

Research Article

DOI: <https://doi.org/10.63349/ijnahs.202503>

A study to assess the knowledge regarding psychosomatic symptoms and its remedial measures on menopause among the final year B.sc Nursing students in selected college, Chennai.

¹ Arpita Kabiraj, ² Jain Vanitha NS

¹ Associate Professor, Obstetrics and Gynecological Nursing Department Shenbagha College of Nursing, Chennai.

² Principal, Shenbagha College of Nursing, Chennai

Received: 23.03.2025

Revised: 26.03.2025

Accepted: 28.03.2025

Correspondence:

Arpita Kabiraj, Jain Vanitha NS

ABSTRACT

Introduction: Menopause represents a significant transitional phase in women's lives, marked by the cessation of menstruation and a variety of accompanying psychosomatic symptoms that can adversely affect their quality of life. The aim of the study to assess the knowledge regarding psychosomatic symptoms and its remedial measures on menopause among the final year B.sc Nursing students.

Aim: The aim of the study to assess the knowledge regarding psychosomatic symptoms and its remedial measures on menopause among the final year B.sc Nursing students.

Methods: A This study was conducted at Shenbagha College of Nursing to assess the knowledge regarding psychosomatic symptoms and their remedial measures on menopause among final-year nursing students. A purposive sampling technique was used to select 30 students who met the inclusion criteria. The inclusion criteria for participation were: final-year nursing students, those who had consented to participate, and students who had a basic understanding of menopause. Students who were not in their final year, lacked sufficient knowledge regarding menopause, or did not give their consent were excluded from the study.

Results: The study revealed that in terms of knowledge, 77% of students demonstrated adequate knowledge about psychosomatic symptoms and their remedial measures, while 13% had moderate knowledge, and 10% had inadequate knowledge. This indicates that the majority of students had a solid understanding of the topic. The association between demographic variables and knowledge levels, the results showed that age and birth order had a significant association with knowledge ($p < 0.05$).

Conclusions: The study reveals that most final-year B.Sc nursing students possess a strong understanding of psychosomatic symptoms of menopause and their remedial measures, though some still have moderate or inadequate knowledge.

Keywords: Menopause, Knowledge, Psychosomatic symptoms.

INTRODUCTION

Menopause represents a significant transitional phase in women's lives, marked by the cessation of menstruation and a variety of accompanying psychosomatic symptoms that can adversely affect their quality of life. The psychosomatic symptoms

during menopause include not only the physiological changes associated with hormonal shifts, such as vasomotor symptoms and sleep disturbances, but also psychological manifestations like anxiety and depression (Sengupta & Srinivasan, 2010; Mohapatra et al., 2020; Chang et al., 2014). Furthermore, many

women experience a range of psychosomatic issues including dizziness, fatigue, and headaches, which can complicate their overall health and wellness during this period (Im et al., 2010; Lee et al., 2010).

Understanding the prevalence and impact of these symptoms is crucial, as women from different backgrounds may exhibit varying degrees of psychosomatic symptoms during menopause. For instance, research indicates that socioeconomic factors significantly influence the intensity and recognition of menopausal symptoms. Women from lower socioeconomic backgrounds might report more severe psychosomatic symptoms and may also have less access to appropriate medical care due to stigma or lack of awareness (Shwetha et al., 2020; Im et al., 2021; Richardson et al., 2023). Additionally, comprehensive education and awareness regarding menopausal health can empower women to seek early interventions and adopt effective remedial measures (Mohamed & Lamadah, 2015; Shabaan et al., 2018).

In terms of remedies, various approaches have been suggested to mitigate the psychosomatic symptoms of menopause. Complementary therapies such as yoga and mindfulness techniques have emerged as effective alternatives to conventional hormone replacement therapies. These interventions have been shown to alleviate stress and related psychosomatic symptoms, thereby enhancing overall well-being among menopausal women (Tawalare et al., 2024). Moreover, melatonin supplementation has been researched for its potential to improve sleep quality and alleviate depressive symptoms in post-menopausal women, paralleling traditional therapies (Zheng et al., 2024). Psychosocial interventions and self-care guidelines also play a pivotal role in addressing both the physical and psychological challenges women face during menopause (Shabaan et al., 2018; Khalid & Chhuggani, 2022).

To further underscore the necessity for customized care, it is essential to employ validated psychometric tools like the Midlife Women's Symptom Index (MSI), which helps assess the range and severity of symptoms experienced by diverse populations (Kang et al., 2015; Im et al., 2018). Such tools not only assist healthcare providers in understanding the unique experiences of menopausal women but also guide the formulation of personalized treatment plans

tailored to individual needs (Lee et al., 2010; Im et al., 2021). Therefore, fostering a supportive healthcare environment alongside individual self-management strategies is vital for enhancing the quality of life for women undergoing menopause.

