



## Original Research Article

# A descriptive study to assess the menopausal symptoms with use of menopausal rating scale (MRS) among menopausal woman of age of 45-60 years at Kurud, Durg C.G

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## Abstract

**Background:** Menopause is natural transition phase from reproductive to non-reproductive in women's life. It is occurred after 12 months of amenorrhea with there are no pathological and physiological causes.

**Aim and Objective:** A descriptive study to assess the menopausal symptoms with use of MRS scale among menopause women of selected community area at Durg, Chhattisgarh. Objective of the study was to assess the menopausal symptoms seen among women of age 45-60 years in Kurud village.

**Materials and Methods:** Study was observational descriptive study. Design was cross sectional design sample size 100 menopausal women age 45-60 years. Sampling technique was purposive sampling technique. Dependent variable was menopausal symptoms and independent variable was demographic factors. Menopausal symptoms assessed by using of MRS scale.

**Results:** In this study we observe that women 50(50%) had mild depressive mood, 27(27%) had moderate depressive mood, and 1(1%) had severe depressive mood. Majority of Menopausal women 54(54%) had mild irritability, 31(31%) had moderate irritability, and 2(2%) had severe irritability. Majority of menopausal women 56(56%) had mild anxiety, 26(26%) and 18(18%) had moderate anxiety. Majority of menopausal women 88(88%) had their natural menopause and 12(12%) had surgical induced menopause (hysterectomy). The most classical symptom of menopause was hot flush 75% women were reported.

**Conclusion:** We can say that the Health care team members should be more vigilant in assessing menopausal symptoms and provide awareness and health education about the menopausal symptoms.

**Keywords:** Menopause, MRS scale, Menopausal symptoms, Perimenopause.

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## 1. Introduction

Menopause is a crucial stage in the life of a woman marked by her last menstrual period.<sup>1</sup> The word "Menopause" has Greek Origins "meno" means month and "pause" means to end.<sup>1</sup> Menopause is normally defined as the cessation of menstruation but in a wider sense menopause is used to refer to a much longer period of up to 10 years during which there is a complex transition involving biological, psychological, social and cultural factors.<sup>5</sup>

Menopause is natural transition phase from reproductive to non-reproductive in women's life. It is occur after 12 months of amenorrhea with there are no pathological and physiological causes.<sup>3</sup>

Menopause signifies the end of reproductive phase of a woman's life where the Ovaries gradually cease to function passing through the phase known as menopausal transition or perimenopause. This ovarian function depletion causes a variety of somatic, sexual, vasomotor and psychological manifestation that are responsible for deteriorating the quality of life of women.<sup>4</sup>

Women whose menstrual cycle is less than 26 days at the age of 20-35 years are reported to be more likely to reach natural Menopause 1.4 year earlier than women with a cycle length of 26 - 32 days. Late natural Menopause was seen in women with menstrual cycle lengths of 33 days or longer.<sup>15</sup>

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Average age at natural menopausal in India varies with region. In Eastern India, it is 47.3 years, 46.3 years in western India, 45.5 in Northern India, 46.1-year in Southern India and 47.8 year in the central part of India.

Significant differences in the average age at natural Menopause, with varying estimates, were observed between North and East, North and Centre, west and Centre and between south and Central India.<sup>2</sup>

World Health Organization (WHO) has defined post-menopausal women as those women who have stopped menstrual bleeding one year ago or stopped having periods as a result of medical or surgical intervention (Hysterectomy, Oophorectomy) or both with increasing life expectancy, women spend 1/3<sup>rd</sup> of life in this phase. According to literature, at least 60% of ladies suffer from mild symptoms and 20% suffer severe symptoms and 20% from no symptoms.

Common symptoms that the menopausal women suffered were emotional problems (crying spells, depression, and irritability) 90.7%, headache 72.9%. Lethargy 65.4%, burning micturition 58.9% forgetfulness 57%, musculoskeletal problems (joint pain muscles pain) 53.3%. The three most common symptoms in age < 50 years were emotional symptoms, headache, and sexual problems. The 50 - 60 years old complained of emotional problems, lethargy and dysuria. The subject >60 years complained of emotional problems, forgetfulness and headache. None of the ladies had ever heard of any HRT but 70% had heard of calcium supplements which could be used in old age. One of the reasons for these complaints could be co-morbidities like hypertension, diabetes etc.

