Modified Atm Scale On Climacteric Symptoms

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Abstract:
Working women encounter chemical stamp variations. Particularly, emotions and temperament are severely influenced. When woman approaches menopause, which is an emergency time. Both the mentality and professional preferences of the urban working class are crucial for a sound turn of events or the beginning of catastrophic side consequences. The present study entitled "**Efficacy Of Awareness Program On behavioral outcome Regarding Climacteric Symptoms Of Menopause Among Working Women Of Indore City** "
Material and Method: A quantitative descriptive approach with pre-experimental one group pre test post test research design was adopted for present study. A sample of 389 working women from urban community was chosen as accessible population using following sample size calculation formula for uncountable population out of which 380 convinced for participation. The calculated reliability using Spearman Brown formula for knowledge and attitude was calculated as 0.711 and 0.720 respectively at P<0.05 level. Probabiliy sampling with cluster technique was used for 380 samples
Tools were divided into sections 2 parts, Part 1 consisted of socio demographic variable to collect the baseline and clinical data. Part 2 consisted of modified ATM scale with 12 statements both positive and negative administered to monitor the level of attitude. Respondents were further informed and after written consent they were allowed to take the participation
Result: Descriptive and inferential statistics applied and out of 380, 44% participants come under 30-40 years of age. 47.1 was the mean age, 53% Christian, 1% muslim, 70% comes from joint family, 18% unmarried, 57% works for more than 12 hrs., 61% had 4 to 6 family members, post graduated women were 58%. 55% women had menses had more than 5 days. 48% did not do any exercise while 61% had abnormal menstrual bleeding. After intervention attitude improved. The paired t value was 30.85 and found to be highly significant (p-value-0.000) at $p \leq 0.05$. Chi square calculated revealed that there is significant association seen between religion, age, family type, members, work duration, salary, economical status, diet, work area, information source among working women with attitude score.

Keywords: Climacteric symptoms, ATM scale, Behavioral outcome

INTRODUCTION:

From ages 'SHE' has been considered the ultimate 'compromiser'. For the joy of others her dreams, aspirations, career, happiness, health etc. sacrificed. Even before tying a knot, always forced to think about her future family. Prior keeping them in mind she decides future for self. Why this thought even comes to her brain that too in this budding stage. Its all about the challenges, which are being imposed on the adult-female, who indeed want to be self- sufficient and have spirit to endeavor for meeting to the best of their lives. These challenges often put them in vague state; even those hampers are so parlous that it gradually starts planting a saple of query. In conformity with fresh probe by ISEC (Institute for Social and Economical Change): Thereabouts IV percent Hindi girl sense index betwixt 29-34. Almost 18% newly married enters climatic phase. Here in our country nearly ten percentile senses alteration sign. Sense begins at nearly thirties

OBJECTIVE:

- To assess the pre-interventional attitude regarding climacteric symptoms of menopause.
- To determine the efficacy of Awareness training program on attitude level among working women of study group.
- To associate the pre-test behavioural outcome (attitude) of the working women regarding climacteric symptoms of menopause with their selected socio-demographical variables.

HYPOTHESIS: H01:- There was no significant improvement between pre-test and post-test attitude scores regarding climacteric symptoms of menopause among working women from selected community of Indore.
**H1:-** There was significant improvement between pre-test and post-test attitude scores regarding climacteric symptoms of menopause and its management among working women from selected community of Indore. H02:- There was no significant association between pre-test behavioural outcome (attitude) regarding climacteric symptoms of menopause among working women from selected community of Indore with their selected socio demographic variable.

H2:- There was significant association between pre-test behavioural outcome (attitude) regarding climacteric symptoms

of menopause among working women from selected community of Indore with their selected socio demographic variable.

PRE-ATTITUDE-SCORING ASSESSMENT

The Pre-test Attitude score=42.23   S.D. =6.50, 21% shows moderately negative while 79% shows unsatisfactory attitude.
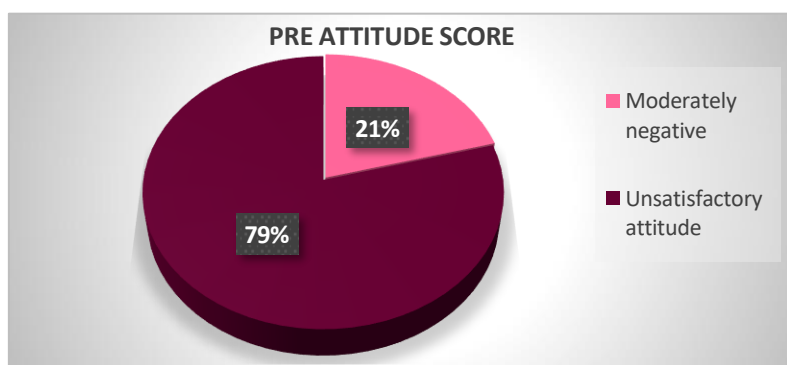
(b)   ASSESSMENT OF INDIVIDUAL RESPONSES OF EACH STATEMENT OF ATM SCALE (MODIFIED)

Table 1.2: Descriptive statistics to assess pre-test score of ATM regarding climacteric symptoms of menopause among working women

S. NO.	STATEMENTS	N	MINIMUM	MAXIMUM	MEAN	STANDARD DEVIATION
	Descriptive statistics					
1.	Normal event not a problem	380	2	5	3.99	1.04
2.	Women get more confident after menopause	380	1	5	2.82	1.38
3.	Women feels freer to do things for herself after menopause	380	1	5	3.48	1.22
4.	More time for religious activities after menopause	380	1	5	4.20	0.95
5.	There is no more pregnancy risk	380	1	5	3.74	1.25
6.	It is an important phase of women's life	380	1	5	4.48	1.12
7.	It is an unpleasant experience	380	1	5	3.09	1.07
8.	Femininity is lost	380	1	5	3.38	1.27
9.	Women is concerned that how her partner will feel about her after menopause	380	1	5	3.27	1.06
10.	Working capacity is affected	380	1	5	3.07	1.22
11.	Women think that menopause is the beginning of the end	380	1	5	3.17	1.29
12.	Women decreases the grace of woman's appearance	380	1	5	3.47	1.13

Table 1.3: Descriptive statistics to assess post-test score of ATM regarding climacteric symptoms of menopause among working women

S. NO.	STATEMENTS	N	MINIMUM	MAXIMUM	MEAN	STANDARD DEVIATION
	Descriptive statistics					
1.	Normal event not a problem	380	3	5	4.66	0.65
2.	Women get more confident after menopause	380	3	5	4.31	0.77
3.	Women feels freer to do hings for herself after menopause	380	3	5	4.86	0.44
4.	More time for religious activities after menopause	380	3	5	4.03	0.52
5.	There is no more pregnancy risk	380	3	5	4.44	0.61
6.	It is an important phase of women's life	380	3	5	4.41	0.58
7.	It is an unpleasant experience	380	3	5	4.66	0.65
8.	Femininity is lost	380	3	5	4.66	0.65
9.	Women is concerned that how her partner will feel about her after menopause	380	3	5	4.66	0.65
10.	Working capacity is affected	380	3	5	4.25	0.73
11.	Women think that menopause is the beginning of the end	380	4	5	4.59	0.49
12.	Women decreases the grace of woman's appearance	380	4	5	4.60	0.48

© COMPARISON OF PRE AND POST MODIFIED ATM SCALE SCORING OF EACH STATEMENT REGARDING CLIMACTERIC SYMPTOMS OF MENOPAUSE AMONG WORKING WOMEN

