



Research Article

AN EXPLORATIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING RISK FACTORS OF UTERINE PROLAPSE AMONG WOMEN AGED 45-60 YEARS RESIDING IN SELECTED VILLAGE AT NAMAKKAL DISTRICT

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ABSTRACT

**Background and aim of the study:** This study was intended to assess the knowledge regarding risk factors of uterine prolapse among women aged 45-60 Years and to find out the association between the knowledge scores on risk factors of uterine prolapse with their selected demographic variables. **Design:** Explorative study design **Setting:** At selected village in Namakkal district. **Result:** The level of knowledge regarding risk factors of uterine prolapse among women of age 45 - 60 years revealed that about 37 % of them had poor knowledge, 43 % of them had average knowledge and 20 % of them had good knowledge. Area wise comparison of mean , standard deviation , mean percentage on the level of knowledge regarding risk factors of uterine prolapse among women 45 - 60 years showed that the highest percentage  $2.43 \pm 1.103$  which is 48.6 % for cause and risk factors and the lowest percentage  $0.2 \pm 0.263$  which is 20% for investigation. **Conclusion:** No significant association when compared with demographic variables except occupation, parity and mode of delivery.

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INTRODUCTION

Female body is one of the nature's most wonderful and complex creations. A woman's journey in life is punctuated by many milestones such as childhood, puberty, motherhood. The word woman is usually reserved for an adult girl or female child who has been traditionally limited for her activities and opportunities, many religious doctrines stipulates certain rules for women. During the 20th century, women have gained access to careers beyond the traditional homemaker and ability to pursue higher education (Margareta Hammarstrom, 2019).

Uterine prolapse (UP) results from a weakness in the supporting structures of the pelvic floor, allowing the uterus to descend down the vaginal canal. Usually it is not life threatening, but prolapse contributes to bladder, bowel, and sexual dysfunction in women. (Kuncharapu I, Majeroni BA, 2017)

Uterine prolapse is a health concern affecting millions of women worldwide. The global prevalence of it (2020) was 2-20% under the age of 45 years. In United States of America U.S.A (2012) was 11.4% and in Egypt (2016) was 56 %.

Commonly reported risk factors of UP include multiparity, excess intra-abdominal pressure, tissue atrophy secondary to aging and estrogen loss, joint hypermobility, and congenital

ligament weakness; direct and indirect injuries to muscles, ligaments, and nerves related to the pelvic organ/floor. Age and high parity are the most commonly reported risk factors among women; obesity, cigarette smoking/chronic cough, constipation, and estrogen deficiency have also been reported, (Women's Health (London), 2020)

Maternity nurses have a role toward the women to help them express their needs without fear and explain to them the importance for appropriate preventive measures and treatment in the early stage. It is essential that womens should have adequate knowledge about uterine prolaps. With this as an aim, this study was conducted to assess the knowledge regarding risk factors of uterine prolapse.

Objectives

- To assess the knowledge regarding risk factors of uterine prolapse among women 45-60 years.
- To find out association between the knowledge score on risk factors of uterine prolapse and selected demographic variables.

Research Hypothesis

H<sub>1</sub>: There is significant level of knowledge regarding risk factors of uterine prolapse among women aged 45-60 years.

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H<sub>2</sub>: There is significant association between the knowledge score on risk factors of uterine prolapse and selected demographic variables.

## MATERIALS AND METHODS

**Research approach & Design:** The Quantitative Explorative research approach with Descriptive research design was selected for the present study.

**Setting:** The setting for study was Pallakkapalayam, Namakkal (Dt).

**Sample and Sample Size:** The samples for the present study were women with uterine prolapse between the age group of 45-60years residing in Pallakkapalayam, Namakkal (Dt), who fulfill the sampling criteria. The sample size was 30 menopausal women.

**Sampling Technique:** “convenient sampling technique” was used to select the samples.

### Inclusion Criteria

Women,

1. Aged 45-60 years
2. Residing in selected area pallakkapalayam
3. Available at the time of data collections
4. Able to read and understand tamil

### Description of the Tool

**Section A:** Demographic variables

**Section B:** The structured knowledge Multiple Choice Questionnaire was used to assess the knowledge regarding risk factor of uterine prolapse.

**Table 1** Scoring for knowledge assessment

Level of knowledge	Score	Percentage
Poor	1-6	7-35
Average	7-13	36-67
Good	13-20	68-100

### Validity and Reliability

- The content validity of the demographic variables and structured knowledge Multiple Choice Questionnaire was validated in consultation with guide and field of experts. The tool was modified according to the suggestions and recommendations of the experts
- Split Half method (Cronbach's Alpha) was used to find out the reliability of the structured knowledge Multiple Choice Questionnaire. ( $r^1 = 0.72$ )

### Plan for Data Analysis

- Descriptive Statistics: Frequency & Percentage, Mean and Standard Deviation
- Inferential Statistics : Mean and Standard Deviation, ‘t’ test and Chi –square test

