

Original Research Article

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## Menopausal Symptoms Assessment among Middle Age Women

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### ABSTRACT

#### Keywords

Middle age women,  
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#### Article Info

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The present study makes an attempt to understand the menopausal symptoms assessment among middle age women. Middle age is one of the turning point in one's life as it brings many changes. Middle age in women includes the gradual winding down of the reproductive system and ending of the child bearing years. The results revealed that 92 percent expressed hot flush and sweating, 98 percent expressed heart discomfort, 83 percent expressed sleep problems, 68 percent expressed depression mood, 77percent expressed irritability, 70 percent expressed anxiety, 80 percent expressed physical and mental exhaustion, 77 percent expressed sexual problems, 83 percent expressed bladder problems, 93 percent expressed dryness of vagina, 95 percent expressed joint and muscular discomfort.

### Introduction

Menopause by definition is the time in a woman's life when she is adapting to the physical, emotional, mental, and hormonal changes associated with ceasing to have menstrual periods. Some of the common associated changes include interrupted sleep patterns, hot flashes, and stress.

Menopause is not necessarily a negative experience for every women who is in this stage of her life. There are women going through menopause who do not have any negative symptoms. Nevertheless,

approximately 25% of women who have significant symptoms require on-going treatment for extended periods of time (Northrup, 2015).

There are also approximately 60% of women in menopause who visit their local physician because of the severity of their symptoms (Gault, 2015).

Occupational therapists could have a profound impact on these women's lives by addressing this problem through the implementation of occupation-based practice changes to improve their overall health. After completing a

database search in a premier peer-reviewed journal in occupational therapy, however, it was noted there has not been a single article regarding the preventative measures and community-based issues that are pertinent in addressing over a million women who are struggling with adapting and making the necessary life changes to effectively and efficiently deal with the changes occupations associated with menopause (George, 2002).

**Materials and Methods**

It focused on women (40 to 55 years). The main focus of the study was to study menopausal symptoms assessment among middle age women.

**Results and Discussion**

The data collected with respect to understand the menopausal symptoms assessment among middle age women.

The results revealed that 92 percent expressed hot flush and sweating, 98 percent expressed heart discomfort, 83 percent expressed sleep problems, 68 percent expressed depression mood, 77 percent expressed irritability, 70 percent expressed anxiety, 80 percent expressed physical and mental exhaustion, 77 percent expressed sexual problems, 83 percent expressed bladder problems, 93 percent expressed dryness of vagina, 95 percent expressed joint and muscular discomfort.

**Table.1**

S.no	Statements	(n=60)		
		Category	F	P
1	Hot flush and sweating	YES	55	92
		NO	5	8
2	Heart discomfort	YES	59	98
		NO	1	2
3	Sleep problems	YES	50	83
		NO	10	17
4	Depression mood	YES	41	68
		NO	19	32
5	Irritability	YES	46	77
		NO	14	23
6	Anxiety	YES	42	70
		NO	18	30
7	Physical and mental exhaustion	YES	48	80
		NO	12	20
8	Sexual problems	YES	46	77
		NO	14	23
9	Bladder problems	YES	50	83
		NO	10	17
10	Dryness of vagina	YES	56	93
		NO	4	7
11	Joint and muscular discomfort	YES	57	95
		NO	3	5
		<b>Total</b>	<b>60</b>	<b>100</b>

The data collected with respect to understand the menopausal symptoms assessment among middle age women. Middle age is one of the turning point in one's life as it brings many changes. Menopause is a difficult process. Menopause may experience a variety of symptoms can make it a considerable struggle for those already dealing with their hectic lives. The results revealed that 92 percent expressed hot flush and sweating, 98 percent expressed heart discomfort, 83 percent expressed sleep problems, 68 percent expressed depression mood, 77 percent expressed irritability, 70 percent expressed anxiety, 80 percent expressed physical and mental exhaustion, 77 percent expressed sexual problems, 83 percent expressed bladder

problems, 93 percent expressed dryness of vagina, 95 percent expressed joint and muscular discomfort.

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