MENOPAUSAL CONDITION OF URBAN & RURAL DWELLERS BEFORE ONSET OF MENOPAUSAL: A STUDY

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INTRODUCTION:

The present research is based on, to study the prevalence of menopausal complications experienced by women of same group, the manifestation and epidemiologies were collected through survey and was studied to rule out the ailments and sort out solutions to safeguard the health condition and ease the menopausal symptoms through menopause being a natural phenomenon is every women's life very title studies are highlighted till date. Considering the gravity of the problem and to make the present women aware about menopause phase a pilot study followed by a detailed study was conducted based on the objectives set by the researcher.

OBJECTIVES OF THE STUDY:

1. To know and study menopausal disorders among urban and rural women.
2. To study the awareness about menopause symptoms amongst middle age women.
3. Assessment of nutritional status of the women in menopause period.

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METHODOLOGY:

A questionnaire was set based on general information and queries related to health, surprisingly most of the people were found unaware and ignorant with regard to their own health, middle age complications, menopause period, diet and diseases prevailing between the age group 38-55 Years.

MENSTRUAL HISTORY:

The details of age of menarche consist of menstruation and previous menstrual condition etc. was collected these factors were studied to evaluate the significance and correlation of these symptoms to the disease conditions.

MENOPAUSE CONDITION:

The present study is related with middle age women who came across the natural Phenomena called as menopause period.

MENOPAUSE SYMPTOMS:

The known symptoms of menopause include hot flashes, frequent urination, loss of libido, general weakness, post-menopausal bleeding, irregular, menses, depression, weakness, insomnia, loneliness etc.

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Table No: 1 Data reflecting Menstrual History of Urban & Rural Dwellers as effected by Menarche Age.

Table No.-4.8.1

Category	Dwelling	Age-Span	Age Group(Year)			Total
			38-41	42-47	48 and above	
Menarche age	Urban	Unaware	3.3%	0.5%	3.2%	7.0%
		12	6.1%	4.2%	3.3%	13.6%
		13	15.5%	12.7%	15.0%	43.2%
		14	11.7%	10.8%	9.9%	32.4%
		15			0.5%	0.5%
		16	0.9%	1.4%	0.5%	2.8%
		10	0.5%			0.5%
	Total		**38.0%**	**29.6%**	**32.4%**	**100.0%**
	Rural	Unaware	0.7%			0.7%
		12	7.9%	5.0%	17.1%	30.0%
		13	19.3%	9.36%	21.4%	50.0%
		14	4.3%	4.3%	9.3%	17.9%
		15			0.7%	0.7%
		16	0.7%			0.7%
	Total		**32.9%**	**18.6%**	**48.6%**	**100.0%**

The table no 1 a figure no 1.1 uncover the menstrual history, it has been observed that about 43.21% women among urban and 50.0% among rural women reached menarche when they were around thirteen years and about 32.4 % reached menarche at the age of fourteen among urban and about 17% among rural experienced menarche around fourteen in urban & rural women.

However some studies and research prone that women attaining early menarche get late menopause or if women who attain late menarche get late menarche get early menopause or their menopausal phases seem to be menopause or their menopause phase seem to be traumatic, Painful or their irregular menstrual cycle.

Table No.2 Data reflecting Menstrual Condition of Urban and Rural Dwellers before onset of Menopause

Table No.-4.8.2

Category	Dwelling	Menstrual Condition	Age group (years)			Total
			38-41	42-47	48 and above	
	Urban	Unaware	3.3%	2.3%	1.9%	7.5%
		Normal	24.9%	19.7%	21.6%	66.2%
		Irregular/heavy	5.6%	5.2%	1.4%	12.2%
		Scanty	4.2%	2.4%	7.5%	14.1%
	Total		**38.0%**	**29.6%**	**32.4%**	**100.0%**
	Rural	Unaware	1.4%	0.7%	6.4%	8.6%
		Normal	22.1%	9.3%	30.0%	61.4%
		Irregular/Heavy	7.1%	7.1%	10.0%	24.3%
		Scanty	2.1%	1.5%	2.1%	5.7%
	Total		**32.9%**	**18.6%**	**48.6%**	**100.0%**

From table 4.8 its figure, it is clear that near about 61.4%-66.2% subjects to their age and class were having normal menstrual cycle previously before the onset of menopause among urban and rural women, but about 24.3% -12.2% suffered the irregular or heavy

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bleeding, while 14.1% (Urban) and 5.7%(Rural) complained about scanty menstruation and about 8.6% (Rural) and 7.5% (Urban) were found to be unaware about the self-menstrual condition or may be ignoring their own health.

Accordingly to the subjects they adopted certain contraceptives or gave birth to none children

TableNo.3 Data showing Menopausal Symptoms found/ Experienced among urban & Rural Women

Table No- 4.8.4

Diseases	**Dwelling**	**Response**			**Total**
		Unaware	Positive	Negative	
Irregular Menses	Urban	13.0%	32.3%	15.0%	60.3%
	Rural	14.2%	18.7%	6.8%	39.7%
	Total	**27.2%**	**51.0%**	**21.8%**	**100.0%**
Frequent Urination	Urban	15.9%	29.8%	14.6%	60.3%
	Rural	10.4%	22.9%	6.4%	39.7%
	Total	**26.3%**	**52.7%**	**21.0%**	**100.0%**
Urinary Tract Infection	Urban	5.7%	34.3%	20.3%	60.3%
	Rural	7.9%	24.9%	6.9%	39.7%
	Total	**13.6%**	**59.2%**	**27.2%**	**100.0%**
Vaginal Dryness	Urban	6.8%	34.0%	19.5%	60.3%
	Rural	6.8%	24.6%	8.3%	39.7%
	Total	**13.6%**	**58.6%**	**27.8%**	**100.0%**
Loss Of Libido	Urban	9.1%	28.5%	22.7%	60.3%
	Rural	7.0%	24.8%	7.9%	39.7%
	Total	**16.1%**	**53.3%**	**30.6%**	**100.0%**

Hot Flashes	Urban	15.6%	27.2%	17.5%	60.3%
	Rural	8.2%	24.4%	7.1%	39.7%
	Total	**23.8%**	**51.6%**	**24.6%**	**100.0%**
Weakness	Urban	23.2%	23.5%	13.6%	60.3%
	Rural	17.3%	19.8%	2.6%	39.7%
	Total	**40.5%**	**43.3%**	**16.2%**	**100.0%**
Depression or Mood swing	Urban	26.0%	23.5%	10.8%	60.3%
	Rural	18.2%	19.8%	1.7%	39.7%
	Total	**44.2%**	**43.3%**	**12.5%**	**100.0%**

For the fisure table No.3 it was clear that symptome of menopause were experinced by almost all women. About 51% urban & Rural faced the problems of irregular menses and frequent urination with or without in continence of urine was manifested among 52.7% total urban and rural 59.2% menopausal women. Almost 58.6% score was recorded for regional dryness in newpause and pst menopausal women.43.3% were under depression and showed other symptoms like weakness, meed swings, irritability, insomia, hyper sensitivity etc.

Thses all sympotoms are attributed to the hormonal and psychological changes and other psychological factors. Unfortunately around 40% were found to be unaware about the various symptoms and showed negative response due to illitracy, ignorence, shyness or secreacy factors.

The research left no stone unturned as far as educating the women was concerned for maintaining therir health free from diseases and other complications. The researchers tried

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her best to acknowledge the subject regarding good food habits, healthy lifestyle and imparted and awareness about health educations.

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