

# A Study to Assess the Post Menopausal Women Symptoms and Their Associated Factors among Post Menopausal Women Residing Rural Areas of Bagalkot

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**Abstract:-** Menopause is a natural phenomenon, but then it causes many symptoms which deteriorates the health of the women and makes her in trouble for the increased chance of many complications. Signs and effects of the menopause transition can begin as early as age 35, although most women become aware of the transition in their mid to late 40s, often many years after the actual beginning of the perimenopausal window. The typical age range of menopause is between ages of 40 and 60 and the average for last period is 51 years in western countries. In some developing countries, the median age for natural menopause is at 44 years<sup>1</sup>.

### ➤ Objectives

- To assess the post menopausal symptoms and its associated factors among post menopausal women residing rural areas of bagalkot.
- To find the association between post menopausal symptoms and their associated factors.

### ➤ Hypothesis:

**H<sub>1</sub>:** There will be significant association between scores post menopausal symptoms among post menopausal women with their associated factors.

### ➤ Methods

A descriptive approach was used. The sample consists of 50 postmenopausal women. They were chosen by purposive sampling technique. The present study was conducted at rural areas of Bagalkot. Data collections are the procedures or instruments used by the researcher to observe or measure the key variables in the research problem (Robert 1989). Standardized scales were used by the researcher to assess the postmenopausal symptoms among the postmenopausal women i.e centre for menopausal rating scale assessing the postmenopausal symptoms among postmenopausal women residing rural areas of Bagalkot.

### ➤ Results

The findings of the study concluded that postmenopausal symptoms among post menopausal women shows that most of post menopausal women were mild and moderate postmenopausal symptoms. This study is effective to identify the postmenopausal symptoms among post menopausal women and how to overcome the post menopausal symptoms.

### ➤ Interpretation and Conclusion

The findings of the study concluded that postmenopausal women had mild and moderate menopausal symptoms. So the present study is helps to identify postmenopausal symptoms among post menopausal women.

## I. INTRODUCTION

Middle age is one of the turning points in one's life as it brings along many changes. It roughly starts in the early 40s, when for most of the people; it is the best period in their life when their achievement is at the highest point. The challenges between adulthood & despair of old age, comes the change-Menopause in women and during which lives take a compulsory change of direction.<sup>2</sup>

➤ *Menopause is a natural step in aging process, represents the end of menstruation after the last menstrual periods in the previous 12 months. It occurs gradually in women and indicates the transition from the reproductive to the post reproductive era of a women's life. It is the condition that every woman faces, in later life and can have many associates' effects, which might disrupt the quality of life.*<sup>3</sup>

Menopause is a time of both physical and psychological changes. Physical symptoms such as hot flashes, night sweats, weight gain, headache, vaginal dryness, and breast tenderness and sleep problems. Pre menopause can also trigger a variety of emotional changes including anxiety, irritability, depression and a sudden inability to handle stress. These factors will affect the

social life of the women. These symptoms begin from premenopausal period itself. Different women behave differently to these changes and their coping level also different.<sup>4</sup>

Many women may view menopause as a transition from middle age to old age. Some women may look upon this with pleasant anticipation as time of relative freedom from such worries as undesired pregnancies and the stress of child bearing. Many women may have fear during this period because of the anticipated losses. Thus women may be hesitant and ignore the unusual and hormonally related symptoms may go undetected resulting in a delay in diagnosis and treatment.<sup>3</sup> This transition will be smooth only if women are aware of the natural changes occurring during which will help them to adopt self help behavior and to improve their physical and mental health.<sup>5</sup>

Knowing more about menopause might empower women to cope better with menopausal changes. It has been suggested that lack of knowledge regarding menopause makes women more frightened when it is time to deal with menopause and this has negative effects on their emotional state and there is many associated factors affecting postmenopausal women like age, financial status, education, religion etc. Changing women's perceptions on menopause by increasing their knowledge on menopause may cause less emotional and physical disturbance.<sup>6</sup>

## II. RESEARCH METHODOLOGY

The study is aimed to assess the postmenopausal symptoms and its associated factors among postmenopausal women residing rural areas of Bagalkot.

