



PHYSICAL AND PSYCHOLOGICAL ISSUES DURING MENOPAUSE

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Abstract:-

Menopause is a normal physiological process of the permanent ending of ovarian hormone reproduction, thereby felonious the regular menstrual cycle. This critical period in women's life occurs 40 to 60 years. Commonly reported symptoms are physiological disturbances, psychological complaints including mood swings and & other changes that may impair the overall quality of life. In some women, weakness and leg pain were observed, headache, abdominal pain, etc. physical problems were observed. These women do not seem to have much scientific knowledge about menopause. Menopausal awareness program need to be initiated at the community level to create awareness on menopause, better health and quality of life. Thus reducing future complications related to menopausal symptoms.

Keywords: Menopause, Menopause Awareness,

1) Introduction

Menopause is one of the natural and important processes of women's life, where its main feature is fertility and menstruation ending, this critical period in women's life occurs 40 to 60 years. Frequently reported symptoms are physiological disturbances, psychological complaints including mood swings and other changes that may impair the overall quality of life. Although a woman looks fragile, she has flexibility and toughness comparatively more than a man. Nature has given her the gift of motherhood. From the age of thirteen a woman starts menstruating and it continues regularly till the age of 40 to 50 years. Meanwhile, menstruation stops, i.e. menopause occurs, during which a woman experiences many physical pains due to which mental discomfort occurs. Some women suffer more but some suffer less. They also believe that physical pain is caused by doing heavy physical work and ignore this serious matter. The three long term health problems which have been linked to the menopause are osteoporosis, cardiovascular disease and dementia. Many women feel ashamed to talk about these things in public or they can't say it openly. Women should be encouraged to adapt to menopause with a positive attitude by learning about menopause.

2) Objectives of Study

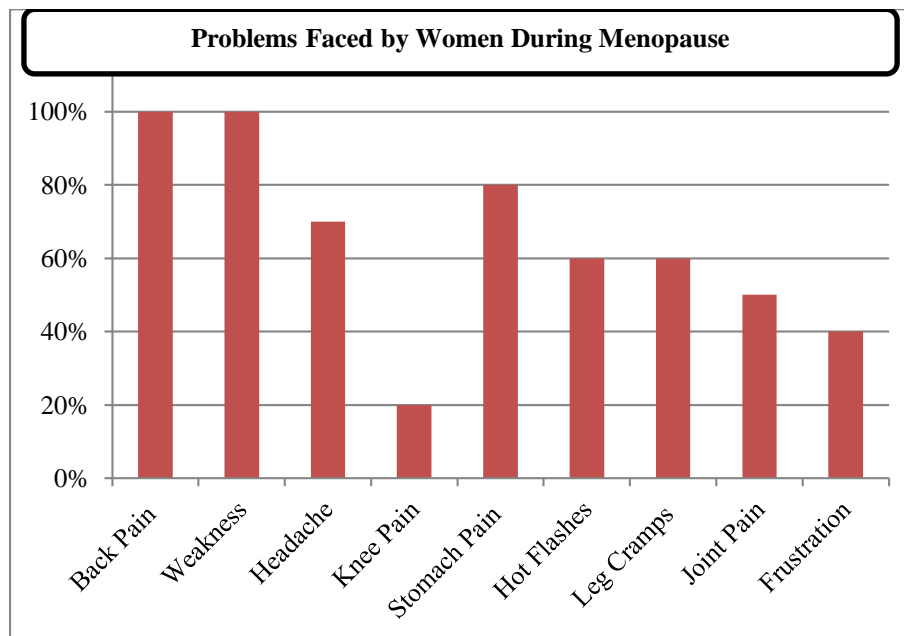
1. To assess the level of awareness about menopause in Women.
2. To create awareness about menopause, its symptoms and prevent Complications.
3. Taking necessary measures to reduce the discomfort during menopause

3) Method of Study

A questionnaire was prepared to study the physical problems faced by women during menopause and the measures taken by them. The sample size was 50 women in the age group of 40 to 50 were selected from Kolhapur city based on the following insertion criteria women who had attained natural pre, peri & post menopause and filled the information in the questionnaire by face to face interview method.

4) Findings

Menopause occurs in women after the age of 40. During this period, physical and mental changes are seen in women. In the survey, the following findings were observed after studying which types of problems are mainly seen in women and what plans are made for them.

