Research Paper | **Medical Science**

Prevalence of Menopausal Problems Among Women in A Selected Primary Health Centre

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ABSTRACT

Menopause currently affects the lives of millions of women globally and will be an issue of increasing concerns the population ages over the next few decades. With this background in consideration the study was planned to find out the prevalence of menopausal symptoms among menopausal women using Menopausal Rating Scale (MRS). The researcher selected a 100 samples using purposive sampling technique. The data was collected and analyzed by using descriptive and inferential statistics. The findings of the study revealed that majority 82% has got very severe,14% severe menopausal problems. There is an association between menopausal problems with age, occupation, income, habits, regular exercise and with clinical variables.

KEYWORDS : Menopausal Symptoms, Menopausal Women, Menopausal Rating Scale

Introduction

Menopause is a universal phenomenon which can be perceived as unpleasant. The period is generally associated with unavoidable manifestation of aging process in women. The elderly population is increasing every year and it is projected that it would increase to about 12% of the total population by the year 2025.

Roughly half of the population will be women. According to IMS there are about 65 million Indian women over the age of 45 years. Average age of menopause is around 48 years but it strikes Indian women as young as 30-35 years. Due to the increase in the life expectancy women will have to face a longer periods of menopause.

During menopausal transition there is a lot of fluctuation in the hormone levels and thus women may experience many symptoms and conditions. However, the influence of this fluctuation varies from one woman to another. Some of the important and common symptoms women can experience during menopausal transition are changes in periods, hot flushes and night sweats, problems with vagina and bladder, changes in sexual desire, sleep problems, mood changes/swings, changes in the body etc.

There are also some serious medical concerns related to menopause as, firstly loss of bone tissue that cause osteoporosis and secondly, heart disease risk may grow due to age-related increases in weight, blood pressure and cholesterol level.

Statement of the problem

A Study To Assess The Prevalence Of Menopausal Problems Among Women In Selected Primary Health Centre, Coimbatore

Objectives

- To assess the menopausal problems among women
- To test the association between the mean difference in menopausal problems among women with their selected demographic variables

Operational Definitions

Prevalence

Number of menopausal women present in a population age group between 45-56 years.

Menopause

Permanent cessation of menstruation.

Menopausal problem

Hot flush, heart discomfort, sleep problems, depressive mood,irritability,anxiety,physical and mental exhausation,sexual problems, bladder problems, dryness of vagina,joint and muscular discomfort.

Hypothesis

There will be significant association between mean difference in menopausal problems and Back ground factors among menopausal women.

Research methodology

Descriptive study design was adopted. The study was conducted in selected primary health Centre, Thudiyalur; sample size was consisted of 100 menopausal women age group between 45-56 years who are coming to primary health center. Samples were selected using Non – probability purposive sampling technique, Menopausal rating scale is five point scale contains 11 items related to menopausal problems. The possible responses were nil, mild, moderate, severe, very severe.

Results and discussion

Regarding demographic background

Variables, majority (60%) of women between age group of 49 to 52 and 68% belong to Hindu religion. And among them 62% were illiterates and 46% were unskilled workers. 64% belong to nuclear family and 86% were non vegetarian and 54% had the habit of tobacco chewing and 68% were not following any of the exercises, regarding the level of menopausal problems 82% of women were having very severe menopausal problem.

Table 1. Distribution of back ground information and health variables among menopausal women.

n=100

S. No.	Back ground information		Frequency (n)	Percentage (%)
1.	Age in years			
	a.	45-48	26	26
	b.	49-52	60	60
	c.	53-56	14	14
2.	Religion			
	a.	Hindu	68	68
	b.	Muslim	16	16
	c.	Christian	16	16
3.	Educational status			
	a.	Illiterate	62	62
	b.	Primary education	24	24
	c.	Secondary education	12	12
	d.	Higher secondary education	2	2
	e.	Under graduate	-	-
	f.	Post graduate	-	-
4.	Occupation			
	a.	Professional	-	-
	b.	Semi-Professional	-	-
	c.	Clerical	8	8
	d.	Skilled worker	10	10
	e.	Semi-skilled worker	20	20
	f.	Unskilled worker	46	46
	g.	Unemployed	16	16

