

A study about awerness of physical, mentel and emotional problems of menopause in Junagadh city

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■ **ABSTRACT :** The present observational, cross study was carried out in middle aged women (n=100) from Junagadh with the natural body process menopause to evaluate age at menopause and menopausal symptoms in women above the age of 40 belonging to the middle aged from Junagadh Gujrat as well as to evaluate the correlation of age on these symptoms by interviewing. The study reveal, varying nature of symptoms with age and vasomotor symptoms being more prevalent with lesser psychological complaints in this region. Such regional studies will help to corroborate data so that health care providers can plan strategies for the middle aged women suffering from these menopausal symptoms.

■ **KEY WORDS:** Middle age women, Age at menopause, Menopausal symptoms, Women heath, Hygine

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Menarche and menopause are the turning point in the life of a woman. "Menopause is a stage of life not any disease". Such as diet and physical activity, climate and women's roles as factors in women's experience with menopause. Postmenopausal women have to face a lot of problems, physically, mentally, and emotionally. They have to cope with these changes and accept their new role in the society and family. Women need health teaching to learn the normal and basic parameters of menopause so they continue to monitor their own health during this time. The age at which natural menopausal period occurs in between the ages of 40-55 for women worldwide.

The average women is postmenopausal for one third of her life, the incidence of certain conditions increase after menopause. Menopause is an unavoidable change

that every women will experience, assuming she reaches middle age and beyond. It is helpful if women are able to learn what to expect and which options are available to assist the transition. Menopause is a important phase in a women's life which produces physical, psychological as well as social changes. As menopausal health demand priority in Indian scenario due to increase in life expectancy and growing population of menopausal women, large efforts are required to educate and make these women aware of menopause symptoms. This will help in early recognition of symptoms reduction of discomfort and fear and enable to seek appropriate and medical care if necessary. Menopause is the most misunderstood biological and psychological changes that happens to a women. Most of the women are not aware about the menopausal problems and it needs intervention.

They assumed that discomforts are due to aging process which may not be correctable. Only by taking rest in between the work only is possible and those who know we are not interested in treating in by spending money. Some menopausal women found it difficult to use pills. So, it is important to bring awareness about menopausal symptoms and its management among menopausal women and get appropriate treatment which should be used by everyone in the level of economical background.

RESEARCH METHODS

The present observation cross sectional study included women from Junagadh district, Gujarat. Over a period of 6 months from March 2016 to August 2016 coming from Junagadh city. Total 100 women were enrolled and were distributed in the following age 40 to 45. The study was done by interview technique using pre-tested and pre-designed questionnaires. Data were collected on socio-demographic information, reproductive history and the physical and psychological symptoms experience by the respondents. The data was collected, compiled and analysed using statistical packages.

RESEARCH FINDINGS AND DISCUSSION

The study population comprised of menopause women with 39%, 36%, 17%, and 8% being enrolled in 40-45 years, 45-50 years, 50-55 years and > 55 years age groups, respectively.

Mean age at menopause was 44.85 years and median was 45 years. Women are belonging from hindu religion. Out of the total women enrolled in the study 97% were married and 3% were divorced or widowed or single whereas 92% were literate and 8% were illiterates.

Out of the total study subjects enrolled in the present study 83% were housewife whereas 17% were working women. Above 50% of women having 2 children.

On inquiry about dietary patterns 69% were vegetarian and 31% were non-vegetarian.

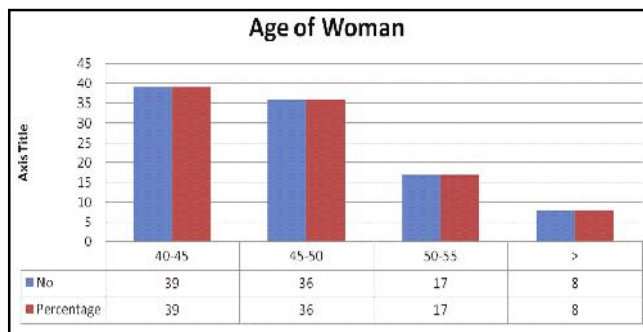
The mean age at menarche was 13.84, mean age of marriage was 20. 31 and menopause was 44.85 and median values were 14, 20, and 45, respectively.

