

Assessment of Prevalence of Menopausal Symptoms, Attitude, Knowledge, Practice Among the Employed and Unemployed Women in Chitradurga –A Comparative Study”

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ABSTRACT

Background: Menopause is an important and normal developmental process in a women life. It is marked by the permanent cessation of the menstruation resulting from the ovarian follicular activity. . During menopause women experience physical, psychological and social changes. Hormone level change as estrogen levels decrease, FSH and LH levels increase, and there are also decreases in levels of prolactin, thyroid and parathyroid hormone.

Objectives: To assess the prevalence of menopausal symptoms among the employed and unemployed women and to assess the Attitude, knowledge, practice towards menopausal symptoms among the employed and unemployed women and to compare the menopausal symptoms in employed and unemployed women.

Materials and Methods: A prospective observational study was conducted on a total of 150 employed and unemployed women in residential areas of chitradurga. This study was carried out for a period of 6 months. We also given a questionnaire and answers are collected and evaluated.

Result: A total of 150 subjects were enrolled in the study. Among 150 subjects 75 are employed women and rest are unemployed women. Prevalence of menopausal symptoms is 74.0 that is on an average 1 in every ≈ 3 members will be affected with menopausal symptoms.About 37.2% of employed women have knowledge on menopausal symptoms and 13.8% are not having a knowledge on this .In case of unemployed womens 22.6% are having knowledge and 27.3% are not having any knowledge . About 42.1% employed womens experienced menopausal symptoms and 7.83% are not having any menopausal symptoms and in unemployed womens 26.6% are having

menopausal symptoms and 23.3% are not having menopausal symptoms. In employed women ,42.1% have taken treatment for menopausal symptoms and 7.83% have not taken any treatment.In Un employed womens 26.6% have taken treatment and 23.3 % have not taken any treatment. 44.6% employed womens having more menopausal symptoms when compared to unemployed womens .chances of affecting menopausal symptoms is more in employed womens(every 2.3)

Conclusion: Sleep disturbance and depression are the major symptoms which has been most seen in employed women when compared to unemployed and p-value which signifies a strong relation between menopausal symptoms and occupational status.

Key Words: menopausal symptoms; Knowledge; attitude ; practice ; Prevalence

I. INTRODUCTION

Menopause is an important and normal developmental process in a women life. It is marked by the permanent cessation of the menstruation resulting from the ovarian follicular activity. In western societies, attitude towards menopause are influenced by social and cultural assumptions about older women, and the transitions into menopause is often perceived as a time of changing emotional and physical health. During menopause women experience physical, psychological and social changes. Hormone level change as estrogen levels decrease, FSH and LH levels increase, and there are also decreases in levels of prolactin, thyroid and parathyroid hormone. These changes can cause vasomotor symptoms, night sweats, hot flashes, muscular and skeletal problems, cardiovascular system diseases, breast and skin atrophy and senile vaginitis.

Together with all the changes associated with menopause, many middle aged women are often occupied with other challenges. These include physical disease affecting them or their husband, the death of their spouse or parents, caring for ill family members, marital difficulties, and grown children leaving home. In fact, the departure of children into leading their own independent lives may trigger depression in women. The ability to cope with all changes during menopause is influenced by socio demographic variables, education status, income, work situation and social relations.

Puberty, pregnancy and the menopausal transition are milestones in a woman's life with accompanying body changes and symptoms that can have a profound effect on her body image. The bodily changes in appearance and functions that some women face can change the way a woman thinks and feels about her body. The changes can occur in a woman's shape, weight, with unpredictable bleeding, sleep disruption through night sweats, and physical markers of aging such as changes in skin, hair and sexual function.

There is a lack of awareness of menopausal symptoms which is due to lack of education related to menstruation and menopause therefore the women need support and guidance of society. Yoga reduces the psychological conditions like stress, depression, tension and anxiety and also reduces the physiological problems like pain during menstruation and irregular periods. Yogic relaxation training should be prescribed more frequently as adjunct or alternative to conventional drug therapy for menopausal symptoms.

