

# A study about awerness of physical, mentel and emotional problems of menopause in Junagadh citiy

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Received: 27.01.2018; Revised: 04.05.2018; Accepted: 21.05.2018

■ **ABSTRACT** : The present observational, cross study was carried out in middle aged women (n=100) from Junagadh with the natural body process menopause to evaluate age at menopause and menopausal symptoms in women above the age of 40 belonging to the middle aged from Junagadh Gujrat as well as to evaluate the correlation of age on these symptoms by interviewing. The study reveal, varying nature of symptoms with age and vasomotor symptoms being more prevalent with lesser psychological complaints in this region. Such regional studies will help to corroborate data so that health care providers can plan strategies for the middle aged women suffering from these menopausal symptoms.

■ **KEY WORDS**: Middle age women, Age at menopause, Menopausal symptoms, Women heath, Hygine

■ **HOW TO CITE THIS PAPER** : Popat, Sapna C. and Samani, Veena S. (2018). A study about awerness of physical, mentel and emotional problems of menopause in Junagadh citiy. *Asian J. Home Sci.*, **13** (1) : 395-399, DOI: 10.15740/HAS/AJHS/13.1/395-399. Copyright@ 2018: Hind Agri-Horticultural Society.

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