Assess The Prevalence of Physiological and Psychological Problems Among Menopausal Women

M. Saranya*

ABSTRACT:
Every women experiences her midlife years differently. The changes that occur during this period, including changes in sexual well-being, are typically caused by a mix of both menopause and aging as well as by typical midlife stresses and demands. Menopause, also known as the climacteric, is the time in most women’s lives when menstrual periods stop permanently, and they are no longer able to bear children. Menopause can be one of the most challenging stages of a woman’s life. Every day becomes an adventure when adventure when your raging hormones take over. Many approaches have been promoted as aids in managing the symptoms of menopause As menopause approaches and finally enter.

KEY WORDS Menopause, Stress, Physiological changes, Menstrual periods.

INTRODUCTION

"The Menopause of Sarah became her menostart; this is feminine beauty! The death plot against Mordecai became his life spring; this is masculine beauty! A kind of life lived in God’s word is a life of miraculous beauty!

-Israelmore Ayivor

Menopause is a normal part of life just like a puberty .It is the time of last menstrual period. Menopause is a normal condition that all women experience as they become aged. The term “menopause” is commonly used to describe any of the changes a women experiences either just before or after she stops menstruating ,making the end of her reproductive period .Every women experiences her midlife years differently. The changes that occur during this period, including changes in sexual well-being ,are typically caused by a mix of both menopause and aging as well as by typical midlife stresses and demands.

STATEMENT OF THE PROBLEM
A study to assess the prevalence of physiological and psychological problems among menopausal women.

OBJECTIVES OF THE STUDY
• To assess the physiological and psychological problems of the women during menopause.
• To associate the selected demographic variables with physiological and psychological problems.

RESEARCH METHODOLOGY
A descriptive study included all the menopausal women of age group 40-55 years with sample size 30 using Non probability sampling technique. Tools were used by questions and check list on prevalence of physiological and psychological problems. The data were analyzed by using descriptive and inferential statistics.

MAJOR FINDINGS OF THE STUDY
Out of 30 samples (7) women had hypertension (7) and had diabetic mellitus (1) has cancer (1) had
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Based on the (2) severity of the physiological symptoms majority of the women (25) experienced unusual tiredness (14) had experienced hot flushes (26) of them had experienced joint pain and (19) had experienced weight gain.

Based on the severity of psychological symptoms majority of women (21) experienced difficulty in getting sleep (14) of the women experienced irritability and (16) depression (19) had experienced crying spells.

There is no significant difference between the symptoms and demographic variables.

Table 1. Distribution of the samples according to demographic variables.

<table>
<thead>
<tr>
<th>S.No</th>
<th>Demographic variables</th>
<th>No. of sample</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Age of women in years</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>40-45</td>
<td>3</td>
<td>10%</td>
</tr>
<tr>
<td></td>
<td>45-50</td>
<td>12</td>
<td>40%</td>
</tr>
<tr>
<td></td>
<td>50-55</td>
<td>15</td>
<td>50%</td>
</tr>
<tr>
<td>2</td>
<td>Marital status</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Married</td>
<td>30</td>
<td>100%</td>
</tr>
<tr>
<td></td>
<td>Unmarried</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>3</td>
<td>Education</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Illiterate</td>
<td>6</td>
<td>20%</td>
</tr>
<tr>
<td></td>
<td>Primary</td>
<td>22</td>
<td>73.4%</td>
</tr>
<tr>
<td></td>
<td>UG</td>
<td>1</td>
<td>3.3%</td>
</tr>
<tr>
<td></td>
<td>PG</td>
<td>1</td>
<td>3.3%</td>
</tr>
<tr>
<td>4</td>
<td>Occupation</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Employed</td>
<td>11</td>
<td>36.7%</td>
</tr>
<tr>
<td></td>
<td>Unemployed</td>
<td>19</td>
<td>63.3%</td>
</tr>
</tbody>
</table>

Table 2. Description of the samples according to the intensity of physiological and psychological problems.

<table>
<thead>
<tr>
<th>S.NO</th>
<th>Intensity of physiological and psychological problems</th>
<th>No. of sample</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mild (1-8)</td>
<td>7</td>
<td>23.3%</td>
</tr>
<tr>
<td>2</td>
<td>Moderate (9-16)</td>
<td>21</td>
<td>70%</td>
</tr>
<tr>
<td>3</td>
<td>Severe (17-25)</td>
<td>2</td>
<td>6.7%</td>
</tr>
</tbody>
</table>

Table 2. describes the intensity of physiological and psychological symptoms among menopausal women. Among 30, 7(23.3%) women were having mild symptoms and 21 (70%) women were having moderate symptoms and only 2(6.7%) were showing severe symptoms.

CONCLUSION
The following conclusions were from the study.
Intensity of the prevalence of physiological and psychological symptoms among menopausal women (23.3 %) of women are having mild symptoms and (70%) of women is having moderate symptoms and (6.6%) of women is having severe symptoms.
There is a no significant difference between prevalence of the physiological and psychological symptoms among the menopausal women (p<0.05 )
The menopause is a normal part of life; it is not a disease or a condition. Even though it is the time of the woman’s last period, symptoms may begin many years earlier. Natural menopause is not brought on by any type of medical or surgical treatment.

RECOMMENDATIONS
The study can be replicated on large sample and in different settings.
Psychological interventions can be developed and tested for their efficacy among the women underlying menopausal period.

REFERENCES

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