1. **Normal event not a problem**
   Table 1.4: Frequency and percentage distribution of pre and post scores of question (Normal event not a problem)

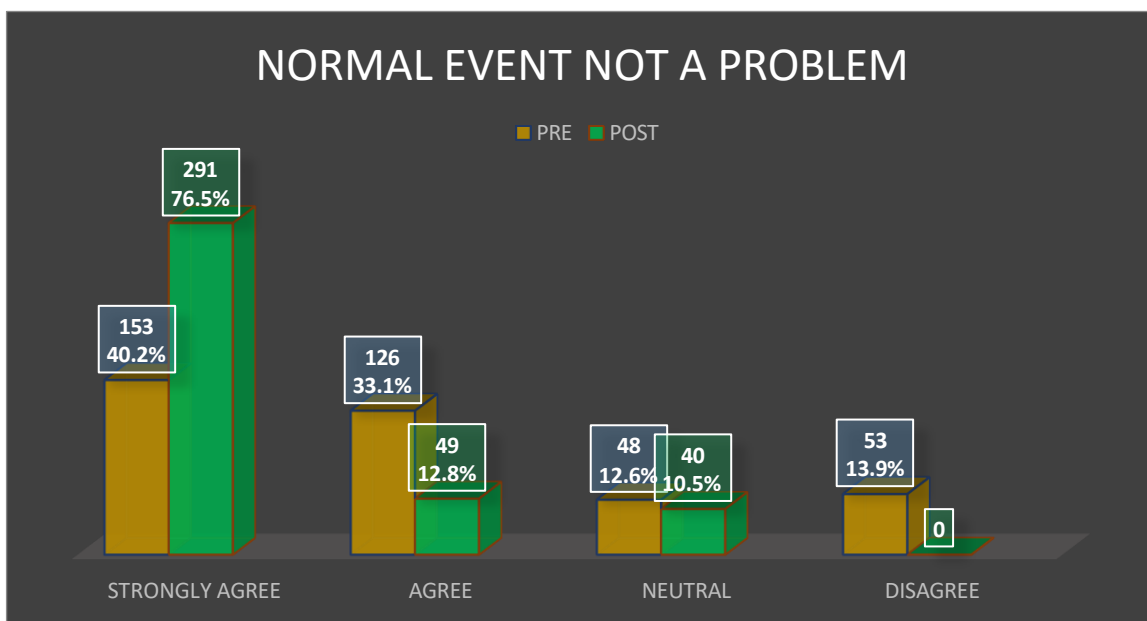| SCALE	PRE FREQUENCY	PRE %	POST FREQUENCY	POST %
STRONGLY AGREE	153	40.2	291	76.5
AGREE	126	33.1	049	12.8
NEUTRAL	048	12.6	040	10.5
DISAGREE	053	13.9	000	0
STRONGLY DISAGREE	000	0	000	0

Figure 1.2:

Bar chart showing frequency and percentage distribution of pre and post scores of question (Normal event not a problem)

2.   **Women get more confident after menopause**

Table 1.5: Frequency and percentage distribution of pre and post scores of question (Women get more confident after menopause)

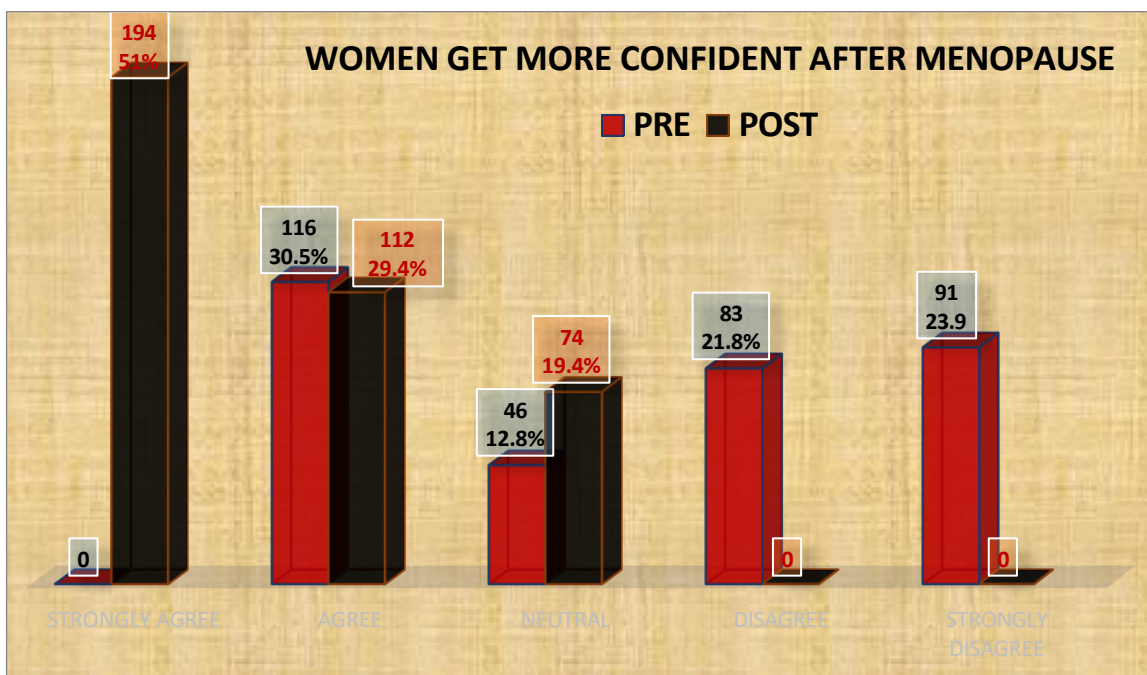| SCALE	PRE FREQUENCY	PRE %	POST FREQUENCY	POST %
STRONGLY AGREE	43	11.3	194	51
AGREE	116	30.5	112	29.4
NEUTRAL	46	12.1	074	19.4
DISAGREE	83	21.8	000	00
STRONGLY DISAGREE	91	23.9	000	00

Figure 1.3 :

Column-chart represents frequency and percentage distribution of pre and post scores of question (Women get more confident after menopause**)**

3. Women feels freer to do things for herself after menopause

Table 1.6: Frequency and percentage distribution of pre and post scores of question (Women feels freer to do things for herself after menopause)