5.	Family income /month		
	a. ≤ ₹ 5000	82	82
	b. ₹ 5001- ₹ 10000	16	16
	c. ₹ 10001- ₹ 15000	2	2
	d. ≥ ₹ 15001	-	-
6.	Type of family		
	a. Joint	64	64
	b. Nuclear	28	28
	c. Extended	8	8
7.	Dietary pattern		
	a. Vegetarian	14	14
	b. Non-vegetarian	86	86
8.	Habits		
	a. Tobacco chewing	54	54
	b. Use of snuff	18	18
	c. Pan chewing	-	-
	d. None	28	28
10	Practice of regular exercise 3 days/week		
	a. Walking	22	22
	b. Jogging	10	10
	c. Any other	-	-
	d. None	68	68
II.	HEALTH VARIABLES		
1.	Age at Menarche		
	a. 10 years	14	14
	b. 11-15 years	74	74
	c. 16 years and above	12	12
2.	Age at marriage (years)		
	a. 13-15	6	6
	b. 16-18	84	84
	c. ≥ 19	10	10
3.	Age at first delivery (years)		
	a. 15 -19	72	72
	b. 20 -24	28	28
	c. ≥ 25	-	-
4.	Duration of breast feeding		
	a. 0 -1 year	16	16
	b. 1-3 years	80	80
	c. > 3 years	4	4
5	Number of children		
	a. 1 child	-	-
	b. 2 children	36	36
	c. 3 children	56	56
	d. > 3 children	8	8
6	Use of contraception		
	a. Oral contraceptive pills	6	6
	b. Intra uterine devices	66	66
	c. Tubectomy	28	28
	d. None	-	-

Table 2 – Distribution of menopausal scores among women
n=100

Level of menopausal symptoms	Scoring	Number of women	%
Mild	1 – 11	-	0
Moderate	12 - 22	4	4
Severe	23 - 33	14	14
Very severe	34 - 44	82	82

The data presented in table n 2 shows that out of 100

Menopausal women 82 (82%) of them had very severe menopausal Problems 14 (14) had severe menopausal problems 4 (4) of them had Moderate menopausal problems.

Table 3 - Association between the level of menopausal problems among women with their selected background information and health variables. n=100

BACK GROUND INFORMATION	Level of menopausal symptoms		Calculated value of x^2	Tabulated value of x^2
	Below mean score	above mean score		
	No	No		
1. Age in years				
a. 45-48	26	-		
b. 49-52	10	50	63.14*	5.99
c. 53-56	14	-		
2) Religion				
a. Hindu	58	10		
b. Muslim	-	16	2.73	5.99
c. Christian	-	16		
3) Educational status				
a. Illiterate	50	12		
b. Primary education	-	24		
b. Secondary education	-	12		
c. Higher secondary education	-	2	3.51	5.99
d. Under graduate	-	-		
e. Post graduate	-	-		
4) Occupation				
a. Professional	-	-		
b. Semi-Professional	-	-		
c. Clerical	-	-		
d. Skilled worker	-	8		
e. Semi-skilled worker	-	10	7.75*	5.99
f. Unskilled worker	-	20		
g. Unemployed	38	24		
5) Family income /month				
	-	13		
a. ≤ Rs.5000	52	10	41.54*	5.99
b. Rs.5001- 10000	-	13		
c. Rs.10001-15000	-	2		
d. ≥ Rs.15001				
6) Type of family				
	-	8		
a. Joint	56	28	4.1	5.99
b. Nuclear	-	8		
c. Extended				
7) Dietary pattern				
	-	14		
a. Vegetarian	72	14	0.32	3.84
b. Non-vegetarian				
8) Habits	48	6		
a. Tobacco chewing	-	-		
b. Use of snuff	-	18	7.19*	5.99
c. Pan chewing	-	28		
d. None				
9) Practice of regular exercise 3 days/ week				
	-	22		
a. Walking	-	-	46.47*	5.99
b. Jogging	-	10		
c. Any other	54	14		
d. None				

II. HEALTH VARIABLES				
1) Age at Menarche				
a. 10 years	-	14		
b. 11-15 years	64	12	0.91	5.99
c. 16 years and above	-	10		
2) Age at marriage (years)				
a. 13-15	-	6		
b. 16-18	68	16	3.61	5.99
c. ≥ 19	-	10		
3) Age at first delivery (years)				
a. 15 - 19	62	10		
b. 20 -24	-	28	13.85*	5.99
c. ≥ 25	-	-		
4) Duration of breast feeding				
a. 0 -1 year	-	16		
b. 1- 3 years	70	10	13.67*	5.99
d. > 3 years	-	4		
5) Number of children				
a. 1 child	-	-		
b. 2 children	-	36		
c. 3 children	52	2	16.91*	5.99
d. > 3 children	-	10		
6) Use of contraception				
a. Oral contraceptive pills	-	6		
b. Intra uterine devices	-	12	5.99	5.99
c. Tubectomy	54	28		
d. None	-	-		

Back ground variables such as age occupation, income, and habits, regular exercises were significantly associated with mean difference in menopausal problems score among women.

There was a significant association between health variables such age at first delivery, duration of breast feeding and Number of children.

Conclusion

The study findings emphasized special attention for menopausal women Thus we may concludes menopausal and postmenopausal women experienced higher prevalence of somatic and psychological symptoms.

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