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Assessment of menopausal symptoms among post-menopausal women in selected villages, Nellore

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Abstract

Menopause is defined as the time of respite of ovarian function resulting in permanent amenorrhea. In accordance with Indian Menopause Society, there were about 65 million Indian women over the age of 45 years. Menopausal health demands even higher priority in Indian scenario to tackle the effects faced by it. The present descriptive survey carried out in an aim to identify the post-menopausal symptoms among post-menopausal women. Sample size was 220 women's from coastal and 294 from Non coastal areas. Samples were selected by using simple random sampling technique. Informed consent was obtained from participants to participate in the study. Data was collected for the period of three weeks. The data generated by using self-designed, structured, interview based, oral questionnaire was used and responses were documented. The study findings revealed that, in coastal area 77(35%) women had back pain followed by 67(30.45%) had sleeping problems, in non-coastal areas 98(33.33%) women had back pain followed by 71(24.15%) had anxiety. The study concluded that back pain is the most common troublesome problem among women in coastal and non-coastal areas. It indicates that there is a need to educate regarding alternative methods for alleviation of post-menopausal symptoms and is necessary to critically introspect health needs of postmenopausal women and specific components can be incorporated in the national health programs.

Keywords: Assessment, menopausal symptoms, post menopause

Introduction

Menopause is defined as the time of respite of ovarian function resulting in permanent amenorrhea. Menopause is a natural process that occurs in women's lives as part of normal aging. 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. About 130 million Indian women are expected to live beyond menopause by 2015. Many women go through the menopausal transition with few or no symptoms, wholesome have significant or even disabling symptoms. With the advent of modern medicine, there is a general increase in life expectancy, thus many women are likely to live for more than two decades beyond menopause, in an estrogen deficient state. Some of the menopausal symptoms experienced by these women can be severe enough to affect the normal lifestyle. Moreover very few studies have been conducted in rural areas to understand menopause at micro level. Since majority 83.3 crores (68.84%) of Indian population resides in rural areas (2011), therefore there is an emerging need to focus on health problems associated with post-menopausal state among women residing in rural areas. Hence the present study expected to bring out the magnitude of suffering associated with menopause.

Aim

To identify the menopausal symptoms among post-menopausal women.

Materials and Methods

A population based, cross sectional study was conducted in five coastal regions like Kothakodur, Mahalakshmi Puram, Varakavipudi, Korutur, Leguntapadu and five non coastal regions like Papireddy Palem, Kakupalli, Allipuram, Inamadugu and Kovvur of Nellore district. Samples were selected by using simple random sampling technique. 220 postmenopausal women from coastal region and 294 women's from non-coastal regions who

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Fulfills inclusion criteria were included in the study. Informed consent was obtained from participants and anonymity was maintained. Self-designed, structured, interview based, oral questionnaire was used for collecting the information. Data was analyzed by using descriptive statistics.

Inclusion criteria

The women who are

- Willing to participate in the study
- Present at the time of data collection

Exclusion criteria

The women who are

- Having the active illness
- Attained artificial menopause
- Having known chronic disease history like diabetes mellitus, hypertension, Arthritis and cancer.

Tool for Data Collection

The s tool consists of two sections:

Section I: It consist of sociodemographic variables age, education, religion, family income, type of family, dietary pattern, history of chronic illness.

Section II: It consist of checklist for assessing the symptoms of postmenopausal women.

Results

The data was organized, tabulated, analyzed and interpreted by using descriptive statistics based on the objectives of the study. The findings were presented in the following sections.

The analysis of the data was mainly classified as

Section I: Frequency and percentage distribution of socio demographic variables among post-menopausal women.

Section II: Frequency and Percentage distribution based on postmenopausal symptoms.

Section1

Table 1: Frequency and Percentage Distribution of Socio Demographic Variables of Women in Coastal and Non Coastal Areas

Demographic Variable	Coastal=220		Non Coastal=294	
	Frequency(F)	Percentage (%)	Frequency(F)	Percentage (%)
AGE				
c.41-50 years	128	58.18	186	63.27
d.50 and above	92	41.82	108	36.73
Education				
a. Illiterate	132	60.00	174	59.18
b. Primary education	52	23.64	65	22.11
c. Secondary education	21	9.55	37	12.59
d. Inter mediate	6	2.73	11	3.74
e. Degree and above	9	4.09	7	2.38
Religion				
a. Hindu	164	74.55	221	75.17
b. Muslim	28	12.73	56	19.05
c. Christian	20	9.09	12	4.08
d. Others	8	3.64	5	1.70
Family Monthly Income				
a. Rs. < 5000	165	75.00	168	57.14
b. Rs. 5001-7000	30	13.64	95	32.31
c. Rs. 7001-9000	18	8.18	14	4.76
d. Rs. 9001-11000	7	3.18	17	5.78
Dietary Pattern				
a. Vegetarian	22	10.00	18	6.12
b. Non vegetarian	74	33.64	137	46.60
c. Mixed vegetarian	124	56.36	139	47.28
Weight				
a. 37-50kgs	78	35.45	132	44.90
b. 51-57kgs	59	26.82	55	18.71
c. 58-64kgs	46	20.91	49	16.67
d. 65-82kgs	37	16.82	58	19.73
Bmi Classification				
a. < 18.5	28	12.73	48	16.33
b. 18.5 – 24.99	106	48.18	153	52.04
c. > 25.00	86	39.09	93	31.63
History Of Chronic Disease				
a. Yes	46	20.91	14	4.76
b. No	174	79.09	280	95.24

