



A study to Identify the Problems Faced by Menopausal women in Maloa, Mohali, Punjab, India

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Abstract

The present study was conducted on menopausal women in Maloa, Mohali, Punjab, INDIA. For better result 50 women were taken of age 40 to 60 years of different religions through convenient sampling. The study population comprised of all the menopausal women of area of Maloa, Mohali, Punjab, INDIA. The postmenopausal women were included in the study. A pretested questionnaire was used in the study. Data were presented as in percentages. The menopausal women understood firmly the negative effects of menopause on their bodies. Most frequent menopausal symptoms were pain in joints, feeling tired, Urinary problem, Dysuria, Irritability, restlessness, difficulty in sleeping.

Keywords: menopause, menopausal women.

Introduction

The word menopause came from the Greek word meno meaning monthly cycle and pause means a halt (cessation). Menopause is the permanent cessation of the menstruation which occur a considerable length of the time before the end of the life span². Menopause is not a disease or condition; it is a normal stage of the women life just as puberty the average age of menopause¹. Menopause is a normal condition that all women experience as they age. The term "menopause" can describe any of the changes a woman goes through either just before or after she stops menstruating, marking the end of her reproductive period³. Natural menopause is not brought on by any type of medical or surgical treatment. The process is gradual and has three stages:

Pre menopause, this typically begins several years before menopause, when the ovaries gradually make less estrogen. Pre menopause lasts up until menopause, the point when the ovaries stop releasing eggs. In the last 1 to 2 years of pre menopause, the drop in estrogen quickens. At this stage, many women have menopause symptoms³.

Menopause, this is the point when it's been a year since a woman last had her last menstrual period. At this stage, the ovaries have stopped releasing eggs and making most of their estrogen³.

Post menopause, these are the years after menopause. During this stage, menopausal symptoms such as hot flashes ease for most women. But health risks related to the loss of estrogen rise as the woman ages³.

Premature menopause can be the result of genetics, autoimmune disorders, or medical procedures. Other conditions that may cause early menopause include:

Premature ovarian failure, normally, the ovaries make both estrogen and progesterone. Changes in the levels of these two hormones happen when the ovaries, for unknown reasons, prematurely stop releasing eggs. When this happens before the age of 40, it's called premature ovarian failure. Unlike premature menopause, premature ovarian failure is not always permanent³.

Induced menopause, "Induced" menopause happens when the ovaries are surgically removed for medical reasons, such as uterine cancer or endometriosis. Induced menopause can also result from damage to the ovaries caused by radiation or chemotherapy³.

Menopause is not related to menarche, race and social economics status, number of pregnancies and lactation or taking of oral contraceptive. It is however directly associated with smoking and genetic deposition. Smoking induces premature menopause⁴. During cessation of women reproductive ability ovarian activity decline, initially ovulation fails, no corpus luteum forms and no progesterone is secreted by the ovary cessation of ovarian activity and falls in estrogen level as well as inhibit level cause a rebound increase in the secretion of follicle stimulating hormone (FSH) and luteinizing hormone (LH) by the anterior pituitary gland. The FSH level rise as much as 50 folds and LH as 3-4folds with further advancing years, gonadotrophin activity of the pituitary gland also ceases and fall in FSH level eventually occurs⁴.

Methodology

The present study is a community based and carried from maloa, Mohali, Punjab INDIA. The study population comprised of 50 menopausal women of that area. The study was done by interview technique using pre-tested and pre-designed

questionnaire by a researcher. Women, those who were undergone any medically treatment like hypertension, hormone therapy, Diabetes, Cardiac disease, and thyroid disorders were not included in the study Data was collected on socio demographic information, awareness and other variables. The data was collected, compiled and analyzed using statistical packages.

26% were from the age group 55-60 years and 22% were from the both age group of 40-45, 50-55 years.