According to the Indian National family health survey (NFHS-3). Carried out during 2005 - 2006, about 18% of currently married women in the age group of 30-49 years had reached menopause: a very similar finding of 17.7 percent was reported in an earlier survey round (NFHS -2 1998-99).

According to the 2011 census of India, there were about 96 million women aged 45 year and above and this number is expected to increase to 401 million in 2026. According to the world Health organization, it takes 12 months of amenorrhea to confirm that menopause has set in. In 1990, about 25 million women worldwide reached menopause; this number is expected to double by the late 2020s.<sup>9</sup>

According to Indian menopause society, there were about 65 million Indian Women over the age of 45 years in the year 2006. Hence, menopausal health demands even higher priority in Indian scenario. Menopause is a natural process; other factors that predispose women to menopause in early age are radiations, removal of the uterus and ovaries, chemotherapy, poor health and gland disorder.<sup>11</sup>

The need of combined program to improve the health of middle-aged women as 64.7% are living sedentary lifestyle.<sup>12</sup>

Total health care approach is helpful including a low fat, exercise, healthy practices and normal calcium diet which are imperative to overcome the menopausal problems.<sup>13</sup>

## 2. Need of the Study

An after overlooked stage of a woman's life generally begins between ages 45 and 55 and ends at menopause marked by women's final menstrual period. Many women experience menopausal symptoms hot flashes, sleep interruption and others and will undergo physiological changes throughout this transition.

A frequency of menses can become irregular in the months any year preceding menopause clinical guidelines recommended confirming this date retrospective after 12 months with no periods. Early menopause sometimes occurs and some women.<sup>7</sup> Women begin within natural menopausal transition in their 30s or early 40s contain medical intervention such as surgical removal of the ovaries, pelvic radiation & exposure to some medications cytotoxic chemotherapy agents may also result in early menopause.

One of the study reported that prevalence of symptoms among ladies were emotional problems (crying spells, depression, irritability) 90.7%, headache 72.9%, lethargy 65.4%, dysuria 58.9%, musculoskeletal problems (joint and muscle pain) 53.3%, sexual problems 31.8%, genital problems (itching, vaginal dryness) 9.3% and changes in voice 8.4%. Thus, study stated that all the ladies were suffering from one or more number of menopausal symptoms. Ladies should be made aware of these symptoms, their causes and treatment respectively.<sup>3</sup>

Prevalence of menopausal symptoms was found 87.7%. Majority of the women had anxiety (80%), physical and mental exhaustion 71.5% sleep problem 61.2%, irritability 60.7%, joint and muscular discomfort 56% and heart problem 54%.<sup>10</sup>

One more study conducted among premenopausal and post-menopausal women at Malaysia, reported that premenopausal woman experiences severe hot flushes and sweating (65.6%), postmenopausal woman experiences severe heart discomfort (50.0%). The study shows 58.6% of them are seeking medical advice while 41.4% do not seek any medical advice for their menopausal symptoms.<sup>11</sup>

Study to assess the health-seeking behaviour among menopausal women of Karnataka. (62%) women visited the pharmacy for their problems and about 40% received counselling for their problems. Regarding the severity of the menopausal symptoms, only 20% of the respondents had experienced severe somatic symptoms and 16% experienced psychological symptoms. Similarly, health-seeking behaviour was found to be associated with some of the health problems (irritation, heart discomfort, joint problems, tiredness, and cardiac problems).<sup>8</sup>

One study reported that menopausal symptom among the participants was generalized body ache 91.30%. Followed by low back pain 88.55%, muscle & joint pain 87.18%, tiredness 86.04%, hot flush 64.30%, urinary symptoms 43.93%, vaginal dryness 48.28%, insomnia 73.91%, irritability 23.56%. Most of the participants consulted at first with village doctors (63.15%) followed by general practitioners 20.82% due to their health problems.<sup>9</sup>

Thus, majority of women after 45 years were suffering menopausal symptoms and problems. This is the major problem and important phase to take care of health among women. Women should aware of these are menopausal symptoms, their causes, prevention and management.

