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Original Article

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM REGARDING IMPORTANCE OF CALCIUM RICH DIET DURING PRE-MENOPAUSAL STAGE AMONG WOMEN IN VILLAGE BHABHAT OF ZIRAKPUR DISTRICT MOHALI, PUNJAB

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ABSTRACT

Introduction: Pre-menopausal and menopause are phase through which a women goes during her life time. Each phase is unique with a slight change in nutritional needs, helping the women to sail gracefully from childhood to womanhood and stay strong, hearty and happy through the graying years”. In a study among Indian woman aged 30 to 60 years were found with high prevalence of osteopenia (52%) and Osteoporosis (29%) mainly due to inadequate nutrition.

Materials and Methods: present study was evaluative approach. Assessing the knowledge of 50 women in village Bhabhat of Zirakpur. In this study samples were drawn by using simple random sampling method. Data was collected by using structured knowledge questionnaire.

Results: This study reveals that, the structured teaching program on Importance of Calcium rich diet during Pre- menopausal stage among Women was effective. Thus, the analysis reveals that there is significant difference between Pre test and Post test knowledge score of Women on Importance of Calcium Rich diet during Pre- menopausal stage. Hence, the Researcher based on the findings, stated that the Research hypothesis (RH₁) “There is a significant difference between Pre and Post test knowledge scores on Importance of Calcium Rich diet during Pre-menopausal stage among Women “has been accepted.

Conclusion: most of the women had less knowledge regarding importance of Calcium Rich diet during Pre-menopausal stage. So they need details and thorough knowledge for the importance of Calcium Rich diet during Pre-menopausal stage

Keywords: Assess, Effectiveness, Importance, Structured teaching program, Women, Pre-menopausal stage

INTRODUCTION

Pre-menopausal and menopause are phase through which a women goes during her life time. Each phase is unique with a slight change in nutritional needs, helping the women to sail gracefully from childhood to womanhood and stay strong, hearty and happy through the graying years”. Calcium is the most abundant mineral in the body. This mineral is crucial for life. Every cell in the body needs Calcium to function properly. Calcium is the top macro mineral when it comes to our bones. The mineral help built strong bones and is a primary structural constituent of the skeleton.¹

Calcium absorption tends to decrease with increase age for both man and women. It is essentially important at menopause because Calcium absorption seems to slow down with the declining in the estrogen level. Estrogen therapy works to restore Post-menopausal bone remodeling leading to lower rate of bone loss. Estrogen interacts with supplemental Calcium by increasing Calcium absorption in the gut.²

Adequate amount of Calcium in the diet may help slow the rate of bone loss for all women. Many women may know the

importance of Calcium in the diet. However, they may not be aware of the recommended daily allowance of Calcium intake. Thus, it is very important for the researcher to impart education regarding intake of Calcium according to recommended daily allowance to prevent further complications.³

To build as much bone mass as early as possible in life, and to help slow the rate of bone loss later in life especially before the age of 35 and maintaining a healthy life style and proper diet are the best ways of preventing Osteoporosis. Therefore, prevention of this silent killer should be encouraged during the transition period of menopause.⁴

Objectives of the study

1. To assess the pretest knowledge score of the women regarding importance of Calcium Rich diet during Pre-menopausal stage.
2. To administer structured teaching program to the women regarding importance of Calcium Rich diet during Pre-menopausal stage.
3. To assess the post test knowledge score of the women regarding importance of Calcium Rich diet during Pre-menopausal stage.

4. To compare pretest and post test knowledge score of the women regarding importance of Calcium Rich diet during Pre-menopausal stage.
5. To find out the association of pretest knowledge score of the women regarding importance of Calcium Rich diet during Pre-menopausal stage with selected demographic variables.

MATERIALS AND METHODS: The method adopted for the present study was evaluative approach as the study aimed at development of an intervention for assessing the knowledge of 50 women in village Bhabhat of Zirakpur of district Mohali this approach would help the investigator to evaluate the effect of specific interventions that is structured teaching program regarding the importance of calcium rich diet during pre menopausal stage among the women in village Bhabhat of Zirakpur. In this study samples were drawn by using simple random sampling method. Data was collected by using structured knowledge questionnaire.

RESULTS:

TABLE 1:- Shows overall Pre and Posttest Mean Knowledge levels of Women on

Importance of Calcium rich diet during Pre-menopausal stage

N =50

Category	Ma x. Sco re	Women Knowledge				Paire d 't' Test
		Mean $\bar{x}$	SD (σ)	Mean percentage $\bar{x}$ (%)	SD Percentag e (σ) (%)	
Pre test	30	14.12	3.7	40.3	10.5	28.14 *
Post test	30	28.06	2.2	80.2	6.2	
Enhanceme nt	30	13.94	3.5	39.8	10.0	

Table 1, reveals the comparison of overall Pre and Post test Mean Knowledge level on importance of Calcium rich diet during Pre-menopausal stage among Women. The mean knowledge score of the Pre test was 40.3% and SD was 3.7 whereas, the mean knowledge score of the Post test was 80.2% and SD was 2.2 respectively. Further, the enhancement of mean knowledge was found to be 39.8% from Pre test to Post test. The statistical Paired 't' test was found to be 28.14* indicating significant enhancement of knowledge score from Pre test to Post test at $P < 0.05$ revealing the effectiveness of Slide Show on importance of Calcium rich diet during Pre-menopausal stage among Women.

CONCLUSION: The conclusion of the study can be drawn in the following manners. Most of the women had less knowledge regarding importance of Calcium Rich diet during Pre-menopausal stage. So they need details and thorough knowledge for the importance of Calcium Rich diet during Pre-menopausal stage.

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