

MENOPAUSE AND ITS RELATED FAMILY ADJUSTMENTAL PROBLEMS OF URBAN WOMENS

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ABSTRACT

The study was carried out on the women of 40-50 age group of Nagpur city in Maharashtra. The sample size was selected for the study was 400 urban women who was going on through at the stage Of Menopause. The main objective of the study is family adjust mental problems of Urban women regarding Menopause and awareness about Menopause. The Researcher try To focus on the health related issues of the women. The study indicated the difference between pre-menopausal problems and peri-Menopausal problems. The health related Problems affects the family adjustment level of women. The researcher try to find out the Major hurdle in family adjustment of women who was suffering in Menopausal problem.

KEYWORDS: Menopause, Family Adjustment, Problems, Urban, Life Stages, Health Issues

INTRODUCTION

The continuum of an individual's life can be divided into several life stages with certain features, Characteristics of each stage. Developmental psychology recognizes theme characteristic to Each stage that change with age. For instance, one of the developmental theme for the elderly Includes "adaptation to declining status of physical strength and fitness" and "adaptation to the Death of one's spouse." Capturing the concept of life stages is helpful in understanding the Status and position of other people. Biologically, life stages of a typical woman are divided Into infancy, puberty (adolescence), sexual maturation (reproductive age), climacteric period, and post-climacteric (elderly) years. Some stages include fluctuations in the hormonal Surroundings well as the life events specific to women, namely pregnancy and delivery.

Hormones interact with each other and control adulatory cycles within the short-spanned Chronological alliance of Menstrual cycles, and it is not strange for such hormonal changes to stimulate positive signs and Symptoms related with menstruation. Clinicians are already well Informed of medical Conditions that are common in women and provide differential diagnosis and treatment, always Bearing in mind the gender difference in the regularity and pattern of disease. In addition, it is not unusual for clinicians to consider the life stages of each patient While Following chronic disease. point of concern logically vary among females depending on which Stages they are in (i.e., in puberty, at reproductive age and wishing to have a child, or the elderly). General establishment of the term "gender difference" is facilitating the research in female subjects, including the accumulation of clinical conclusion, development of related Guiding principle and drug treatments based on gender differences. On the other hand, to consider Women's health issues from a wide point of view beyond biomedical problems and Psycho social and social aspects, it is necessary to obtain insight into the physical uniqueness of Women in Each life stage and their roles in the socio-cultural framework in order to understand their Mental and Social background. Different health issues may occur from the livelihood of each Stage, some manifest as physical symptoms. Because health status in one stage influence the next stage, Having knowledge of the framework of life stages

can bring deeper empathic Understanding and lead to the discovery of potential problems and solutions.

Changes in the Life Stage of Women

Major changes have occurred in society during the past half-century, and women's lives have changed to a great extent compare to the previous generation. Prolonged existence has increased in both males and females. The popularity of higher education and changes in the concept of marriage have given rise to growing numbers of people not marrying or marrying later in life, often causing delays in events in life stages. On the other hand, the onset of puberty and the timing of first sexual contact are occurring at gradually lower ages. Along with the declining birthrate, the trend away from multigenerational household has caused changes in the role of family. The divorce rate is on the rise, but it is still difficult for women who have been full-time housewives to find jobs with good employment conditions. Consequently, many households with single female parents often suffer from poor economic status. The recent socio-economic situation, which has been characterized by inactive wage growth, corporate downsizing, and increasing numbers of temporary or part-time workers, has fostered positive views towards employing women. It has been pointed out that, at each life stage throughout their lives, a woman is expected to have certain socio-cultural qualities such as, interest in others, attentiveness, cooperative and non-violent attitudes, gentleness, and kindness— such gender issues related to multiple roles affect “the degree of satisfaction and freedom to make major life choices in a woman's life” when making decisions concerning her career, daily living within her family, and care for other family members.