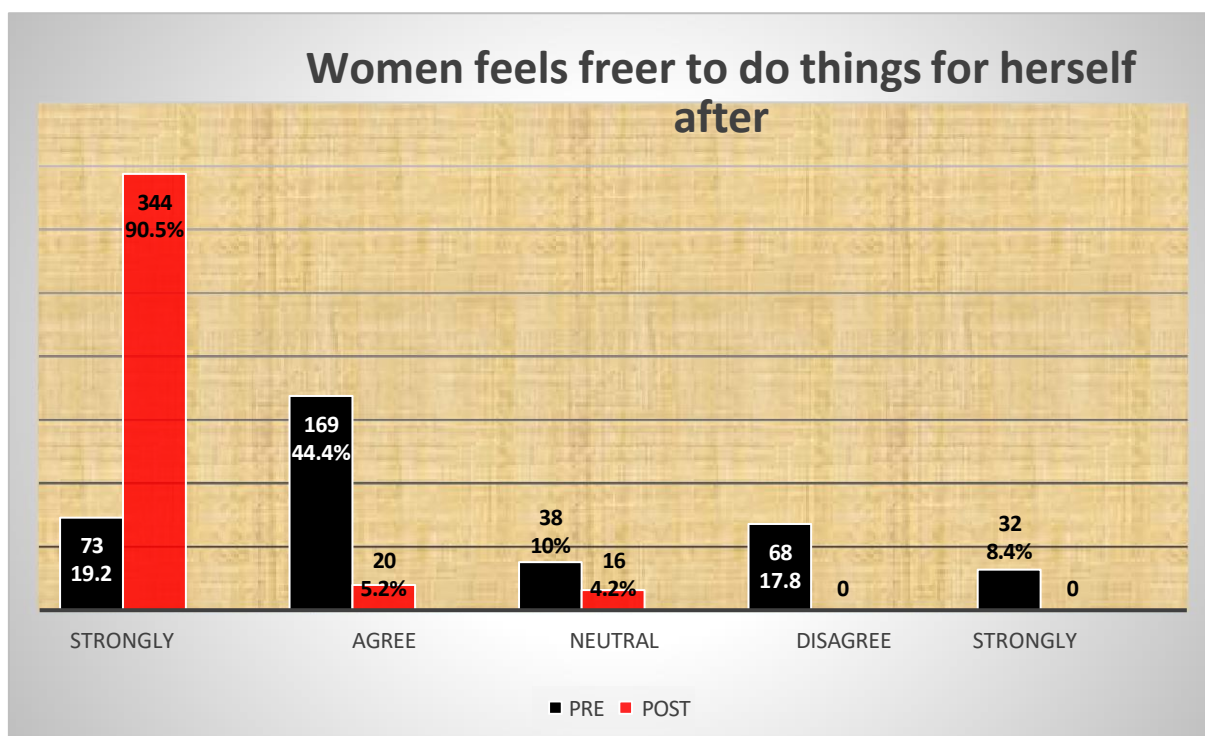| SCALE	PRE FREQUENCY	PRE %	POST FREQUENCY	POST %
STRONGLY AGREE	73	19.2	344	90.5
AGREE	169	44.4	20	5.2
NEUTRAL	38	10	16	4.2
DISAGREE	68	17.8	00	00
STRONGLY DISAGREE	32	8.4	00	00

Figure 1.4 :

Column shows frequency and percentage distribution of pre and post scores of question (Women feels freer to do things for herself after menopause)

4. More time for religious activities after menopause

Table 1.7: Frequency and percentage distribution of pre and post scores of question (More time for religious activities after menopause)

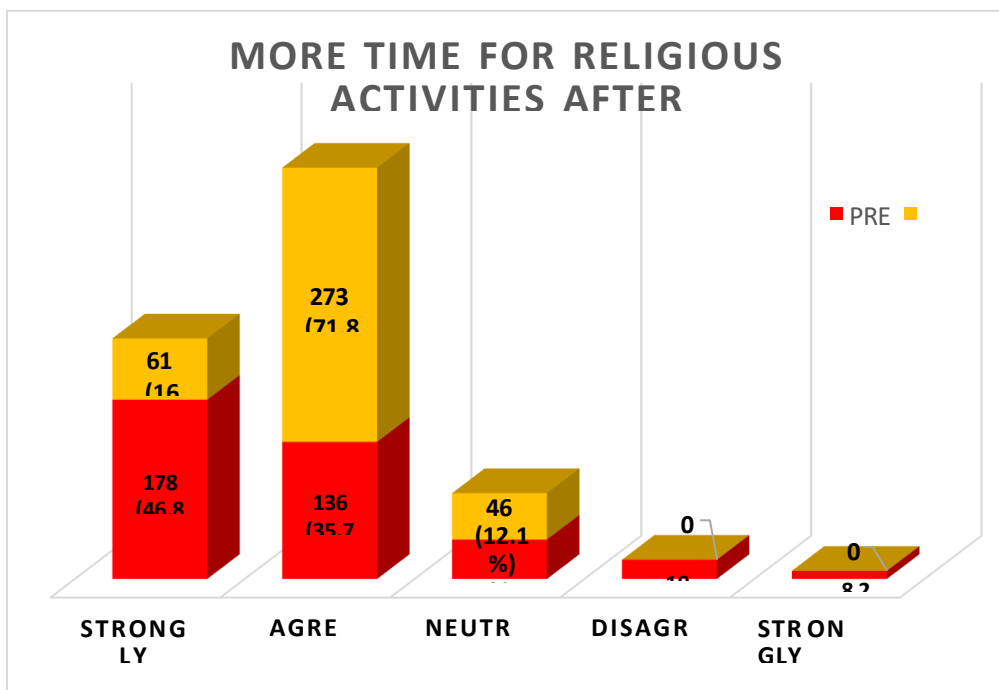| SCALE	PRE FREQUENCY	PRE %	POST FREQUENCY	POST %
STRONGLY AGREE	178	46.8	61	16
AGREE	136	35.7	273	71.8
NEUTRAL	39	10.2	46	12.1
DISAGREE	19	5	00	00
STRONGLY DISAGREE	8	2.1	00	00

Figure 1.5:

Column depicts frequency and percentage distribution of pre and post scores of question (Women feels freer to do things for herself after menopause)

5. There is no more pregnancy risk

Table 1.8: Frequency and percentage distribution of pre and post scores of question (There is no more pregnancy risk)

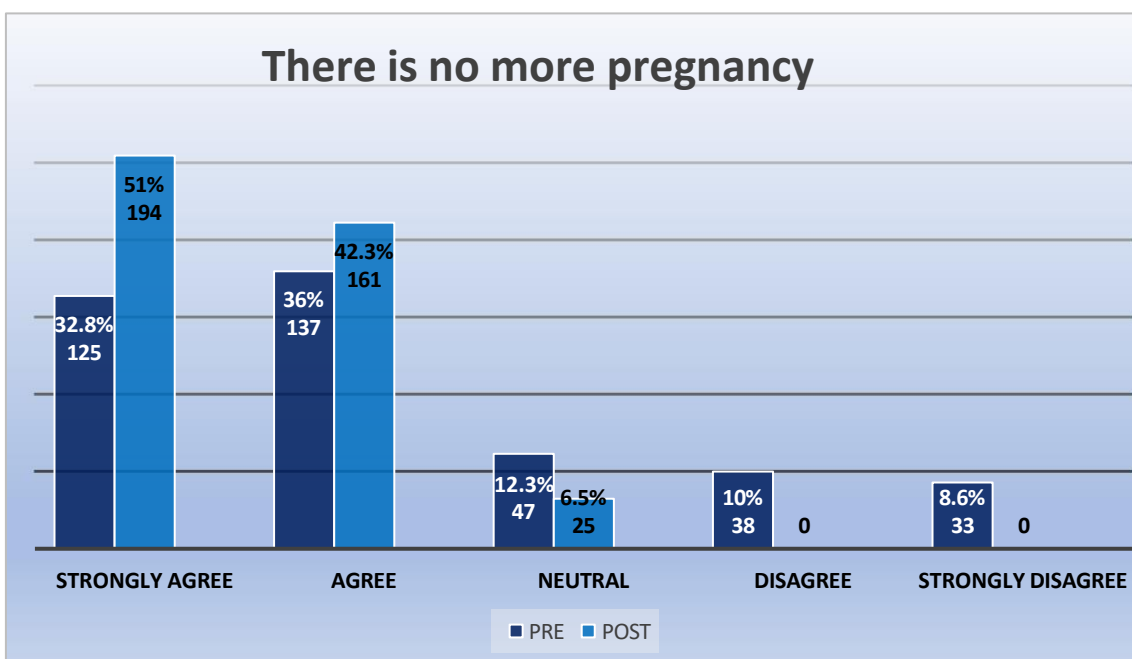| SCALE	PRE FREQUENCY	PRE %	POST FREQUENCY	POST %
STRONGLY AGREE	125	32.8	194	51
AGREE	137	36	161	42.3
NEUTRAL	47	12.3	25	6.5
DISAGREE	38	10	00	0
STRONGLY DISAGREE	33	8.6	00	0