### ➤ *Research Approach*

A descriptive survey design was adopted for this study in order to accomplish the objectives.

### ➤ *Research Design*

Discriptive Survey design has been used to attain the objectives of the present study.

### ➤ *Setting of the Study*

The study subjects were selected from the residing rural areas of Bagalkot.

### ➤ *Populations*

The accessible population of the present study was postmenopausal women residing rural areas of Bagalkot.

### ➤ *Sample*

A sample consists of a subset of the unit that comprises the population. 50 post menopausal women residing rural areas of Bagalkot.

### ➤ *Sampling Technique*

Purposive sampling technique method was adopted to select the samples for the present study based on inclusion criteria.

### ➤ *Development and Description of the Tool*

Standardized scale was used by the researcher to assess the postmenopausal symptoms among the postmenopausal women i.e centre for menopausal rating scale assessing the postmenopausal symptoms among postmenopausal women.

### ➤ *Reliability of the Tool*

This is done by critically evaluating questions based on Karl Pearson correlation coefficient. The reliability index was  $r = 0.93$  r: Reliability co-efficient of the test retest method.

### ➤ *Data Collection*

After obtaining the prior permission from the principal of Sajjalashree Institute of nursing sciences the main study was conducted. The main study was conducted from 18-02-19 to 28-02-19 among 50 postmenopausal women. The subject was selected by purposive sampling technique. The investigator given self introduction explained the purpose of the study, subject's willingness to participate in the study was ascertained. The subjects are assured anonymity and confidentiality of the information provided by them and written informed consent was obtained. The assessment of postmenopausal symptoms conducted by administering the structured menopausal rating scale questionnaire, each subject took 30 minutes to answer the postmenopausal rating scale questionnaire. The data collection process was terminated after thanking the Subjects for their participation and co operation. The data collection was then compiled for data analysis.

## III. RESULTS

This chapter deals with analysis and interpretation of the data collected through self administered menopausal rating scale from the study population. The study was intended to identify the postmenopausal symptoms among postmenopausal women with their associated factors. The analysis and interpretation of data for the present study is based on data collected through standard scales from 50 postmenopausal women residing rural areas of Bagalkot.

### ❖ *Presentation of Data*

To begin with, data was entered in a master sheet, for tabulation and statistical processing. The findings were presented under following headings.

#### **Part I: Description of socio-demographic characteristics of postmenopausal women**

#### **Part II: Description of assessment of test scores of postmenopausal symptoms among postmenopausal women.**

**Section A-** Assessment of postmenopausal symptoms among postmenopausal women

**Section B-** Assessment of mean. SD and mean percentage of postmenopausal symptoms among postmenopausal women.

**Part III: Association between the postmenopausal symptoms and its associated factors of post menopausal women**

➤ *Part I: Description of socio-demographic characteristics of the sample.*

**Part I: Description of socio-demographic characteristics of postmenopausal women**

Socio Demographic Variables	Frequency	Percentage
<b>Age</b>		
48-50Years	16	32%
50-52Years	5	10%
52-55Years	29	58%
<b>Religion</b>		
Hindu	46	92%
Muslim	2	4%
Christian	0	0
Others	2	4%
<b>Educational status</b>		
No formal education	24	48%
Primary education	18	36%
Secondary education	8	16%
Puc and diploma	0	0
Graduation and above	0	0
<b>Occupation</b>		
House wife	34	68%
Labour work	14	28%
Government employee	0	0
Private employee	0	0
Agriculture	2	4%
Bussiness	0	0
<b>Family monthly income</b>		
Below Rs.5000	14	28%
Rs.5001-Rs.10000	28	56%
Rs.10001-Rs.15000	7	14%
Rs.15001&Above	1	2%
<b>Marital status</b>		
Married	46	92%
Unmarried	0	0
Widow	4	8%
Divorced /Seperated	0	0
<b>Number of children</b>		
0	0	0
1	2	4%
2	16	32%
3	14	28%
4&Above	18	36%
<b>Time period after attainment of menopause</b>		
1Year-2Year	0	0
2Year-3Year	1	2%
3Year-4Year	4	8%
4Year &Above	45	90%