Section II: Comparison of Postmenopausal Symptoms Women in Coastal and Non Coastal Areas

Table 2: Frequency and Percentage Distribution of Somatic Problems

Post-Menopausal Symptoms		Coastal =220		Non Coastal =294	
		F	%	F	%
Somatic problems	Joint and muscular discomfort	61	27.73%	69	23.47%
	Fracture	22	10.00%	47	15.99%
	Hot flushes	39	17.73%	40	13.61%
	Breast tenderness	44	20.00%	46	15.65%
	Sweating	65	29.55%	64	21.77%
	Back pain	77	35.00%	98	33.33%
	Sleeping problems	67	30.45%	68	23.13%
	Hot flushes, sweating	36	16.36%	63	21.43%
	Irritability	57	25.91%	67	22.79%
	Dryness of vagina	32	14.55%	36	12.24%

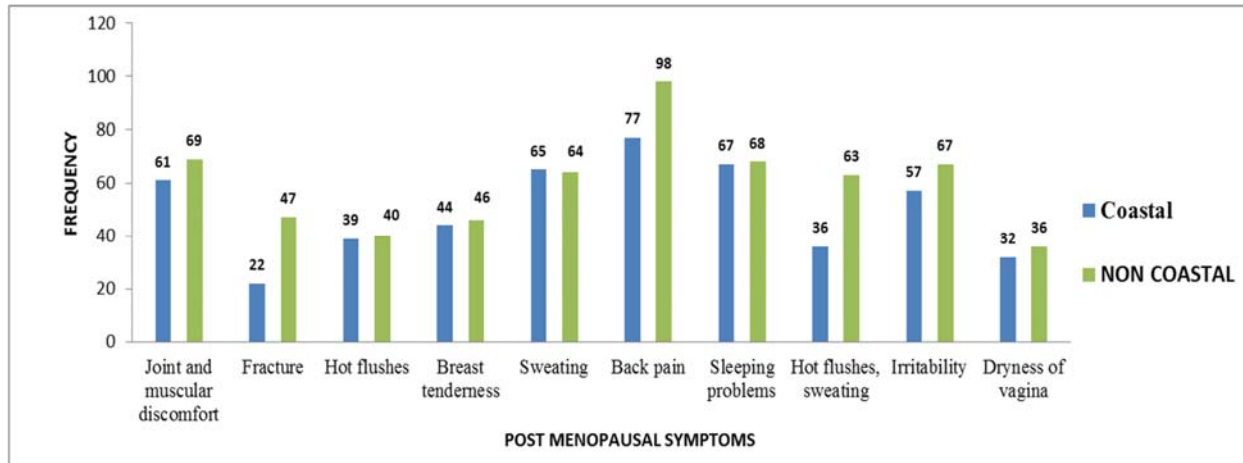


Fig 1: Frequency of Somatic Problems of Women between Coastal and Non Coastal Region

Table 3: Frequency and Percentage Distribution of Psychological Problems

Psychological Symptoms		Coastal =220		Non Coastal =294	
		F	%	F	%
Psychological problems	Anxiety	46	20.91%	71	24.15%
	Stress	41	18.64%	65	22.11%
	Mental exhaustion	29	13.18%	40	13.61%
	Memory loss	45	20.45%	58	19.73%
	Depressive mood	37	16.82%	43	14.63%
	Head ache	52	23.64%	50	17.01%
	Dysphagia	22	10.00%	54	18.37%
	Irritability	38	17.27%	36	12.24%