Health Issues in Various Life Stages

Puberty (adolescence) approximately correspond to ages of students from junior high school through college. The first half of this period may specifically be called puberty, and the second half adolescence. One's sense of values is developed during this period. The psychologist Erick Erikson stated in his life-cycle theory that a human being establishes his or her identity during this period through repeated conflicts between pursuit of ideals and various disappointment.

Menopause: is a stage in life when a woman stops having her monthly period. It is a normal part of aging and marks the end of a woman's reproductive years Many women experience a variety of symptoms as a result of the hormonal changes connected with the evolution. Around the time of Menopause, women frequently trailing the bone thickness and their level of cholesterol in blood may make something not as good as, which increase their risk of heart problems. The average age of U.S. women at the time of menopause is 51 years. The most universal age range at which women get knowledge about menopause is 48-55 years. Premature menopause is define as menopause happening in a woman younger than 40 years. About 1% of women experience premature menopause menopause normally occurs in a woman's late 40s to early 50s. However, women who have their ovaries surgically removed experience "sudden" menopause. Natural menopause is the permanent ending of menstruation that is not brought on by any type of medical treatment. For women undergoing natural menopause, the process is gradual. Menopause is the point when a woman no longer has menstrual periods. At this stage, the ovaries have stopped releasing eggs and producing most of their estrogen. Menopause is diagnosed when a woman has gone without a period for 12 successive months.

Symptoms of Menopause

Hot Flashes: is the most common symptom of Menopause. According to some studies, hot flashes happen in as many as 75% of premenopausal women. Hot flash symptoms are various in every women. normally, hot flash is a sensitivity of warmth that spreads over the body, lasting from around 30 seconds to a few minutes

Urinary Incontinence: and burning and itching on urination.

Vaginal changes are happens Because of estrogen affects the vaginal inside layer, premenopausal women may also have getting painful intercourse and may note a change in dryness in vagina.

Heart Disease Risk: increases after menopause, although it is imprecise accurately it is due to old age and caused by the hormonal changes that occur at the time of menopause. Women who experience premature menopause or have their ovaries removed surgically at an early age are at an greater than before risk of heart disease.

Weight Gain: found between Menopause affects their physical and mental health. Hormonal changes and aging are both possible factors in this weight gain during menopause.

Menopause occurs due to a complex series of hormonal changes. Associated with the menopause is a decline in the number of functioning eggs within the ovaries. At the time of birth, most females have about 1 to 3 million eggs, which are regularly lost all through a woman's life. By the time of a girl's first menstrual period, she has an average of about 400,000 eggs. By the time of menopause, a woman may have fewer than 10,000 eggs. A small percentage of these eggs are lost throughout normal monthly cycle. Most eggs die off through a process called Atresia means the degeneration and subsequent resumption of not fully formed ovarian follicles - fluid filled cysts that contain the eggs.

Importance of the Study

This period (menopause) often overlaps with the timing of children leaving home, the need to care for elderly parents, changes in relationship with a husband due to a loss of common goals as couple. Consequently, loss of motivation in life, mental depression, and physical fatigue may accumulate, influencing wellness in a woman. Some even become clinically depressed, faced with their physical limitations and sense of running out of time. The average life expectancy of women has increased rapidly and consequently, incidence of medical diseases specific to postmenopausal women have increased too and social environmental features, which may require medical treatment. This topic is rarely highlighted in the social work area. Menopause and related problems are different for every woman. So the research is helpful for the sake of women. The present study is helpful to make awareness in the society about Menopause and the situation of women who suffering the various problems during this period. In view of the above mentioned facts, it was important to carry out a study of physical and familial adjustment related problems arising during Menopause of Women of Nagpur City (specifically belonging to age group 40 to 50 years)

Objectives of the Study

Objectives of the study are as follows:

- To study various problems arise due to menopause in women.
- To identify the problems of women undergoing menopause regarding Adjustment with Family.

