

Clinical changes in working and non-working women during menopause

JYOTI SOLUNKE AND J.P. NERLEKAR

ABSTRACT

The menopause occurs when the ovaries no longer respond to the controlling hormones released by the pituitary gland of the brains. The study was focusing on clinical changes in working and non working women during menopause. For the present study purposive sample of 100 menopausal women in the age range of 45-50 were selected from Parbhani town of Marathwada region. In this research the symptoms were categorized into two independent groups *i.e.* visible (external) and invisible (internal). The majority of the women were found to suffer from hot flushes and irregular bleeding. It can be suggested that the women during menopause being a constituent physiological phase of life span of women could also be enjoyed as a normal life.

Solunke, Jyoti and Nerlekar, J.P. (2011). Clinical changes in working and non-working women during Menopause, *Food Sci. Res. J.*, 2(2): 143-145.

Key Words : Menopause, Clinical symptoms

INTRODUCTION

Menopause is traditional phase of women's life that can be achieved smoothly with the anticipated manifestation along with cessation of menstruation. The menopause is defined as the time at which mensuration ceases. End of ovarian function helps in defining the menopause. Moreover, gradual failure of ovaries to enlargement of pituitary glands resulting in quantitative secretion of follicle stimulating hormone (FSH), leutoning hormone (LH).

The menopause occurs between the age of 45-50 years. The average susceptible age of menopause is 47 years. The menopause means the end of mensuration when ovaries cease to produce the secreting female hormone. It is notified period in women's life span during which ovulation and mensuration come to an end. Moreover, menopause is also designated as the natural aging process.

Common menopausal symptoms have a profound effect on millions of women everyday clinical studies notified probable 24 clinical symptoms such as irregular or periodical bleeding, hot flushes, vaginal dryness, increasing susceptibility to vaginal dryness, increasing susceptibility to vaginal infection, breast appear flabby etc. (Rossenthal, 1968). The specific objective are as to identify the clinical changes in working and nonworking women during menopause.

METHODOLOGY

For the present study purposive sample of 100 menopausal women in the age range of 45-50 year were selected from Parbhani town of Marathwada region. Data collection was done with the help of structured schedule personally by the researcher. For the analysis of data and interpretation to results simple frequencies and percentage were used.

OBSERVATIONS AND ASSESSMENT

It is an universally well established fact developmental phase of women's life. it could be recognized by manifestation of various types of symptoms. In order to identify the percentage of clinical symptoms in working and nonworking women, the study has been undertaken. The symptoms were categorized into two independent groups that is visible (external) and invisible (internal).

Percentage distribution of working and nonworking women according to external clinical changes during menopause:

It was observed from the data (Table 1) that majority of the external clinical changes like alteration in bowel habit, increase in skin temperature, gum problem were dominant in nonworking women as compared to working women. It was also noticed that some of symptoms were