Most women reach menopause between the age of 45 and 55, but menopause may occur as early as ages 30s or 40s, or may not occur until a woman reaches her 60s.

The main aim of the study is to achieve the optimized quality of life during this time and to give support to them and help them to cope up with symptoms as menopause is a natural and unavoidable event in every woman's life.

II. MATERIALS AND METHOD

This is a community based prospective observational study conducted among employed

and unemployed women in residential areas of Chitradurga for a period of 6 months. A total of 150 subjects who satisfied the study criteria and assent to participate in this study were included in the study. The complete project was done after obtaining the permission granted by the ethical committee of Sri Jagadguru Mallikarjuna Murugharajendra College of Pharmacy, Chitradurga.

Vide number: SJMCP/IEC/PHARM D/02/2019-20 (ANNEXURE -1)

STUDY CRITERIA

INCLUSION CRITERIA:

- Employed and unemployed women above 40 and less than 60 years of age
- Women working in building constructions, garments, schools, colleges.

EXCLUSION CRITERIA:

- Women less than or equal to 40 years of age
- Women with menstrual problems

Statistical Analysis

All the relevant data was entered in MICROSOFT EXCEL and was analysed by SPSS software (version 27). Categorical data was analysed using descriptive methods (mean), point prevalence assessment method, chi-square test, Pearson correlation for correlation, Fisher's exact test.

III. RESULT

Details of subjects enrolled in the study:

A total of 150 subjects were enrolled in the study. Among 150 subjects 75 are employed women and rest are unemployed women.

• Prevalence assessment:

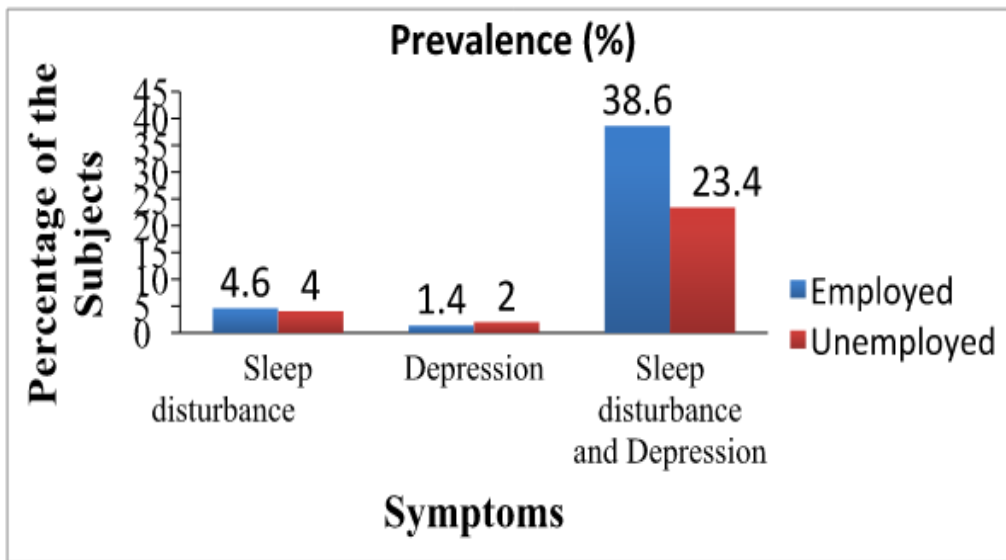
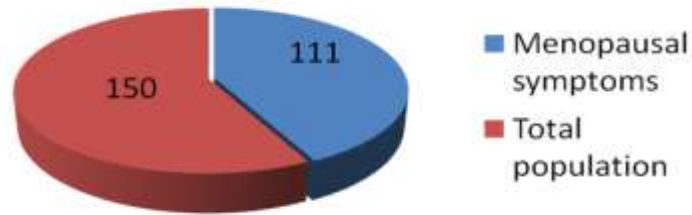
- **Prevalence = $\frac{\text{Number of population with disease at a given time}}{\text{Total number of population at a given time}} \times 100$**

