

UNIVERSITI TEKNOLOGI MARA

**WOMEN'S PERCEPTIONS AND BELIEFS ABOUT THE
USE OF COMPLEMENTARY AND ALTERNATIVE
MEDICATIONS DURING MENOPAUSE IN MALAYSIA**

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TABLE OF CONTENT

TITLE	PAGE
APPROVAL	ii
ACKNOWLEDGEMENT	iii
TABLE OF CONTENT	iv-vii
LIST OF TABLES	vii-ix
LIST OF FIGURES	x
LIST OF ABBREVIATIONS	xi
ABSTRACT	xii
CHAPTER 1 – INTRODUCTION	
1.1 – Introduction / background of study	1- 4
1.2 – Research question	5
1.3 –Objectives / purpose of study	5
1.4 – Hypothesis	6
1.5 –Significant of study	7-8

ABSTRACT

Menopause not the disease but the symptoms that appear when the menstruation cycle stop permanently. Complementary and alternative medicines could provide a way to keep health care by help to control the symptoms of menopause but due to lack of knowledge towards the issue pertaining CAM become hindrance of its usage. The study was done in order to determine and investigate the women's knowledge regarding complementary and alternative medicine and also the attitude awareness when used CAM. Patient in the Hospital Sungai Buloh and respondent from area Bandar Puncak Alam were chosen as target respondent. Statistical analysis of Chi-Square test was used to analyze the data and significance difference was set at p of less than 0.05. there are several result obtained shows that the some variable have significance to each others. From the result, most of the respondent in this study know the term of complementary and alternative medicines. Majority respondent in this study have positive attitude towards the using of CAM as alternative medicines. Thus, it can be conclude that knowledge, perception, attitude towards CAM its influence by variety of variable.

CHAPTER 1

INTRODUCTION

1.1 Introduction / background of study

Menopause basically is a natural biological that can initiate other symptoms disease in a woman's body. Menopause happens when the cycle of the menstruation stop, that are usually for the women who age over 50 years old. In a latest study on the menopausal situation in Malaysia, the mean age of menopause was found to be 50.7 years old. (Wong & Nur Liyana, 2007). In another way menopause will be the end of childbirth, but not the end of sexual activities and social life. Menopause will include the change of hormone, femininity and also the quality of life. (Nik Nasri Ismail, 2000). Women's experiences are captured and characterize by their psychological, physical and social parameters. (Siddiqui, M. J., et al. 2014).

Worry to menopause is because the symptom that can be affected the rest of life. The symptoms make the menopause, women felt uncomfortable and unsafe. There will be two types of symptoms which is the acute menopause symptoms and the symptom that