METHODOLOGY

This study was conducted at Shenbagha College of Nursing to assess the knowledge regarding psychosomatic symptoms and their remedial measures on menopause among final-year nursing students. A purposive sampling technique was used to select 30 students who met the inclusion criteria. The inclusion criteria for participation were: final-year nursing students, those who had consented to participate, and students who had a basic understanding of menopause. Students who were not in their final year, lacked sufficient knowledge regarding menopause, or did not give their consent were excluded from the study.

The data collection tool used in the study was a structured knowledge questionnaire designed to assess participants' knowledge about the psychosomatic symptoms associated with menopause and the various remedial measures. The questionnaire consisted of multiple-choice questions (MCQs), true/false statements, and short-answer questions, covering a wide range of topics related to the symptoms of menopause and their management.

The data collection procedure involved administering the structured questionnaire to the selected participants, ensuring they were provided with the necessary instructions and clarifications regarding the content of the questionnaire. The participants were given sufficient time to complete the questionnaire, and the responses were collected in a confidential manner to ensure accuracy.

For statistical analysis, both descriptive and inferential statistics were applied. Descriptive statistics such as frequency, percentage, mean, and standard deviation were used. Inferential statistics, including t-tests or chi-square tests, were employed to examine any significant differences or associations between participants' demographic characteristics and their knowledge regarding psychosomatic symptoms and remedial measures for menopause.

RESULTS

Demographic variables:

Table 1 presents the frequency and distribution of demographic variables of the final-year B.Sc nursing students. It includes the following categories: age, year of study, birth order, type of family, parental education, and the presence of menopausal problems in the family. The majority of the students were between the ages of 20-21 years (93.3%), with all participants being in the 4th year of their studies. A significant portion of students (80%) were born second, and 80% of students came from nuclear families. Regarding parental education, the largest group had parents with PUC & above qualifications (43.3%). Additionally, 90% of the students reported that no one in their family had menopausal problems. Table 2 illustrates the distribution of knowledge regarding psychosomatic symptoms and their remedial measures among the final-year B.Sc nursing students. The table categorizes the knowledge level into three groups: adequate, moderate, and inadequate. It reveals that 77% of students (23 out of 30) have adequate knowledge regarding the subject, while 13% (4 students) have moderate knowledge, and 10% (3 students) have inadequate knowledge. This distribution indicates that the majority of students possess a good understanding of the psychosomatic symptoms and their remedial measures, with only a small percentage showing a lack of knowledge.

Table 3 presents the chi-square values, degrees of freedom (df), and p-values to analyze the association between the level of knowledge and various demographic variables. The variables include age, year of study, birth order, type of family, parental education, and whether there is anyone in the family with menopausal problems. The chi-square values and p-values indicate the strength of the association between each variable and the students' knowledge level. For example, age and birth order show a significant association with knowledge level ($p < 0.05$), while other variables such as year of study, type of family, and parental education show no significant association ($p > 0.05$). This suggests that factors like age and birth order may influence students' knowledge about psychosomatic symptoms and their remedial measures, while other factors do not.

Table 1: Demographic variables of the students. N = 30

S. No	Demographic Variables	Numbers (n)	Percentage (%)
1	Age		
	17-19 years	0	0
	20-21 years	28	93.3
	21 & above	2	6.7
2	Years of Study		
	3rd year	0	0
	4th year	30	100
3	Birth Order		
	One	5	16.7
	Two	24	80
	Three & above	1	3.3
4	Type of Family		
	Nuclear	24	80
	Joint	6	20
	Extended	0	0
5	Parental Education		
	No formal education	5	16.7
	Below 7th standard	3	10
	SSLC	9	30
	PUC & above	13	43.3
6	Is there anyone in your family who has menopausal problems?		
	Yes	3	10
	No	27	90

Table 2: Level of Knowledge of the students. N = 30

Knowledge	Number (n)	Percentage (%)
Adequate	23	77%
Moderate	4	13%
Inadequate	3	10%

Table 3: Association between Demographic Variables and level of the knowledge
N= 30

Demographic Variables	Chi-Square Value	df	p-value
Age	$X^2 = 25.9797$	4	$p = 0.00001$
Year of Study	$X^2 = 5.3359$	2	$p = 0.0693$
Birth Order	$X^2 = 17.4196$	4	$p = 0.0016$
Type of Family	$X^2 = 10.429$	4	$p = 0.5437$
Parental Education	$X^2 = 0.6173$	6	$p = 0.9611$
Is There Anyone in Family with Menopausal Problems	$X^2 = 17.2776$	2	$p = 0.0000$

DISCUSSION

The study results indicate that a majority of students (77%) possess adequate knowledge regarding psychosomatic symptoms and their remedial measures during menopause, while smaller segments demonstrate moderate (13%) and inadequate (10%) knowledge. This finding aligns with existing literature that suggests education significantly influences knowledge about health issues, including menopause. Research by Namazi et al. highlights that individuals with higher educational levels are generally more aware of menopausal symptoms, better equipped to seek appropriate treatments, and show a relationship between educational attainment and health literacy regarding menopause Namazi et al. (2019).

