

Assess the Level of Physical and Psychological Problems Faced by Women Who Attained Menopause

*Beula S.S.**

Assistant Professor, Department of Community Health Nursing, Dr. Kumaraswami Health Centre College of Nursing (affiliated to Dr. M.G.R. Medical University), Perumalpuram, Kottaram, Kanyakumari, Tamil Nadu, India

ABSTRACT

Menopause is an important developmental event in a woman's life having physical, psychological and social implications for the women. The aim was to assess the level of physical and psychological problems among women who accomplished menopause. Convenience sampling technique was adopted and structured questionnaire were utilized. Women's health assumes crucial because their health status affects the whole family. Nurses have to help them to promote healthy life styles during this period.

Keywords: *Menopause, menopausal women, physical, psychological problems.*

***Corresponding Author**

E-mail: beula.beula@ymail.com

INTRODUCTION

Menopause is the permanent end of menstrual periods. During the menopausal years, many women are faced with situations that affect mood, such as growing older, adjusting to the children's leaving home and accepting increased responsibility for aging parents [1]. Menopause occurs at a median age of 51.4 years, with some women reaching menopause as early as their 30s and few in their 60s [2, 3]. Menopausal syndrome refers to a group of symptoms that are experienced by some women during climacteric. Hot flushes that last for one year in 80% of women are characteristic of menopausal syndrome. It is experienced by 20% of women with psychological problems at a younger age. Emotionally they are manifested by headache, irritability, sleeplessness, giddiness, fatigue, depression, palpitation. Disturbed sleep can also be due to hot flushes and sweats [4].

Majority of these problems can be improved by a non-fattening diet, regular evacuation of bowel and sedatives [5].

The International Menopause Society (2004) said that one half of all women over 50 sometimes have a fracture caused by osteoporosis. Recent surveys have found that more than half of all women do not know that the menopause is associated with an increased risk of heart disease [6]. In the year 2005 it was calculated that 1.1 billion women would have attained menopause (WHO). Heart disease is the leading cause of death for women who are 65 years and above [7]. Depression is a huge symptom of menopause. North American Menopause Society 2000 says that most of the women spend one-third of their life in menopause [8]. Women are instructed to remain silent and are generally forced to remain in the home or work very close to it. As a result, women's

issues are given little attention and hardly any funding.

STATEMENT OF THE PROBLEM

A study to assess the level of physical and psychological problems faced by women who attained menopause in Kovalam Village of Kanyakumari district.

Objectives

1. To assess the level of physical problems among women who attained menopause.
2. To assess the level of psychological problems among women who attained menopause.
3. To find the relation between physical and psychological problems of menopausal women.
4. To find the association between physical problems and selected demographic variables.
5. To find the association between psychological problems and selected demographic variables.

Hypotheses

All hypotheses were tested at 0.05 level of significance.

H1: There will be significant correlation between physical and psychological problems.

H2: There will be significant association between physical problems and selected demographic variables.

H3: There will be significant association between psychological problems and selected demographic variables.

Research Methodology

Quantitative approach and descriptive research design was used for this study. Rosen stock's Becker and Maiman's Health Belief model was adopted for this study. Data was collected from 60 menopausal women of Kovalam village. The tool consisted of four sections: *Section A* deals with demographic variables such

as age, age at menarche, age at menopause, educational status, occupation, marital status, residing with husband, hobbies, health problems and vision problems; *Section B* dealt with 25 structured questionnaire to assess the level of physical problems, *Section C* dealt with 25 structured questionnaire to assess the psychological physical problems and *Section D* dealt with 25 structured questionnaire to assess the level of psychological problems. The prepared tool was given to experts for content validity, and suggestions from the experts were taken to finalize the tool. The tool was tested for its reliability to assess the physical and psychological problems, which were 1 and 0.925 respectively. Chi-square test was used to determine the association between physical and psychological problems and demographic variables.

RESULTS

Among 60 women, 26% were in the age group of 45–49 years, 63% were in the age group of 50–54 years and 10% were between 55 and 59 years.

Regarding age at menarche, 28% of them were in the age of 13 years, 28% of them were in the age of 14 years, 36% of them were in the age of 15 years and 6% of them were in the age of 16 years.

Regarding age at menopause, 63% of them were in the age group of 45–49 years and remaining 36% were in the age group of 50–54 years.

With respect to educational qualification, 71% had primary education, 26% had secondary education and 2% were graduates.

