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Menopausal Health Information and Attitude toward Menopausal Symptoms among Rural Women in Cross River State, Nigeria

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Abstract **Original Research Article**

This research aims to ascertain the influence of menopausal health information and attitude toward menopausal symptoms among rural women in Akamkpa Local Government, Cross River State, Nigeria. Two hypotheses were formulated and tested at 0.05 level of significance. The study adopted descriptive survey research design and the population of the study are all the menopausal and postmenopausal women between the ages of 45 to 60 years residing in selected rural communities in Akamkpa Local Government, Cross River State, Nigeria. Accidental sampling, also called convenience sampling technique was used to select 500 menopausal and postmenopausal women between the ages of 45 to 60 years residing in selected rural communities that constituted the sample. A well validated 'Menopausal Health Information Questionnaire (MHIQ) and Attitude toward Menopausal Symptoms among Rural Women Questionnaire (ATMSARWQ)' were used to collect the required data. Simple Linear Regression was the statistical tools used for analysis of data collected. The result of the analysis revealed that there is a significant influence of knowledge of menopause and information on menopausal symptoms management on attitude toward menopausal symptoms among rural women. The study concluded that understanding menopause and having information on how to manage its symptoms greatly impacted rural women's attitudes toward these changes. Essentially, women who are well-informed about menopause and know how to handle its symptoms tend to have a more positive and constructive outlook on their experiences. Sequel to the findings of this study, it was recommended, among others that primary healthcare centers should frequently host menopause health education sessions for rural women. This will help enhance their understanding of menopause, its symptoms, and the various management options available.

Keywords: Menopausal Health Information, Knowledge of Menopause, Information on Menopausal Symptoms Management, Attitude toward Menopausal Symptoms.

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Introduction

Menopausal symptoms are a significant health issue for women living in rural areas, as they can have a profound impact on physical health, emotional wellbeing, social connections, and overall quality of life. Symptoms like hot flashes, night sweats, sleep troubles, fatigue, mood swings, vaginal dryness, and joint pain can disrupt daily routines, household duties, and community involvement. That's why it's so important to understand these symptoms; it plays a crucial role in promoting healthy aging and enhancing the wellbeing of rural women (The North American Menopause Society, 2022). Additionally, exploring menopausal symptoms in this demographic is vital for pinpointing their unique health needs and crafting effective health education and primary care strategies. Recent studies among rural women in Nigeria revealed that troubling menopausal symptoms significantly diminished quality of life, while a lack of information and reliance on trial-and-error coping strategies hindered effective symptom management (Opara, Iheanacho & Anarado, 2023). In a similar vein, Divya, Nimithamohan, Bilimale, and Muralidhar (2024) discovered that social support played a key role in alleviating the severity of menopausal symptoms for rural women. Therefore, evaluating menopausal symptoms in this group can raise awareness, encourage timely healthcare-seeking behavior, and ultimately lead to a better quality of life.

Having a positive attitude toward menopausal symptoms is crucial for rural women. It helps them embrace menopause as a natural part of life, eases fears and negative views, and empowers them to handle the physical and emotional changes that come with it. Women who keep a positive outlook are often more open to talking about their symptoms, seeking the right healthcare, and practicing healthy self-care, which can significantly boost their wellbeing and quality of life (Sivasubramanian, Madhabhai, Gottlieb, Mahalakshmi, Vaghela & Garg, 2024). Additionally, a positive mindset plays a key role in dispelling myths, cultural taboos, and misconceptions that might hold rural women back from getting the help they need for menopausal symptoms. Research conducted among rural women in Nigeria revealed gaps in knowledge and ineffective methods for managing menopausal discomfort, underscoring the importance of community-based education and support (Ibraheem, Oyewole & Olaseha, 2024). Thus, fostering a positive attitude toward menopausal symptoms can empower rural women to take charge of their health, improve their willingness to seek healthcare, and ultimately enhance their overall quality of life.