## RESULTS

### Section- A

**Table 1** Frequency and percentage distribution among women aged 45-60 years according to their demographic variables

S.No	Characteristics	frequency	%
1.	Age in year		
	a. 45-50	9	30%
	b. 51-56	13	43%
2.	Occupation		
	a.House wife	14	46%
	b.Sedentary worker	14	46%
3.	BMI		
	a.Under weight	5	16%
	b.Over weight	19	63%
4.	Age of marriage		
	a.<17 year	2	26%
	b.18-23 year	19	56%
5.	Parity		
	a.Primi	2	6%
	b.Multi	19	63%
6.	Mode of delivery		
	a.NSVD	21	70%
	b.LSCS	6	20%
7.	Source of information		
	a.Neighbour	12	40%
	b.Relation or family	11	36%
	c.Health professional	7	23%

**Table 2** Frequency and percentage distribution of knowledge Score among women 45-60 years

Level of knowledge	Score	Percentage
Poor	11	37 %
Average	13	43 %
Good	6	20 %

The level of knowledge regarding risk factors of uterine prolapse among women 45-60 years revealed that about 37 % of them had poor knowledge, 43 % of them had average knowledge and 20 % of them had good knowledge

**Table 3** Area wise comparisons of Mean, SD and Mean %.

S.No	Area wise level of knowledge	Mean	Standard Deviation	Mean%
1.	Introduction	2.3	1.055	46%
2.	Cause of risk factors	2.43	1.103	48.6%
3.	Signs and symptoms	1.2	0.49	24%
4.	Investigation	0.2	0.363	20%
5.	Diet pattern	1.76	0.84	44%
	<b>Total</b>	<b>7.9</b>	<b>2.20</b>	<b>39.5%</b>

**Table 4** Chi-square calculated to analyze the association between demographic variables

S.No	Demographic variables	DF	X <sup>2</sup>	Table value	Level of significance
1.	Age in year	4	12.53	9.49	Not significance
2.	Occupation	4	0.65	9.49	significance
3.	BMI	4	12.9	9.49	Not significance
4.	Age of marriage	4	12.8	9.49	Not significance
5.	Parity	4	2.67	9.49	significance
6.	Mode of delivery	4	5.21	9.49	significance
7.	Source of information	4	2.59	9.49	significance

X<sup>2</sup> Value with p<0.05

There was no significant association between the level of knowledge score among women when compared with demographic variables like age in year, age at marriage and BMI.

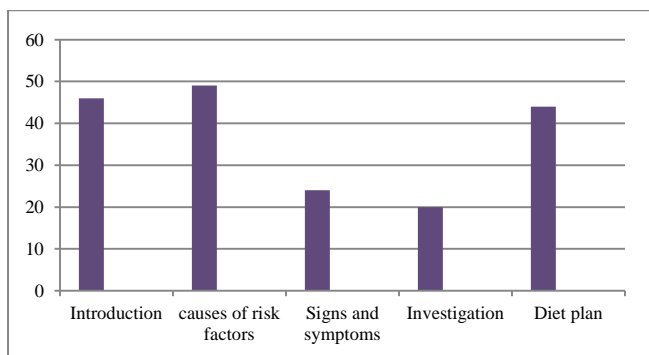
## CONCLUSION

- The level of knowledge regarding risk factors of uterine prolapse among women 45-60 years revealed that about 37 % of them had poor knowledge, 43 % of them had average knowledge and 20 % of them had good knowledge
- Area wise comparison of mean, SD, mean% on the level of knowledge regarding risk factors of uterine prolapse among women 45-60 years showed that the highest percentage 2.43 1.103 which is 48.6% for cause and risk factors and lowest percentage 0.2 0.263 which is 20% for investigation
- No significant association was found between the level of knowledge scores and their demographic variables (age in year, age at marriage and BMI).

## DISCUSSION

Highest percentage (43%) of women were in the age group of 51 – 56 years, 46 % & 46 % of them were moderate and sedentary workers. 63 % of them were overweight. 56 % of women got married at the age of 18-23 years. 63 % of them were primi parity women and Most of the women (70%) were delivered through normal spontaneous vaginal delivery.

The study findings reveal that about 37 % of them had poor knowledge, 43 % of them had average knowledge and 20 % of them had good knowledge regarding risk factors of uterine prolapse. Area wise comparison of mean, SD, mean% on the level of knowledge regarding risk factors of uterine prolapse among women 45-60 years showed that the highest percentage 2.43 which is 48.6% for cause and risk factors and lowest percentage 0.2 which is 20% for investigation



Bar diagram showing the Area wise comparisons of Mean, SD and Mean %.

### Nursing Implications

#### Nursing Service

- Nurse can create aware regarding the risk factors of uterine prolapse both in clinical area and community area.

- Attention should be given to the women who are at risk and screening should be made for early identification and prevention of severity.

### Nursing Educator

Nursing educator can organize seminar, workshops, symposium and continuing nursing education programme regarding uterine prolapse and its risk factors.

### Nursing Administration

- The nurse administrator can encourage the staff nurses and student nurses to involve in research activities regarding risk factors.
- Periodic seminar and conference have to be conducted for the staff nurses to motivate them to apply the knowledge regarding pelvic organ prolapse.

### Nursing Research

- It is very important for every nurse researcher to have detailed study about pelvic organ prolapse.
- It is the responsibility of every nurses to make the patient to feel comfort and to keep healthy ever. The study findings can be utilized for secondary analysis and meta analysis.

### Recommendations

- A familiar study can be replicated on a large sample for more reliability and effectiveness.
- A similar study can be replicated with control group to get more relevant fact.

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