

# Physical health status and psychological distress of working menopausal women : A case study of Jammu city

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Received: 25.11.2013; Accepted: 12.05.2014

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■ **ABSTRACT** : The present study was designed to evaluate the health status of working menopausal women in the age group of 41-56 years of Jammu city. The objectives was to assess the physical health status among menopausal women by examining their physical distress and psychological distress and to find the relationship between physical and psychological symptoms. A sample of the study comprised of 88 working menopausal women. Purposive random sampling technique was used to select the sample. To collect the information, CMI Health Questionnaire was used. Result revealed that women had both physical and psychological health problems in all the age groups, but not severe. Highest mean score of the physical problems was found in the third age group (51-56 years). Highest mean score of the psychological problems was found in the second age group (46-51 years). Correlation between age and health status was significant.

■ **KEY WORDS**: Physical health, Psychological distress, Menopausal women

■ **HOW TO CITE THIS PAPER** : Bhan, Nirojini Bhat, Masoodi, Farhat and Kour, Guneet (2014). Physical health status and psychological distress of working menopausal women : A case study of Jammu city. *Asian J. Home Sci.*, 9 (1) : 285-289.