Menopausal health information encompasses the insights and health-related knowledge that women receive about menopause, including its symptoms, causes, management strategies, and available healthcare services. This information covers the physical, psychological, and social changes that come with menopause, along with effective coping strategies and healthy lifestyle choices. By providing this knowledge, menopausal health information can shape attitudes toward menopausal symptoms, helping rural women see menopause as a natural biological transition rather than a disease or a loss of femininity. When women have a solid understanding of the causes, symptoms, and management options for menopause, it can help dispel misconceptions, reduce fear and embarrassment, and foster a more positive attitude toward the changes that come with this stage of life (Sivasubramanian et al., 2024).

In a study conducted in Nigeria, Ibraheem et al. (2024) found that women's knowledge and perceptions of menopause significantly influenced their attitudes toward this transition, underscoring the critical role of accurate health information. Moreover, having access to reliable menopausal health information can empower rural women to identify symptoms early, seek professional healthcare, and embrace effective self-care practices. Research by Han Cheng, Ige, and Ige (2022) revealed gaps in the understanding of menopause and its management among women in Ibadan, Nigeria. This highlights the potential benefits of health education delivered through primary healthcare centers, community health workers, and women's groups, which could enhance understanding and promote more positive

attitudes toward menopausal symptoms among rural women. Though, menopausal health information may have so many dimensions that could influence attitude toward menopausal symptoms among rural women. This study focuses on two dimensions of menopausal health information that could have influence on attitude toward menopausal symptoms among rural women. The two dimensions considered in this study are knowledge of menopause and information on menopausal symptoms management.

Understanding menopause is all about women grasping the causes, the physiological changes, the symptoms, how long it lasts, and the best ways to manage this transition. When rural women have a solid grasp of this knowledge, they can see menopausal symptoms as a normal part of life, which helps to dispel myths and fears, leading to a more accepting view of the changes that come with menopause. Research involving rural women in India has shown that they generally possess good knowledge and hold positive attitudes toward menopause, highlighting how crucial accurate information is in shaping their views on this life stage (Sivasubramanian et al., 2024). On the flip side, a lack of knowledge can lead to misunderstandings about symptoms and foster indifferent or negative attitudes toward menopause. For instance, a study in Nigeria revealed that many women were unaware of the reasons behind menstruation stopping and how to manage menopausal symptoms, even though they generally had a positive outlook on menopause (Han et al., 2023). Similarly, a recent community-based study in Nigeria found that while many women had moderate knowledge, their attitudes toward menopause were mostly negative, suggesting that gaps in knowledge can exist alongside unfavorable perceptions (2026). Therefore, enhancing rural women's understanding through culturally sensitive health education and accessible primary healthcare services could lead to better comprehension, acceptance, and management of menopausal symptoms.

A study by Sivasubramanian et al. (2024) explored the knowledge and attitudes surrounding menopause among rural women in India. The researchers used a cross-sectional survey design, selecting 200 menopausal women from the rural areas of Visnagar through stratified random sampling. They gathered data using a structured knowledge questionnaire and a Likert-type attitude scale, analyzing the results with both descriptive and inferential statistics. The results revealed that these women generally had a solid understanding of menopause, scoring an average of 10.94 on the knowledge scale, and displayed a positive attitude with a mean score of 28.66. In another study by Jindal, Arora, Saini, Walia, Thind, Anand, and Prisha (2025), the focus was on knowledge, attitudes, and practices related to menopausal symptoms among rural women in northern Haryana, India. This research also employed a cross-sectional design, involving 307 postmenopausal women over the age of 40. They collected data on socio-demographic characteristics, menopausal symptoms, and the women's knowledge, attitudes, and practices. The findings indicated that 50.5% of the participants had poor knowledge, 21.8% had average knowledge, and only 27.7% demonstrated good knowledge regarding menopausal symptoms. The study concluded that enhancing knowledge, fostering positive attitudes, encouraging healthy practices, and ensuring timely professional guidance are essential for a smoother transition through menopause.

