

Attitude of working and non-working women towards menopausal symptoms

Asha Asaram Ghatge

The present study shows that the attitude of women towards menopausal symptoms in working and non-working women on the basis on questionnaire, variations in characteristics in age group 37- 45 years. Data on age group, educational status were collected from 80 menopausal women (40 working and 40 non-working women) in Nanded city. Working women were from teaching field, Anganwadi workers, beauty parlour, shop keeper, sewing work, kamwalis, nursing, clerical jobs, labour work and non-working women as house wives. The study findings observe that the menopausal symptoms *i.e.* social/mental and medical/clinical aspects are remarkable in non-working women as compared to working women.

Key Words : Menopause, Working, Non-working women

How to cite this article : Ghatge, Asha Asaram (2019). Attitude of working and non-working women towards menopausal symptoms. *Food Sci. Res. J.*, **10**(1): 27-30, DOI : 10.15740/HAS/FSRJ/10.1/27-30. Copyright@ 2019: Hind Agri-Horticultural Society.

INTRODUCTION

In every women's life there are two milestones, first is the start of menstruation cycle and second is end of the cessation of menstruation. The first menstruation starts from age of 12 years and second phase of menstruation stops at the age of 40-45 years. In the second stage of menstruation there are three stages *i.e.* pre-menopause, menopause and post menopause.

Pre-menopause, during this phase there is little disruption of ovarian function and menstrual cycle remains regular. Peri-menopause means 'around the time of menopause, in this phase, women begins to experience the symptoms of menopause especially hot flashes, irregular periods began to occur and it may be 4 to 5 years before full menopause set in and estrogen and progesteron harmones level start to decreases slowly.

Post-menopause is phase of life that comes after the menopause.

Menopausal problems and symptoms normally observed in between 45 to 50 years and the average age being 47. Menopause setting before the age of 40 is known as Pre mature menopause. Menopause age is not related to menarche, socio-economic status, number of pregnancies and lactation, dose of oral pill, height or weight. Thinner women have early menopause. However cigarette smoking, alcohol consumption, tobacco, malnutrition may cause early menopause.

In india, studies focused on, Syamala and Sivakami (2005) found that the mean age at menopause of Indian women is 44.3 years and that 11 per cent of women attain menopause before the age of 40 years. The mean age at menopause in educated women of Amritsar is 47.54 \pm 2.31 years and menopause symptoms reported by these women are hot flashes ande night sweats with higher percentage followed by insomnia irritability (Sidhu *et al.*, 2005). Pradhan and Srivastava (2003) study was on the

AUTHOR FOR CORRESPONDENCE

Asha Asaram Ghatge, Department of Home Science, School of Earth Sciences, Swami Ramanand Teerth Marathwada University, Nanded (M.S.) India

effectiveness of menopause on depression and insecurity in working and nonworking women of Haridwar (Uttarakhand). The study done by Baghla *et al.* (2008) on Himachal women find to 93.34 per cent had natural type of menopause and the mean age at the onset of menopause is found to be 44.5 years. But there is no published literature on this topic from Maharashtra state especially in Marathwada region. Thus, the present study sought to examine the attitude of working and non-working women towards menopause and how these women shows awareness in menopause and problems comparatively most in non-working women *i.e.* anxiety, tiredness, loss of energy, anger, aggression, depression, loss of memory and concentration, fearness.

The present study was carried out on 80 women in the age group of 37-45 yrs to find out average age of menopause.

METHODOLOGY

Menopause is universal accepted natural phenomenon of the physiological life span of the women. It is physiological disorder and not a disease confine to specific tenure of the life. The study will be carried out in Nanded city at marathawada region from Maharashtra.

Total 80 women will be selected purposive sample for conducting survey. 40 working (Anganwadi workers, labour work, beauty parlours, shop keeper, teachers, tailoring, etc.) and 40 non-working (Homemakers/ housewives) female respondents will be selected purposively. The respondents will be personally interviewed with the help of structured interview schedule.

A survey will be carried out to obtaining information regarding the personal characteristics of the selected sample. A questionnaire schedule will be developed through pilot study with different questions for obtaining information on the personal characteristic such as family size, type of family, age, educational status of the family, etc. The collected data will be tabulated and percentage will be calculated to interpret the result.

$$\text{Percentage} = \frac{\text{Selected respondents}}{\text{Total respondents}} \times 100$$

OBSERVATIONS AND ASSESSMENT

Data collected were tabulated and the results were interpreted by working out the averages and percentages.

Table 1 reveals that out of 80 respondent the majority

Table 1: Personal information

Variables	Working women (40)	%	Non-working women (40)	%
Age				
>37 years	04	10	03	7.5
38-41 years	26	65	18	45
42-45 years	10	25	19	47.5
Total	40	100	40	100
Education				
Post Graduation	04	10	01	2.5
Graduation	04	10	04	10
12 th class	09	22.5	04	10
Middle school	08	20	25	62.5
Primary education	05	12.5	05	12.5
Illiterate	10	25	01	2.5
Total	40	100	40	100
Family type				
Nuclear	33	82.5	38	95
Joint	07	17.5	02	05
Total	40	100	40	100
Socio-economic status				
Middle class	21	52.5	32	80
Lower class	19	47.5	08	20
Total	40	100	40	100

respondents are within age group between 38 – 41 years consists of 65 per cent working and 45 per cent non-working women as housewives. The age group 42 – 45 years consists of 25 per cent working and 47.5 per cent non-working women. Also shows that 20 per cent working women and 62.5 per cent non-working women respondents were educated upto middle school and 22.5 per cent working women and 10 per cent non-working women respondents were educated upto 12th class. It was observed that majority of respondents as non-working women (95%) belonged to nuclear families and 5 per cent percentage to joint families as well as 82.5 per cent and 17.5 per cent respondents belonged to working group, respectively. As far socio-economic status concern 80 per cent non-working women respondents and 52.5 per cent working women are from middle class.

