



REVIEW ARTICLE

A DESCRIPTIVE STUDY TO ASSESS THE MENOPAUSAL SYMPTOMS AMONG MENOPAUSAL WOMEN RESIDING IN SELECTED VILLAGES AT NAMAKKAL DISTRICT

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ABSTRACT

Menopause is a part of a women's natural ageing process.

Objectives: To assess the level of Menopausal symptoms among menopausal women. Design: A Descriptive research design.

Sample: Menopausal women with menopausal symptoms at Namakkal (Dt).

Sampling Technique: Convenient sampling technique.

Data collection: MRS (Menopause Rating Scale) was used to assess the level of Menopausal symptoms.

Results: 15% of menopausal women had moderate symptoms, 50% of menopausal women had severe symptoms and 35% of menopausal women had very severe symptoms.

Conclusion: There was no significant association between levels of menopausal symptoms with their demographic variables. It concluded that Psychological symptoms were more common among menopausal women.

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INTRODUCTION

Menopause is a normal part of life, just like puberty. It is the time of last menstrual period. Menopause is a normal condition that all women experience as they age. The term "menopause" is commonly used to describe any of the changes a woman experiences either just before or after she stops menstruating, marking the end of her reproductive period. Every woman experiences her midlife years differently. The changes that occur during this period, including changes in sexual well-being, are typically caused by a mix of both menopause and aging as well as by typical midlife stresses and demands. Menopausal women have been associated with increased anxiety. Anxiety measures are typically composed of items measuring somatic and affective symptoms, (The Northern American Menopause Society, 2010). It is a challenging period of difficult physical and emotional changes as they find that menopause affects sex life, triggers mood swings, causes debilitating hot flushes and takes them down the road to bone and hearing problems. A women's experience of menopause can be related to many things including genetics, diet, lifestyle, social, and cultural attitude towards older women (Nayak, 2009).

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In India 96% of women suffer from menopausal problems. Among these; 46.6% from Tamilnadu, 31.4% from Andrapradesh, 21% from Bihar, 20.25% from Rajasthan, 11.6% from Kerala (Yoshiki, 2007). Mojgan Asadi, Zahra, et al., (2012) – a cross sectional study done between January 2011 and January 2012, among 134 Turkish women, the mean age of natural menopause onset was 47.35. The symptoms associated with menopause were hot flushes (59.5%) , mood swing (42.65%), vaginal dryness (41.1%), sleep problems (40.4%), night sweats (38.2%), memory loss (32.2%), urinary symptoms (18.3%), palpitation (6.6%), anxiety (5.8%), joint and muscle pain (59.9%), depression (4.4%), irritability (3.6%), and the study showed that hot flushes, mood swing, and vaginal dryness were the most common symptoms associated with menopause. Geetha (2008) conducted a descriptive study to assess the health problems experienced by the post menopausal women and the coping strategies adopted by them and the results revealed that under the physiological problems about 88% indicated loss of energy, 73% had hot flushes, 72% insomnia, 52% had vaginal dryness, 80% had joint pain, and 72% had urinary incontinence. Under the psychological problems, 71% had reported irritability, 75% had depression, 68% had tension headache, and 55% had anxiety.

Objectives: To assess the level of menopausal symptoms among menopausal women.

- To find out the association between level of menopausal symptoms scores among menopausal women with their demographic variables.

Hypothesis:

- H₁:** There was a significant level of menopausal symptoms among menopausal women.
- H₂:** There was a significant association between levels of menopausal symptoms scores with their demographic variables.

MATERIALS AND METHODS

Research approach & Design

The Quantitative research approach with Descriptive research design was selected for the present study.

Setting

The setting for study was Amman Nagar and Taj Nagar, Namakkal (Dt).

Sample and Sample Size

The samples for the present study were menopausal women residing in Amman Nagar and Taj Nagar, Namakkal (Dt), who fulfill the sampling criteria. The sample size was 20 menopausal women.

Sampling Technique

“Convenient sampling technique” was used to select the sample.

Inclusion Criteria: Menopausal women,

- Age group between 45- 60 years
- Who were in normal physiological process
- With menopausal symptoms.
- Who were present during the time of data collection.
- Who gave consent to participate in this study
- Who were able to understand and speak Tamil

Description of the Tool

Section A: Demographic variables

Section B: MRS (Menopause Rating Scale) to identify the level of menopausal symptoms among menopausal women.