Results and Discussion

The study population comprised of 50 menopausal women of age 40-45 years, 45-50 years, 50-55 years, 55-60years age groups were taken respectively. 30% were from age 45-50years,

Table-1
Distribution of menopausal women according to their age
 Age in years N =50

Age in years	frequency	%age
40-45	11	22%
45-50	15	30%
50-55	11	22%
55-60	13	26%

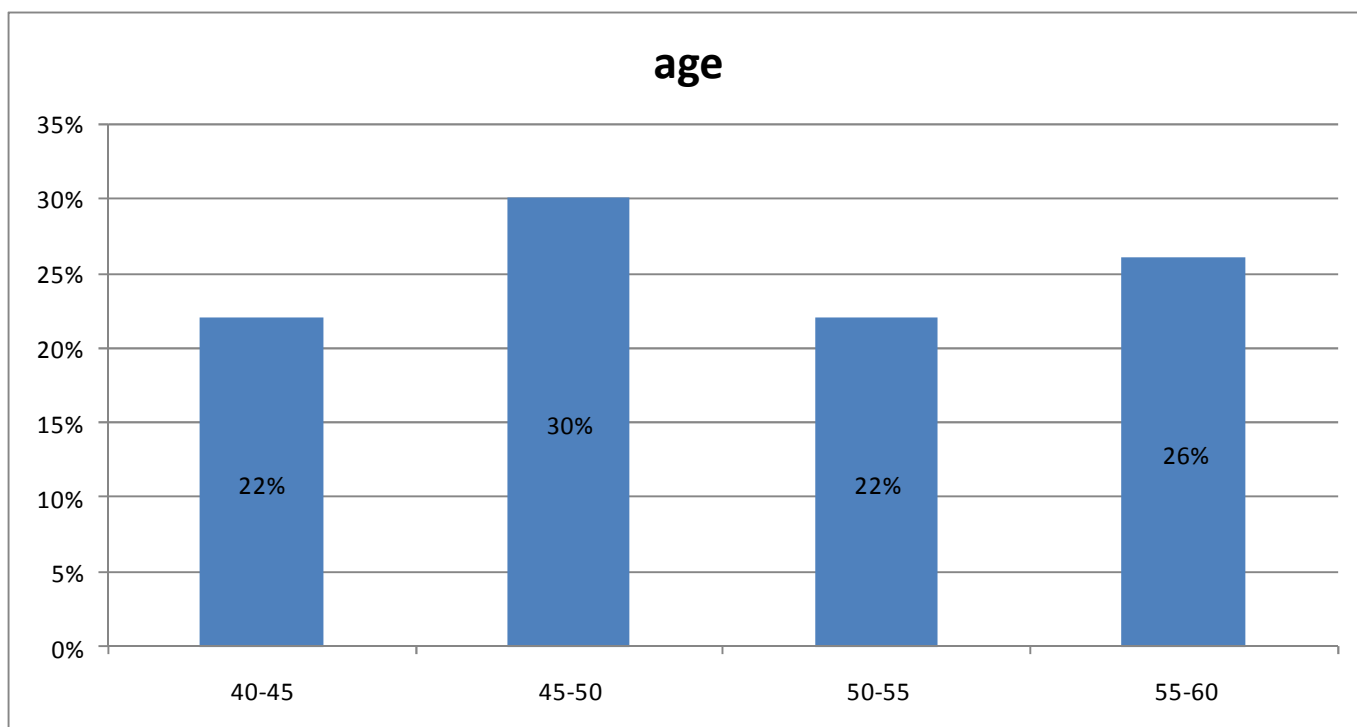


Figure-1

describe out of 50 subjects' maximum i.e. 30% were from age 45-50years, 26% were from the age group 55-60 years and 22% were from the both age group of 40-45, 50-55 years

Table-2
Distribution of menopausal women according to their religion, occupation, education, monthly income, N=50

Religion		Occupation			Education			Monthly income			
frequency	%	frequency	%	frequency	%	frequency	%	frequency	%		
Sikh	37	74%	House wife	48	96%	illiterate	29	58%	2000-3000	24	48%
Hindu	9	18%	Govt. job	1	2%	primary	18	36%	3000-4000	17	34%
Muslim	4	8%	Private job	1	2%	secondary	3	6%	4000-5000	2	4%
Christian	0	0%	others	0	0%	Graduate and post graduate	0	0%	More than 5000	7	14%

