

**“A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING  
THYROID DISORDER AMONG MENOPAUSE WOMEN IN SELECTED URBAN  
AREAS IN PUNE CITY.”**

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**ABSTRACT**

A little gland called the thyroid is found near the upper part of the neck, close to the trachea. It has two large wings that are smaller in the middle and wrap around the side of the throat like a butterfly. A collection of medical conditions together referred to as "thyroid disease" prohibit the thyroid gland from producing the appropriate amount of hormones.<sup>1</sup>All ages, including menopausal women, might be affected by thyroid problems, which are common endocrine conditions. The menstrual cycle stopping and changes in hormones that accompany menopause mark an important transitional part in a woman's life. Tital of the study:“A Descriptive Study to Assess the knowledge Regarding thyroid disorder among menopause women in selected urban areas of Pune City.”Materials and methods: In this study we used quantitative research approach. A descriptive research design was selected as the investigation's study methodology. The non-probability convinient sampling technique was used. The sample consist of 100 among mothers of infant in selected urban areas of Pune city who had fulfilled the inclusion criteria of the study in order to assess the knowledge regarding Knowledge regarding thyroid disorder. The reliability of tool was done on 10 participants the value was +0.7736.” and tool found reliable. **Result:** Regarding thyroid disorders, the majority of people (54%) have average knowledge, whereas just 32%) have poor understanding. With a mean score of 11.02 and a S.D. of 3.89, 14% show good knowledge. Demographic factors like the correlation between education and demographic factors. Age, marital status, education, family structure, and employment are not related to a p value of 0.05. **Conclusion:**A statistically significant correlation between thyroid disease among women in the menopause and the relevant demographic information was discovered. By focusing more on health education, health care practitioners can raise community knowledge of thyroid disorders.

**Key Words : Assess , Knowledge, Thyroid Disorder, Menopause Women , Urban Areas**  
**INTRODUCTION**

A little gland called the thyroid is found near the upper part of the neck, close to the trachea. It has two large wings that are smaller in the middle and wrap around the side of the throat like a butterfly. A collection of medical conditions together referred to as "thyroid disease" prohibit the thyroid gland from producing the appropriate amount of hormones.<sup>1</sup>All ages, including menopausal women, might be affected by thyroid problems, which are common endocrine conditions. The menstrual cycle stopping and changes in hormones that accompany menopause mark an important transitional part in a woman's life. With the use of APA-style in-text

references and citations, this section introduces the connection between thyroid conditions with menopause in females. Disorders of the Thyroid are Common: In the general population, thyroid conditions like hypothyroidism and hyperthyroidism are frequent. But as people get older, the incidence and prevalence of these illnesses tend to rise, especially in menopausal women.<sup>2</sup>A study was conducted in 2021 found that those receiving treatment for hypothyroidism had a marginally greater mortality risk than study participants without the condition. In a study on hyperthyroidism patients' mortality, deaths at follow-up (up to 17 years later) were reported to have been 28.7% higher. 34.2% of those who were not treated had this rate.<sup>3</sup>The incidence of thyroid diseases, particularly in young children and pregnant women, can have a significant negative influence on wellbeing. Since iodine diet continues to play an important role in controlling thyroid function globally, it is imperative to be on the lookout for iodine scarcity returning to historically iodine-sufficient locations. More study is required in developing nations, particularly in Africa, to comprehend how iodine nutritional fluxes and ethnicity affect the patterns of disease that are already prevalent.<sup>4</sup>

### **NEED OF THE STUDY**

Due to a number of issues that call for additional study and understanding, thyroid diseases in menopausal women are of great importance. This section, which is backed by in-text citations and an extensive bibliography in APA format, discusses the importance of researching thyroid diseases in postmenopausal women. Knowledge Deficit Although the link between thyroid issues and menopause has been established, the exact mechanisms and consequences of this interaction are still poorly understood.<sup>8</sup>

Bakircioglu et al. (2017) underline the need for greater comprehension of the impact menopause has on thyroid function and the emergence of thyroid diseases. Health Consequences For menopausal women, thyroid issues can have serious health repercussions. Particularly hypothyroidism can cause a variety of symptoms, such as fatigue, weight gain, depression, and cognitive decline. Menopausal women's quality of life and general wellbeing can be greatly impacted by these symptoms. Therefore, research that focuses on the particular difficulties and treatment plans for thyroid problems in this population is required.<sup>8</sup>

Marqusee et al., 2015 Diagnostic difficulties: Menopausal women may exhibit a range of symptoms connected to thyroid issues as well as menopause. Differentiating between these symptoms, however, can be difficult, potentially resulting in an incorrect or incomplete diagnosis of thyroid problems. For accurate detection and suitable management, menopausal women need specialised recommendations and improved diagnostic methods (Marqusee et al., 2015). Personalised treatment strategies: The specific hormonal and physiological changes experienced by menopausal women with thyroid problems may necessitate individualised treatment strategies. To maximise results and reduce potential hazards, hormone replacement treatment, for instance, should be carefully addressed in the context of thyroid hormone replacement. Research that focuses on individualised treatment plans for this population is therefore necessary (Marqusee et al., 2015).

