

**AWARENESS ON SYMPTOMS, COMPLICATIONS AND HEALTH RELATED
BEHAVIOURS OF MENOPAUSE AMONG WOMEN IN INSEIN TOWNSHIP**

MAY LEI LEI OO

M.B., B.S

2016

ABSTRACT

Menopause is a natural phenomenon that must be undergone by both single and married women. It is also a major and important transition in all women's lives. The objective of the study was to assess the awareness on symptoms, complications and health related behaviours of menopause among women. Cross sectional descriptive study was done among women in the age of 40 to 60 years in selected areas of Insein Township. All pre-menopausal, peri-menopausal and post-menopausal women were included in this study and it was performed during September to October 2016. Data collection was done by face to face interview with pretested questionnaires. Total of 22 questions were included in the section of awareness on menopausal symptoms, 10 questions for awareness on menopausal complications and 16 questions for awareness on health related behaviours. The participations were voluntary and total of 220 respondents were included in the study. Mean age of the study population was 48.65 years. About 47% of the respondents were post-menopause, 10.9% were peri-menopause and 42.3% were pre-menopause respectively. Nearly 5 % were single and 68 % were dependent. About 26% were at the level of high school and university as well as 4% were graduate. Among married women, 63.3% had three or more alive children. More than two third of the study population had high awareness regarding menopausal symptoms but all of 220 respondents had low awareness regarding menopausal complications. About two third of the respondents had high awareness on both menopausal symptoms and complications. Nearly three quarter of the respondents had high awareness about health related behaviours of menopause. They got the information mainly from their mothers or aunts and secondly from their friends. Significant association was seen between marital status and awareness on both menopausal symptoms and complications ($p= 0.036$). Significant associations were found between awareness on health related behaviours and age and marital status ($p= 0.018$ and 0.006) respectively. Single women had less awareness about menopausal symptoms, complications and health related behaviours. Therefore programs for distribution of health education about menopause through different media should be raised especially for single women.