



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor (RJIF): 8.4  
IJAR 2024; 10(3): 176-178  
[www.allresearchjournal.com](http://www.allresearchjournal.com)  
Received: 16-01-2024  
Accepted: 20-02-2024

**Kshiptimayee Patra**  
Post Graduate, Department of  
Home Science, Sushilabati  
Govt. Women's Higher  
Secondary School, Sector-2,  
Rourkela, Odisha, India

**Corresponding Author:**  
**Kshiptimayee Patra**  
Post Graduate, Department of  
Home Science, Sushilabati  
Govt. Women's Higher  
Secondary School, Sector-2,  
Rourkela, Odisha, India

## A study on symptoms of menopause and attitudes about menopause among rural women

**Kshiptimayee Patra**

### Abstract

**Introduction:** One comparable midlife stage is menopause, which depending on a woman's luck, can either be painlessly overcome or leave her miserable. There are many taboos and myths surrounding this stage of life. Early detection of symptoms can make women feel less uncomfortable and afraid. The current study aims to investigate menopausal symptoms and attitudes about menopause among Odisha's rural women.

**Materials and Methods:** The study was conducted among 130 postmenopausal women in Odisha with the help of self-developed questionnaire. Data was calculated by using statistical package.

**Results:** This study included 130 postmenopausal women in total. Majority of women (46%) are in the age groups of 50–60 years and 73% of women have one–three children. The study also found that 9% of women undergo surgery to go through menopause, whereas 91% of women get through it naturally. When their periods ceased, 61 percent of the study participants had heard about menopause, mostly from their neighbours and family. In addition, menopausal symptoms most women reported different kinds of symptoms like mood swings, physical discomfort, irritability, depression, night sweats, and sleeplessness.

**Conclusion:** The majority of the respondents had no idea what menopausal symptoms were. Since most of them considered the menopause to be a natural aspect of aging, they had a positive perspective on it.

**Keywords:** Menopausal changes, symptoms, attitude of women

### Introduction

Middle age is one of the most important periods in women's lifespan. Many psychological and physiological changes take place among them due to forthcoming menopause. In India, menopause health is becoming more and more important as life expectancy rises and the number of menopausal women increases (Borker *et al.*, 2013) [5]. Most women are either unaware or do not pay adequate attention to these symptoms. Menopause is a combination of two Greek words, meno (monthly), and pause (stop), it means the stopping of the menstruation and the ending of fertility. Menopause is defined as the time when a women's monthly periods (menstruation) permanently cease, usually diagnosed retroactively when there has not been a period for one full year. In every day usage the word menopause usually covers a number of years when ovaries gradually stop producing the female sex hormones oestrogen and progesterone. Psychologists defined the term menopause as it is the time in the life of the adult female when menstruation ceases. Menopause is a physiological event marking the end of women's reproductive life due to ovarian failure. The natural onset of menopause occurs between the ages of 45–55 years. Hormonal changes at menopause are associated with numerous physical and psychological symptoms like sleep disturbances, mood disorders, cognitive impairment, vaginal atrophy and increased health risks for several chronic disorders including osteoporosis and cardiovascular disease.

Most women experience some symptoms during menopause. Vasomotor symptoms such as night sweats and hot flushes are the only symptoms specifically linked to menopause Roeca *et al.*, (2021) [22], affecting 60–80% of menopausal women. The majority of women rate these symptoms as moderate to severe Thurston *et al.*, (2011) [26]. Factors that can affect the severity of these symptoms include sociodemographic characteristics, lifestyle factors, psychological status and being in a dyadic relationship Lee *et al.*, (2010) [15]. The availability of reliable as well as effective educational resources can greatly motivate menopausal

women to take care of themselves and individually manage or treat their symptoms Du *et al.*, (2016) [7].

Studies show that most women have a poor understanding of menopause Smail *et al.*, (2020) [25]. Menopause, the cessation of menstruation, is a psychosocial and clinical event. Menopause-related psychosocial phenomena include attitudes, perceptions, and expectations. Women's lives are going through a changing time. The menopause is viewed, viewed, and understood differently by different groups of women. These differences have been related to female age, parity, socio economic, cultural, educational, and geographical factors. The present study was undertaken to find out the knowledge and perception of postmenopausal women towards menopause.

### Materials and Methods

The study was conducted in the Jagannath Prasad Block, Ganjam District, Odisha, India. A total 130 postmenopausal women in Jagannath Prasad block, Odisha were purposively selected. After the selection of samples, the objective of the study was briefly explained before distribution of the questionnaire. A self-constructed questionnaire was used to collect the required information. The questionnaire consists of two parts, the first part consists of the respondents' backgrounds and the second part includes the menopausal changes and attitudes of women. After the collection of data, frequency and percentage were computed and the results were interpreted.

### Statistical analysis

Data was coded, entered, and analyzed using statistical packages. frequency and percentages were calculated to analyzed the required information.