Edenene (2024) carried out a scoping review focusing on how aware Nigerian women are of menopausal symptoms and their perceptions surrounding them. The review sifted through three databases and ultimately included 19 studies—16 of which were cross-sectional surveys, two were qualitative studies, and one employed mixed methods. The results indicated that Nigerian women generally had a good understanding of menopausal symptoms, with education, age, and cultural background playing significant roles in shaping their awareness and perceptions. In a more recent study by Olufuye and Lawal (2026), the focus shifted to the knowledge, attitudes, and self-care management of menopausal symptoms among 115 middle-aged women aged 40–60 years in selected Area Councils of the Federal Capital Territory.

Utilizing a community-based descriptive cross-sectional design and multistage sampling, the researchers distributed a structured questionnaire to assess knowledge, attitudes, and self-care practices. The findings showed that 53.9% of respondents had moderate knowledge, 35.7% had low knowledge, and only 10.4% demonstrated good knowledge, while a notable 55.7% held a negative attitude toward menopause. Additionally, Kaur, Kamlesh, Kalia, and Saggi (2019) explored knowledge and attitudes regarding menopause among 200 married women, split evenly between rural and urban areas in Kurali, Punjab, India. They employed a quantitative descriptive-comparative design, purposive sampling, a structured interview schedule, and a five-point Likert attitude scale. The results revealed that rural women had fair knowledge and generally positive attitudes toward menopause, with a statistically significant relationship between knowledge and attitude ($p < .005$).

Information on menopausal symptoms management is all about empowering women with the right knowledge to prevent, alleviate, and cope with issues like hot flashes, night sweats, sleep troubles, mood swings, vaginal dryness, and joint pain. When rural women have access to solid information, they can see that these symptoms are manageable health experiences rather than just something to suffer through. A study in Nigeria by Han et al. (2022) revealed that a staggering 60% of the women surveyed were unaware of ways to ease their menopausal symptoms, highlighting how a lack of management information can hinder effective responses. In Ado-Ekiti, research by Olowokere et al. (2021) showed that lifestyle choices—especially exercise, nutrition, and substance use—played a significant role in menopause-related symptoms. This suggests that equipping rural women with practical tips on healthy living and symptom management could foster more informed and positive views on menopause. More recently, a community-based study by Olufuye and Lawal (2026) found that middle-aged women had moderate knowledge but mostly negative attitudes and poor self-care practices, leading to a call for targeted health education and community interventions. Therefore, providing accessible and culturally relevant information on managing menopausal symptoms through primary healthcare centers, community health workers, and women's groups could help rural women adopt a more positive and proactive approach to their menopausal experiences.

A study by Ibidapo (2024) took a deep dive into where women turn for information on managing menopausal symptoms, using a systematic review approach. The research scoured literature published from January 2003 to August 2023, pulling from databases like PubMed, Google Scholar, MEDLINE, Scopus, and African Journals Online. Out of 73 studies that were initially identified, only nine met the eligibility criteria—seven of which were quantitative and two qualitative. The results revealed that Nigerian women seek advice on managing menopausal symptoms from a variety of sources, with family members, friends, community networks, healthcare providers, television, and social media being the most common. In a related study, Eleje et al. (2026) conducted qualitative interviews with post-menopausal women aged 40–66 from urban, peri-urban, and rural areas across Nigeria. Participants were carefully chosen, and the data collected through semi-structured interviews were analyzed thematically, using an equity-centered and intersectional framework. The findings highlighted that many Nigerian women faced challenges such as insufficient anticipatory information, fragmented care, and limited access to evidence-based treatments. Notably, rural women reported having less access to information and services, relying more heavily on informal support networks. The researchers also discovered that sociocultural beliefs and misconceptions played a significant role in how women understood and communicated their menopausal symptoms.