Table 1:- Frequency and percentage distribution of socio-demographic of characteristics of study subjects

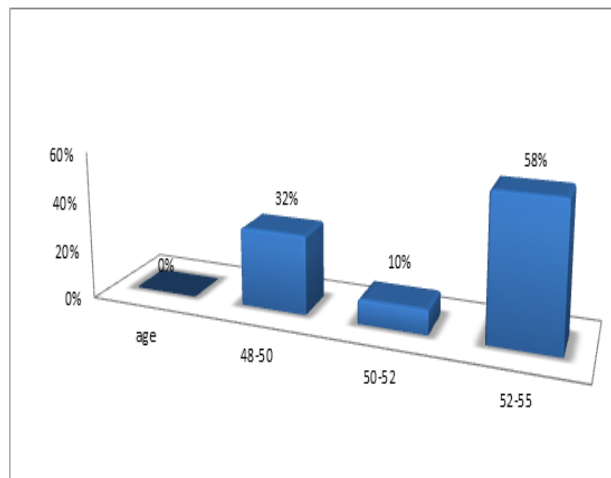


Fig 1:- Percentage wise distribution of post menopausal women according to their age

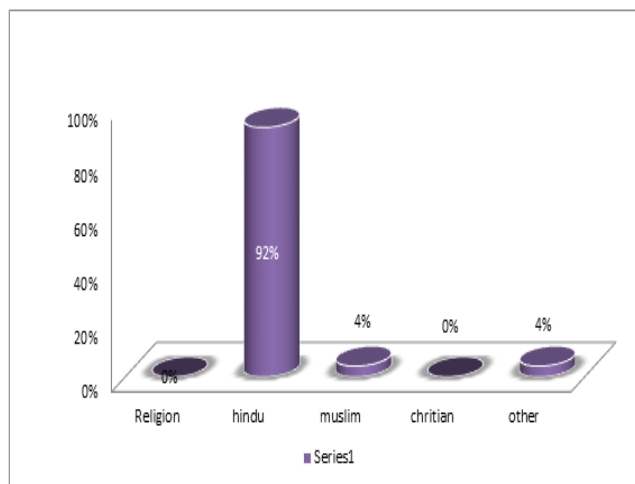


Fig 2:- Percentage wise distribution of post menopausal women according to their religion

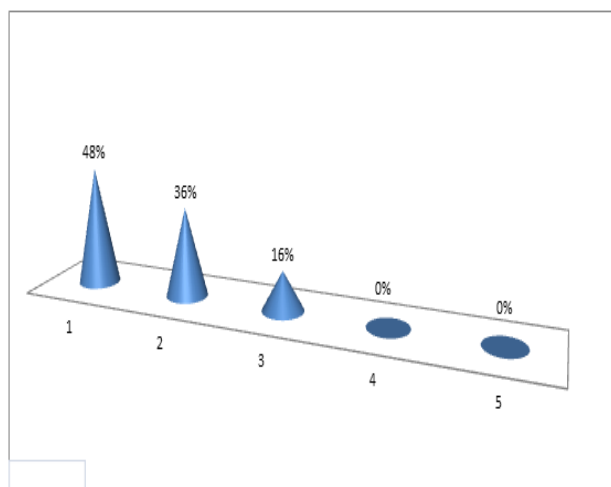


Fig 3:- Percentage wise distribution of post menopausal women according to their educational status