### Results & Discussion

Table 1 shows the demographic characteristics of the respondents, majority of the respondents were in the age group 50-60 years (46%), out of all the samples 56% of women are uneducated married. In terms of numbers of children 73% of samples having 1-3 numbers of children, 19% having 3-5 numbers of children and 8% having greater than 5 children. Menopause was natural in 91% of women and 9% had surgical menopause. Most women experience menopause between the ages of 40 and 58 years. The mean age of menopause is 51 years Khoudary *et al.*, (2019) [8]

**Table 1:** Demographic characteristic of the respondents

| Age                       | Numbers (N=130) | Percentage (%) |
|---------------------------|-----------------|----------------|
| 40-50yrs                  | 50              | 38             |
| 50-60yrs                  | 60              | 46             |
| 60-70yrs                  | 20              | 15             |
| <b>Religion</b>           |                 |                |
| Hindu                     | 130             | 100            |
| <b>Educational status</b> |                 |                |
| Educated                  | 58              | 44             |
| Uneducated                | 72              | 56             |
| <b>Marital Status</b>     |                 |                |
| married                   | 130             | 100            |
| <b>No. of children</b>    |                 |                |
| 1-3                       | 95              | 73             |
| 3-5                       | 25              | 19             |
| More than 5               | 10              | 8              |
| <b>Menopause happens</b>  |                 |                |
| Natural                   | 118             | 91             |
| Surgical                  | 12              | 9              |

**Table 2:** Perception about menopause

| Variables  | Numbers (N=130) | Percentage |
|--|-----------------|------------|
| <b>Knowledge about menopause</b>                 |                 |            |
| Heard about menopause when their periods stopped | 80              | 61         |
| Age of menopause                                 | 40              | 31         |
| Changes during menopause                         | 10              | 8          |
| <b>Perception about menopause</b>                |                 |            |
| Positive attitudes                               | 86              | 66         |
| Negative attitudes                               | 44              | 34         |
| Natural process                                  | 105             | 81         |
| Medical condition                                | 05              | 4          |
| Happy about menstrual cessation                  | 12              | 9          |
| Worried about menstrual cessation                | 08              | 6          |

Table 2 depicted that, a total of 61% of women had heard about menopause at the time their periods stopped mostly from their elder family members and neighbours. 31% had knowledge about the age of the menopause, while as only 8% were aware about the changes during menopause. Regarding towards the attitude of menopause 66% of women's were having positive attitudes towards menopause while 34% had negative attitudes about menopause. Majority of the samples (81%) considered menopause as a natural process, 9% were happy with cessation of mensuration while as 6% were worried about its cessation. Only 4% were things that it's a medical condition Chen *et al.*, (1998) [6] reported that 91.7% midlife Chinese women in Taiwan perceive menopause a natural phenomenon and most of these women could deal with menopause in a positive way. Another population based cross sectional study from south India showed similar results that 57% of women perceive menopause as convenient.

**Table 3:** Symptoms during menopause

| Symptoms                    | Number (N=130) | Percentage |
|-----------------------------|----------------|------------|
| Hot flushes                 | 40             | 31         |
| Mood swings                 | 20             | 15         |
| Body Pain                   | 80             | 61         |
| Irritation                  | 40             | 31         |
| Anxiety                     | 10             | 08         |
| Insomnia                    | 78             | 60         |
| Night sweats                | 60             | 46         |
| Weight gain                 | 50             | 38         |
| Vaginal dryness             | 40             | 31         |
| Difficulty in concentration | 55             | 42         |

Table 3 depicts the symptoms during menopause. Most common menopausal symptom reported were body pain (61%), followed by Insomnia (60%) and night sweats (46%), difficulty in concentration (42%). Other changes like weight gain (38%), hot flushes (31%), vaginal dryness (31%), Mood Swings (15%) irritability (31%), anxiety (8%). A study conducted by Sharma (2015) observed that the mean score was maximum for physical and mental exhaustion (1.93±1.18) and minimum for dryness of vagina (0.71±1.02) and most common symptom was joint and muscular discomfort (78.42%) and least was vaginal dryness (39.5%). Women's estrogen levels continue to decline as they approach postmenopausal age, which causes vaginal atrophy, dryness, and other uro-genital symptoms. These women had fewer uro-genital symptoms than other symptoms, which could be related to their decreased sexual

activity and gradual adaptation to these symptoms. (Kalhan, 2020)<sup>[13]</sup>

### Conclusion

It can be concluded that There are many misunderstandings regarding menopausal symptoms among the women Majority of our women were unaware of menopausal symptoms. Most of them considered it as a natural process of aging and thus were having a positive perception about the menopause. It is important to educate the women through various platforms especially the mass media so they have right and proper information about this neglected health issue.