The data on prevalence of physical problems of menopause among the respondents of the study shows that more then 60% of women were suffering with common problems of menopause *i.e.*

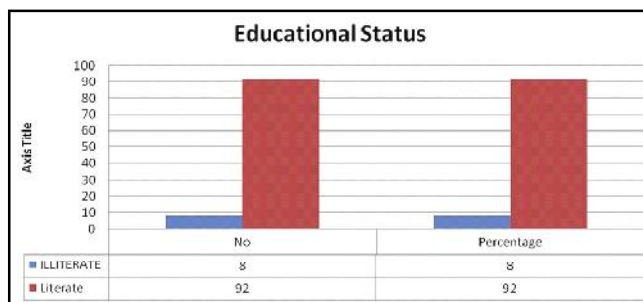
- hot flashes (77%),

Table 1 : Demographic characteristics

Variables	No	%
Age of women		
40-45	39	39
45-50	36	36
50-55	17	17
>55	8	8



Variables	No	%
Educational status		
Illiterate	08	08
Literate	92	92



Variables	No	%
Occupation		
Working women	17	17
House wife	83	83

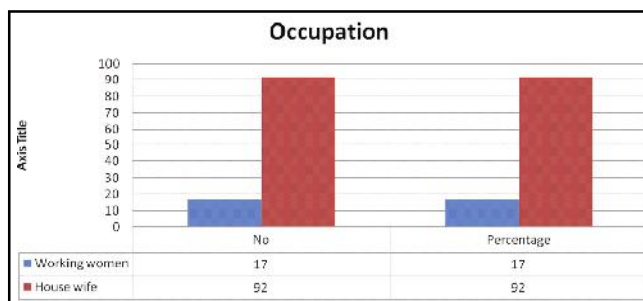
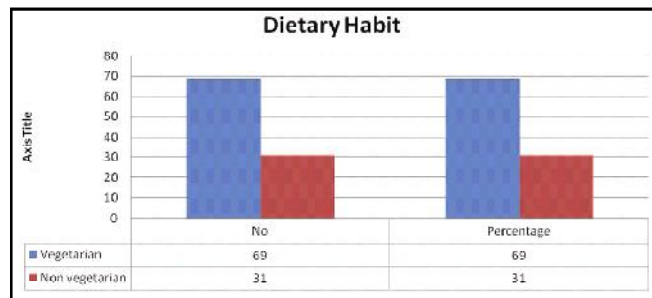


Table 1 contd..

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Dietary habit		
Vegetarian	69	69
Non vegetarian	31	31



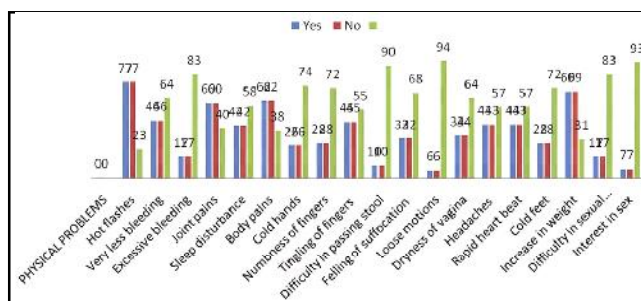
Marital status		
Married	97	97
Divorce/widow/single	3	3



- joint pain (60%),
- body pain (62%),
- increased weight (69%),
- More than 40% of women reported sleep disturbance,
- headache (43%),
- ting tiling of finger (45%),
- rapid heartbeat (43%),
- More than (30%) of women reported dryness of vagina (34%),
- feelings of suffocation (32%),
- (46%) women were with less bleeding ,
- (17%) were reported excessive bleeding.
- (26%) and (28%) respondents were reported from cold hand and cold feet, respectively.
- Very less women were suffer from difficulty in passing stool *i.e.* (10%), difficulty in sexual intercourse

Table 2 : Menopausal symptoms (Physical problems)

Physical problems	F	%
Hot flashes	77	77
Very less bleeding	46	46
Excessive bleeding	17	17
Joint pains	60	60
Sleep disturbance	42	58
Body pains	62	62
Cold hands	26	74
Numbness of fingers	28	72
Tingling of fingers	45	55
Difficulty in passing stool	10	90
Felling of suffocation	32	68
Loose motions	06	94
Dryness of vagina	34	64
Headaches	43	57
Rapid heart beat	43	57
Cold feet	28	72
Increase in weight	69	31
Difficulty in sexual intercourse	17	83
Interest in sex	07	93



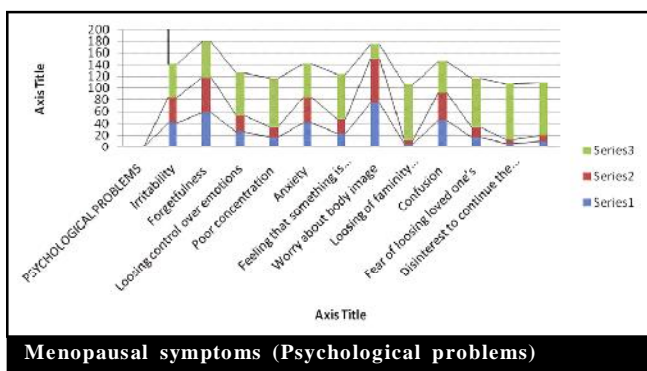
Menopausal symptoms (Physical problems)

reported (17%) and very less respondents were shows interest in sex *i.e.* (7%).