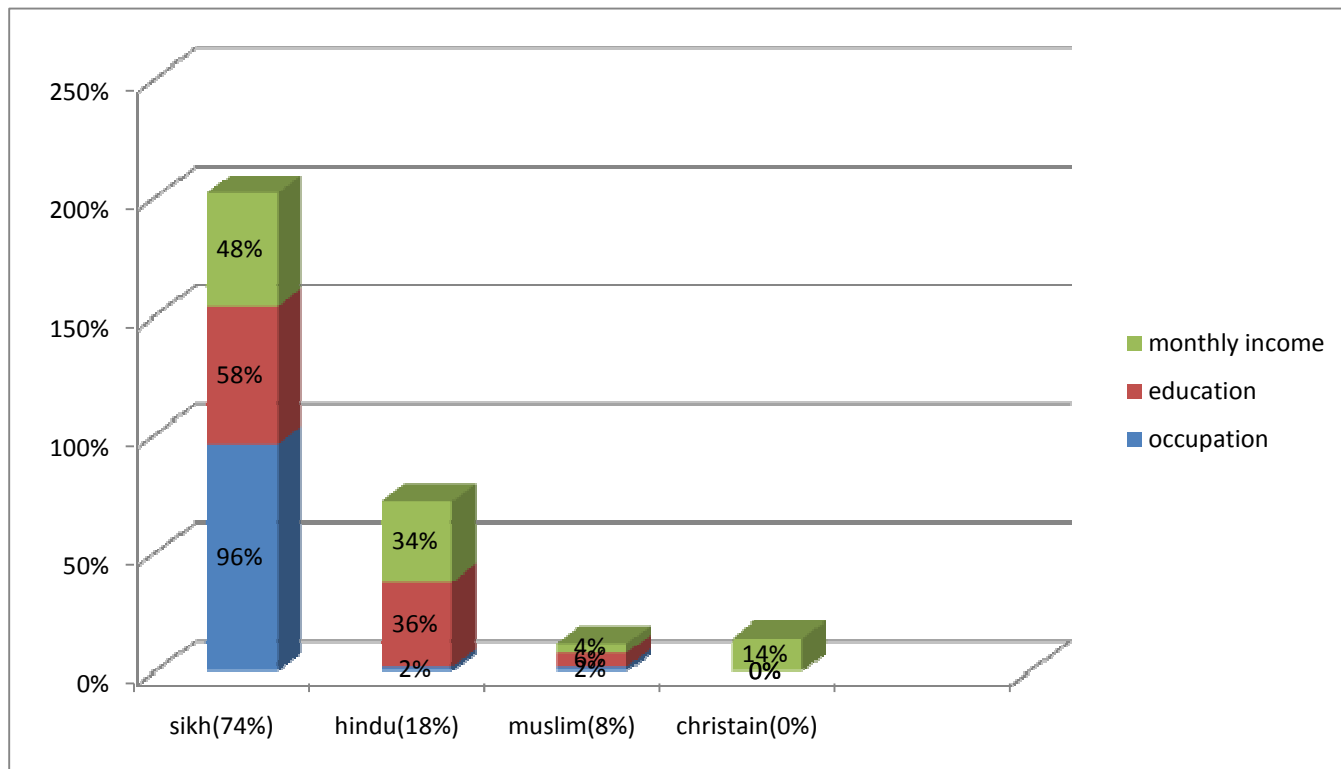


Figure-2

Percentage distributions of menopausal women according to their religion, occupation, education and monthly income

Table-3
 Problems faced by menopausal women

Problems of menopausal women	No. of problems	percentage
Fatigue	30	60%
Forgetful	18	36%
Joint pain	33	66%
Obese	22	44%
Osteoporosis	24	48%
Chest pain	14	28%
Night sweats	22	44%
Hot flushes	18	36%
Skin changes	14	28%
Urinary problem	32	64%
Dysuria	32	64%
Sexual desire	14	28%
Dysperiunia	24	48%
Vaginal dryness	22	44%
Depression	23	46%
Irritability	34	68%
Sleep apnea	29	58%
Restlessness	25	50%
dizziness	17	34%