at a given time

$$= \frac{111}{150} \times 100$$

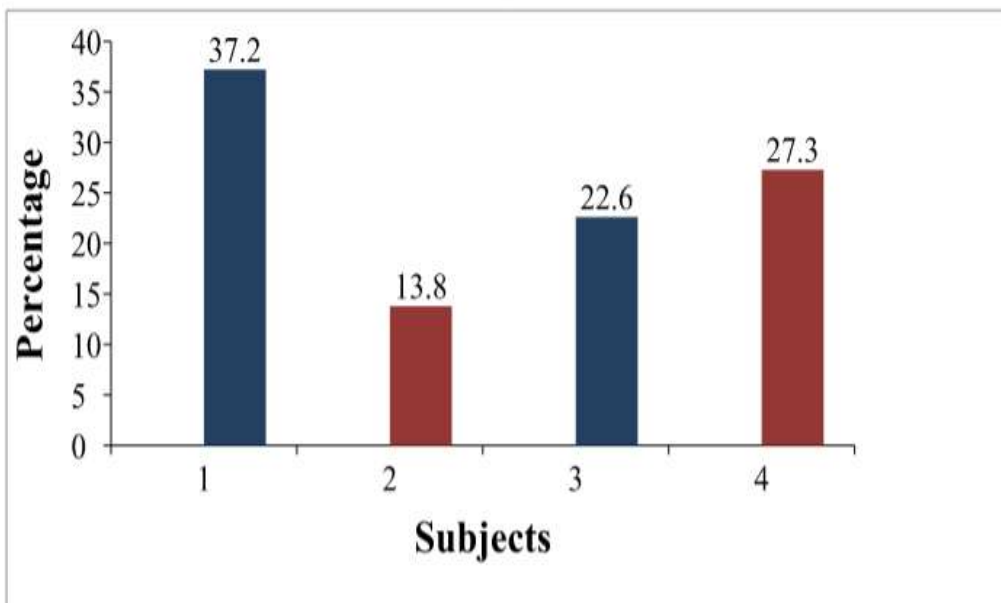
$$= 74.0\%$$

- Prevalence of menopausal symptoms is 74.0 that is on an average 1 in every ≈ 3 members will be affected with menopausal symptoms.



Over all assessment of knowledge :
 About 37.2% of employed women have knowledge on menopausal symptoms and 13.8%

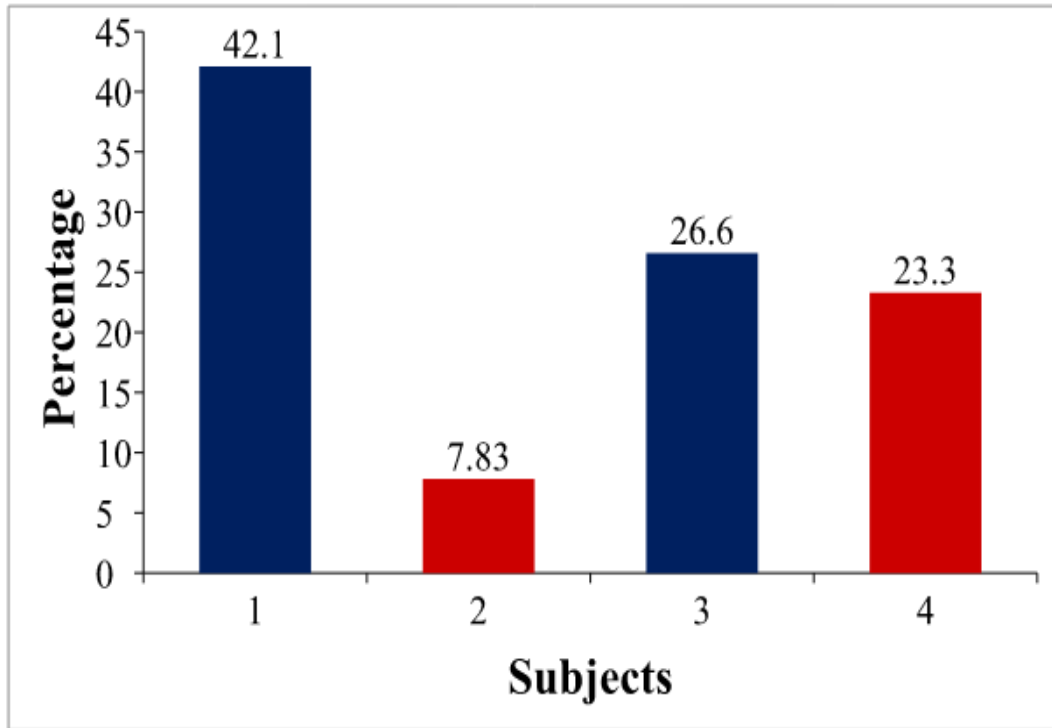
are not having a knowledge on this .In case of unemployed womens 22.6% are having knowledge and 27.3% are not having any knowledge