## AIM OF THE STUDY

The aim of the study was to assess the knowledge regarding thyroid disorder among menopause women.

## MATERIALS AND METHODS

In this study we used quantitative research approach. A descriptive research design was selected as the investigation's study methodology. The non-probability convenient sampling technique was used. The sample consist of 100 among mothers of infant in selected urban areas of Pune city who had fulfilled the inclusion criteria of the study in order to assess the knowledge regarding Knowledge regarding thyroid disorder. The reliability of tool was done on 10 participants the value was +0.7736.” and tool found reliable. Reliability done on 1-5-23 to 30-5-23. A pilot research was carried out between November 23 and December 23.

## RESULT

### DESCRIPTION OF THE TOOL

Table 1:-above table shows the demographic variables, Majority 32% are 46-50years of age, 31% are of 36-40years, 20% are of 41-45years & 17% are 51-55years. Majority 40% are married, 28% are dicorced, 25% are unmarried, & 7% are separated parents. Majority 47% are graduated, equal no of 17% are orimary & secondary, 11% are postgraduate. Majority 59% live in joint family 41% in nuclestr family. Majority 28% are business, 25% are in services, 24% are farmer, 12% are housemaker & 11& are other.

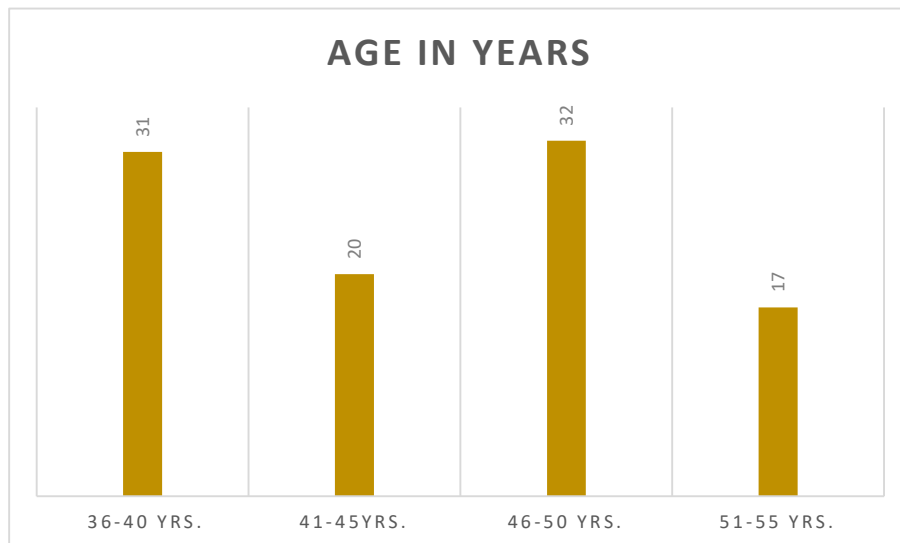
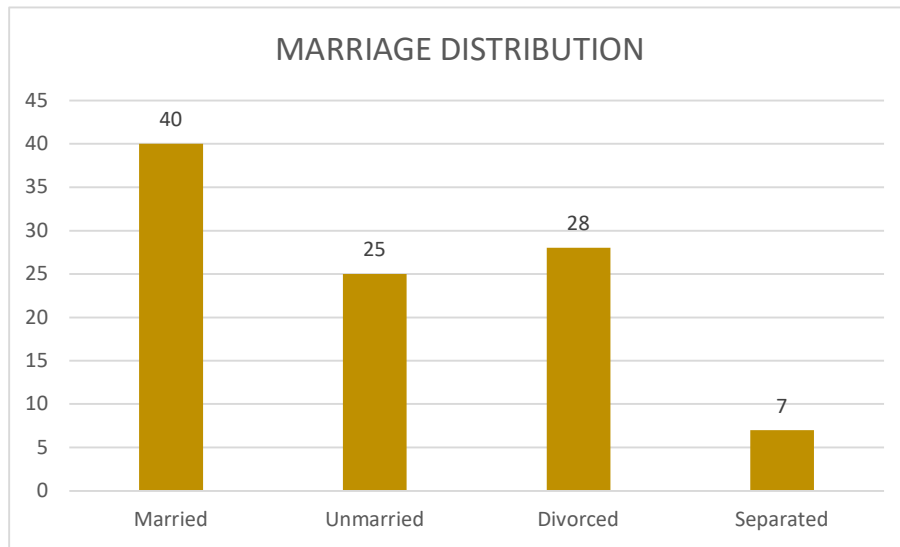
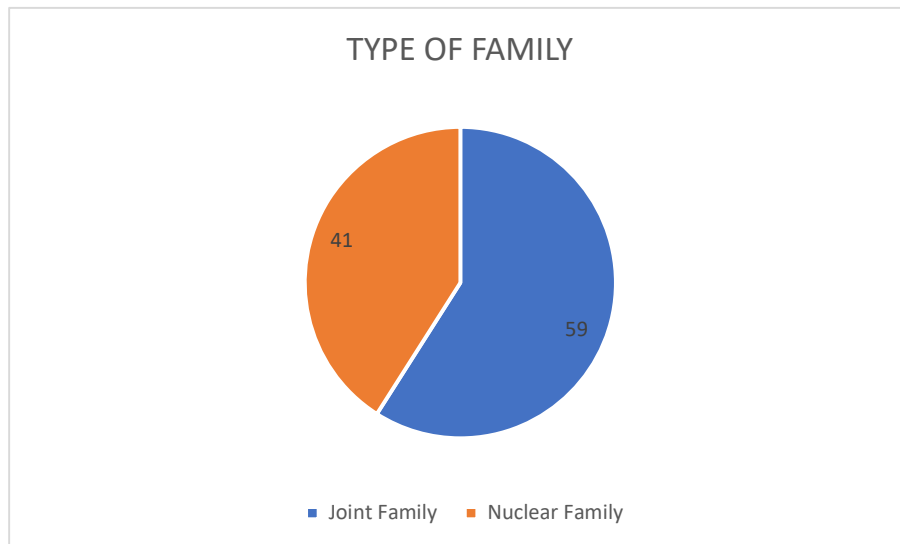


