and meaning of peri menopause.

Section B: - knowledge questionnaire compromise of 15 items regarding symptoms and management of peri menopause.

### Data collection procedure: -

Prior permission was obtained from the concerned authority to conduct the study. The investigator personally visited each pre university college and

### Analysis and interpretations

#### Section I: - Base line characteristics of participants.

**Table 1: - Baseline characteristics of the participants**

Sl.no	Demographic variables	Frequency	Percentage
1.	<b>Age in years</b>		
	40-41 years	12	24
	42-43 years	12	24
	44-45 years	26	52
2.	<b>Age at menarche</b>		
	10-11 years	08	16
	12-13 years	34	68
	14-15 years	08	16
3.	<b>Age at marriage</b>		
	18-20 years	06	12
	21-23 years	15	30
	24-26 years	35	70
	27 years and above	00	00
4.	<b>Marital status</b>		
	Married	39	78
	Unmarried	11	22
	Divorced	00	00
	Widow	00	00
5.	<b>Educational status</b>		
	UG degree with B.Ed.	00	00
	Post graduation degree	07	14
	PG degree with B.Ed.	16	32
	PG degree with M.Ed.	19	38
	PG degree with PhD	08	16
6.	<b>Income per month</b>		
	RS. 4000	00	00
	RS. 4001-RS 5000	00	00
	RS. 5001 – RS 6000	00	00
	ABOVE RS.6001	50	100
7.	<b>Parity</b>		
	Para I	08	16
	Para II	21	42
	Para III and above	10	20
	No parity	11	22

explained the purpose of the study. The investigator-initiated contact with the respondent by self-introduction and ascertained the willingness and cooperation of the participants. The respondents were assured of anonymity and confidentiality of the information provided by them. Pre test was conducted from 18<sup>th</sup> April 2024 to 22<sup>th</sup> April 2024 and post-test to assess the effectiveness of concept mapping teaching in selected School university colleges from 24<sup>th</sup> April 2024 to 29<sup>th</sup> April 2024 respectively.

### Limitations of the study

1. This study is limited to teachers who can be communicated in English.
2. This study is limited to selected School university colleges of Kanpur district.

8.	<b>Dietary habits</b>		
	vegetarian	25	50
	Non vegetarian	25	50
	Lacto ovo vegetarian	00	00
9.	<b>Weight: -</b>		
	40-50 kgs	06	12
	51-60 kgs	13	26
	61-70 kgs	15	30
	71-80 kgs	16	32
	81 kgs and above	00	00
10.	<b>Source of information</b>		
	Mass media	00	00
	Health professionals	06	12
	Parents	00	00
	colleagues	44	88

**Section II: - Comparison on pretest and posttest mean score level of perimenopausal syndrome among teachers.**

**Table no 2: - comparison on pretest and posttest mean score level of perimenopausal syndrome among teachers.**

Knowledge regarding Perimenopausal syndrome	Pretest		Post test	
	Frequency	Percentage	Frequency	Percentage
Below average	01	02	00	00
Average	49	98	02	04
Good	00	00	18	36
Very good	00	00	30	60
Total	50	100	50	100

In pretest 98% respondent had average knowledge and 02% respondent had below average knowledge, and nobody had good or very good knowledge regarding peri menopausal syndrome. While seeing post-test level of peri menopausal syndrome among participants 60% of participants had very good knowledge, 36% of participants had good knowledge, 4% of participant had average knowledge and nobody had poor knowledge. And the calculated paired t test value was 19.80 which is greater than table value 2.0 at 0.05 level of significance. Hence Hypotheses 1 was accepted. It proves that concept mapping on peri menopausal syndrome was effective to improve knowledge regarding peri menopausal syndrome among School university teachers.

**Section III: - Association between Pretest level of knowledge regarding peri menopausal syndrome among teachers of selected School university of Kanpur with tier selected demographic variables.**

**Table:-3 Chi square showing Association between Pretest level of knowledge regarding peri menopausal syndrome among teachers of selected School university of Kanpur with their selected demographic variables**

Sl.no	Demographic variables	Knowledge score		Obtained value	Table value	Interferences
		<= mean	>mean			
1.	<b>Age in years</b>					
	40-41 years	03	09	1.92	5.99	NS
	42-43 years	06	06			
44-45 years	08	18				
2.	<b>Age at menarche</b>					
	10-11 years	02	06	0.37	5.99	NS
	12-13 years	12	22			
14-15 years	03	05				
3.	<b>Marital status</b>					
	Married	13	26	0.35	7.81	NS
	Unmarried	04	07			
	Divorced	00	00			
Widow	00	00				

4.	<b>Parity</b>					
	Para I	05	10	0.55	7.81	NS
	Para II	04	10			
	Para III and above	04	08			
No parity	04	05				
5.	<b>Dietary habits</b>			0.89	5.99	NS
	vegetarian	08	17			
	Non vegetarian	09	16			
	Lactoovo vegetarian	00	00			

**S= significant, NS=not significant**

2=5.99, 3=7.81

The chi-square calculation explains that there was no significant association between pretest knowledge level regarding peri menopausal syndrome among teachers of selected School university and the sociodemographic variables as the obtained value was less than the table value at 0.05 level of significance.

**Conclusion: -**

The findings of the study suggest that the overall percentage of posttest knowledge was more compared to the percentage of pretest knowledge. hence it is observed that the concept mapping teaching was effective in enhancing the knowledge of pre university college teachers regarding perimenopausal syndrome.

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