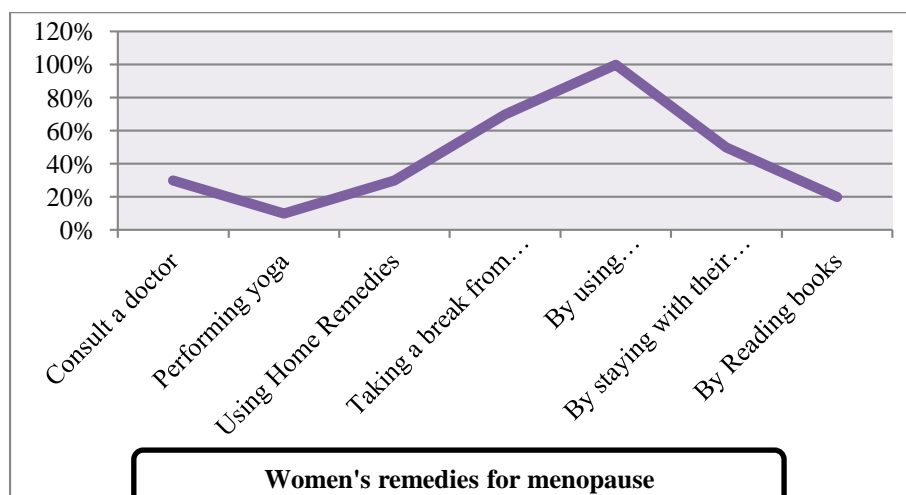


4.1 Problems during Menopause:-

The study shows that a woman faces physical as well as mental changes during menopause. The above chart shows the problems faced by women and its percentage.

1. Menopause is most common in women over the age of 45, about 60 %, and 45 % in women between the ages of 45 and 50.
2. 40% of women had menstrual periods every fortnight while 60% of women had menses once a month.
3. In menopause, menstruation will occur for two days in 30% of women, while bleeding for three days was seen in 70 % of women.
4. 100% of women reported back pain and 100% of women also reported weakness.
5. 70 % of women reported headache while 20 % reported knee pain.
6. In 80 % of women, the problem of stomach pain during menstruation was observed.
7. 60% of women reported having hot flashes.
8. 60% of women reported leg cramps while menstruating and 50 % reported joint pain.
9. 50% of women showed psychological problems like depression, anxiety, lack of self-confidence etc.
10. It was found that 30 % of women are afraid of heavy bleeding and loss of menstruation during menopause.
11. 40% of women were found to be affected by menopause.
12. It was found that 20 % of women wanted to stay alone.
13. 60% of women were found to be irritable.
14. 80 % of women were found to be very emotional during this period.
15. 40 % of women were found to be frustrated.
16. Immediate which involve hot flashes, sweats, (the commonest menopausal symptoms, which affect 80% of premenopausal women). Insomnia, anxiety, irritability, memory loss, tiredness, poor concentration, mood disturbances, depression, irregular period, weight gain, bloating, and significant reduction in sexuality and libido.

4.2 Measures taken by women for these physical and mental problems



The above chart shows that what types of remedies followed by women's.

1. Only 30 % of women were found to consult a doctor.
2. Only 10% of the women were found to be solving their problems through yoga.
3. 30 % of women were seen trying to solve the problem with home remedies.
4. 70 % of women were found to be taking solutions to these problems by taking a break.
5. Measures to be taken by women on mental strain.
6. 100% of women were seen trying to improve their mental health by using entertainment tools.
7. 50 % of women were found to be trying to reduce anxiety by staying with their friends.
8. It was observed that 20 % of women try to entertain themselves by reading books.
9. 20 % of women were found to be aware of weight gain during menopause.

4.3 Remedial plan

1. Regular exercise should be done for physical health, such as yoga, walking, swimming etc.
2. One should always eat fresh and nutritious foods by changing the diet and having regular meal times.
3. A medical examination should be done at least once a month.
4. One should constantly learn something new.
5. Meditation should be done for mental health.
6. Relatives should take care of women during this period.
7. Most importantly, women should understand the scientific information about menopause.

5) Conclusion

After studying the physical and psychological problems during menopause in women and the measures taken to deal with them, it is concluded that all women feel physical pain and thus they show mental discomfort. These women do not seem to have much scientific knowledge about menopause. In some women, weakness and leg pain were observed, headache, abdominal pain, etc. physical problems were observed in 70 percent, while hot flashes were observed in 60 percent of women, mental discomfort was observed in all the women, depression was observed in 40% of women, and the loneliness was observed in 20 percent of women. One hundred percent of women try to stay away from this mental distress by using entertainment tools, 50 percent of women stay with friends and 20 percent of women stay physically and mentally healthy during this time by reading books. It was not seen that any other measures were taken by them apart from this. The menopausal awareness program needs to be initiated at the community level to create awareness on menopause, better health and quality of life.

6) Reference list

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