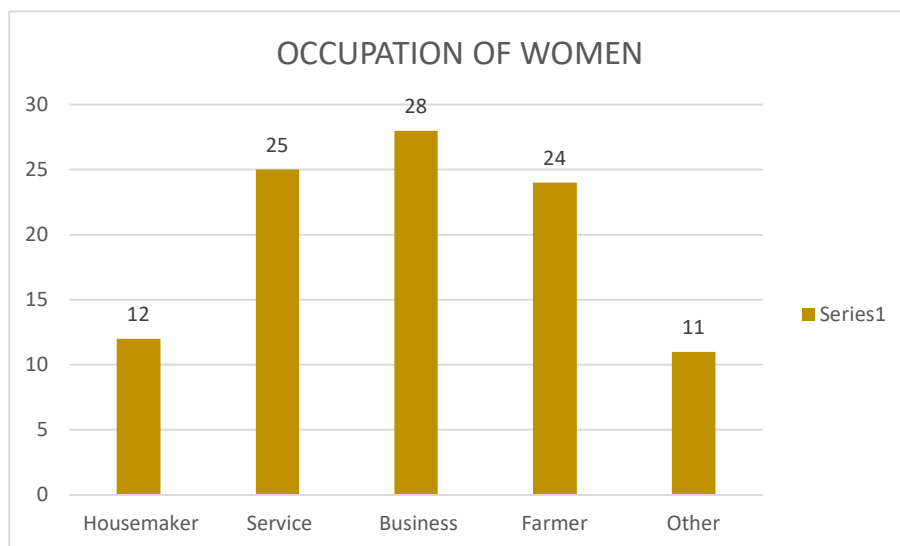
Figure 1: ABOVE BAR DIAGRAM SHOWS THE AGE IN YEARS.



