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H Mahalakshmi
Professor and Vice Principal,
Sri Venkateswara Nursing
College, Sri Venkateswara
University, Red Hills, Chennai,
Tamil Nadu, India

A Vimala
Professor and Principal, Sri
Venkateswara Nursing College,
Sri Venkateswara University,
Red Hills, Chennai, Tamil
Nadu, India

Corresponding Author:
H Mahalakshmi
Professor and Vice Principal,
Sri Venkateswara Nursing
College, Sri Venkateswara
University, Red Hills, Chennai,
Tamil Nadu, India

Assess the level of health problem perceived by postmenopausal women in selected community health Centre, Verka, Amritsar

H Mahalakshmi and A Vimala

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Abstract

A descriptive study to assess the level of health problem perceived by postmenopausal women in selected community health centre, Verka, Amritsar. Objective of the study is to identify the health problems perceived by postmenopausal women and to find out the association between selected demographic variable and health problems faced by the postmenopausal women. A cross-sectional research descriptive design was used to assess the level of health problem among the postmenopausal women. The non-probability convenient sampling technique was used to select the sample which consist sample size of 30 women. Data was collected by using a 5 point rating scale that is menopause rating scale (MRS). It consists of items on factors related to psychological, somato-vegetative and urogenital factors. Data was analyzed by using descriptive and inferential statistics (chi-square). Result finding shows that 63.33% women were having mild health problems, 30% were having moderate health problems and 6.66% severe health problems. Area wise distribution of level of health problem of the postmenopausal women shows that highest percentage(33.3%) had severe health problem with regard to psychological factor however around (20%) of women severe health problem in relation to somato vegetative factor and (6.6%) was found severe health problem in urogenital. However, it seems that the level of moderate health problem is (53.3%) in relation to psychological and somato-vegetative factor and lowest percentage 23.3% in uro-genital factor. Around 70% of women have mild health problem in relation to urogenital 26.6% had mild health problem in relation to somato-vegetative and lowest percentage is 13.3% was in psychological factors. The study concluded that more than half of the postmenopausal women having mild symptoms rather than moderate and severe.

Keywords: Health problem, postmenopausal women

Introduction

Menopause is a universal phenomenon. It is considerable variation among the women regarding the age of obtaining a menopause and manifestations of menopause. Menopause is a permanent cessation of menstruation resulting from loss of follicular activity of the ovaries. Aging of the female reproductive system begins at birth and proceeds as continuum. It consists of a steady loss of oocytes from Artesia and ovulation which does not accessibly occurs at a constant rate as evidence by relatively wide age range her spontaneous menopause. Menopause is derived from Latin word Meno means month and Pausia means stop, so it implies the cessation of the monthly period and marks the end of the women period of natural fertility.

Menopause happens because the women ovary stops the production of estrogen and progesterone. The impact of menopause on a quality of life could be consequence of biological changes associated with symptoms and socio culture factors. Menopause range from 45-55 years. Menopause occurs due to hormonal changes and declines as when the ovarian activities slow down. It causes many of the changes we see associated with menopause. The hormonal changes can cause hot flashes, mood swing, sleeping disturbances, memory problems, decrease in energy, headache, etc.

Under current demographic trends, menopausal and postmenopausal health has emerged as an important public health concern in India, owing to improved economic conditions, rapid life style changes and increased longevity. Menopause not only affect the internal body it affects the skin but before we look at menopause and the affect it has on skin.

Let's discuss the change to the women hormone during the menopause.

Statement of Problem

A study to assess the health problems perceived by postmenopausal women in selected health facilities at selected Community Health Centre, Verka, Amritsar.

Objectives

1. To identify the health problems perceived the postmenopausal women.
2. To find out the association between selected demographic variable and health problems faced by the postmenopausal women.

Methods and Materials

The Quantitative approach was adopted for the study. The research is adopted for this study is descriptive in nature. The purpose of descriptive study is to observe, describe and explore the health problems faced by the post-menopausal women. The research design selected for the study. This study was conducted in Community Health Centre sample of 30 Post-Menopausal Women attending centre Verka, Amritsar were selected by Convenient sampling. Menopausal Rating Scale was given to the women to assess the post-menopausal problems.

Results

The data was analyzed under the following section based upon the study objectives

Frequency and Percentage distribution of Health Problems in aspects among Postmenopausal women.

