

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