### Reference

1. Abernity K. Preparing for what to Expert Proof Care Mother Child. Menopause. 1999;8(3):67-70.
2. Adewuyi TDO, Akinade EA. Perception and attitudes of Nigerian women towards menopause. Procedia Social and Behavioral Sciences. 2010;5:1777-82.
3. Adekunle AO, Fawole AO, Okunlola MA. Perceptions and attitudes of Nigerian women about the menopause. J Obstet Gynaecol. 2000;20(5):525-9.
4. Avis NE, McKinlay SM. A longitudinal analysis of women's attitudes toward the menopause: results from the Massachusetts Women's Health Study. Maturitas. 1991;13:65-79.
5. Borker SA, Venugopalan PP, Bhat SN. Study of menopausal symptoms, and perceptions about menopause among women at a rural community in Kerala. J Midlife Health. 2013;4(3):182-7. doi: 10.4103/0976-7800.118997. PMID: 24672192; PMCID: PMC3952411.
6. Chen YL, Voda AM, Mansfield PK. Chinese midlife women's perceptions and attitudes about menopause. Menopause. 1998 Spring;5(1):28-34. PMID: 9689192.
7. Du H-S, Ma J-J, Li M. High-quality Health Information Provision for Stroke Patients. Chin Med J (Engl). 2016;129(17):2115-22.
8. El Khoudary SR, Greendale G, Crawford SL, Avis NE, Brooks MM, Thurston RC, *et al.* The menopause transition and women's health at midlife: a progress report from the Study of Women's Health Across the Nation (SWAN). Menopause (New York, NY). 2019;26(10):1213-27.
9. Ferguson K, Hoegh C, Johnson S. Estrogen replacement therapy. A survey of women's knowledge and attitudes. Arch Intern M ED. 1989;149:133-6.
10. Forouhari S, Khajehei M, Moattari M, Mohit M, Rad MS, Ghaem H. The effect of education and awareness on the quality-of-life in postmenopausal women. Indian J Community Med. 2010;35(1):109-14.
11. Freeman EW, Sammel MD, Sanders RJ. Risk of long-term hot flashes after natural menopause: evidence from the Penn Ovarian Aging Study cohort. Menopause (New York, NY). 2014;21(9):924-32.
12. Gebretatayos H, Ghirmai L, Amanuel S, Gebreyohannes G, Tsighe Z, Tesfamariam EH. Effect of health education on knowledge and attitude of menopause among middle-age teachers. BMC Womens Health. 2020;20(1):232.
13. Meenakshi K, Komal S, Priyanka C, Seema V, Pankaj K, Tarun S. Prevalence of Menopausal Symptoms and its Effect on Quality of Life among Rural Middle-Aged Women (40–60 Years) of Haryana, India. International Journal of Applied and Basic Medical Research. 2020;10(3):183-188. DOI: 10.4103/ijabmr.IJABMR\_428\_19
14. Kulshreshtha B, Ammini A. Hormone replacement therapy. In: Sharma OP, editor. Geriatric care: A textbook of geriatrics and gerontology. 3<sup>rd</sup> ed. New Delhi: Viva Books Publishers; c2008. p. 647-50.
15. Lee MS, Kim JH, Park MS, Yang J, Ko YH, Ko SD, *et al.* Factors influencing the severity of menopause symptoms in Korean post-menopausal women. J Korean Med Sci. 2010;25(5):758-65.
16. Lund KJ. Menopause and the menopausal transition. Med Clin North Am. 2008;92(5):1253-71.
17. Mishra N, Mishra VN, Devanshi Exercise beyond menopause: Dos and don 'ts. J Midlife Health. 2011;2:51-6.
18. Pan HA, Wu MH, Hsu CC, Yao BL, Huang KE. Perception of menopause among women in Taiwan. Maturitas. 2002;41(4):269-74.
19. Puri S, Bhatia V, Mangat C. Perceptions of menopause and postmenopausal bleeding in women of Chandigarh, India. [Last accessed on 2013 Jan 01]; Internet J Fam Pract. 2008;6(2):1-6.
20. Velasco MV, Navarrete HE, Ojede MRI. Experience and knowledge about climacteric & menopause in women in Mexico City. Ged Med Mex. 2000;136(6):555-64.
21. Vaze N, Joshi S. Yoga and menopausal transition. J Midlife Health. 2010;1:56-8.
22. Santoro N, Roeca C, Peters BA, Neal-Perry G. The menopause transition: signs, symptoms, and management options. J Clin Endocrinol Metab. 2021;106(1):1-15.
23. Sharma S, Mahajan N. Menopausal symptoms and its effect on quality of life in urban versus rural women: A cross-sectional study J Midlife Health. 2015;6:16-20.
24. Sharma S, Tandon VR, Mahajan A. Menopausal symptoms in urban women. JK Science. 2007;9(1):13-7.
25. Smail L, Jassim GA, Sharaf KI. Emirati Women's knowledge about the menopause and menopausal hormone therapy. Int J Environ Res Public Health. 2020;17(13):4875.
26. Thurston RC, Joffe H. Vasomotor symptoms and menopause: Findings from the Study of Women's Health across the Nation. Obstet Gynecol Clin North Am. 2011;38(3):489-501.
27. Weidner K, Croy I, Siepmann T, Brähler E, Beutel M, Bittner A. Menopausal syndrome limited to hot flushes and sweating a representative survey study. J Psychosom Obstet Gynaecol. 2017;38(3):170-9.