Table 2 shows that majority of social /mental aspects in non-working women always shows depression (10%), insomnia (15%), negative feeling (5%), loss of confidence (7.5%) as compared to working women especially. It was also find that 52.5 per cent working women never shows insomnia as compared to non-working women respondents, where as 20 per cent working women always shows loss of memory and 5 per cent mood swing as compared to non-working women respondents.

Table 3 shows that majority of medical / clinical

aspects were dominating in non-working women as compared to working women. In non-working women 17.5 per cent respondents always have weight gain and 52.5 per cent respondents never shows weight gain. 40 per cent respondents always have panic disorder and 20 per cent respondents were lack of interest in sex in non-working women. It was revealed that, lack of interest in sex finds 80 per cent some-times more prominent in working women whereas in non-working women is 67.5 per cent, respectively. 20 per cent non-working respondent have always irregular periods while in working it is 12.5 per cent. Hot flashes symptoms are majority observed in non-working women (Always 15%), some times 37.5% and 10% (Always) and 35% (some time) in working women respondents.

The present study shows that the non-working women suffered significantly most often from hot flashes, irritability, loss of sexual desire, weight gain etc complaints than working women (Abbas and Eiboghady, 2016).

The most cross sectional studies of employed women found that employment has positive effect on psychologic symptoms (Cochrane and Roem, 1980).

It was observed from the data (Solunke and Neralkar, 2011) that majority of the external and internal clinical changes in non-working women as compared to working women.

Table 2: Social/ mental aspect of participants

Sr.No.	Symptoms	Working women (40)						Non-working women (40)					
		Always		Some-time		Never		Always		Some-time		Never	
		No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
1.	Mood swing	2	5	28	70	10	25	1	2.5	31	77.5	8	20
2.	Depression	1	2.5	24	60	15	37.5	4	10	24	60	12	30
3.	Insomnia	2	5	17	42.5	21	52.5	6	15	20	50	14	35
4.	Loss of memory	8	20	20	50	12	30	5	12.5	20	50	15	37.5
5.	Negative feeling	1	2.5	18	45	21	52.5	2	5	13	32.5	25	62.5
6.	Loss of confidence	2	5	19	47.5	19	47.5	3	7.5	18	45	19	47.5

Table 3: Medical/ clinical aspects of participants

Sr.No.	Symptoms	Working Women (40)						Non-Working Women (40)					
		Always		Some-time		Never		Always		Some-time		Never	
		No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
1.	Irregular periods	5	12.5	15	37.5	20	50	8	20	14	35	18	45
2.	Hot flashes	4	10	14	35	22	55	6	15	15	37.5	19	47.5
3.	Weight gain	6	15	21	52.5	13	32.5	7	17.5	12	30	21	52.5
4.	Panic disorder legs, head etc	10	25	21	52.5	9	22.5	16	40	15	37.5	9	22.5
5.	Lack of interest in sex	1	2.5	32	80	7	17.5	8	20	27	67.5	5	12.5

The presents study to investing the imprtance of working and non-working status in the life of women. Working women had engaged in their profession, more opportunities to fulfil their need for approval and supports, as they have a wide range of colleagues, friends etc. compared to non-working women.

Acknowledgment:

Author is thankful to Dr. Jyoti D Solunke, Assistant Professor, Department Of Home Science, Sant Tukaram College, Parbhani dist. Parbhani Maharashtra for her kind guidance, motivation and unconditional support for this work.

LITERATURE CITED

- Abbas, T.R. and Eiboghdady, A.A. (2016).** Does working women have less climateric symptoms ? *Internat. Invention of Medical Sci.*, **3**(7) : 115-119.
- Baghla, Sharma, Shubhangna and Raj, Kamla (2008).** Onset age of menopause among women in Kangra district of Himachal Pradesh. *Anthropologist*, **10**(4):305-307.
- Cochrane, R. and Roem, Stopes (1980).** Women, marriage, employment andmental health, *Br.Jpsychiatry*, **139** : 373-381.
- Kaur, Sidhu and Sidhu, M. (2005).** Age at menopause in educated womn of Amritsar (Punjab). *J. Human Ecologu.*, **18**(1) : 49-51.
- Pradhan, Srivastava S.K. (2003).** Menopausw and other correlates. *Indian J. Prev. Soc. Med.*, **34**: 68-73.
- Sidhu, S., Kaur, A. and Sidhu, M. (2005).** Age at Menopause in Educated Women of Amritsar (Punjab). *J. Human Ecol.*, **18**(1):49-51, DOI: 10.1080/09709274.2005.11905806.
- Solunke J. and Neralkar, J.P. (2011).** Clinical changes in working and non-working womens during menopause. *Food Sci. Res. J.*, **2** :143-145.
- Subrahmanyam and Padmaja, A. (2016).** Menopause related problems among women in a rural community of Kerala, *Internat. J. Innovative Res. & Develop.*, **5** (1): 60-64.
- Syamala, T. S. and Sivakami, M. (2005).** Menopause: An Emerging Issue in India. *Econ. & Polit. Weekly*, 4923-4930, DOI: 10.2307/4417427.

Received : 08.09.2018; Revised : 19.02.2019; Accepted : 05.03.2019