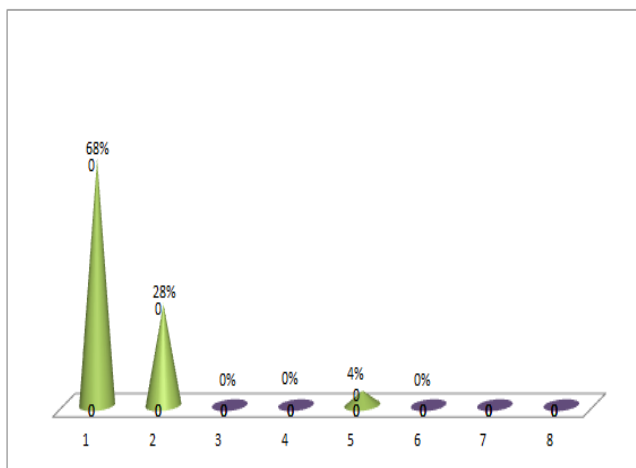


Fig 4:- Percentage wise distribution of post menopausal women according to their occupation

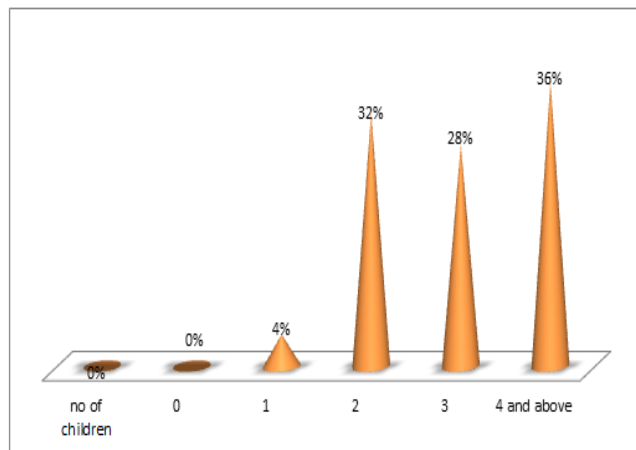


Fig 7:- Percentage wise distribution of post menopausal women according to their number of children

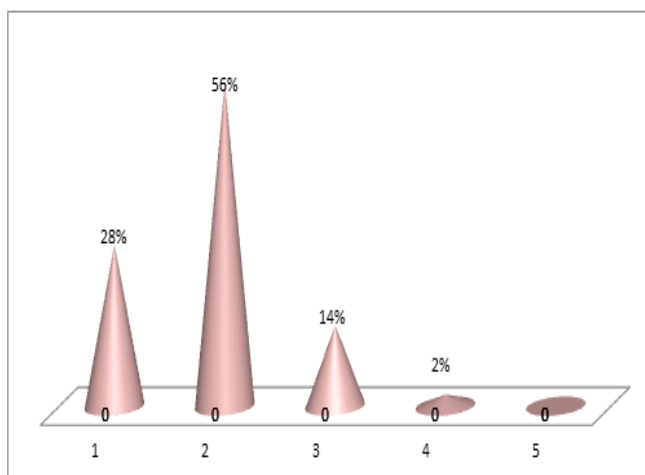


Fig 5:- Percentage wise distribution of post menopausal women according to their family monthly income

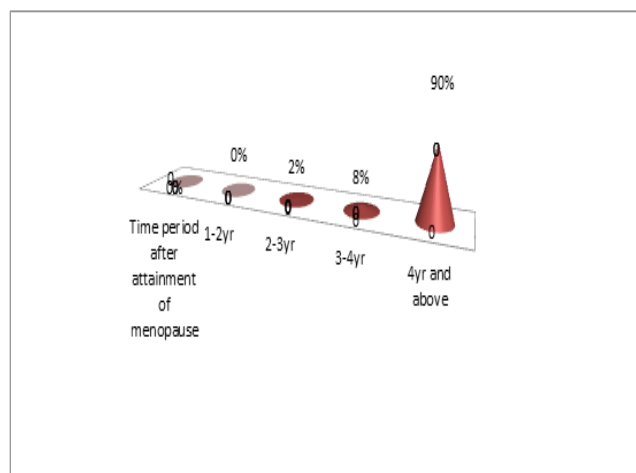


Fig 8:- Percentage wise distribution of post menopausal women according to their time period after attainment of menopause.