Furthermore, the study revealed a significant association between demographic variables such as age and birth order, and students' knowledge levels about menopause ($p < 0.05$). This underscores the importance of considering demographic factors in public health education and support initiatives. Age often correlates with experiences or discussions about menopause, suggesting that older individuals may have more personal or observational knowledge of menopausal symptoms (Harper et al., 2022).

Similarly, birth order may influence exposure to healthcare discussions within family settings, impacting knowledge acquisition about menopausal changes (Ayrancı et al., 2010).

Reports by Koyuncu et al. emphasize the role of targeted health education interventions in improving knowledge about menopause, which supports the idea that structured educational efforts can elevate understanding among various demographics (Koyuncu et al., 2018). This is particularly relevant given the study's findings of a notable need to enhance understanding of menopause-related symptoms and remediation strategies, indicating that educational programs could bridge knowledge gaps, especially for students exhibiting inadequate to moderate understanding. Such programs could be designed to address demographic factors influencing knowledge levels, ensuring the information resonates with diverse populations (Patel et al., 2023).

CONCLUSION

The study reveals that most final-year B.Sc nursing students possess a strong understanding of psychosomatic symptoms of menopause and their remedial measures, though some still have moderate or inadequate knowledge. These findings highlight the effectiveness of current educational efforts, while also pointing to the need for ongoing education to ensure comprehensive understanding across all knowledge levels.

ACKNOWLEDGEMENT:

I would like to express my sincere gratitude to the participants of this study for their full cooperation during the data collection period.

REFERENCES

1. Chang, S., Chee, W., & Im, E. (2014). Effects of the body mass index on menopausal symptoms among asian american midlife women using two different classification systems. *Journal of Obstetric Gynecologic & Neonatal Nursing*, 43(1), 84-96. <https://doi.org/10.1111/1552-6909.12261>
2. Im, E., Chang, S., Chee, E., & Chee, W. (2018). The relationships of multiple factors to menopausal symptoms in different racial/ethnic groups of midlife women: the