Hypothesis of the Study

Hypothesis of the study are as follows:

Women faced problem in familial adjustment due to various physical and psychological

Arise due to menopause

Sampling Area

Nagpur city was selected as a study area for this study by researcher whereas women belonging to age group 40 to 50 year were considered as a universe of the study. Total 400 units in the universe were included in the study.

Sample Selection Method:

Non-probable sampling method was used by researcher for present study. By using convenient sample selection technique total 400 women were selected in the study.

Data Collection

Primary and secondary source of information was used in this study for collection of data. Interview schedule was used as a primary source of information in the study.

The articles, books, journals, newspapers, e-material, various research works was used as secondary source of data.

		Responsible person for the family Adjust mental problems after Menopause					Total
		Husband	son	Daughter in law	Grandchildren	others	
Age group of Respondents	40 to 42 yrs.	42					42
		10.5%					10.5%
	43 to 45 yrs.	63					63
		15.8%					15.8%
	46 to 48 yrs.	165	17				182
		41.3%	4.3%				45.5%
49 to 50 yrs.	&	23	30	14	46	113	
	&	5.8%	7.5%	3.5%	11.5%	28.3%	
Total		270	40	30	14	46	400
		67.5%	10.0%	7.5%	3.5%	11.5%	100.0 %

Age group of Respondents and Adjust mental problems with family members during Menopause.

Pearson Chi-Square value=358.445 df=12; Asymp. Sig. (2-sided)=P<0.05

In this table maximum ladies between the age group of 46 to 48 years are getting much uncomfortable with their husbands. In this period of life most of women in this study faced the various physical, emotional and psychological problems which affects their personal and family life..

The various kind of problems which the women are facing between the period of menopause are below.

Various problems	Totally Agree	Partially Agree	Constant	Totally Disagree	Partially Disagree	Total
Mental problems	150(37.5%)	100(25%)	15(3.8%)	80(20%)	55(13.8%)	400(100%)
Physical Problems	170(42.5%)	110(27.5%)	10(2.5%)	60(15%)	50(12.5%)	400(100%)
Emotional Problems	160(40%)	100(25%)	30(7.5%)	60(15%)	50(12.5%)	400(100%)
Sexual Problems	140(35%)	90(22.5%)	20(5%)	80(20%)	70(17.5%)	400(100%)

The table focuses on the various Problems of women during Menopausal period. The table shows that maximum of women faced the various physical problems which are osteoporosis, backache. Most of women also face the Mental

problems like anxiety, mood disorder and phobia which are affected their family as well as personal life. And because of that finally they face the major disturbances with their life partners. Most of women are totally agree on they face various emotional problems too. And because of the various problems mentioned above many women respondents are totally agree on the statement that they face sexual problems also. The above table is proved that in menopausal period women suffers much problems which strongly affects their family adjustment level.

CONCLUSIONS

The majority of women in the study are deeply agree that in this stage of life (Menopause) they face various sexual problems which are responsible for their family disturbance and dispute with life partner. Most of women in study area have health problem such as migraine, high/low blood pressure bones related problems, joints pain, backache etc. Most of women felt neglected in the family after menopause, They face problems while adjusting to the husband after menopause.

Majority of women face the various kinds of problems which are mainly responsible for their family dispute and loneliness. Many women are unable to adjust with their life partner because of their physical problems and mental disturbances. For avoid the discomfort, such problems which occur between menopause various kind of efforts should be required to make awareness about the issue. Women should be made aware regarding menopause by medical professionals. Voluntary organizations should organize enlightenment programme for women belonging to the age group of menopause. Women undergoing the phase of menopause should practice Yoga and aerobics to prevent physical and psychological disorders. Different media (Newspaper, Television, and Radio) should deliver programs based on information regarding menopause. An arrangement of doctor should be made in every government hospital for treatment, awareness and enlightenment of women undergoing the process of menopause. The social worker should have to take interest to educate the women about menopausal symptoms and how to face the situation; such efforts should be helpful to women to face the stage of menopause happily.

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