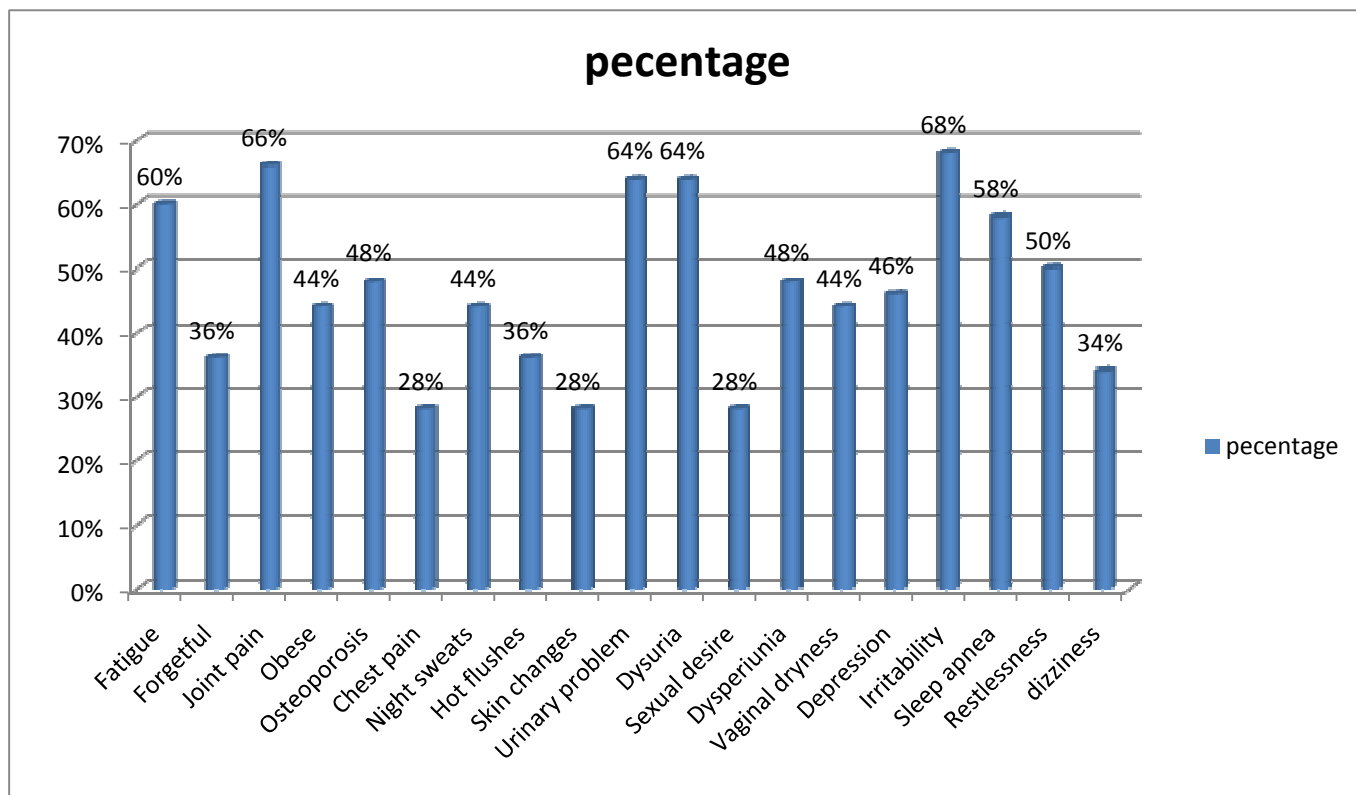


Figure-3

describes that majority of menopausal women faced the problems such as Irritability (68%), joint pain (66%), Dysuria and urinary problem (64%), fatigue (60%), other problems are skin changes (28%), sexual(28%), chest pain (38%) etc.

Conclusion

To the best of the researchers’ knowledge and information, the present study was a attempt to explore the awareness regarding the problems faced by menopause in women. A small sample size covering a large area, variables like religion, occupation, education, monthly income and perceptions of menopause would have yielded a precise estimate of the menopausal condition of these women.

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