Pooja and Soujanya (2024) offered further insights through a questionnaire-based study involving 384 rural women aged 45 to 60. They employed a cross-sectional design and multistage sampling to gather their participants. To collect data, they utilized the Menopause Knowledge Questionnaire, the Menopause

Attitude Scale, and the Menopause-Specific Quality of Life Questionnaire. For analysis, they applied correlation and multiple linear regression techniques. The results revealed an average knowledge score of 6.8 ± 2.4 out of 15, with only 37% of the women seeking professional healthcare for menopausal symptoms. Notably, knowledge was significantly linked to healthcare-seeking behavior ($r = .426$, $p < .001$) and quality of life ($\beta = -.324$, $p < .001$). Additionally, McFeeters et al. (2024) contributed to the discussion with a rapid review of menopause education programs. Following the Cochrane rapid-review methodology, they scoured four databases and included 39 studies focused on menopause education. Most of these interventions tackled signs and symptoms, treatment options, and lifestyle factors. Impressively, all 17 studies that evaluated menopausal knowledge showed statistically significant improvements after the educational interventions, with some also looking at attitudes toward menopause, symptoms, and quality of life. The review concluded that menopause education programs can enhance women's understanding and management of menopause, providing solid evidence that structured information about symptoms and their management can lead to better outcomes related to menopause.

Statement of the problem

The researchers have observed the lukewarm attitude of rural women towards menopausal symptoms in rural communities in Akamkpa Local Government, Cross River State and the country at-large. In rural communities, many women often have a rather indifferent view towards menopausal symptoms. They might see issues like hot flashes, night sweats, sleep troubles, mood swings, joint pain, and vaginal discomfort as just part of life - something to be endured rather than talked about or treated. Researchers have noticed that some women show little interest in learning more about menopause. They rarely bring up their symptoms with healthcare providers, often turn to self-medication or traditional remedies, and tend to put off seeking professional help, even when these symptoms disrupt their daily lives. This mindset can also lead to hesitance in joining menopausal health education programs, feelings of embarrassment when discussing reproductive changes, and a limited embrace of suggested lifestyle and self-care practices. These patterns indicate that, while menopausal symptoms are quite common, some rural women may not view them as serious enough to seek timely medical attention. This could stem from cultural beliefs, a lack of health information, financial limitations, and restricted access to healthcare services.

The Cross River State Government has rolled out a range of initiatives aimed at improving women's and primary healthcare, which could really help change the way menopausal symptoms are viewed. These efforts include revitalizing primary healthcare centers, providing community health education and outreach, training frontline health workers, and offering free medical services to underserved rural areas. However, it seems that these initiatives have mainly concentrated on general, maternal, reproductive, and primary healthcare. As a result, there's still a gap when it comes to menopause-specific education and counseling. This lack of targeted information and support might be why some rural women continue to have negative or indifferent attitudes toward menopausal symptoms, as these crucial topics aren't fully woven into the community health services available to them. It is against this background that the study examined menopausal health information (knowledge of menopause and information on menopausal symptoms management) on attitude toward menopausal symptoms among rural women in Akamkpa Local Government, Cross River State, Nigeria.

Objectives of the study

The main purpose of the study was to examine menopausal health information on attitude toward menopausal symptoms among rural women in Akamkpa Local Government, Cross River State, Nigeria. Specifically, the following are the objectives of the study:

1. Examined the influence of knowledge of menopause on attitude toward menopausal symptoms among rural women in Akamkpa Local Government, Cross River State, Nigeria.
2. Investigated the influence of information on menopausal symptoms management on attitude toward menopausal symptoms among rural women in Akamkpa Local Government, Cross River State, Nigeria.

Research question

1. What is the influence of knowledge of menopause on attitude toward menopausal symptoms among rural women?
2. What is the influence of information on menopausal symptoms management on attitude toward menopausal symptoms among rural women?

Research Hypotheses

1. There is no significant influence of knowledge of menopause on attitude toward menopausal symptoms among rural women.
2. There is no significant influence of information on menopausal symptoms management on attitude toward menopausal symptoms among rural women.