Figure 1.6:

Bar chart showing frequency and percentage distribution of pre and post scores of question there is no more pregnancy risk

6. It is an important phase of women's life

Table 1.9: Frequency and percentage distribution of pre and post scores of question (It is an important phase of women's life)

SCALE	PRE FREQUENCY	PRE %	POST FREQUENCY	POST %
STRONGLY AGREE	292	76.8	176	46.3
AGREE	46	12.1	184	48.4
NEUTRAL	02	0	20	5.2
DISAGREE	16	4.2	00	0
STRONGLY DISAGREE	24	6.3	00	0
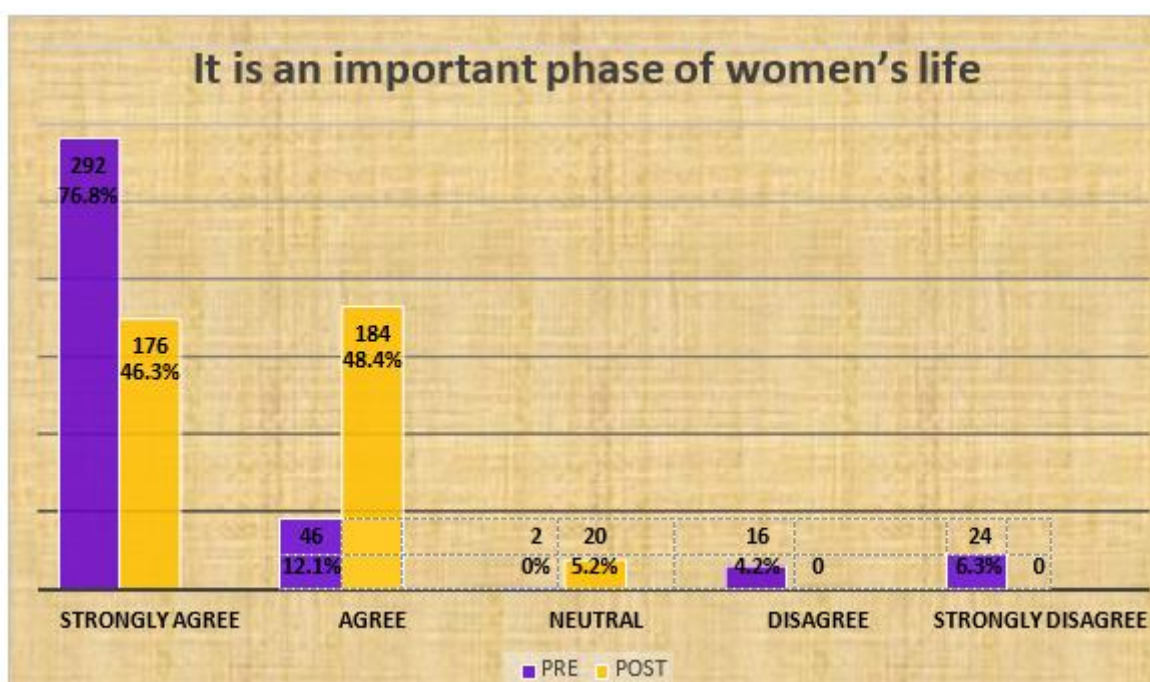
Figure 1.7:

Bar chart showing frequency and percentage distribution of pre and post scores of question it is an important phase of women's life

7. It is an unpleasant experience

Table 1.10: Frequency and percentage distribution of pre and post scores of question (It is an unpleasant experience)

SCALE	PRE FREQUENCY	PRE %	POST FREQUENCY	POST %
STRONGLY AGREE	25	6.5	00	-
AGREE	84	22.1	00	-
NEUTRAL	147	38.6	40	10.5
DISAGREE	78	20.5	49	12.8
STRONGLY DISAGREE	46	12.1	291	76.5
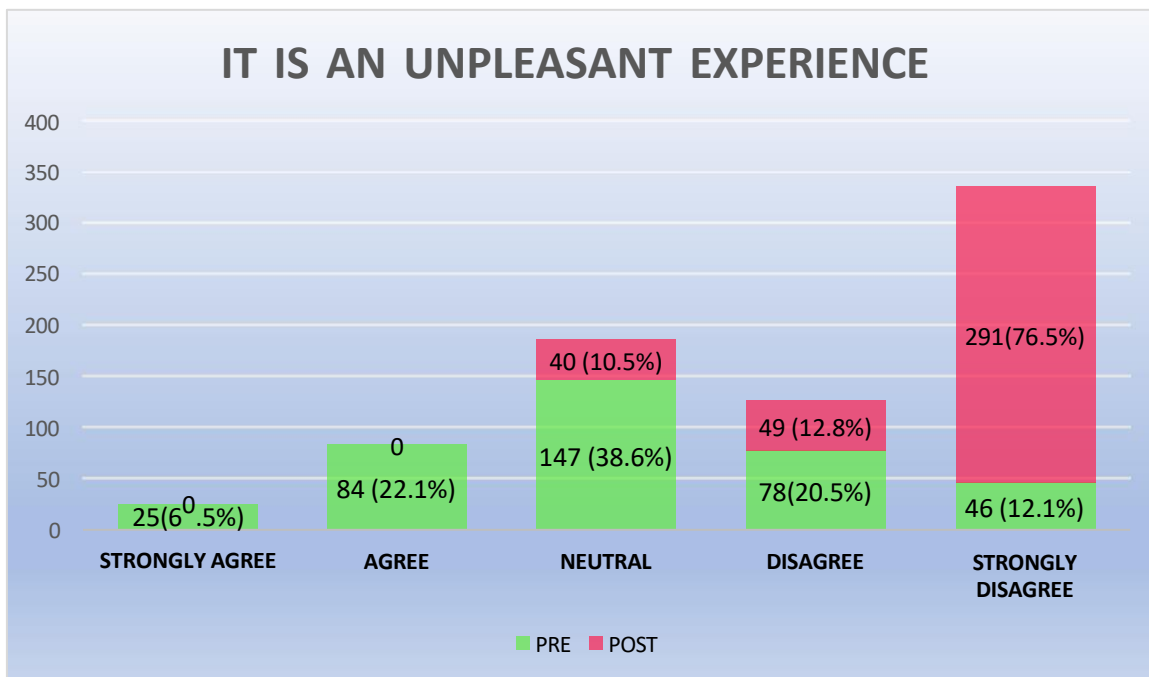
Figure 1.8:

Column showing frequency and percentage distribution of pre and post scores of question it is an unpleasant experience

8.   **Femininity is lost**

Table 1.11: Frequency and percentage distribution of pre and post scores of question (Femininity is lost)