- The psychological problems of menopause among the respondents of the study reveals that women experienced common psychological changes such as forgetfulness (59%),
- Irritability (42%),
- Anxiety (42%),
- Worry about body image (75%), and confusion (46%),
- (27%) were losing control over emotions,
- (24%) reported feeling that something is crawling on skin,
- (17%) of respondents had poor concentration.
- Among the collected data (10%) of the working

Table 3 : Menopausal symptoms (Psychological problems)

Psychological problems	F	%	
Irritability	42	42	58
Forgetfulness	59	59	61
Loosing control over emotions	27	27	73
Poor concentration	17	17	83
Anxiety	42	42	58
Feeling that something is crawling on skin	24	24	76
Worry about body image	75	75	25
Loosing of faminity (femaleness)	06	06	94
Confusion	46	46	54
Fear of loosing loved one's	17	17	83
Disinterest to continue the present job	7	7	93
More interest to go on working	10	10	90



women were more interested to go on job whereas (7%) shows disinterest.

– The table also shows that only (6%) of respondents had the feeling of loosingfaminity (femaleness).

The study also revels varying nature of menopausal symptoms. The number of symptoms were more in transitional period that is in peri menopause followed by post menopause and pre menopause. Common menopausal symptoms of present study compared with other Indian and abroad studies in Table 4. There variation may be due to the reduction of hormone levels with individual differences. The study reveals varying nature of menopausal symptoms. Some of the vasomotor symptoms like hot flashes, vaginal dryness, rapid heartbeat, feeling suffocation and numbness of fingers

Table 4 : Most frequent menopausal symptoms

Indian study	Year	Symptoms
Present study	2016	Hot flushes(77%),sleep problem(42%), joint pain(60%), cold hand, feet(27%), vagina dryness(69%), headache (43%), irritability(42%), forgetfulness(59%), anxiety (42%).
Bansal <i>et al.</i>	2010	Headache (94.1%), dizzy spells(81.5%), decreased libido(81.5%), sleep disturbance (68.9%), and loss of interest in most things. Hot flushes (59.3%), lack of concentration (54.1%), mood changes (49.6%), and night sweats (35.6%).
Madhukumar and Gaikwad	2012	Aching in muscle and joints, feeling tired, poor memory, lower backache and difficulty in sleeping.
Borker <i>et al.</i>	2013	Depression , irritability(90.7%),headache(72.9%), lethargy(65.4%),dysuria(58.9%), forgetfulness(57%), musculoskeletal problems(53.3%), sexual problem (decreased libidio, dyspareunia)(31.8%), genital problems (itching, vaginal dryness)(9.3%).
Sarker <i>et al.</i>	2014	Joint pain (64%), backache (58%), irritability (56.66%), forgetfulness and sadness (48%) and vasomotor symptoms like hot flushes and night sweats (47.33%).
Sharma <i>et al.</i> Jammu	2007	Fatigue & lack of energy (72.93%), headache (55.9%), hot flushes, cold sweats, cold hand and feet (53.86%),weight gain (43.13%).
Bagga (Pune)	2004	Loss of interest (93%), pressure/ tightness in head (83%), weight gain (67%), hot flushes(54%).
Shah <i>et al.</i> (Mumbai)	2004	Muscle and joint pains (37.4%), insomnia (20.6%), headache (13.8%)
Singh and Arora (Punjab)	2005	Diminished acuity of vision and hot flushes.
Out of India		
Schnatz <i>et al.</i> (USA)	2005	Mood swings (77.9%), decrease in energy (75.9%), Sleeping problems (73.4%), Memory problems (67.1%).
Kim <i>et al.</i> (Korea)	2003	Fatigue, Hot flushes, behumbed hands and feet, Irritability.

found highest in postmenopausal women. Excessive bleeding, headache, joint pain, sleep disturbance and weight gain were significantly higher in perimenopausal women. The psychological symptoms are prevalent with increasing age which was reported by American women and also in Indian women by Baga. Women were aware only about irregularity of menstruation as a symptom of menopause.

Conclusion :

According to Hill (1995) the number of postmenopausal women in the world will rise from 467 million in 1990 to 1.2 billion by 2030. Most of the increase in number will occur in developing countries. Sulak (1996) also reports that in the next 20 years, more women will experience perimenopause and menopause than ever before since they compromise the baby boomer generation. Early life expectancy was nearing an end. But this is no longer true. Today women are living longer. Today's women will live a third of her life after menopause. By educating her, and planning ahead for this time of challenges and opportunities, every woman can make this period as one of the most rewarding and enriching time of her life. The real importance of menopause today lies in the increasing longevity of the 21st Century woman. By making wise decision about menopause and healthy lifestyle, we can make the most of the 20,30, or more years we have ahead.

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