Methodology

The population of the study are all the menopausal and postmenopausal women between the ages of 45 to 60 years residing in selected rural communities in Akamkpa Local Government, Cross River State, Nigeria. The design adopted for the study was descriptive survey research design. Accidental sampling, also called convenience sampling technique was used to select 500 respondents' menopausal and postmenopausal women between the ages of 45 to 60 years that constituted the sample. The researchers developed two instruments for the study from the knowledge of literature and was used to collect the required data. The instruments used are Menopausal Health Information Questionnaire (MHIQ) and Attitude toward Menopausal Symptoms among Rural Women Questionnaire (ATMSARWQ). The first instrument, MHIQ had two sections: A and B. Section A elicited information on sex and age of the respondents. Section B elicited information of the independent variables, (knowledge of menopause and information on menopausal symptoms management); each of the scales has five items, with the response option of 4-point Likert- scale of strongly agree (SA), agree (A), disagree (D) and strongly disagree (SD). The second instrument ATMSARWQ was to measure attitude toward menopausal symptoms among rural women. It was constructed using a four-point Likert scale of Strongly Agree (SA), Agree (A), Disagree (D) Strongly Disagree (SD) coded 4, 3, 2, and 1; with twenty (25) items. The instruments were scrutinized and validated by experts by Measurement and Evaluation experts from the Faculty of Education, University of Cross River State. The reliability of the instrument was established using Cronbach alpha reliability which yielded a reliability coefficient of .78 and .84 respectively. Simple Linear Regression was used to analyze data for all the hypotheses; at 0.5 level of significance.

Results

Hypothesis one

There is no significant influence of knowledge of menopause on attitude toward menopausal symptoms among rural women. To test this hypothesis, simple linear regression was applied with knowledge of menopause as the independent variable and attitude toward menopausal symptoms among rural women as the dependent variable. The F-ratio test was used to test for the significance of the overall prediction model, r-ratio was used to establish the relationship while t-test was used to test for the significance of the contribution of the

regression constant and coefficient (which represents the predictive power of the independent variable) in the prediction model. The results are given in Table 1.

TABLE 1: Simple linear regression showing the influence of knowledge of menopause on attitude toward menopausal symptoms among rural women

Model	R	R. square	Adjusted R. Square	Std error of the estimate	
1	.567[a]	.322	.320	11.69632	
Model	Sum of square	Df	Mean square	F	p-value
Regression	22137.622	1	22137.622	161.793	.000[b]
Residual	46658.082	341	136.827		
Total	68795.714	342			
Variables	Unstandardized regression weight B	Standardized regression weight	Beta weight	T	p-value
(Constant)	116.901	3.592		32.541	.000
Knowledge	-2.914	.229	-.567	-12.720	.000

* Significant at p<.05

The results on Table 2 show that the R-value of .567 was obtained which shows a positive moderate relationship between knowledge of menopause and attitude toward menopausal symptoms among rural women. The r value produced an R-squared value and adjusted R-square of 0.322 and 0.320 respectively. This indicates that knowledge of menopause accounted for 32.0%, which is a low determinant of performance of SMES. The p-value (.000) associated with the computed F-value (161.793) was less than .05. As a result, the null hypothesis was rejected. This means that knowledge of menopause significantly influence attitude toward menopausal symptoms among rural women with both the regression constant (116.901) and coefficient (2.914) contributing significantly in the prediction model (t= 32.541 & 12.720 respectively, p=.000 & .000 < .05).

Hypothesis two

There is no significant influence of information on menopausal symptoms management on attitude toward menopausal symptoms among rural women. To test this hypothesis, simple linear regression was applied with technology support as the independent variable and attitude toward menopausal symptoms among rural women as the dependent variable. The F-ratio test was used to test for the significance of the overall prediction model, r-ratio was used to establish the relationship while t-test was used to test for the significance of the contribution of the regression constant and coefficient (which represents the predictive power of the independent variable) in the prediction model. The results are given on Table 2.