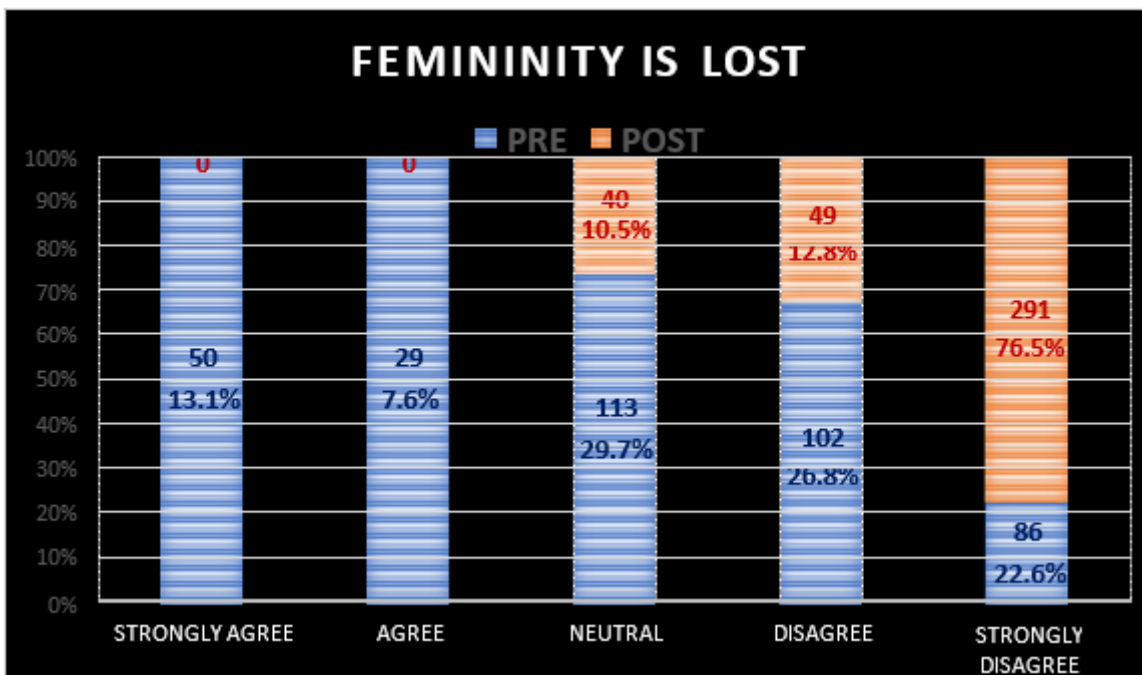| SCALE	PRE FREQUENCY	PRE %	POST FREQUENCY	POST %
STRONGLY AGREE	50	13.1	00	-
AGREE	29	7.6	00	-
NEUTRAL	113	29.7	40	10.5
DISAGREE	102	26.8	49	12.8
STRONGLY DISAGREE	86	22.6	291	76.5

Figure 1.9:

Bar chart showing frequency and percentage distribution of pre and post scores of question femininity is lost

9. **Women is concerned that how her partner will feel about her after menopause**

Table 1.12: Frequency and percentage distribution of pre and post scores of question (Women is concerned that how her partner will feel about her after menopause)

SCALE	PRE FREQUENCY	PRE %	POST FREQUENCY	POST %
STRONGLY AGREE	16	4.2	00	-
AGREE	58	15.2	00	-
NEUTRAL	182	47.2	40	10.5
DISAGREE	53	13.9	49	12.8
STRONGLY DISAGREE	71	18.6	291	76.5

Figure 1.10:
Bar chart showing frequency and percentage distribution of pre and post scores of question women is concerned that how her partner will feel about her after menopause
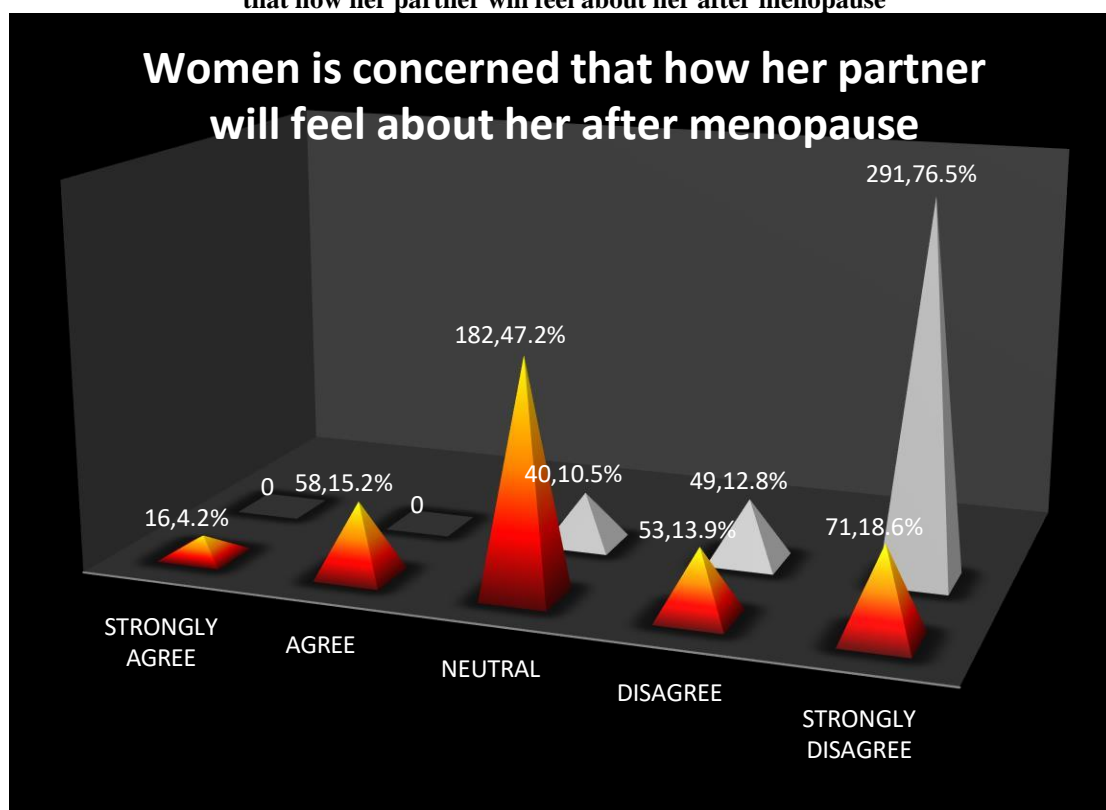
10. **Working capacity is affected**

Table 1.13: Frequency and percentage distribution of pre and post scores of question (Working capacity is affected)