Table 1. Scoring for menopausal symptoms

Level of menopausal symptoms	Actual score	Percentage of scores
None	0	0
Mild	1 – 11	Below 25
Moderate	12 – 22	26 – 50
Severe	23 – 33	51 – 75
very severe	34 - 44	76 -100

Validity and Reliability

- The content validity of the demographic variables and MRS (Menopause Rating Scale) was validated in

consultation with guide and field of experts. The tool was modified according to the suggestions and recommendations of the experts

- Split Half method (Cronbach's Alpha) was used to find out the reliability of the MRS (Menopause Rating Scale). ($r^1 = 0.82$)

Plan for Data Analysis

- Descriptive Statistics:** Frequency & Percentage. Mean and Standard Deviation
- Inferential Statistics :** Mean and Standard Deviation, ‘t’ test and Chi –square test

RESULTS

Table 2. Frequency and percentage distribution of samples according to their demographic variables

Demographic Variables	Menopausal women (N =20)	
	Frequency	Percentage
Age in Years		
a.45 – 48	6	30
b.49 – 52	5	25
c.53 – 56	5	25
d.57 – 60	4	20
Socioeconomic status		
a.Rs.1000 – Rs. 2000	2	10
b.Rs.2001 – Rs. 3000	2	10
c.Rs.3001 – Rs. 4000	7	35
d.Rs.4001and>above	9	45
Education		
a.No formal education	5	25
b.Primary education	7	35
c.Secondary education	7	35
d.Higher secondary education	1	5
e.Graduate	-	-
Occupation		
a.Housewife	6	30
b.Sedentary workers	6	30
c.Moderate workers	5	25
d.Heavy workers	3	15
Age at menarche		
a.Less than 12 Years	1	5
b.13 Years	8	40
c.14 Years	8	40
d.Above 14 years	3	15
Religion		
a.Hindu	14	70
b.Muslim	4	20
c.Christians	2	10
d.Others	-	-
Dietary pattern		
a.Vegetarian	5	25
b.Mixed diets	15	75
Types of habits		
a.Tobacco chewing	4	20
b.Betal nut chewing	8	40
c.Smoking	-	-
d.None	8	40
Period of cessation of menstruation		
a.< 5 years	9	45
b.6 – 10 years	7	35
c.11 – 15 years	4	20
Type of family		
a.Joint family	10	50
b.Nuclear family	10	50
c.Extended family	-	-
Source of information		
a.Neighbours	8	40
b.Relations	9	45
c.Mass media	3	15
d.Health professionals	-	-
Use of home remedies for symptoms		
a.Yes	1	5
b.No	19	95

Table 3. Frequency and percentage distribution of menopausal symptoms among menopausal women

Level of menopausal symptoms	Menopausal symptoms score	
	Frequency (N)	Percentage (%)
No symptoms	-	-
Mild	-	-
Moderate	3	15
Severe	10	50
Very sever	7	35

The level of menopausal symptoms scores shows that 15% of menopausal women had moderate symptoms, 50% of menopausal women had severe symptoms and 35% of menopausal women had very severe symptoms.

