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Menopause: Their related problems faced

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Abstract

The present study was planned to assess changes during menopause and their related problems in Jhansi City. A self-prepared questionnaire was used to collect data from 100 females facing changes during menopause and their associated problems. Results revealed that most respondents were between 40 -55 years of age. Most of the women faced moderate levels of problems. There is no association between independent variables and problems faced by the women. Half of the women somewhat agreed with the statements regarding problems faced during menopause. Education (χ^2 -0.008*) has a significant association with agreement level regarding problems faced during menopause.

Keywords: Menopause, problems, women

1. Introduction

A woman's menopause is a normal aspect of her life, occurring at a time when many of them hold important positions in the workforce. Hot flashes, exhaustion, memory loss, and other menopause symptoms might reduce an employee's productivity and efficiency at work (Safan, *et al*, 2024) [3]. The time in a woman's life when her menstrual cycle ends is known as menopause. Usually, it happens on its own beyond 45 years of age. When large amounts of hormones are no longer produced by the ovaries, the classic menopausal changes take place. The ovaries are reproductive glands that contain and release eggs. The ovaries stop generating eggs as menopause approaches, and the woman experiences her final menstrual period. Additionally, a person's body may alter as it adapts to varying hormone levels. The symptoms that people experience during per-menopause, menopause, and post-menopause are all reflections of the body's adjustment to these changes. During and after menopause women's experiences vary because of the changes in their bodies and minds. Menopause affects women differently and affects them in different ways (Dhanabalan *et al* 2023) [1]. Menopause refers to the change in a woman's reproductive status from fertile to infertile. It is a biopsychosocial process. There is evidence that women in Asian cultures report fewer menopausal symptoms than women in other cultures, even though menopause can cause incredibly unpleasant physical symptoms. Different nations and cultures may have differing menopause experiences, perspectives, and reactions from women, which can have an impact on women's everyday lives and well-being (Illankoon *et al* 2021) [2]. The majority of women will go through the menopausal transition and spend a considerable amount of time in this stage of life due to the increasing life expectancy of women. Numerous physiological, hormonal, and psychological changes accompany the menopausal transition, and socio-cultural, psychological, and ethnic variables impact these changes. Every woman experiences the menopausal transition differently, thus treating symptoms universally is ineffective. When customizing therapy options for menopausal symptoms, it is critical to comprehend the path physiology, intensity, and advantages and disadvantages of hormonal and non-hormonal treatments (Taulikar *et al* 2022) [4]. With these points in consideration, the present study is planned to assess the problems faced during menopause.

2. Methodology

The respondents were selected for the study by random sampling. Total number of sample is 100 (women).

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The age of respondents was between 45-60 years. Jhansi city of Uttar Pradesh State was selected as a locale of the study due to easy accessibility. A questionnaire was prepared, pretested on 20 respondents, improvised and distributed among respondents for data collection. The data collected was

entered and analyzed for computing mean, Chi-square test using SPSS.

3. Results and Discussion

Table 1: Personal Profile of Respondents

S. No.	Variables	Percentage (N = 100)	Mean	St. Deviation
1	Age		2.54	1.019
	40 -45	18		
	46 -50	31		
	51 -55	30		
	56 -60	21		
2	Education		3.24	1.908
	Illiterate	25		
	Matric	18		
	Intermediate	19		
	UG	8		
	PG	6		
3	Vocation		3.26	1.097
	Labour	10		
	Service	20		
	Business	4		
	Housewife	66		
4	Children		3.08	1.178
	1	7		
	2	28		
	3	31		
	4	18		
	5	16		

Table 1 portrays the personal profile of respondents. In age variable, 31% were between 46-50 years followed by 30% between 51-55 years, 21% between 56-60 years and 18% were between 40-50 years. Concerning education, most of the respondents (25%) were women illiterate and in others (24%) category. While 19% were Intermediate, Matric (18%), Undergraduate (8%) and Postgraduate (6%). Data in Table 1 further revealed that most (66%) of the women were Housewife followed by service (20%), labourwork (10%), Business (4%). Most of the respondents (31%) have three children followed by two children (28%), four (18%) and five (16%). Only 7% women were having only one child.

Table 2: Percentage distribution of respondents regarding level of problem faced during menopause

S. No.	Level of Problems	Score	Frequency (%)
1	Less	0 -3	40 (40)
2	Moderate	4 -8	56 (56)
3	More	7 -10	4 (4)

Data in Table 2 highlights that from total respondents, 56% of women faced moderate level of problems followed by 40% of women faced less problems and only few (4%) of women faced more problems. It indicates that women have to deal with different problems during menopause.

Table 3: Association of independent variables with level of problem faced during menopause

S. No.	Variable	Sub Variable	Problem Faced			Chi-square
			Less (%)	Moderate (%)	More (%)	
1.	Age	40-45	8	9	1	.369
		45-50	10	21	0	
		51-55	10	18	2	
		56-60	12	8	1	
2.	Education	Illiterate	15	9	1	.070
		Matric	8	9	1	
		Intermediate	5	14	0	
		UG	0	8	0	
		PG	1	5	0	
		Others	11	11	2	
3.	Vocation	Labour	5	5	0	.816
		Service	8	12	0	
		Business	1	3	0	
		Housewife	26	36	4	
4.	Children	One	4	3	0	.811
		Two	11	15	2	
		Three	10	20	1	
		Four	7	11	0	
		Five	8	7	1	

Data in Table 3 unveiled that there is no association found between independent variables and problems faced by the

women (Age - χ^2 -.369, Education- χ^2 -.070, Vocation- χ^2 -.816, and Children- χ^2 -.811)

Table 4: Percentage distribution of respondents on agreement level regarding problems faced during menopause

S. No.	Level of Agreement	Score	Frequency (%)
1.	Disagree	0 -3	3 (30)
2.	Somewhat agree	4 -6	50 (50)
3.	Agree	7 -10	47 (47)

Data in Table 4 revealed that from total respondents, (50%) women were somewhat agree with the statements regarding

problems faced by during menopause while (47%) of women agree and only (3%) women disagree.

