

A Comparative Study to Assess the Prevalence of Menopausal Health Problems among women (45-55 years) in Selected Urban and Rural area of Ahmedabad District, Gujarat State

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1. INTRODUCTION

Menopause is normal milestone experienced by a total of 130 million Indian women living beyond the menopause into old age by 2015. Post menopausal woman make up a relatively small proportion of the population in developing countries (ranging from 5 to 8%), whereas in developed countries they make up over 15% of the total population. An average annual growth rate of 2-3.5% in the number of women aged over 50 is projected for the developing regions between 1990 and 2030. Many women experience this stage of their lives without any particular problems, for those who do have problems, the degrees and nature varies between individuals. Typically, women will start to experience some menopause symptoms for at least two years before their periods stop and it is not uncommon for women to continue having occasional symptoms well into their sixties and sometime seventies.

Objectives:

1. To assess the prevalence of the menopausal health problem among women (45-55 years) in selected urban area.
2. To assess the prevalence of the menopausal health problem among women (45-55 years) in selected rural area.
3. To compare the prevalence of the menopausal health problem among women (45-55 years) in selected urban and rural area.

2. METHODS

The comparative survey research design was selected so that the comparison of menopausal health problems among women of selected urban and rural area of Ahmedabad district of Gujarat state. The present study was conducted in urban and rural area of Ahmedabad district of Gujarat state. Non randomized convenience sampling technique was used. The samples of 100 post menopausal women were selected 50 from urban area and 50 from rural area of Ahmedabad district. The instrument used for gathering the necessary data was semi structured questionnaire including list of menopausal health problems to assess the prevalence of menopausal health problems among women (45-55 years) among rural and urban area.

3. RESULTS

It was seen that the prevalence of menopausal health problem is more in rural area as compared to the urban area. The overall comparisons of the menopausal symptoms in the urban and rural area, almost all types of menopausal symptoms are seen in the urban as well as in the rural area. Vasomotor symptoms, psychosomatic reproductive and psychological

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symptoms are seen to be having more prevalence in both the urban and rural area but when we compare the both the regions an higher degree of menopausal health problems are seen in the women residing in the rural area. According to proposal of menopausal health problem in women it was seen that 61.2% of prevalence was found in the rural area while the urban area had prevalence of 52%. Thus it clearly suggest that many factors such as low educational status, occupational status, low family income and variance in marital status is responsible for higher degree of menopausal symptoms in the rural area

4. CONCLUSIONS

The salient features of the conclusion drawn from the study are as under, from the above findings it was concluded that the prevalence of menopausal health problem is more in the rural areas as compared to the urban area.

5. RECOMMENDATIONS

The following recommendations are made on the basis of the findings of the present study

1. A similar study can be replicated using a large sample and among more number of areas so that finding can be generalized for a large population.
2. A similar study can be replicated among various specific age groups of menopausal women.
3. A comparative study can be conducted in order to compare the menopausal health problems among the menopausal women of two district or two states.
4. A study can be conducted to find out the association between the causes and prevalence of menopausal health problems.
5. A study can be conducted to find out how different cultures and health practices affect the menopausal symptoms.

Keywords: Prevalence, Menopausal health problems , women(45-55 years), Urban area, Rural area

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