

Health status of post menopausal women

■ P.S. HUNDEKAR, S. BADAMI, S. ITAGI AND V.S. YADAV

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See end of the paper for authors' affiliations

P.S. HUNDEKAR

Department of Human
Development and Family Studies,
College of Rural Home Science,
University of Agricultural Sciences,
DHARWAD (KARNATAKA) INDIA
Email: paravati742723@gmail.com

■ **ABSTRACT** : Research into the menopause is relatively recent. One hundred years ago, when life expectancy was shorter, most women did not live long after the menopause and so little was known about it. The present study examined the general and mental health status of post menopausal women. Symptomatic middle-aged women (n = 120 M age = 49.9, S.D.= 3.6) completed measures Mental Health Scale (MHI) developed by Davies *et al.* (1998) and Physical and General Health, PGI (Wig and Verma, 1978) were administered. Results found that, majority of the respondents perceived themselves as they were having many health problems and became more mentally disturbed. So, to cope with such health disturbances they have to follow regular suitable exercises, nutritious balanced food and rest.

■ **KEY WORDS**: Post menopause, Symptomatic, Physical general health

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