



E-ISSN: 2278-4136
P-ISSN: 2349-8234
JPP 2018; 7(2): 541-542
Received: 11-01-2018
Accepted: 12-02-2018

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A Study on occurrence of menopause along with physical and psychological changes among middle adulthood women of eastern Uttar Pradesh

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Abstract

The overall health and well-being of middle-aged women should become a major public health concern around the world. Various types of health related problems affect only women not men in their lives. The reason behind such health problems is poor nutrition along with the cessation of estrogen hormone which protects her from various physical and psychological changes along with other risk factors. But after menopause their vulnerability to various physiological and psychological changes like poor memory, insomnia, poor sight etc. increases. Most of the women experience physical or psychological changes in their lives when they approach to menopause, with various discomforts and disturbances in their lives, leading to a decrease in the quality of their lives. The aim of this study is to assess the age of menopause along with various physical and psychological changes among middle age menopausal women of urban area of Uttar Pradesh.

Keywords: Changes, health, nutrition, physical, psychological

Introduction

As the age increases several unpleasant and uncomfortable physical and psychological changes begin to occur among man and woman but women are at higher risk in comparison to men. Ageing is the main cause of these changes but loss of estrogen hormone among women is also a big cause of any type of health related problem among menopausal women. After their age of forty years they have to face this stage which is a transition phase from reproductive stage to non-reproductive stage. During menopause the activity of follicles of the ovaries to release the ovum begins to loss due to diminished secretion of estrogen. This female hormone protects the women from all types of physiological and psychological risk factors but after the cessation of menstrual cycle, women are vulnerable to the risk of such changes which affect the quality and quantity of life. It normally occurs between 45-55 years. In industrialized countries its mean age of occurrence is 51 years whereas in developing countries it occurs earlier. After the onset of menopause the secretion of female hormone ceases out and now women are vulnerable to various psychological and physical changes like sleep disturbances, memory loss, eye sight weakness, constipation, etc. along with various other chronic risk factors. With increase in life expectancy, a woman spends more than one-third of her lifespan in menopausal state. After menopause the quality and quantity of life of such woman is affected as she is now more prone to morbidity and mortality due to the exposure of life threatening diseases like various type of cancer, cardiovascular diseases, obesity, diabetes mellitus, etc along with menopausal symptoms like poor mental health, insomnia, etc. On one hand in developing countries like India the age of natural menopause is very early and on another hand the risk of surgical menopause is increasing day by day. The reason may be what but they affect the quality of life of women. After menopause the cognitive function along with poor eye sight, insomnia, etc. begins to affect the daily activities belong to their lives and their sense of wellbeing. Such disturbances affect the peace of mind and make such women more irritating and full of depression and affect their socio economic status along with social life. To cope up with the physiological and psychological changes to some extent and for improving the quality of life of such women, awareness related to healthy diet along with other physical activities like exercise should be spread in the society. Menopausal women are at very high risk of several chronic risk factors whereas very few studies have been conducted on this age group. So like reproductive phase some programs should also be made by the government for the women of middle age group. It should be considered as a major public health problem. Each and every stage of life of women needs attention but middle aged women need more attention.

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Many unpleasant experiences and symptoms along with many deficiency and chronic diseases begin to accumulate or further develop during the menopausal transition among middle-aged women. Prevention of chronic diseases, disability and improvement in women's quality of life and guarantee a long lasting and active role for middle-aged menopausal women in society should be a key aspect.

Materials and Methods

The main purpose of the present work was to study the occurrence of menopause along with various physical and psychological changes among middle adulthood women of eastern part of Uttar Pradesh. The study was conducted from December 2011 to March 2012. The sample size selected for this study consisted of 100 urban middle adulthood women. For the present study one hundred middle aged women were selected randomly from the urban area of Varanasi of Uttar Pradesh. The respondents were between the age group of 50-60 years, who were menopausal women, mostly home makers, living sedentary life style and belonged to urban community at Varanasi. Most of the respondents during the study were between the low and medium socioeconomic group. For collecting information regarding age of occurrence of menopause, time duration of sleeping hours, prevalence of eyes weakness and memory weakness, questionnaire cum interview method technique was used during survey.

Results and discussion

Information regarding age during occurrence of menopause among respondents presented in Table 1. During the study it was found that majority (33%) of the respondents were become menopause at the age of forty eight years, four percent respondents at thirty five years, twenty three percent at forty years, thirty one percent at forty five years. Only nine percent respondents were become menopause after crossing the age of forty eight years. Information regarding sleeping hours among respondents presented in Table 2. During the study it was found that majority of the respondents (46%) were sleeping for six-eight hours, six percent respondents were sleeping only four-six hours, forty one percent were sleeping eight-ten hours and seven percent respondents were sleeping willingly. Information regarding prevalence of eyes weakness presented in Table 3. During the study it was found that thirty seven percent respondents were suffering from eye sight weakness. Information regarding memory weakness among respondents presented in Table 4. During the study it was found that thirty one percent respondents were suffering from memory weakness.

Table 1: Distribution of respondents on the basis of occurrence of menopause

Category	Frequency	Percentage
35 years	4	4
40 years	23	23
45 years	31	31
48 years	33	33
>48 years	9	9
Total	100	100

Table 2: Distribution of respondents on the basis of sleeping hours

Category	Frequency	Percentage
4-6 hours	6	6
6-8 hours	46	46
8-10 hours	41	41
Willingly	7	7
Total	100	100

Table 3: Prevalence of eyes weakness in respondents

Responses	Frequency	Percentage
Yes	37	37
No	63	63
Total	100	100

Table 4: Respondents suffering from memory weakness

Responses	Frequency	Percentage
Yes	31	31
No	69	69
Total	100	100

Conclusion

The conclusion of the present study is that during study it was found that majority of the respondents were become menopause at the age of forty eight years whereas the mean age of menopause is fifty one year's worldwide among industrialized countries. During study respondents sleeping time was also noted along with other physical and psychological problems like eye sight weakness and memory weakness as these two are very important unpleasant changes often observed among menopausal women. During menopause lack of sleep also occurs. All these detrimental causes of ill health can be overcome by healthy diets along with physical exercise to some extent in elderly population especially women.

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