- structural equation modeling. *Women & Health*, 59(2), 196-212. <https://doi.org/10.1080/03630242.2018.1450321>
3. Im, E., Lee, B., Chee, W., Brown, A., & Dormire, S. (2010). Menopausal symptoms among four major ethnic groups in the united states. *Western Journal of Nursing Research*, 32(4), 540-565. <https://doi.org/10.1177/0193945909354343>
4. Im, E., Yi, J., & Chee, W. (2021). A decision tree analysis on multiple factors related to menopausal symptoms. *Menopause the Journal of the North American Menopause Society*, 28(7), 772-786. <https://doi.org/10.1097/gme.0000000000001798>
5. Im, E., Yi, J., & Chee, W. (2021). Depressive symptoms and type ii diabetes mellitus among midlife women. *Menopause the Journal of the North American Menopause Society*, 28(6), 650-659. <https://doi.org/10.1097/gme.0000000000001759>
6. Kang, Y., Han, Y., Chang, S., Chee, W., & Im, E. (2015). The psychometric properties of the midlife women's symptom index. *Journal of Obstetric Gynecologic & Neonatal Nursing*, 44(5), 600-609. <https://doi.org/10.1111/1552-6909.12741>
7. Khalid, M. and Chhuggani, M. (2022). Assessing the effect of self instructional module on knowledge of menopause & hormone replacement therapy for menopausal women in moradabad (up). *NJI, CV(05)*, 230-233. <https://doi.org/10.48029/nji.2014.cv505>
8. Lee, B., Im, E., & Chee, W. (2010). Psychometric evaluation of the midlife women's symptom index in multiethnic groups. *Western Journal of Nursing Research*, 32(8), 1091-1111. <https://doi.org/10.1177/0193945910362066>
9. Mohamed, H. and Lamadah, S. (2015). Improving women's practices for reducing the severity of menopausal symptoms. *Journal of Nursing Education and Practice*, 6(4). <https://doi.org/10.5430/jnep.v6n4p72>
10. Mohapatra, S., Iqbal, Z., Ahmad, S., Kohli, K., Farooq, U., Padhi, S., ... & Panda, A. (2020). Menopausal remediation and quality of life (qol) improvement: insights and perspectives. *Endocrine Metabolic & Immune Disorders - Drug Targets*, 20(10), 1624-1636. <https://doi.org/10.2174/1871530320666200730225830>
11. Richardson, M., Coslov, N., & Woods, N. (2023). Seeking health care for perimenopausal symptoms: observations from the women living better survey. *Journal of Women S Health*, 32(4), 434-444. <https://doi.org/10.1089/jwh.2022.0230>
12. Sengupta, A. and Srinivasan, N. (2010). Predicting menopausal health in a diverse population group through a theoretical linear model—theoretical model to predict menopausal health. *Health*, 02(11), 1320-1326. <https://doi.org/10.4236/health.2010.211197>
13. Shabaan, H., Mohasib, S., & Emam, E. (2018). Effect of self care guideline on the quality of life among women with menopausal symptoms. *Minia Scientific Nursing Journal*, 003(1), 34-43. <https://doi.org/10.21608/msnj.2018.187730>
14. Shwetha, S., Minnalkodi, S., & Prasad, G. (2020). Prevalence of gynecological diseases in postmenopausal women in tertiary care hospital in chengalpattu district. *International Journal of Reproduction Contraception Obstetrics and Gynecology*, 9(9), 3590. <https://doi.org/10.18203/2320-1770.ijrcog20203514>
15. Tawalare, K., Wakde, S., Tawalare, K., Bhamkar, S., Bagde, R., Saoji, A., ... & Kanitkar, M. (2024). Estimation of prakriti (body constitution) in women of eastern maharashtra tribal belt of central india featuring early and premature menopause. *Journal of Family Medicine and Primary Care*, 13(5), 1665-1669. https://doi.org/10.4103/jfmpc.jfmpc_376_23
16. Zheng, K., Gao, B., Wang, H., He, J., Chen, H., Hu, Z., ... & Wang, F. (2024). Melatonin ameliorates depressive-like behaviors in ovariectomized mice by improving tryptophan metabolism via inhibition of gut microbe alistipes inops. *Advanced Science*. <https://doi.org/10.1002/advs.202309473>
17. Ayrancı, Ü., Örsal, Ö., Örsal, Ö., Arslan, G., & Emeksiz, D. (2010). Menopause status and

- attitudes in a turkish midlife female population: an epidemiological study. *BMC Women S Health*, 10(1). <https://doi.org/10.1186/1472-6874-10-1>
18. Dang, S., Thavalathil, B., Ruiz, D., Gómez-Orozco, C., Gómez-Marín, O., & Levis, S. (2019). A patient portal intervention for menopause knowledge and shared decision-making. *Journal of Women S Health*, 28(12), 1614-1622. <https://doi.org/10.1089/jwh.2018.7461>
 19. Harper, J., Phillips, S., Biswakarma, R., Yasmin, E., Sarıdoğan, E., Radhakrishnan, S., ... & Taulikar, V. (2022). An online survey of perimenopausal women to determine their attitudes and knowledge of the menopause. *Women S Health*, 18. <https://doi.org/10.1177/17455057221106890>
 20. Hooper, S., Marshall, V., Becker, C., LaCroix, A., Keel, P., & Kilpela, L. (2022). Mental health and quality of life in postmenopausal women as a function of retrospective menopause symptom severity. *Menopause the Journal of the North American Menopause Society*, 29(6), 707-713. <https://doi.org/10.1097/gme.0000000000001961>
 21. Koyuncu, T., Ünsal, A., & Arslantaş, D. (2018). Evaluation of the effectiveness of health education on menopause symptoms and knowledge and attitude in terms of menopause. *Journal of Epidemiology and Global Health*, 8(1-2), 8. <https://doi.org/10.2991/j.jegh.2018.08.103>
 22. Namazi, M., Sadeghi, R., & Moghadam, Z. (2019). <p>&social determinants of health in menopause: an integrative review<p>. *International Journal of Women S Health*, Volume 11, 637-647. <https://doi.org/10.2147/ijwh.s228594>
 23. Patel, V., Ross, S., & Sydora, B. (2023). Assessing young adults' menopause knowledge to increase understanding of symptoms and help improve quality of life for women going through menopause; a student survey. *BMC Women S Health*, 23(1). <https://doi.org/10.1186/s12905-023-02641-4>

Cite this article as: Arpita Kabiraj, Jain Vanitha NS (2025). A study to assess the knowledge regarding psychosomatic symptoms and its remedial measures on menopause among the final year B.sc Nursing students in selected college, Chennai. *International Journal of Nursing and Health Studies*, 1(1), 11-16.