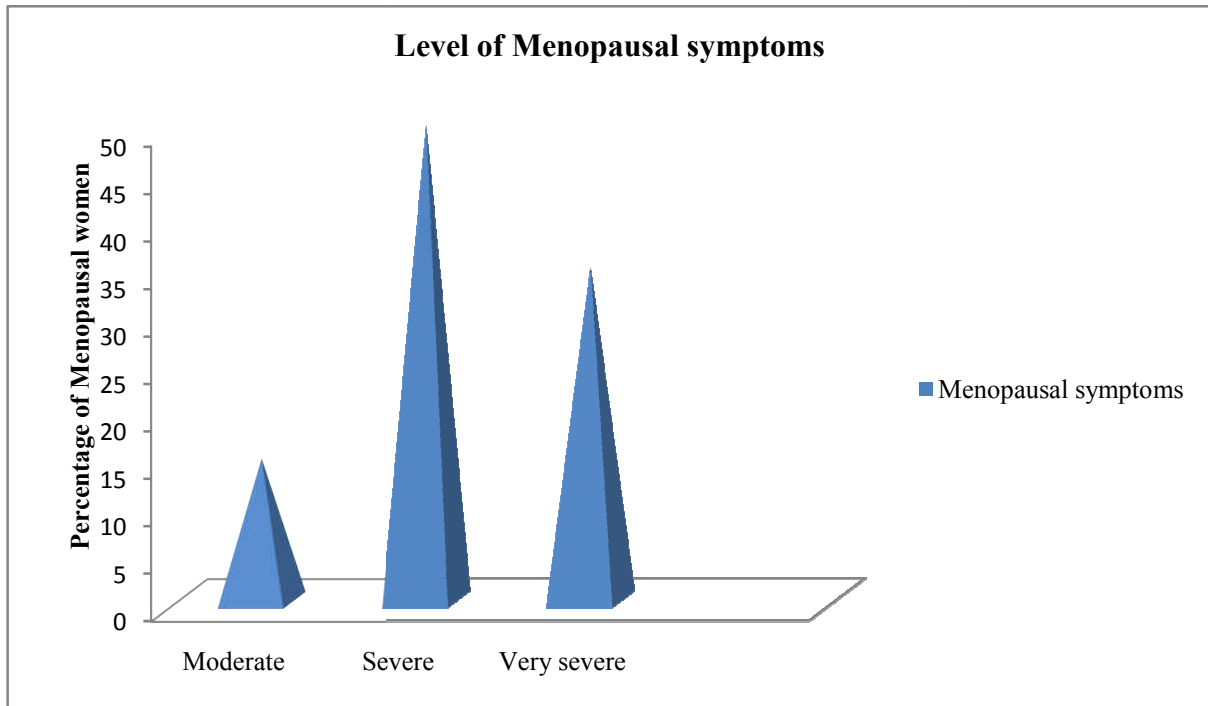


Fig 1. Frequency and percentage distribution of menopausal symptoms among menopausal women

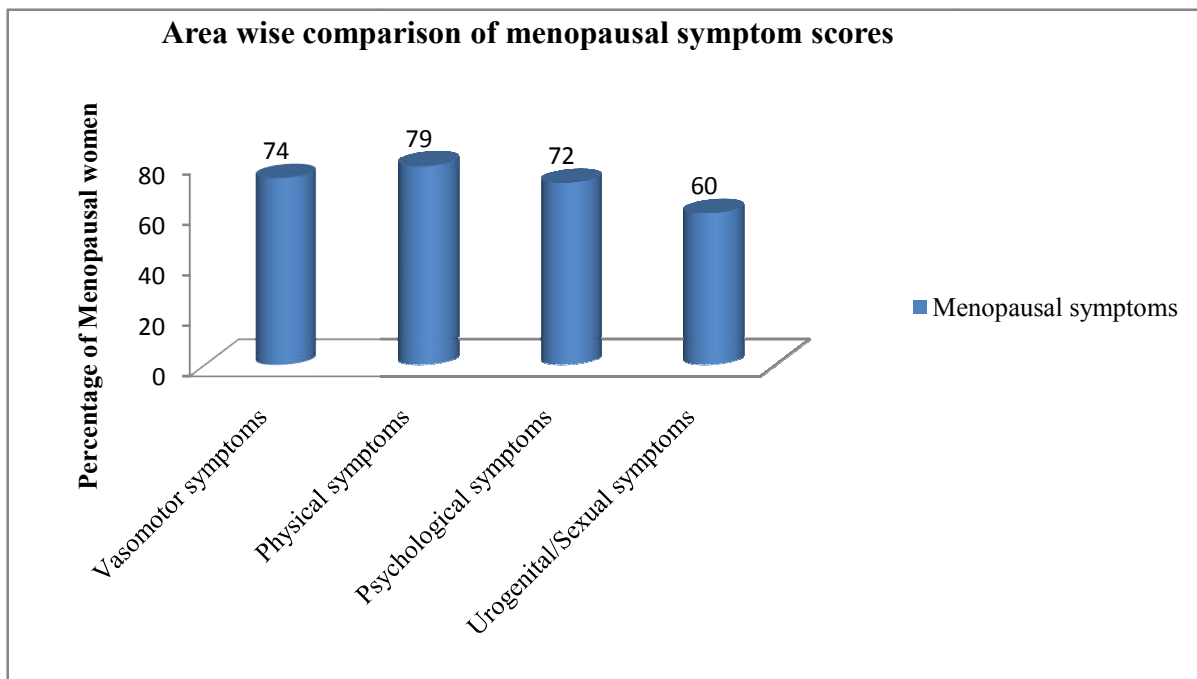


Fig. 2. Mean, SD, and mean percentage of menopausal symptom scores

Table 4. Area wise comparison of mean, SD, and mean percentage of menopausal symptom scores