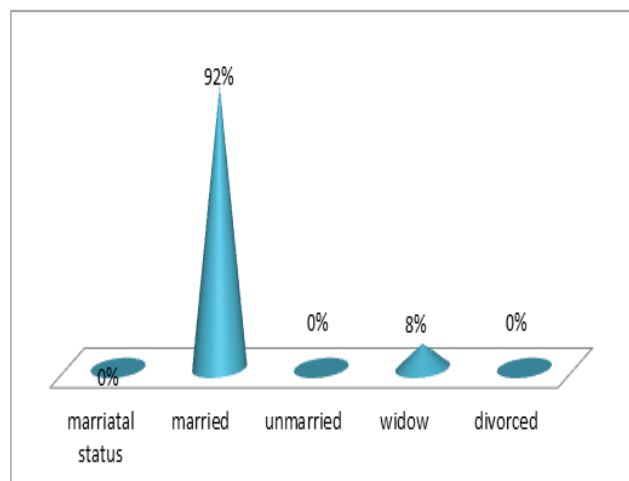


Fig 6:- Percentage wise distribution of post menopausal women according to their marital status

**Part II: Description of assessment of test scores of postmenopausal symptoms among postmenopausal women.**

**Section A- Assessment of postmenopausal symptoms among postmenopausal women.**

Post menopausal symptoms			
	Range of score	frequency	Percentage
Mild symptoms	0-15	37	74%
Moderate symptoms	16-30	13	26%

Table 2:- Assessment of postmenopausal symptoms of postmenopausal women.

Findings related to assessment of postmenopausal symptoms among post menopausal women shows that highest percent(74%) of post menopausal women were mild symptoms, 26 percent were have moderate menopausal symptoms.

Hence the above-stated results clearly suggest that post menopausal women will have mild symptoms.

**Section B- Assessment of mean, SD and mean percentage of postmenopausal symptoms among postmenopausal women.**

Postmenopausal symptoms	MEAN	SD	MEAN PERCENTAGE
	14	3.9	30.59

Table 3:- Mean, SD and mean percentage of post menopausal symptoms among postmenopausal women.

Findings about the assessment of mean, SD, and mean percentage of postmenopausal women of reveals that, the total mean percentage of postmenopausal symptoms scores was 30.59 percent with mean and SD 14 +\_3.9.

**Part III. Association between the postmenopausal symptoms and its associated factors of post menopausal women.**

To find out the association between postmenopausal symptoms among postmenopausal women with their associated factors, research hypothesis was formulated.

Sl. no	Socio Demographic Variables					
		DF	Chi-square value	Table value	P, value	Level of Significance
1	Age	1	0.393	3.84	0.5306	P>0.05,NS
2	Religion	1		3.84	1.0000	P>0.05,NS
3	Educational status	1	0.187	3.84	0.6655	P>0.05,NS
4	Occupation	1		3.84	0.1754	P>0.05,NS
5	Family monthly income	1	0.019	3.84	0.8907	P>0.05,NS
6	Marital status	1		3.84	0.3102	P>0.05,NS
7	Number of children	1	1.021	3.84	0.3122	P>0.05,NS
8	Time period after attainment of menopause	1		3.84	1.0000	P>0.05,NS

Table 4

Findings related to the association between postmenopausal symptoms among postmenopausal women with their associated factors reveals that, there was no significant association was found between postmenopausal symptoms among postmenopausal women with their associated factors. Hence  $H_1$  Stated is rejected.

**SUMMARY**

This chapter deals with the analysis and interpretation of the findings of the study. The data gathered were summarized in the master sheet and both descriptive and inferential statistics were used for analysis. Findings reveal that the post menopausal symptoms with their associated factors has no significant association.

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