Over all assessment of attitude :

About 42.1% employed womens experienced menopausal symptoms and 7.83% are not having any menopausal symptoms and in

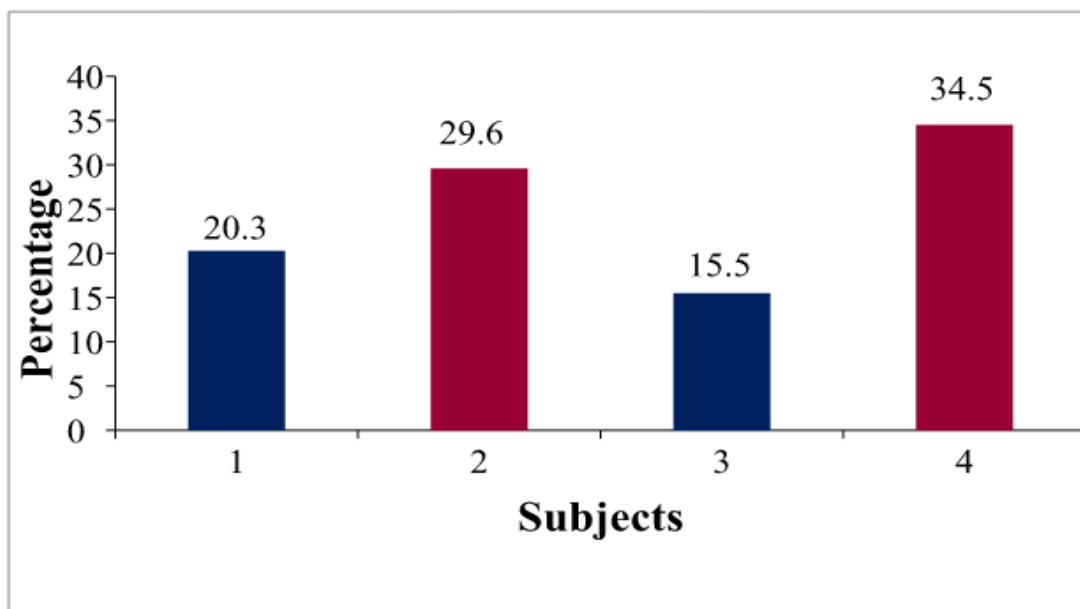
unemployed womens 26.6% are having menopausal symptoms and 23.3% are not having menopausal symptoms



Over all assessment of practice :

In employed women ,42.1% have taken treatment for menopausal symptoms and 7.83% have not

taken any treatment. In Un employed womens 26.6% have taken treatment and 23.3 % have not taken any treatment



Comparison between subjects :

44.6% employed women having more menopausal symptoms when compared to unemployed women. Chances of affecting menopausal symptoms is more in employed women (every 2.3)

IV. DISCUSSION

Menopause is an important and normal developmental process in women life. It is marked by the permanent cessation of menstruation resulting from the ovarian follicular activity. During menopause women experience physical, psychological and social changes. It is a natural and unavoidable event affecting all women, so it is important to achieve an optimized quality of life during this time. For this it is important to support them and help them to cope up with the symptoms.