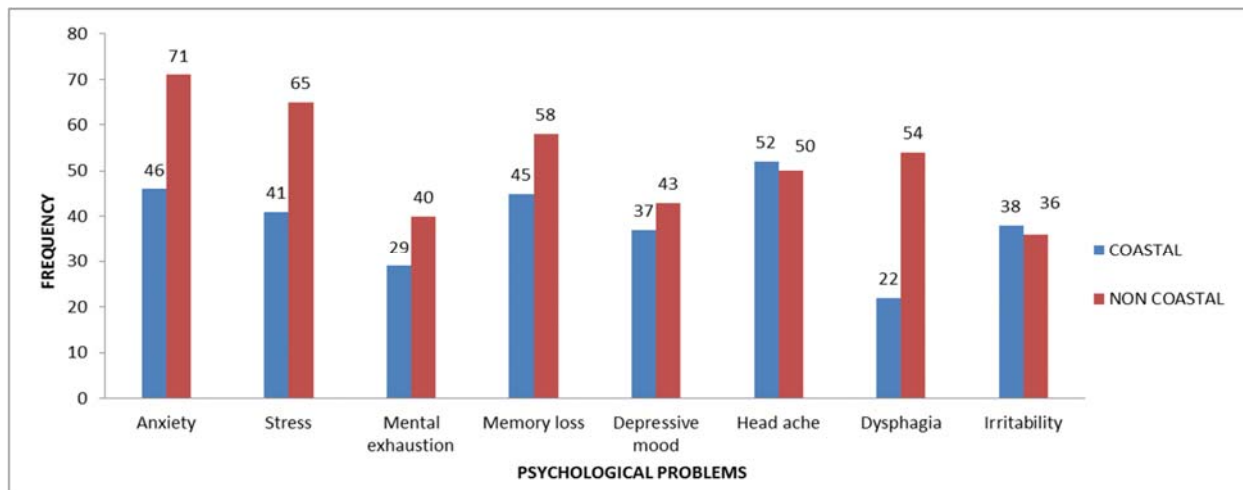


Fig 2: Frequency of Psychological Problems between Coastal and Non Coastal Region

Table 4: Frequency and Percentage Distribution of Sexual, Bladder and Sleeping Problems.

Sexual problems	Dryness of vagina	22	10.00%	34	11.56%
	Pruritus	19	8.64%	16	5.44%
	Leucorrhoea	18	8.18%	12	4.08%
	Vaginal infection	17	7.73%	23	7.82%
	Dyspareunia	13	5.91%	36	12.24%
	Loss of Libido	13	5.91%	38	12.93%
Bladder problems	Urinary urgency	46	20.91%	27	9.18%
	Incontinence of Urine	37	16.82%	38	12.93%
Sleeping problems	Insomnia	52	23.64%	46	15.65%

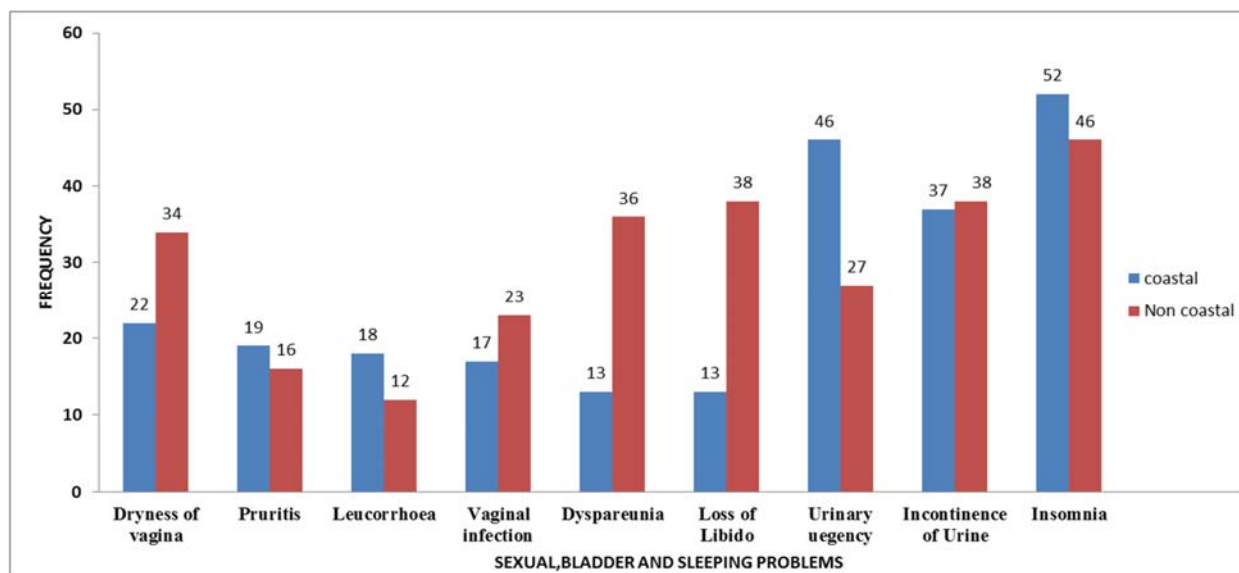


Fig 3: Frequency of Sexual, Bladder and Sleeping Problems of Women between Coastal and Non Coastal Region

Conclusion

The study identifies the prevalence of post-menopausal symptoms among post-menopausal women. Results revealed that in coastal areas majority of women 77(35%) are had back pain Followed by 67(30.45%) are had sleeping problems and in non-coastal areas, majority of women 98(33.33%) had back pain followed by anxiety 71(24.15%). The study concludes that majority of post-menopausal women had back pain. Moreover the women also suffering with anxiety and stress. It indicates that there is a need to educate General public regarding alternative methods for alleviation of post-menopausal symptoms.

Recommendations for future Research

Extensive study can be conducted for indepth understanding of Health concern of post-menopausal women. Experimental study can be conducted for relieving the symptoms of post menopause. Structured teaching programme can be conducted for improving the knowledge regarding management of post-menopausal symptoms. Comparative study can be conducted for identifying knowledge between rural and urban post-menopausal women.

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