

## ASSESSMENT OF MENOPAUSAL SYMPTOMS USING MENOPAUSE RATING SCALE IN THE SUBJECTS OF AGRA

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### **Abstract**

The word “Menopause” literally means the “end of monthly cycles.” Menopause is derived from the Greek word menses meaning -month and pauses meaning -cessation. According to Indian menopause society (IMS) research, the average age of Indian menopausal women is 45.6 years. In the present study, the symptoms of menopause were assessed in 50 menopausal women aged 40-60 years residing in Agra city. Demographic characteristics were mean age of menopause was 45.6 years and mean weight was 65 kg. 74% women were vegetarian, 24% women were eggitarian and 2% women non vegetarian. 68% women belonged nuclear family and 32% were from joint family. 90% women belonged to middle income group, 8% women belonged to high income group and only 2% women belonged to low income group. 74% women suffered from hypertension, 12% women suffered from diabetes, 8% women had thyroid problem, 4% women suffered from cancer, 2% women faced heart disease, 2% women had asthma, 2% women had varicose vein, and 2% women suffered from gout.

Menopausal symptoms were assessed by using of menopause rating scale. The most common symptoms were Anxiety experienced by 56% women and 54% women experienced irritability. 46% women experienced depressive mood and 42% women experienced hot Flashes. 36% women had joint & muscular discomfort and 40% women had heart discomfort.

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36% women faced physical & mental exhaustion and 34% women had sleep problem while 26% women faced bladder problem and 22% women suffered from sexual problem. Only 18% women experienced vaginal dryness. All these were seen in the subjects.

**Keyword:** Menopause, Menopausal symptoms, Menopause rating scale.

## Introduction

“Menopause is a universal phenomenon which can be perceived as unpleasant. The period is generally associated with unavoidable manifestation as aging process in women.” Menopause is a natural process that occurs as a woman’s ovaries stop producing eggs, and the production of hormones such as estrogen and progesterone declines. Menopause is a unique stage of female reproductive life cycle. A woman who has been period free for 1 year without being pregnant, breastfeeding is said to be in menopause. In India, the age at menopause was reported between 43 to 47 year, much lower than the international average (Macmohan et.al 1996, Sing et al In 1969) based on the literature, it may be said that almost all women living beyond age 45 year experience menopause. The proportion of a woman aged 45 years and above was 18.6 percent with the absolute number of 92,201,360 according to 2001 census. According to sample registration system 2001, the average life expectancy at birth of an Indian woman was 63.3 years. The life expectancy at the age of 45-50 years was more than 30 years. It indicated that if the average at menopause in India is 45 years. Indian women will approximately survive nearly for 30 years. It indicated that if the average age at menopause in India is 45 years. An Indian woman will approximately survive nearly for 30 years after attaining menopause.

Poomalor Gk et al (2013) found that Mean menopausal age in the study group was 45 years. The most common symptoms within study subject were low backache 79%, and muscle – joint pain 77.2%. The least frequent symptoms were increase in facial hair 15% and feeling of dryness during intimacy 10.8%. Scores of vasomotor domain were significantly more in menopause transition group. Scores of physical domain were significantly more in late postmenopausal group.

## Objective

The paper attempts to understand the prevalence of menopausal symptoms of menopausal women by using menopause rating scale.

## Material and Method

The present observational study was carried out from Shaheed nagar Agra and Institute of Home Science Agra, Uttar Pradesh, India, over a period of 3 months from February to May 2014 .50 menopausal women who were in the age group 40-60 years included in the study . Socio demographic characteristics of menopausal women assessed by the self-designed questionnaire and menopausal symptoms were assessed by the menopause rating scale. Data was presented as arithmetic mean & percentage.

## Result and discussion

The study population comprised of 50 menopausal women with 40-60 years age group. Table no: 1. illustrate that Mean age at menopause was 45.6 years and mean weight was 65 kg. On inquiry about food habit 74 % women were vegetarian, 2% women were non – vegetarian and 24% women were eggitarian. 68% women belonged to nuclear family and only 32% were from joint family. 90% women belonged to middle income group, 8% women belonged to high income group and 2% women belonged to low income group. 74% women suffered from hypertension , 12% women suffered from diabetes,8% women had thyroid,4% women suffered from cancer, 2% women faced heart disease, 2% women had asthma, 2% women had varicose vein, and 2% women suffered from gout.