The study shows that among 30 samples 9 (30%) were in the age group 40-45 years 9(30%) were belongs to the age group 46-50 years, 3 (10%) of women were in the age group 51-55 years and remaining 9 (30%) sample were in the age

group of 56-60 years. From the collected data among 30 women 23 (76.6%) women were educated 5th standard. The study shows that among 30 women with the occupation 23 (76.6%) of women are housewife's not workup 3(10%) were working as a private concern 1 (3.3%) women is working as a government employee, 3 (10%) women and daily wages. Out of 30 samples 10 (33.33%) of women having family income of <3000 per month 14 (46.6%) of women having family income of 3001-8000, 3 (10%) of women having the family income 8001-1300 and the remaining 3 samples. Out of 30 samples 26(86.6%) most of the samples are got married, 1 (3.3%) women is unmarried and remaining 3 (10%) women's are divorced.

Table 1: Frequency and percentage distribution of Health Problems among Postmenopausal Women: N=30

S. No.	Aspects of health problems	Mild		Moderate		Severe	
		No	%	No	%	No	%
1	Psychological problem	4	13.3%	16	53.3%	10	33.3%
2	Somato-vegetative	8	26.6%	16	53.3%	6	20%
3	Uro-genital problem	21	70%	7	23.3%	2	6.6%

Depict that In Psychological Problem 4 (13.3%) of women perceiving mild psychological problem 16(53.3%) women having moderate level of psychological problems and remaining 10 (33.3%) women having severe psychological problems.

In Somato-Vegetative Problem 8 (26.6%) women perceiving mild level of somato-vegetative problems.16 (53.3%) women having moderate level of somato-vegetative problems and remaining 6 (20%) women perceiving severe somato-vegetative problem.

In Uro-genital problems 21 (70%) women (maximum women) perceiving mild problem, 7 (23.3%) perceiving moderate level of problem and only 2 (6.6%) of women perceiving severe level problem.

Table 2: Association of selected Demographic Variable with postmenopausal health problem N=30

S. No.	Demographic Variables	Mild		Moderate		Severe		χ^2	Table Value	P Value	Significance	
		N	%	N	%	N	%					
1	Age								6.26	12.59	$p < 0.05$	NS
	40-45	6	20%	3	10%	0	0%					
	46-50	7	23.33%	3	10%	0	0%					
	51-55	2	6.66%	0	0%	1	3.33%					
	56-60	4	13.33%	3	10%	1	3.33%					
2	Education								13.07	12.59	$p > 0.05$	S
	5 th	13	43.33%	9	30%	1	3.33%					
	10 th	3	10%	0	0%	0	0%					
	12 th	1	3.33%	0	0%	0	0%					
	B.A.	2	6.66%	0	0%	1	3.33%					
3	Occupation								21.74	12.59	$p > 0.05$	S
	Housewife	15	50%	8	26.66%	0	0%					
	Private	2	6.66%	1	3.33%	0	0%					
	Government	0	0%	0	0%	1	3.33%					
	Daily Wage	2	6.66%	0	0%	1	3.33%					
4	Income								6.21	12.59	$p < 0.05$	NS
	<3000	6	20%	4	13.33%	0	0%					
	3001-8000	8	26.66%	4	13.33%	2	6.66%					
	8001-13000	3	10%	0	0%	0	0%					
	>13001	2	6.66%	1	3.33%	0	0%					
5	Marital Status								34.78	12.59	$p > 0.05$	S
	Married	18	60%	8	26.66%	0	0%					
	Unmarried	0	0%	0	0%	1	3.33%					
	Widow	0	0%	0	0%	0	0%					
	Divorced	2	6.66%	1	3.33%	0	0%					

6	Parity						11.91	12.59	p<0.05	NS
	One	0	0%	1	3.33%	0				
	Two	7	23.33%	1	3.33%	1	3.33%			
	Three	6	20%	3	10%	1	3.33%			
	Above	6	20%	4	13.33%	0	0%			

NS- Not Significant S-Significant

The table no 4: Depict that the selected demographic variables i.e. Age, Income, Parity were not significantly associated at 0.05 level of significance with the level of postmenopausal health problem rating scores. Thus the research assumption was statistically rejected. The demographic variable such as Education, Occupation and Marital status were significantly associated with level of postmenopausal health problem rating scores. Thus the research assumption was statistically accepted.

Conclusion

From the finding it that be concluded that the most of the postmenopausal women were from age of 40-45, 50-56 and 56-60 years The most of them 76.66% of postmenopausal women had studied till 5th standard. Most of (76.66%) postmenopausal women have homemaker majority of 46.66% postmenopausal women have an income of 3001-8000 and most of 86.66% postmenopausal women are married most of postmenopausal women have delivered thrice.

Conflict of Interest

Not available

Financial Support

Not available

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