### 3. Aim and Objectives

1. To assess the menopausal symptoms seen among women of age 45-60 year in Kurud village.
2. To assess their health seeking Behaviour score with the help of menopausal rating scale (MRS).

### 4. Materials and Methods

In this study descriptive approach done, under cross sectional research design sample size was 100 in which 45 to 60 years age women was considered and sampling technique was purposive sampling technique setting of the study was selected community area Kurud village at Durg District, Chhattisgarh. Assuming that Women's of age 45-60 years may have experienced menopausal symptoms during their menopause and Women's may lack knowledge regarding menopausal symptoms.

Tool of the study were demographic variables and menopausal rating scale and structured health seeking behavior and technique of data collection was structured interview schedule.

#### 4.1. Inclusion criteria

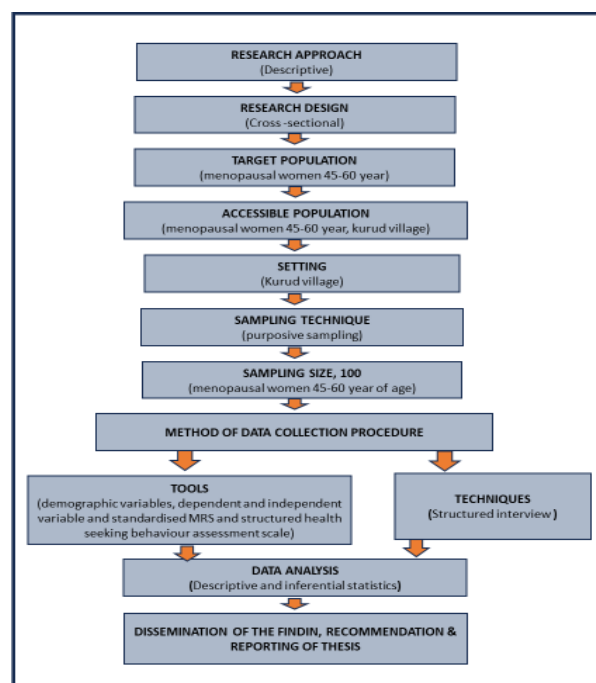
Womens of age in 45 to 60yrs, from the community of Khurud village and showing menopausal symptoms and who are willing to participate in the study.

#### 4.2. Exclusion criteria

Womens below 45years or above 60years, women does not willing to participate is excluded from the study.

### Variables

1. **Dependent variable:** Menopausal symptoms.
2. **Independent variable:** Health seeking behaviour.



**Figure 1:**

### 5. Results

After data collection, majority of menopausal women 35 (35%) belongs to age group 46-50 years and minimum 15 (15%) belongs to 41-45 years and remaining belongs to age group 50-60 years. menopausal women 62 (62%) belongs to primary education, 27 (27%) belongs to illiterate and 11 (11%) belongs to secondary education. 97 (97%) were Hindu religion, 2 (2%) were Christian religion, and 1 (1%) are Muslim. 59 (59%) women's monthly income were 5000-10000, 29 (29%) monthly income were below 5000, and 12 (12%) monthly income were 10000-50000. 65 (65%) belongs to joint family and 35 (35%) belongs to nuclear family. 51 (51%) are vegetarian and remaining 49 (49%) are non-vegetarian. the majority of menopausal women 86(86%) got information through family, friends, neighbour, teachers and remaining 14 (14%) gained knowledge from health personnel. Menopausal women 74(74%) were housewife, 24(24%) were farmer/ labour and 2(2%) have private job.

Majority of menopausal women 38 (38%) have blood pressure, 30 (30%) are normal, 18 (18%) have diabetes, 12 (12%) have asthma, 1 (1%) have heart disease, and 1 (1%) have other disease.