TABLE 2: Simple linear regression showing the influence of information on menopausal symptoms management on attitude toward menopausal symptoms among rural women

Model	R	R. square	Adjusted R. Square	Std error of the estimate	
1	.675[a]	.455	.453	10.48624	
Model	Sum of square	Df	Mean square	F	p-value
Regression	31298.910	1	31298.910	284.636	.000[b]
Residual	37496.805	341	109.961		
Total	68795.714	342			
Variables	Unstandardized regression weight B	Standardized regression weight	Beta weight	T	p-value
(Constant)	129.700	3.471		37.363	.000
Information	-3.872	.229	-.675	-16.871	.000

* Significant at p<.05

The results on Table 2 show that the R-value of .675 was obtained which shows a positive moderate relationship between information on menopausal symptoms management and attitude toward menopausal symptoms among rural women. The r value produced an R-squared value and adjusted R-square of 0.455 and 0.453 respectively. This indicates that information on menopausal symptoms management accounted for 45.3%, which is a low determinant of attitude toward menopausal symptoms among rural women. The p-value (.000) associated with the computed F-value (284.636) was less than .05. As a result, the null hypothesis was rejected. This means that information on menopausal symptoms management significantly influences the attitude toward menopausal symptoms among rural women with both the regression constant (129.700) and coefficient (3.872) contributing significantly in the prediction model (t= 37.363& 16.871respectively, p=.000 & .000 < .05).

Discussion of findings

The discussion of findings is based on the variables examined in the study which are guided by the hypotheses.

The result of hypothesis one revealed that there is significant influence of knowledge of menopause on attitude toward menopausal symptoms among rural women. The findings in Table 1 clearly show a strong link between how much rural women know about menopause and their attitudes toward its symptoms. Essentially, the more these women learn about menopause, the more positively they tend to perceive its symptoms. Those who grasp the ins and outs of menopause—like its symptoms, causes, and ways to manage it—are usually more open to their experiences and are proactive in finding effective coping strategies and healthcare options. On the other hand, a lack of knowledge can breed misunderstandings, fear, and negative perceptions, leading to unhelpful responses to menopausal symptoms. This underscores the vital importance of equipping rural women with trustworthy and straightforward information about menopause through health education programs, primary healthcare services, and community awareness efforts. By doing this, we can help cultivate positive attitudes and improve the management of menopausal symptoms.

The finding is in line with Sivasubramanian et al. (2024) who found that the women generally had a relatively good level of knowledge about

menopause, with a mean knowledge score of 10.94, and also demonstrated a generally positive attitude, with a mean attitude score of 28.66. The finding is also agreement with Jindal et al. (2025) who found that 50.5% of the women had poor knowledge, 21.8% had average knowledge and only 27.7% had good knowledge of menopausal symptoms. The study concluded that improving knowledge, promoting positive attitudes, encouraging healthy practices and facilitating timely professional advice were necessary for a smoother menopausal transition. The finding also agreed with the finding of Olufuye and Lawal (2026) who found moderate knowledge among 53.9% of respondents, low knowledge among 35.7%, and good knowledge among only 10.4%, while 55.7% demonstrated a negative attitude toward menopause. Furthermore, the finding also agreed with the finding of Kaur, Kamlesh, Kalia and Saggi (2019) who found that rural women had fair knowledge and generally positive attitudes toward menopause, while the relationship between knowledge and attitude was reported to be statistically significant ($p < .005$).

The results of hypothesis 2 showed that information on menopausal symptoms management had a positive and significant effect on attitude toward menopausal symptoms among rural women. The findings in Table 2 show that when rural women have access to information about managing menopausal symptoms, their attitudes toward these symptoms improve significantly. This indicates that with the right and trustworthy information on how to navigate menopause, rural women are more likely to embrace this natural stage of life positively. Women who learn about effective management strategies, healthy lifestyle choices, and the healthcare options available to them tend to view menopausal symptoms more favorably. They are also more likely to adopt healthy coping mechanisms and seek medical assistance when necessary. This underscores the vital importance of providing rural women with clear and comprehensive information on managing menopausal symptoms through health education programs, primary healthcare services, and community awareness efforts.