S. No	Areas	Max. scores	Menopausal symptoms score		
			Mean	SD	Mean (%)
1.	Vasomotor symptoms	8	5.95	1.235	74.38
2.	Physical symptoms	8	6.35	1.567	79.38
3.	Psychological symptoms	16	11.45	2.704	71.56
4.	Urogenital / sexual problems	12	7.2	2.546	60

Area-wise comparison of level of menopausal symptoms among menopausal women depicts that the highest mean score (11.45 ± 2.704) which is 72% for Psychological symptoms and the lowest mean score (5.95 ± 1.235) which is 74% for Vasomotor symptoms. This finding was consistent with the results of Kaulagekar (2011 Pune), Rahman (2010 Bangladesh) and Sharma (2004-2005) Jammu shows that Irritability was reported by 48% of post-menopausal women and Almost more than 90% of postmenopausal women in the study area suffered from one or more menopausal symptoms.

Table 5. Item-wise analysis of menopausal symptoms among Menopausal women

S. No	Menopause Symptoms Rating Scale (MRS)	Menopausal symptoms	
		Frequency (N)	Percentage (%)
	Physiological symptoms		
1	Heart discomforts	10	50%
2	Sleeping problems	16	80%
3	Joint and muscular discomforts	15	75%
	Vasomotor symptoms		
4	Hot flushes & Night sweat	12	60%
	Psychological symptoms		
5	Depression	17	85%
6	Irritability	15	75%
7	Anxiety	14	70%
8	Physical & Mental exhaustion	10	50%
	Urogenital symptoms		
9	Sexual problems	10	50%
10	Urinary complaints	14	70%
11	Vaginal dryness	9	45%

Table 6. Association between menopausal symptoms scores and demographic variables of the menopausal women

Sl. No	Variables	Degrees of freedom df	χ^2		Level of Significant
			Menopausal symptoms scores		
1	Age (in year)	1	3.334		Not Significant
2	Socio economic status	1	0.068		Not Significant
3	Education	1	0.218		Not Significant
4	Occupation	1	0.5		Not Significant
5	Age at menarche	1	1.818		Not Significant
6	Religion	1	0		Not Significant
7	Diet	2	1.978		Not Significant
8	Personal habits	1	0		Not Significant
9	Period of cessation of menstruation	3	0.202		Not Significant
10	Type of family	2	3.2		Not Significant
11	Source of information	1	3.53		Not Significant
12	Practice of home remedies	1	1.052		Not Significant

χ^2 Value with $P < 0.05$

There is no significant association between levels of menopausal symptoms scores when compared to demographic variables.

Conclusion

- The level of menopausal symptoms scores shows that 15% of menopausal women had moderate symptoms, 50% of menopausal women had severe symptoms and 35% of menopausal women had very severe symptoms.
- No significant association was found between level of menopausal symptoms scores and their demographic variables.

DISCUSSION

- Highest percentage (30%) of women was in the age group of 45-48 years, 30% of them were sedentary workers. 50% of the menopausal women attained menarche at the age of 13 years. 70% of the menopausal women were Hindus. The periods of cessation of menstruation of menopausal women were

less than 5 years (40%). Most of the menopausal women (95%) were not used any home remedies for menopause symptoms. The study findings reveals that the 15% of menopausal women had moderate symptoms, 50% of menopausal women had severe symptoms and 35% of menopausal women had very severe symptoms. 74% of them had vasomotor symptoms, 79% of them had physical symptoms, 71% of them had Psychological symptoms and 60% of them had Urogenital / sexual problems.

- There was no significant association between the level of menopausal symptoms scores when compared to demographic variables

Nursing Implication

Nursing Education: By mass health education and through innovative measures, Nurse Educators can encourage nurses

and midwives to educate regarding menopausal symptoms among menopausal women.

Nursing Services: The proper information regarding menopausal symptoms must be implicated in clinical areas to improve the knowledge level.

Nursing Administration: Nurse administer can support the researcher to conduct the research on role of nurse in prevention and treatment of menopause symptoms among menopausal women.

Nursing Research

- The study may be issued for further reference.
- Further large scale study can be done in different settings.

Recommendations

- The replication of the present study can be conducted with large samples.
- A comparative study can be conducted among urban and rural population.
- A similar study can be conducted by adopting other alternative therapies for menopausal women.

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