**Figure 2: ABOVE BAR DIAGRAM SHOWS THE Marriage**



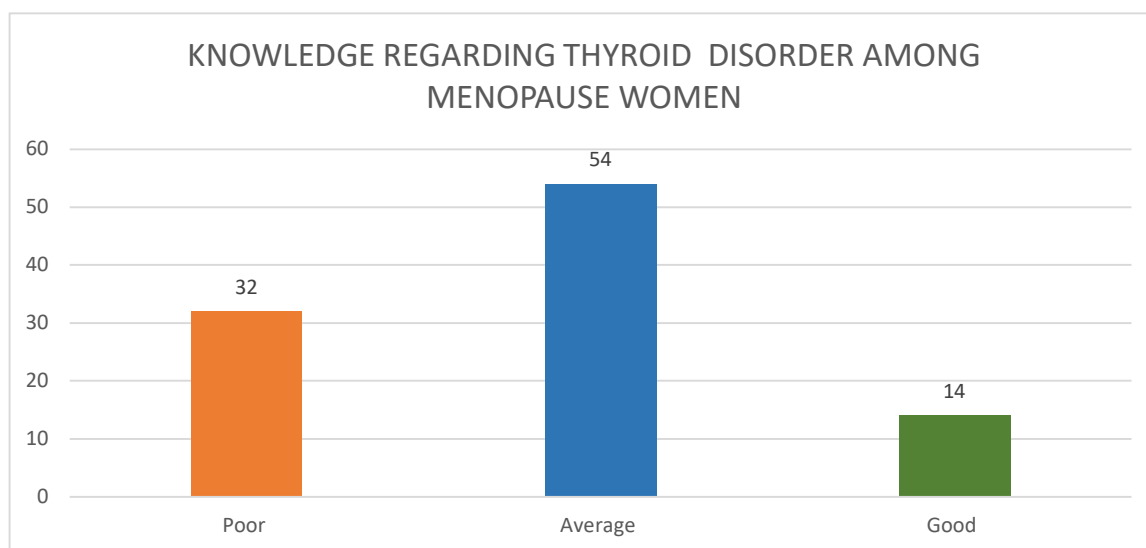
**Figure 3: ABOVE PIE CHART SHOWS THE TYPE OF FAMILY**



**Figure 4: ABOVE BAR DIAGRAM SHOWS THE OCCUPATION.**

Section-II: Analysis related to the knowledge Regarding thyroid disorder among menopause women.

Knowledge	Frequency	Percentage %	Mean	SD
Poor	96	32	11.02	3.89
Average	162	54		
Good	42	14		



**Table and figure showed majority 54% have Average knowledge , 32 % have poor knowledge 14% have good knowledge with mean of 10.23 & S.D is 4.53.**

### DISCUSSION

Shailesh Rai,et.al; did a study on how well-informed and aware women in a cosmopolitan city in central India were of thyroid diseases. The cross-sectional survey was carried out in four different locations of MP's Indore city in September 2014. There are 250 women in Indore

between the ages of 18 and 50 who live in different neighbourhoods. According to the study's findings, 29.2% of women have never heard the phrase "thyroid." Extreme heat or cold sensitivity affects 48.8% of females, long-term constipation or diarrhoea affects 25.2%, and weakness or pain in the joints or muscles affects 61.2% of females.. 69.6% of females reported having anxiety, depression, or mood swings, while 39.6% reported having irregular periods. 82.4 percent of females reported having hair loss or skin problems, while 18.67 percent reported difficulty getting pregnant, having many miscarriages, or having stillbirths. Only 49.20% of women had ever heard of hyperthyroidism or hypothyroidism, only 25.2% had undergone a thyroid screening, and only 55.2% thought alternative therapies might be used to treat thyroid disorders. The study comes to the conclusion that women generally don't know enough about thyroid problems and their associated conditions, and they have misconceptions and stereotypes about them.

Similar research by Sharma et al. that examined the prevalence and knowledge of thyroid diseases among 300 menopausal women in India might be compared to the current study. Only 38.3% of the women were aware of their disease, despite the fact that 16.7% of them had thyroid abnormalities, primarily hypothyroidism. Additionally, they discovered that menopausal women with thyroid issues had a higher chance of developing cardiovascular diseases, osteoporosis, and depression. To improve the identification and treatment of thyroid diseases in this population, they recommended implementing screening and education programmes

## **CONCLUSION**

A statistically there is significant association was found with qualification of the selected demographic information regarding thyroid disorder among menopause women. Although the women were having average knowledge of thyroid disorder. More emphasis should be given for health education to create awareness about thyroid disorder n the community by the health care professionals.

According to the study mentioned above, the majority of people are between the ages of 46 and 50, followed by 36 to 40, 41 to 45, and 17 to 55. The majority are married (40%) or divorced (28%), single (25%) or have split parents (7%). 17% of primary and secondary school graduates and 47% of those with postgraduate degrees are graduates. 41% of people are in nuclear families and 59% live in joint families. The majority are in business (28%), services (25%), farming (24%), housekeeping (12%), and other (11%)..

Regarding thyroid disorders, the majority of people (54%) have average knowledge, whereas just 32%) have poor understanding. With a mean score of 11.02 and a S.D. of 3.89, 14% show good knowledge.

Demographic factors like the correlation between education and demographic factors. Age, marital status, education, family structure, and employment are not related to a p value of 0.05.

## **RECOMMENDATION**

A research to determine where menopausal women in the targeted areas of Pune district can find information and education regarding thyroid disorders. An investigation on the obstacles and enablers to learning and using information regarding thyroid disorders among menopausal women in the targeted regions of the Pune district. Understanding thyroid disorders and their risk factors is crucial for treating and preventing this condition.

## CONFLICT OF INTEREST

The writers certify that they are not affiliated with any group or entity that has a financial or non-financial stake in the topics or resources covered in this work..

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