The finding is in line with Ibidapo (2024) who found that Nigerian women obtained information about managing menopausal symptoms from several sources, particularly family members, friends, community networks, healthcare providers, television and social media. The finding also agreed with Eleje et al. (2026) who found that Nigerian women experienced inadequate anticipatory information, fragmented care and limited access to evidence-based treatments. Importantly, rural women reported poorer access to information and services and greater dependence on informal sources of support. The researchers also found that sociocultural beliefs and misconceptions influenced how women interpreted and disclosed menopausal symptoms. The finding is in line with Pooja and Soujanya (2024) who found that 37% of respondents reported seeking professional healthcare for menopausal symptoms. Knowledge was significantly associated with healthcare-seeking behaviour ($r = .426$, $p < .001$) and quality of life ($\beta = -.324$, $p < .001$).

Implications for Nursing Practice

The findings that understanding menopause and how to manage its symptoms greatly affects rural women's attitudes toward this life stage carries significant implications for nursing practice.

It highlights the essential role nurses play in enhancing women's knowledge about menopause and fostering a more positive outlook on the changes that come with it. For nurses working in rural primary healthcare settings, this means regularly providing culturally relevant health education that covers the meaning, causes, common symptoms, potential complications, and effective management strategies for menopause. Such education can empower women to differentiate between normal menopausal changes and symptoms that may need professional intervention.

Additionally, this finding suggests that nurses should enhance both individual and group counseling during community outreach events, antenatal and postnatal visits, general outpatient services, and women-centered health programs.

The information shared should include practical tips for managing menopausal symptoms, such as maintaining a balanced diet, engaging in physical activity, ensuring adequate rest, managing stress, practicing good personal hygiene, and knowing when to seek medical help. It's important for nurses to communicate in straightforward language and use teaching methods that resonate with the local community to dispel myths and negative beliefs about menopause.

Moreover, adopting a community-based approach is crucial. Nurses should collaborate with community health workers, women's groups, and other local stakeholders to enhance access to trustworthy menopausal health information for rural women. Developing and distributing health education materials in local languages through primary healthcare centers and community initiatives can also be beneficial. Ultimately, this finding emphasizes that nurses should view menopausal care not just as a way to manage symptoms but as an opportunity for education and support, aimed at nurturing informed and positive attitudes toward menopause among rural women.

Conclusion

The research showed that understanding menopause and having information on how to manage its symptoms greatly impacted rural women's attitudes toward these changes. Essentially, women who are well-informed about menopause and know how to handle its symptoms tend to have a more positive and constructive outlook on their experiences. This highlights the importance of enhancing menopausal health education and ensuring that rural women have access to relevant, culturally sensitive information, which can lead to a better grasp, acceptance, and management of menopausal symptoms.

Recommendations

Based on the findings of this study, the researchers recommended among others that:

1. Primary healthcare centers should frequently host menopause health education sessions for rural women. This will help enhance their understanding of menopause, its symptoms, and the various management options available.
2. Healthcare providers need to share clear, culturally relevant, and easy-to-understand information about menopause—covering its causes, symptoms, and management strategies—through community outreach, women's groups, radio shows, and health discussions.
3. It is essential to ensure that nurses, community health workers, and other primary healthcare providers receive proper training. This will enable them to offer accurate and supportive counseling on menopause and effective ways to manage symptoms.
4. Government health agencies and community organizations should roll out ongoing awareness campaigns that motivate rural women to seek appropriate healthcare for challenging menopausal symptoms, rather than relying on misconceptions or potentially harmful traditional practices.

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Implications for Nursing Practice

The result that revealed that there is a significant influence of knowledge of menopause and information on menopausal symptoms management on attitude toward menopausal symptoms among rural women.