Regarding occupation, 76% were home members and 23% were laborers.

Regarding marital status, 80% got married and 20% were widows.

Among 60 samples, 80% of them were residing with husbands and 20% of them were not residing with husbands.

Regarding hobbies, 98% had hobbies and remaining 2% were not having any hobbies.

Regarding health problems, 13% had diabetes mellitus 8% had hypertension, 10% of them had other problems and 68% of them were not having any health problems.

Among 60 women, 40% of them had vision problems and the others 60% were not having any vision problems.

Among 60 women, 13 (21.7%) women had mild physical problems, 41 (68.3%) had moderate physical problems and 6 (10%) had severe physical problems. Only 8 (13.3%) had moderate and 52 (86.7%) had severe psychological problems.

The mean score of physical and psychological problems were 11.3 ± 3.78 and 19.5 ± 2.9 respectively. The physical problems were positively significantly correlated with psychological problems ($r=0.305$, $n=60$ and $p<0.05$). The physical

problems were determined by psychological problems to an extent of 9.3%.

The association between physical problems and demographic variables such as age ($\chi^2=7.153$ with $d-f=4$), age at menarche ($\chi^2=7.391$ with $d-f=6$), age at menopause ($\chi^2=2.778$ with $d-f=2$), educational status ($\chi^2=6.406$ with $d-f=4$), occupation ($\chi^2=5.211$ with $d-f=2$) marital status ($\chi^2=0.846$ with $d-f=2$), residing with husband ($\chi^2=0.846$ with $d-f=2$), hobbies ($\chi^2=0.471$ with $d-f=2$), health problems ($\chi^2=3.447$ with $d-f=6$) and vision problems ($\chi^2=1.284$ with $d-f=4$) were not significant.

The association between psychological problems and demographic variables such as age ($\chi^2=2.346$ with $d-f=2$), age at menarche ($\chi^2=3.48$ with $d-f=3$), age at menopause ($\chi^2=0.003$ with $d-f=1$), educational status ($\chi^2=0.668$ with $d-f=2$), occupation ($\chi^2=2.809$ with $d-f=1$), and marital status ($\chi^2=0.325$ with $d-f=1$), residing with husband ($\chi^2=0.325$ with $d-f=1$), hobbies ($\chi^2=0.156$ with $d-f=1$), health problems ($\chi^2=5.782$ with $d-f=3$) and vision problems ($\chi^2=0.385$ with $d-f=1$) were not significant.

Table 1. Distribution of Assessment of Level of Physical Problems (N=60).

Scores	Percentage of Scores	Level of Problems	Number of Menopausal Women No. %		Estimated Level to Range in the Population 95% C.I
0-7	<30	Mild	13	21.7	11.3 to 32.1
8-15	31-60	Moderate	41	68.3	56.5 to 80.1
16-25	61-100	Severe	6	10.0	2.4 to 17.6
Total			60	100	

Table 2. Distribution of Assessment of Level of Psychological Problems (N=60).

Scores	Percentage of Scores	Level of Problems	Number of Menopausal Women No. %		Estimated Level to Range in the Population 95% C.I.
0-7	<30	Mild	Nil	Nil	Nil
8-15	31-60	Moderate	8	13.3	4.7 to 21.9%
16-25	61-100	Severe	52	86.7	78.1% to 95.3%
Total			60	100	

Table 3. Distribution of relationship between physical and psychological problems.

Problems	Median	Mean	S.D.	γ	Significance	χ^2	Percentage determination of physical and psychological problems
Physical	11.5	11.3	3.7	0.305	P<0.05	0.093	9.3%
Psychological	20.0	19.5	2.9				

Table 4. Association between physical problems and demographic variables.

Demographic variables	χ^2	d-f	Significance
Age	7.153	4	p>0.05
Age at menarche	7.391	6	p>0.05
Age at menopause	2.778	2	p>0.05
Educational status	6.406	4	p>0.05
Occupation	5.211	2	p>0.05
Marital status	0.846	2	p>0.05
Menopausal women residing with husband	0.846	2	p>0.05
Hobbies	0.471	2	p>0.05
Health problems	3.447	6	p>0.05
Vision problems	1.284	4	p>0.05

Table 5. Association between psychological problems and demographic variables.