SCALE	PRE FREQUENCY	PRE %	POST FREQUENCY	POST %
STRONGLY AGREE	56	14.7	00	-
AGREE	52	13.6	00	-
NEUTRAL	130	34.2	67	17.6
DISAGREE	90	23.6	150	39.4
STRONGLY DISAGREE	52	13.6	163	42.8
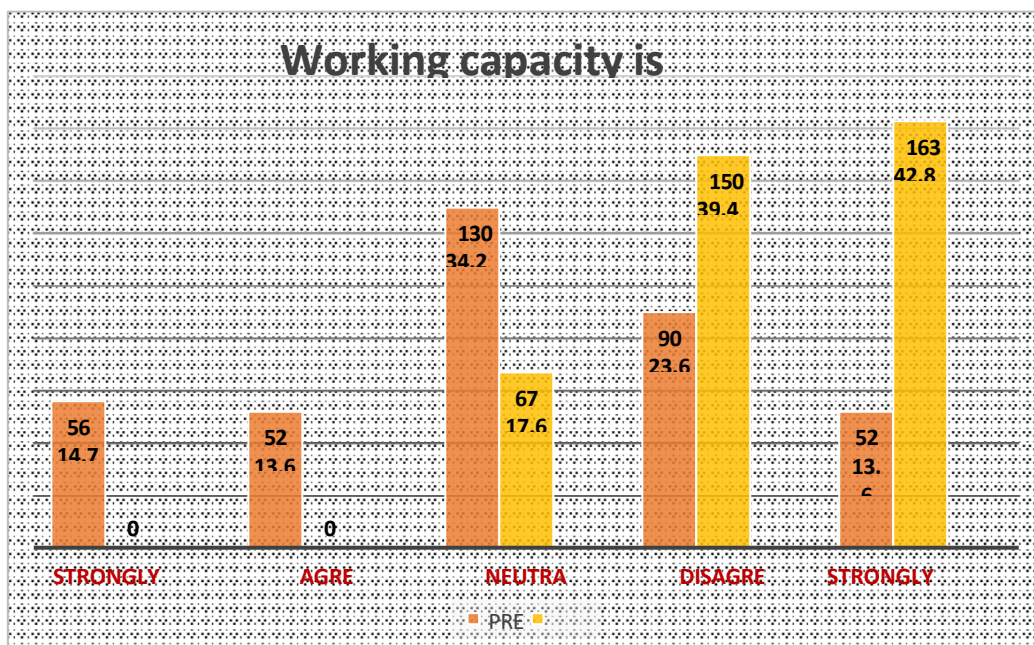
Figure 1.11:

Bar chart showing frequency and percentage distribution of pre and post scores of question working capacity is affected

11. Women think that menopause is the beginning of the end

Table 1.14: Frequency and percentage distribution of pre and post scores of question (Women think that menopause is the beginning of the head)

SCALE	PRE FREQUENCY	PRE %	POST FREQUENCY	POST %
STRONGLY AGREE	57	15	00	-
AGREE	71	18.6	00	-
NEUTRAL	50	13.1	00	-
DISAGREE	151	39.7	154	40.5
STRONGLY DISAGREE	51	13.4	226	59.4

Figure 1.12:

Bar chart showing frequency and percentage distribution of pre and post scores of question

12. **Women decreases the grace of woman's appearance**

Table 1.15: Frequency and percentage distribution of pre and post scores of question (Women decreases the grace of woman's appearance)

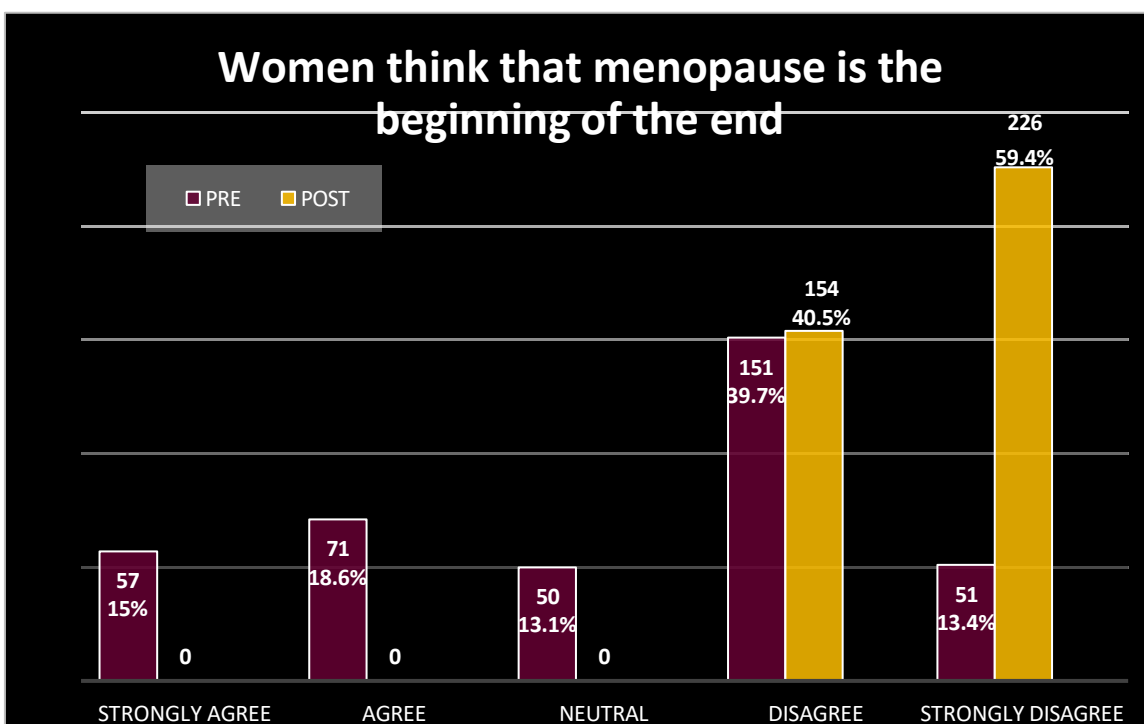| SCALE	PRE FREQUENCY	PRE %	POST FREQUENCY	POST %
STRONGLY AGREE	19	5	00	-
AGREE	58	15.2	00	-
NEUTRAL	108	28.4	00	-
DISAGREE	113	29.7	151	39.7
STRONGLY DISAGREE	82	21.5	229	60.2
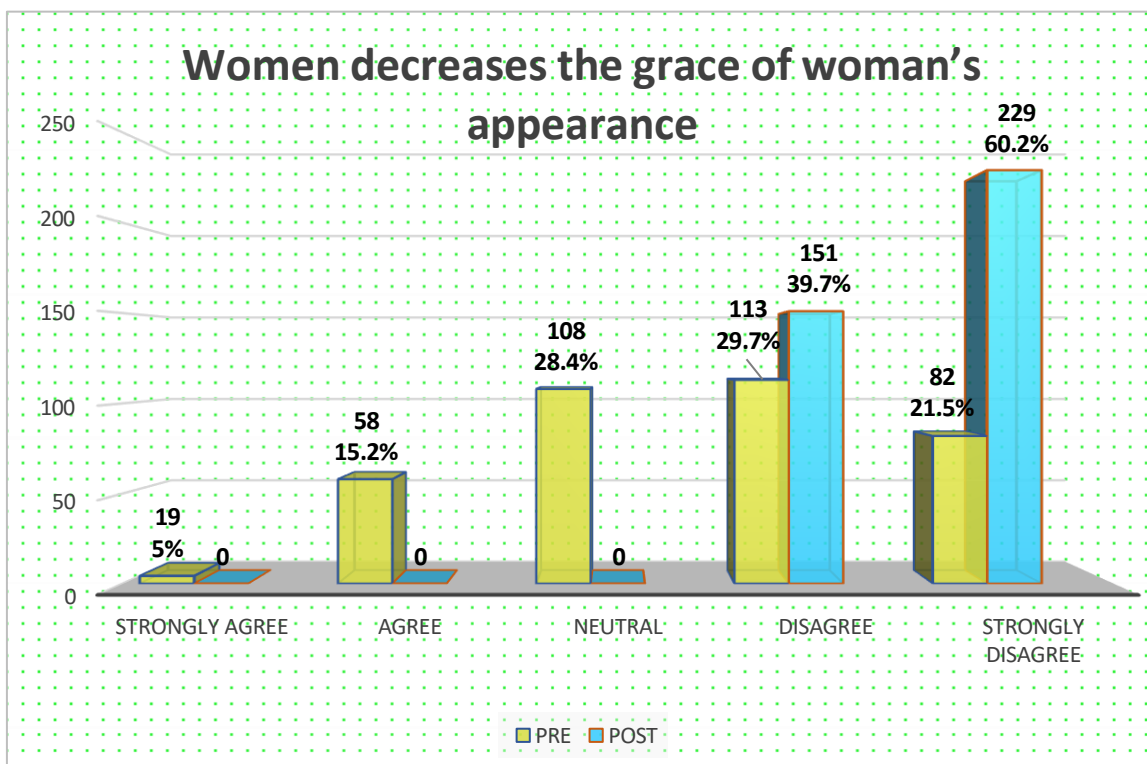
Figure 1.13:

