

Assessing the Relationship Between Knowledge, Attitude and Healthy Behaviour Among Menopausal Women in Tehran in 2000

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Key Words: Knowledge, Attitude, health behaviour, menopause

ABSTRACT

In order to determine the relationship between knowledge, attitude and health behaviour among menopausal women, a random sample of 250 menopausal women was studied. The data was collected by using a questionnaire and analysed by the SPSS programme. The study showed that seventy woman (28%) had good Knowledge, only twenty seven women (11%) had a positive attitude, and forty women (16%) had good healthy behaviours regarding menopause duration. Also the results of this study revealed that there is a positive correlation between knowledge, attitude and healthy behaviour ($P < 0.001$). According to the findings of this study, the menopausal women must be educated about correct health behaviour because by increasing their knowledge, they will develop a positive attitude and have a healthy behaviour in menopausal years.

INTRODUCTION

As life expectancy increased, more than 90% of women in the world experience menopausal increased years. As the Health Ministry of IRI published, the life expectancy for Iranian is 77 years. Therefore, paying attention to knowledge, attitude and behaviour in menopausal duration is very important. So, in this study these variables and relationship between them were assessed.

MATERIALS AND METHODS

This study was conducted to assess the knowledge, attitude and health behaviour of menopausal women and the relationship between them. For this purpose, 250 women (50-60 yrs old) referred to health care centers in Tehran for non therapeutic reasons were selected randomly and were interviewed using a questionnaire about their knowledge, attitude and health behaviour regarding menopause. The data were collected and analysed by SPSS programme.

RESULTS AND DISCUSSION

The survey showed that the majority of the women were in the age group 53 to 57 years old, and 28 women (11%) had their husbands. Almost all of them had experienced pregnancy and 95 (38.4%) were illiterate. About 79.2% of them had hot flash

and women (58%) had night sweating. Also, 30 women (12%) had spontaneous fracture of their bones. The study showed further that 34.4% of the studied women had heart disease and 70.4% had depression. 75.6% of these women complained of libido and 22.4% had disparounia.

According to results of this survey, 40% of the women had a low knowledge, 22.4% moderate knowledge, and 27.6% good knowledge (Fig. 1).

Figures 2 and 3 show the attitude and practice of the women. The relationship between knowledge, attitude and behaviour were statistically tested (T. test) and the results indicated that there are significant differences between the three groups of women with

different levels of attitude, knowledge and doing health behavior ($PV < 0.001$). It means that the women with more knowledge had more positive attitude towards menopause and a more healthy behaviour during this period (Fig. 4 and 5).

Also statistical analysis (correlation tests) showed that there was a direct relationship between knowledge and health behaviour ($PV < 0.001$) (Fig. 6). So, according to this study the women with more knowledge, had a healthy behavior. It is recommended that the menopausal women should be educated on good health behaviour in menopause years.

Fig. 1. The frequency distribution of the women according to their knowledge on health behaviour in menopause years

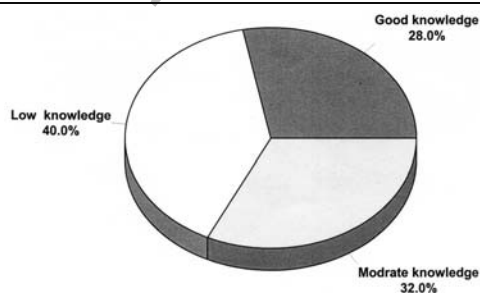
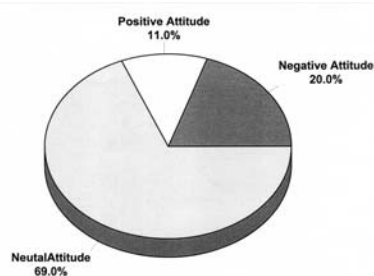


Fig. 2. The frequency distribution of the women according to their attitude towards health behaviour



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Fig. 3. The frequency distribution of the women according to health behaviour in menopause

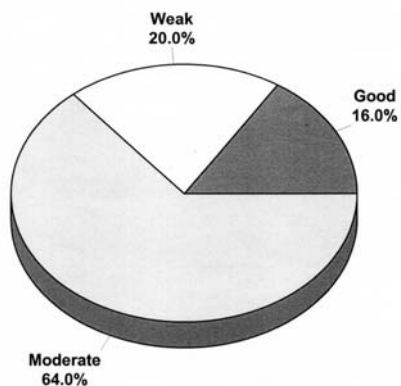


Fig. 4. The relationship between attitude and knowledge in women

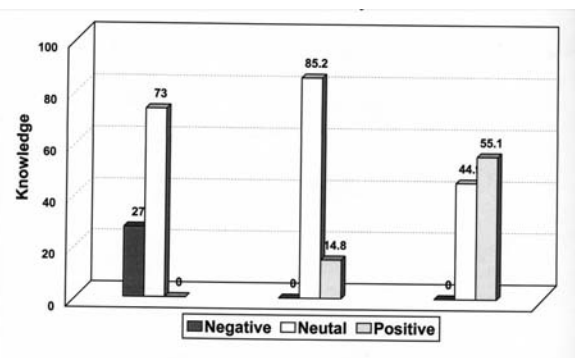


Fig. 5. The relationship between attitude and practice in women

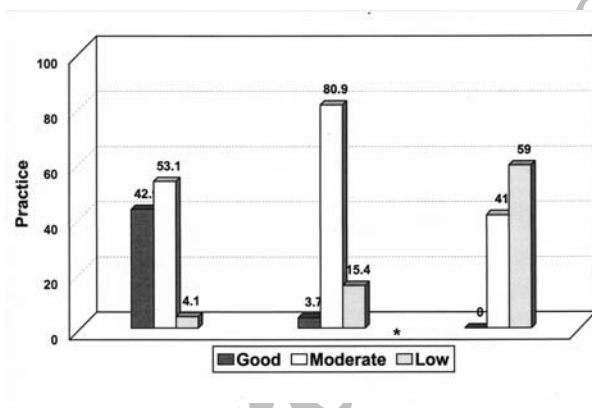
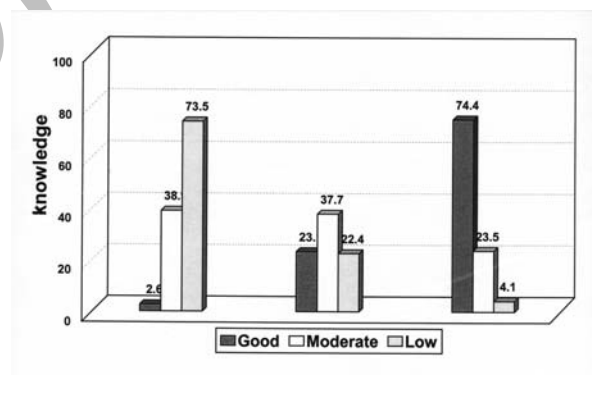


Fig. 6. The relationship between knowledge and health behaviour in the menopausal women in 2000



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