Demographic variables	χ^2	d-f	Significance
Age	2.346	2	P >0.05
Age at menarche	3.84	3	p>0.05
Age at menopause	0.003	1	p>0.05
Educational status	0.668	2	p>0.05
Occupation	2.809	1	p>0.05
Marital status	0.325	1	p>0.05
Menopausal women residing with husband	0.325	1	p>0.05
Hobbies	0.156	1	p>0.05
Health problems	5.782	3	p>0.05
Vision problems	0.385	1	p>0.05

DISCUSSION

1. The first objective was to assess the level of physical problems among women who attained menopause.

Table 1 shows that (21.7%) women had mild physical problems, 41 (68.3%) had moderate physical problems and 6 (10%) had severe physical problems respectively.

2. The second objective was to assess the level of psychological problems among women who attained menopause.

Table 2 explains the level of psychological problems, only 8 (13.3%) had moderate and 52 (86.7%) had severe psychological problems.

3. The third objective was to find the relation between physical and psychological problems of menopausal women.

Table 3 explains the relationship between physical and psychological problems. In this table the median physical and psychological problems of the menopausal women were 11.5 and 20 scores respectively.

The mean score of physical and psychological problems were 11.3±3.78 and 19.5±2.9 respectively. The physical problems were positively significantly correlated with psychological problems (r=0.305, n=60 and p<0.05).The physical problems were determined by psychological problems to an extent of 9.3%.

4. The fourth objective was to find the association between physical problems and selected demographic variables.

Table 4 shows the association between physical problems and selected demographic variables. The association between physical problems and demographic variables such as age ($\chi^2=7.153$ with d-f=4), age at menarche ($\chi^2=7.391$ with d-f=6), age at menopause ($\chi^2=2.778$ with d-f=2), educational status ($\chi^2=6.406$ with d-f=4, occupation ($\chi^2=5.211$ with d-f=2), marital status ($\chi^2=0.846$ with d-f=2), residing with husband ($\chi^2=0.846$ with d-f=2), hobbies ($\chi^2=0.471$ with d-f=2), health problems ($\chi^2=3.447$ with d-f=6) and vision problems ($\chi^2=1.284$ with d-f=4) were not significant.

5. The fifth objective was to find out the association between psychological problems and selected demographic variables.

Table 5 shows the association between psychological problems and demographic variables such as age ($\chi^2=2.346$ with d-f=2), age at menarche ($\chi^2=3.48$ with d-f=3), age at menopause ($\chi^2=0.003$ with d-f=1), educational status ($\chi^2=0.668$ with d-f=2), occupation ($\chi^2=2.809$ with d-f=1), marital status ($\chi^2=0.325$ with d-f=1), residing with husband ($\chi^2=0.325$ with d-f=1), hobbies ($\chi^2=0.156$ with d-f=1), health problems ($\chi^2=5.782$ with d-f=3) and vision problems ($\chi^2=0.385$ with d-f=1) were not significant.

CONCLUSION

The above study concluded that the psychological problems were determined by the physical problems. Since there were a lot of problems faced by women related to menopause within family and community, they needed education regarding the changes and how to cope with that situation.

REFERENCES

- [1] Ann M. *Comprehensive Maternal Nursing*. Boston: Jone and Bar left Publishers, 1990. pp. 201–210.
- [2] Fraser and Cooper. (*Myles Textbook for Midwives, (14th edition)*) Edinburg: Elsevier; 2003 pp. 581–590
- [3] Dutta DC *Textbook of Gynecology including Contraception. (4th edition)* Calcutta: New Central Book Agency 1989. pp 168–189.
- [4] Umar P. *Clinical Medicine. (5th edition)*. United Kingdom: W.B Saunders Publishers; 2002 . pp 982–988
- [5] Barnabei VM. *Menopause at 30 for millions in poverty*. Lippincott Williams & Wilkins, United Kingdom: 2003 (34)p
- [6] Denite L. Estrogen levels in post-menopausal women in hot flashes. *The Journal of North American Menopause Society*, 2006.59: 403-410p.
- [7] HuangW. *The Menopause in Show Gynecology*. London, Churchill Livingstone; London2003 . pp 112-115.
- [8] Marlowe. The Patriarch Hypotheses: An alternative explanation of Menopause. *Human Nature*. 2000 11 (1): 27–42p.

Cite this Article: Beula S.S. Assess the Level of Physical and Psychological Problems Faced by Women Who Attained Menopause. *International Journal of Community Health Nursing*. 2019; 1(2): 1–5p.