**Figure no: 1. Socio economic and demographic characteristic of selected menopausal women (n=50)**

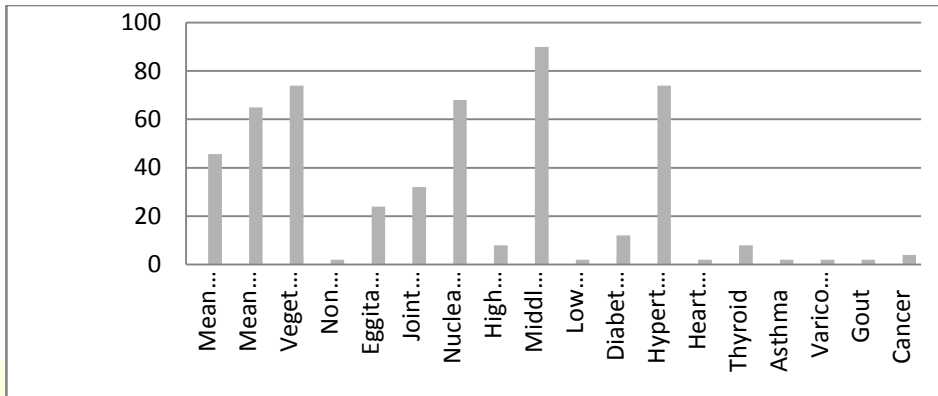
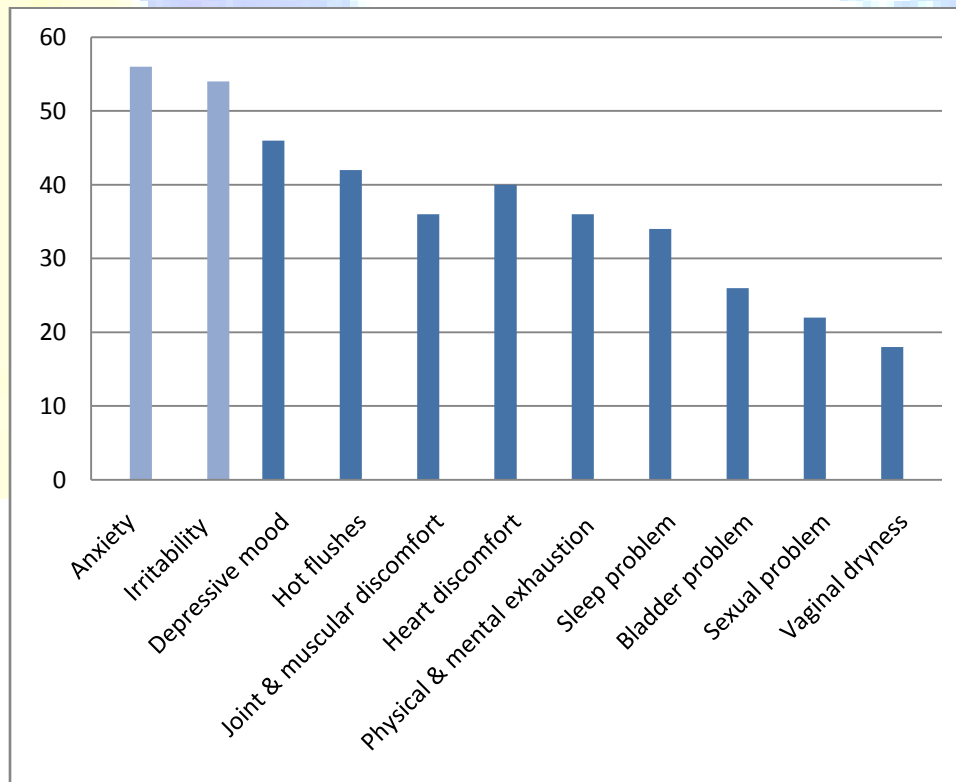


Table no: 2. Illustrate that The most frequent menopausal symptoms were (in mild scale) Anxiety 56%,irritability 54%, depressive mood 46%, hot flushes 42%, joint & muscular discomfort 36%, heart discomfort 40% , physical & mental exhaustion 36%, sleep problem 34%, bladder problem 26%, sexual problem 22%, vaginal dryness 18% were most frequent menopausal symptoms.

**Figure no: 2. Menopausal symptoms of menopausal women (n=50)**



**Table no: 1. Table showing the socio economic and demographic characteristic of selected menopausal women**

	Demographic characteristic	Number	Percent
1	<b>Mean Age of menopause</b>		45.6years
2	<b>Mean weight</b>		65kg
3	<b>Food habit</b>		
	Vegetarian	37	74
	Non vegetarian	1	2
	Eggitarian	12	24
4	<b>Types of family</b>		
	Joint family	16	32
	Nuclear family	34	68
5	<b>Status of living</b>		
	High income group	4	8
	Middle income group	45	90
	Low income income group	1	2
6	<b>Health status</b>		
	Diabetes	6	12
	Hypertension	37	74
	Heart disease	1	2
	Thyroid problem	4	8
	Asthma	1	2
	Varicose vein	1	2
	Gout	1	2
	Cancer	2	4

**Table no: 2. Table showing the menopausal symptoms of menopausal women**

S.no	Symptoms	Number	Total (%)
1	Anxiety	28	56%
2	Irritability	27	54%
3	Depressive mood	23	46%
4	Hot flushes	21	42%
5	Joint & muscular discomfort	18	36%
6	Heart discomfort	20	40%
7	Physical & mental exhaustion	18	36%
8	Sleep problem	17	34%
9	Bladder problem	13	26%
10	Sexual problem	11	22%
11	Vaginal dryness	9	18%

### Conclusion

The present study revealed mean age at menopause to be 45.6 years and mean weight was 65 kg. 74% women were vegetarian, 68% women belonged nuclear family and 90% women belonged middle income group and 74% women suffered from hypertension. most frequent menopausal symptoms were anxiety 56% followed by irritability 54%, depressive mood 46%, hot flushes

42% and joint & muscular discomfort 41%. Such regional studies not only create awareness but also help in education of women regarding an early identification of common menopausal symptoms.

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