Bar chart showing frequency and percentage distribution of pre and post scores of question (Women decreases the grace of woman's appearance)

COMPARISION OF FREQUECNY AND PERCENTAGE OF PRE-TEST AND POST- TEST ATTITUDE SCORE

Table 1.16: Pre-Post Comparison of Proportion of Different Attitude Score

Test	Score/Range	Grading	Frequency	Percentage	Mean	SD
PRE TES	46-60	Satisfactory attitude (positive)	75	19.7%		
	31-45	Moderately positive	264	69.4%		
	16-30	Moderately negative Unsatisfactory attitude (negative)	21	5.5%	42.23	6.50
	1-15		20	5.26%		
POST TEST	46-60	Satisfactory attitude (positive)	380	100%		
	31-45	Moderately positive	00	-		
	16-30	Moderately negative Unsatisfactory attitude (negative)	00	-		
	1-15		00	-	54.17	3.84

SECTION 5: EFFICACY OF AWARENESS TRAINING PROGRAM ON CLIMACTERIC SYMPTOMS AMONG WORKING WOMEN WITH BEHAVIORAL OUTCOME: ATTITUDE SCORE

Table 1.17: Calculation of paired-t test of pre and post Attitude score

Paired Samples Statistics							
Pre-Post Comparison	N	Mean	Standard Deviation	Mean Difference	Paired T – Test p≤0.05	P Value	Result
Pair 2 **Pre-Attitude**	380	42.23	6.50	11.94	30.85	0.000	Highly Significant
Post-Attitude	380	54.17	3.84				

Table 1.18: Association between pre- attitudes scoring with Age

Age (in years)	Pre-test Attitude score				Total
	Satisfactory attitude	Moderately positive	Moderately negative	Unsatisfactory attitude	
30-40 years	24	129	1	12	166
41-50 years	9	22	10	0	41
51-60 years	24	62	8	6	100
65 years	18	51	2	2	73
Total	75	264	21	20	380
Pearson Chi-Square	**Value**	**df**	**P Value**	**Result**	
	40.38*	9	0.00	Significant	

Table 1.19.: Association between pre- attitudes scoring with Religion

Religion	Pre-test Attitude score				Total
	Satisfactory attitude	Moderately positive	Moderately negative	Unsatisfactory attitude	
Hindu	19	112	16	20	167
Muslim	2	1	3	0	6
Sikh	2	3	2	0	7
Christian	52	148	0	0	200
Total	75	264	21	20	380
Pearson Chi-Square	**Value**	**df**	**P Value**	**Result**	
	66.45*	9	**0**	Significant	

Table 1.20.: Association between pre- attitudes scoring with Type of family

Type of family	Pre-test Attitude score				Total
	Satisfactory attitude	Moderately positive	Moderately negative	Unsatisfactory attitude	
Nuclear	43	50	8	12	113
Joint	32	212	13	8	265
Single parent	0	0	00	0	0
Broken	0	2	00	0	2
TOTAL	75	264	2	20	380
Pearson Chi-Square	**Value**	**df**	**P Value**	**Result**	
	50.4*	9	0.00	Significant	

Table 1.21: Association between pre- attitudes scoring with Members in family

	Pre-test Attitude score				
Members in family	Satisfactory attitude	Moderately positive	Moderately negative	Unsatisfactory attitude	Total
1 to 2 members	17	78	10	10	115
3 to 4 members	26	2	3	3	34
4 to 6 members	32	184	8	7	231
More than 6 members	0	0	0	0	0
TOTAL	75	264	21	20	380
Pearson Chi- Square	**Value**	**df**	**P Value**	**Result**	
	86.9*	9	00	Significant	

Table 1.22.: Association between pre- attitudes scoring with Number of children

Number of children you have	Pre-test Attitude score				Total
	Satisfactory attitude	Moderately positive	Moderately negative	Unsatisfactory attitude	
No child	20	50	8	7	85
One	6	12	3	3	24
Two	47	200	9	10	266
3 or more	2	2	1	0	5
TOTAL	75	264	21	20	380
Pearson Chi-Square	**Value**	**df**	**P Value**	**Result**	
	12.9*	9	0.16	Non-Significant	

Table 1.23: Association between pre- attitudes scoring with Marital status

Marital status	Pre-test Attitude score				Total
	Satisfactory attitude	Moderately positive	Moderately negative	Unsatisfactory attitude	
Married	57	219	15	14	305
Unmarried	16	41	4	6	67
Widow	1	2	1	0	4
Separated/Divorced	1	2	1	0	4
TOTAL	75	264	21	20	380
Pearson Chi-Square	**Value**	**df**	**P Value**	**Result**	
	4.4*	9	0.88	Non-significant	

Table 1.24.: Association between pre- attitudes scoring with Educational status

Educational status	Pre-test Attitude score				Total
	Satisfactory attitude	Moderately positive	Moderately negative	Unsatisfactory attitude	
Higher secondary	0	0	0	0	0
Graduation	22	124	9	4	159
Post- graduation	53	138	12	16	219
PhD	0	2	0	0	2
TOTAL	75	264	21	20	380
Pearson Chi-Square	**Value**	**df**	**P Value**	**Result**	
	13.3*	9	0.14	Non-Significant	

Table 1.25: Association between pre- attitudes scoring with Working hours per day

Working hours per day	Pre-test Attitude score				Total
	Satisfactory attitude	Moderately positive	Moderately negative	Unsatisfactory attitude	
6 to 8 hourly	48	82	8	6	144
9 to 12 hourly	7	11	0	1	19
More than 12 hour	20	171	17	17	217
TOTAL	75	264	21	20	380
Pearson Chi-Square	**Value**	**df**	**P Value**	**Result**	
	34.7*	6	0.00	Significant	

Table 1.26.: Association between pre- attitudes scoring with Income in rupees (per month)

Income in rupees (per month)	Pre-test Attitude score				Total
	Satisfactory attitude	Moderately positive	Moderately negative	Unsatisfactory attitude	
10,000 to 25,000	2	3	3	2	10
26,000 to 35,000	21	48	3	5	77
36,000 to 50,000	20	133	8	8	169
More than 50,000	32	80	7	5	124
TOTAL	75	264	21	20	380
	Value	**df**	**P Value**	**Result**	
Pearson Chi-Square	22.5*	9	0.00	Significant	

Table 1.27.: Association between pre- attitudes scoring with Socio-economic status

Socio- economic status	Pre-test Attitude score				Total
	Satisfactory attitude	Moderately positive	Moderately negative	Unsatisfactory attitude	
Upper class	0	5	0	2	7
Upper middle	19	74	11	11	115
Lower middle	20	183	10	7	256
Upper lower	32	80	0	0	2
TOTAL	75	264	21	20	380
Pearson Chi-Square	**Value**	**df**	**P Value**	**Result**	
	17.9*	9	0.03	Significant	