**Table 1:** Distribution of subject according to the disease condition

Disease condition	Frequency	Percentage
Blood pressure	38	38%
Asthma	12	12%
Heart disease	1	1%
Diabetes	18	18%
Others	1	1%
Normal	30	30%
	N = 100	100%

**Table 2:** Pre-menopausal symptoms among women (45-60 years) n=100

Pre-menopausal Symptom		None (0)	Mild (1)	Moderate (2)	Severe (3)
Somato- vegetative domain	Hot flush and sweating	25	46	22	7
	Heart discomfort	31	46	20	3
	Sleep problem	20	51	27	2
	Joint and muscular discomfort	7	45	35	13
Psychological domain	Depressive mood	22	50	27	0
	Physical and mental exhaustion				
	Irritability	31	54	31	2
	Anxiety	26	56	18	0
Urogenital problem	Urinary system problems	74	12	14	0
	Dryness of vagina	13	58	9	20
Total score		249	418	203	47

**Table 2** depict the majority of menopausal women had hot flashes 46(46%), 51(51%) had mild sleep problem, 27(27%) had moderate sleep problem, 21(21%), 46(46%) had mild breathing difficulty, 20(20%) had moderate breathing difficulty and 3(3%) had severe breathing difficulty. Majority of menopausal women 45(45%) had mild joint/muscular pain, 35(35%) have moderate joint/ muscular pain, 13(13%) have severe joint/muscular pain, 13(13%) had severe joint/muscular. Majority of menopausal women 50(50%) had mild depressive mood, 27(27%) had moderate depressive mood, and 1(1%) had severe depressive mood. Majority of Menopausal women 54(54%) had mild irritability, 31(31%) had moderate irritability, and 2(2%) had severe irritability. Majority of menopausal women 56(56%) had mild anxiety, 26(26%) and 18(18%) had moderate anxiety. Majority of menopausal women 88(88%) had their natural menopause and 12(12%) had surgical induced menopause (hysterectomy). The most classical symptom of menopause was hot flush 75% women were reported.

## 6. Discussion

Menopausal and premenopausal problems related less studied conducted in developing countries. Majority of women after 40 years were not focusing the premenopausal and menopausal symptoms. Information about menopausal and premenopausal problems is important for providing effective and appropriate management to reduce the symptoms.<sup>6</sup> The assessment of menopausal symptoms used based on the MRS questionnaire which was widely used to assess the symptoms. Here three domains Somato- vegetative domain, psychological domain and urogenital covered. Here the finding of the study were hot flashes 46(46%), 51(51%) had mild sleep problem, 27(27%) had moderate sleep problem, 21(21%), 46(46%) had mild breathing difficulty, 20(20%) had moderate breathing difficulty and 3(3%) had severe breathing difficulty. Majority of menopausal women 45(45%) had mild joint/muscular pain, 35(35%) have moderate joint/ muscular pain, 13(13%) have severe joint/muscular pain, 13(13%) had severe joint /muscular.

Majority of menopausal women 50(50%) had mild depressive mood, 27(27%) had moderate depressive mood, and 1(1%) had severe depressive mood.

One of the study conducted among premenopausal and post-menopausal women at Malaysia, reported that premenopausal woman experiences severe hot flushes and sweating (65.6%), postmenopausal woman experiences severe heart discomfort (50.0%). The study shows 58.6% of them are seeking medical advice while 41.4% do not seek any medical advice for their menopausal symptoms.<sup>11</sup>

## 7. Conclusion

Finding of present study had several implications in the field of nursing service, nursing education, nursing administration, community health nursing administration and nursing research. This study revealed that 60 to 70% women felt the menopausal symptoms like hot flush, sweating, depression anxiety, cardiac problem and joint muscular discomfort. Thus, premenopausal women are at more risk of developing physical and psychological symptoms. Health care team members should be more vigilant in assessing menopausal symptoms and provide awareness and health education about the menopausal symptoms.

## 8. Limitations

The study was limited within the women's of kurud village of age group 45-60 years, small sample study in small demographical area and those women who can understand Hindi and Chhattisgarhi language.

## 9. Recommendation

This study can be implemented on a small sample of menopausal women of age 45-60 years of kurud village, Similar study can be conducted on a large scale to generalise the findings, A cross sectional study can be done to assess the impact of menopausal symptoms on work and careers and study to assess the effectiveness of dietary intake on menopausal symptoms among the menopausal women.

## 10. Source of Funding

None.

## 11. Conflict of Interest

None.

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