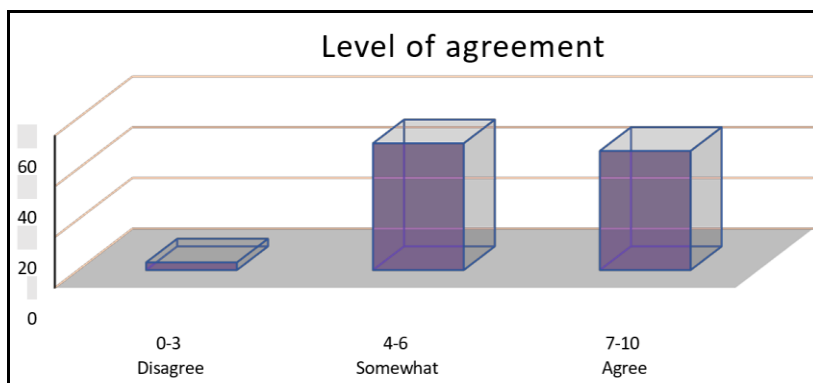


Table 5: Association of independent variables with agreement level regarding problems faced during menopause

S. No	Variable	Sub Variable	Problem Faced			Chi- square
			Disagree (%)	Somewhat (%)	Agree (%)	
1.	Age	40-45	0	13	5	.136
		45-50	0	17	14	
		51-55	1	12	17	
		56-60	2	8	11	
2.	Education	Illiterate	1	14	10	.008*
		Matric	0	8	10	
		Intermediate	0	9	10	
		UG	2	6	0	
		PG	0	1	5	
		Others	0	1	5	
3.	Vocation	Labour	0	2	8	.369
		Service	0	10	10	
		Business	0	2	2	
		Housewife	3	36	27	
4.	Children	One	0	2	5	.737
		Two	1	14	13	
		Three	1	18	12	
		Four	1	10	7	
		Five	0	6	10	

Data in table 5 unveiled that education (χ^2 -.008*) has significant association with agreement level regarding problems faced during menopause. There is no association found between other independent variables and agreement level regarding problems faced by the women (Age - χ^2 -.136, Vocation- χ^2 -.369, and Children- χ^2 -.737)

Table 6 disclosed that concerning the stage of menopause, the majority of women 41% were in the menopause stage followed by post-menopause (32%), Pre-menopause (17%), and none (10%). According to women, menopause increases health risk of sexually transition disease 35% followed by obesity (29%), osteoporosis (26%) and heart disease (10%).The major symptoms of menopause visible were 32% were having vaginal dryness followed by hot flashes (28%), sleep disturbance (20%) and mood swings (20%). Majority of women 39% believe that average age of menopause is forty followed by fifty (36%), fifty five (24%) and sixty (1%). More than half of women (54%) think that back pain is not a

symptom of menopause followed by headache (16%), sweating (15%) and anxiety (14%). According to 42% women, smoking affects menopause followed by medical treatment (27%), body weight and BMI (21%) and genetics and family history (10%). Regarding most common symptoms during the menstrual transition, majority of women favours 38% to hot flashes followed by vertigo (35%), passing urine (17%) and heart palpitation (10%).Majority of women (58%) thinks that no long-term effect was seen regarding change in mood followed by heart disease (23%) increased ability to conceive (11%) and osteoporosis (8%) on menopause. Common problem faced during menopause by majority of women (45%) were decreased bone density followed by heightened estrogenic density (37%), increased fertility (11%), and regular menstrual cycles (7%). Most of the women (38%) think that exercise during and after menopause can help with mood swings followed by cancer risk (28%), weight gain (27%), and hot flashes (7%).

Table 6: Percentage distribution of respondents regarding awareness about menopause and their problems

S. No.	Awareness related to menopause	Aspects	Percentage
1	Going through the stage of menopause	Pre menopause	17
		Menopause	41
		Post Menopause	32
		None	10
2	Menopause increases health risk	Heart diseases	10
		Sexually transmitted disease	35
		Osteoporosis	26
		Obesity	29
3	The major symptoms of menopause	Hot flashes	28
		Sleep disturbance	20
		Mood swing	20
		Vaginal dryness	32
4	The average age of menopause is	50	36
		60	1
		55	24
		40	39
5	Not a symptom of menopause	Headache	16
		Sweating	15
		Anxiety	14
		Back pain	54
6	Affect the menopause	Body weight and BMI	21
		Smoking	42
		Medical treatment	27
		Genetics and family history	10
7	The most common symptoms during menstrual transition	Passing urine	17
		Heart palpitation	10
		Vertigo	35
		Hot flashes	38
8	No long-term effect on menopause	Osteoporosis	8
		Heart disease	23
		Increase ability to conceive	11
		Change in mood	58
9	Common Problem of Menopause	Increased fertility	11
		Decreased bone density	45
		Heightened estrogenic density	37
		Regular menstrual cycles	7
10	Exercise during and after menopause can help	Mood swing	38
		Cancer risk	28
		Hot flashes	7
		Weight gain	27

4. Conclusion

The study concludes that women during menopause face various problems. The data revealed that education plays important role concerning problems faced. Less awareness related to problems during menopause is also the major issue.

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