Table 1.28: Association between pre- attitudes scoring with Habits

Habits	Pre-test Attitude score				Total
	Satisfactory attitude	Moderately positive	Moderately negative	Unsatisfactory attitude	
Alcohol intake	1	3	0	0	4
Drug use	0	0	0	0	0
Cigarette smoking	2	5	2	1	10
No any	72	256	19	19	366
TOTAL	75	264	21	20	380
Pearson Chi- Square	Value	df	P Value	Result	
	2.9*	9	0.9	Non-significant	

Table 1.29: Association between pre- attitudes scoring with sleeping pattern at night

Sleeping Pattern at night	Pre-test Attitude score				Total
	Satisfactory attitude	Moderately positive	Moderately negative	Unsatisfactory attitude	
Less than 4 hour	22	79	8	6	115
4 to 6 hourly	12	21	1	2	36
7 to 9 hourly	15	93	3	3	114
10 to 12 hourly	26	71	9	9	115
TOTAL	75	264	21	20	380
Pearson Chi-Square	Value	df	P Value	Result	
	13.29*	9	0.15	Non-significant	

Table 1.30: Association between pre- attitudes scoring with Type of Diet

Type of diet	Pre-test Attitude score				Total
	Satisfactory attitude	Moderately positive	Moderately negative	Unsatisfactory attitude	
Vegetarian	45	165	8	7	225
Non- vegetarian	16	77	8	7	108
Vegan diet	14	22	5	6	47
TOTAL	75	264	21	20	380
	Value	df	P Value	Result	
Pearson Chi- Square	15.1	6	0.02	Significant	

Table 1.31: Association between pre- attitudes scoring with working area

Working area	Pre-test Attitude score				Total
	Satisfactory attitude	Moderately positive	Moderately negative	Unsatisfactory attitude	
Government	56	140	12	11	219
Private	15	119	6	5	145
Central	4	5	3	4	16
TOTAL	75	264	21	20	380
Pearson Chi- Square	Value	df	P Value	Result	
	28.6*	6	0.00	Significant	

Table 1.32: Association between pre- attitudes scoring with any source of information about climacteric symptoms of menopause

Any source of information about climacteric symptoms of menopause	Pre-test Attitude score				Total
	Satisfactory attitude	Moderately positive	Moderately negative	Unsatisfactory attitude	
Yes	46	132	15	14	207
No	29	132	6	6	173
TOTAL	75	264	21	20	380
Pearson Chi- Square	Value	df	P Value	Result	
	7.9	3	0.04	Significant	

RESULT AND MAJOR FINDINGS
ASSESSMENT OF PRE-INTERVENTIONAL ATTITUDE SCORE
The attitude level before administration of intervention monitored under 4 categories. Satisfactory attitude (46-60 score) was seen among 75 (20%), moderately Positive (31-45

score) among 264 (69.4%), moderately negative (16-30) seen among 21 (6%) working lashes. And the mean identified was 42.3 and SD±6.50.

ASSOCIATION BETWEEN PRE TEST ATTTITUDE SCORE WITH SELECTED DEMOGRAPHIC VARIABLE
Chi square calculated revealed that there is significant association seen between religion, age, family type, members, work duration, salary, economical status, diet, work area, information source among working women with attitude score.

Thus, Research Hypothesis H1 was partially accepted and partially rejected

ASSESSMENT OF INDIVIDUAL RESPONSES OF EACH STATEMENT OF ATM SCALE (MODIFIED)
The study highlights maximum score, minimum scores, average scores and SD of attitude regarding climacteric symptoms of working women as monitored by Modified ATM scale: Attitude towards Menopause scale among three eighty workaholic-female. From s.no. one to six all comes under positive category. Whereas, from seven to twelve represents negative category. Talking about positive first statement (Normal event not a problem) average scoring in Likert-scaling among 380 sample seen to be 3.99. i. e. mean score range between 2 minimum (Disagree), 5 maximum (Strongly Agree) scoring same till 6th one, categorize with smaller SD
1.04. Second question (Women get more confident after menopause) shows smaller mean & higher S.D. of working girls is 2.82 ± 1.38. Highest mean score present in 6th statement 4.48 with standard deviation 1.12. In the negative statement 7 to 12 minimum 1 (Strongly Agree) maximum 5 (Strongly disagree). Among negative responses highest average score represent in 12th response (Women decreases the grace of woman's appearance) 3.47 ±1.13. Higher SD
1.29 presenting in negative reactions no. 11 (women think that menopause is the beginning of the end). Among all lower Standard deviated seen 1.06 as response no. 9 (women concerned that how her partner feel about her menopause). And 3.07 representing smallest mean in 10th
response (working capacity affected). Rest scoring for each responses clearly depicted in above table.

COMPARISON OF PRE AND POST MODIFIED ATM SCALE SCORING
Consequently on joining results comparison have been made for each statement towards attitude perceived. Five point scales were introduced positive given (five to one scoring given) and negative statements (one to five). Strongly agree increases from 40.2% to 76.5%, disagree attitude reduces from 13.9% to 0% towards normal event not a problem statement. Neutral had 12.1% in pre to 19.4% in post and 0% for disagree and strongly disagree in after test from 21.8% and 23.9% in the 2nd statement. Third statement's before agree attitude given by 44.4% moved to 5.2% and strongly agree moved 90.5% from 19.2%. Next 4th question agree opinion after attitude showed 71.8% after test from 35.7% in pre test. Disagree and strongly disagree had 0% in post. Next there is no more risk had got 51% (after) than 32.8% (before) neutral score 6.5% in after-test which was reduced from 12.3% in pre. Last positive question's strongly agree reduces in post 46.3% whereas, neutral increases to 5.2%. Coming towards negative statements (five to one scoring given) sixth shows 46.3% after score from 76.8% in strongly agree and 48.4% agree in post from 12.1%. Neutral had 0% (pre) and 5.2% in post. Moving towards seventh negative question 76.5% seen in post increased from 46%. Feminity is lost statement shows 76.5% strongly disagree in post test, neutral increased 29.7 in pre from post 10.5% disagree 26.8% reduces to 12.8 in eighth statement. IX statement's pre neutral increases
47.2 to 10.5 in post, disagree 13.9 to 12.8%. None score in post for strongly agree and agree toward work capacity is affected, strongly disagree 34.2% had neutral attitude in pre from 17.6% (after). Disagree and strongly disagree for 11th question had 39.7% (before) and 40.5% (after). Women decrease the grace was the last statement in which none was agreed or strongly agreed in post test. And disagree and strongly agreed participants increases in after test 39.7% and 60.2% respectively. Pre attitude mean score calculated as 42.3 and 54.17 as post attitude mean score. Thus post test mean was higher than pre test mean. Thus modified ATM scale helped in changing the attitude in each statement after comparison and after implementation of intervention. As negative attitude manipulated and modified into positivity.
The mean values of attitude scores at before and after intervals of training given. Here attitude mean score value increases from 42.23 to 54.17. The calculated paired t-test value was 30.85 which were highly significant at p=0.05 level. The intervention was significantly effective (p- value-0.000) in improvising attitude score of working women.
Therefore, research hypothesis H2 was accepted

ETHICAL AND LEGAL ASPECTS: Researcher followed legal and ethical issues related to research and informed consent and permission was taken prior conducting the study. Confidentiality was maintained throughout the research process.

FUND: Researcher bear all fund related to the research.