The present study is conducted in residential areas of Chitradurga to find out the prevalence of menopausal symptoms, attitude knowledge, and practice among the employed and unemployed women and also a comparative study is done. Out of 150 subjects, 8.7% are of age 41-45, 24.7% of 46-50 age group, 38% of 51-55 age group, 27.3% of 56-60 age group and 1.3% is of above 60 age group. The details are given in table no. (1) and graphically represented in fig no. (1) and similar study conducted by Mahinder Ahuja.

In the present study, categorisation of employed and unemployed women's with age group is done. About 8% of employed women's are of age 41-45 and 9.3% of unemployed women's are of age 41-45. In 46-50 age group, 20% are employed and 29.4% are unemployed. In 51-55 age group, 37.3% employed and 38.7% unemployed. In 56-60 age group, 33.4% are employed and 21.3% are unemployed and above 60, both are 1.3%. The details are given in table no. (2) and graphically represented in figure no. (2) and similar study was conducted by Koukolia, E. Neena.

In this study, 13.4% of employed women with hypertension and 12% of unemployed women and in case diabetes both are equal.

Table 4-17 and graphs 4-17 shows the knowledge, attitude, practice, percentage. While assessing the questionnaire, in case of knowledge 86.7% of employed women having knowledge on menopause and 13.3% are not having any knowledge and 46.7% unemployed women are having knowledge and 53.3% are not having. About menopausal symptoms 92% of employed women having knowledge and 8% are not having

and unemployed women are having less knowledge on this. In case of knowledge on reason for menopause and treatment for menopause employed women are having more knowledge when compared with unemployed.

In case of attitude towards menopausal symptoms employed women experience more menopausal symptoms (about 97.3%) than unemployed women, that is sleep disturbance and depression (77.3%) more in employed women and in case of practice also employed women consulted doctors and taken medication for the menopausal symptoms when compared to unemployed. And a similar study is conducted by Erbil and Bosworth.

Prevalence of menopausal symptoms is 74.0 that is on an average one in every ≈ 3 members will be effected with menopausal symptoms that is p value signifies a strong relation between menopausal symptoms and occupational status. The details are given in table no. (18) and graphically represented in fig no. (18) and similar study is conducted by Arounassalame.

Chances of effecting to the symptoms is mostly seen in employed women (every ≈ 2.3) subjects. The study conducted by Capistrano EJM showed that women with moderate to severe symptoms (≥ 20) corresponded to 57.7% (116) of sample. Unemployed women (PR 1.52; CL 95% 1.13-2.04) and housewives (PR 1.53; CL 95% 1.12-2.09) presented lesser prevalence of menopausal symptoms compared with working women. Another study by Bosworth shows that menopausal symptoms such as hot flashes (65%), night sweats (56%), trouble sleeping (45%), and mood swings (49%) are seen more.

V. CONCLUSION

Menopause is a natural and unavoidable event in a woman's life and it is a fact that every woman should achieve the optimized quality of life during this time so it is important to support them and help them to cope up with the symptoms.

With the results obtained following conclusions were made,

- Among the menopausal symptoms, sleep disturbance and depression are the major symptoms facing by subjects which has been seen most in the employed women, this may be due to different factors
- P-value which signifies a strong relation between the menopausal symptoms and occupational status
- Chances of effecting symptoms is mostly seen in employed women (every 2.3) subjects when compared to unemployed women. This may be due

to their stress in work. So there is a chance of worsening the symptoms like depression and sleep disturbance when compared to unemployed women.

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