



A STUDY TO ASSESS THE PREVALENCE OF PERIMENOPAUSE AMONG WOMEN ATTENDING OBS OPD AND WARD AT SRM GH

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Abstract

Methods and Materials

This study was intended to assess the prevalence of Perimenopause among women attending OBS OPD and ward at SRM GH. The objective of the study include To assess the prevalence of perimenopause among women and to associate the prevalence of perimenopause among women with their demographic variables. Descriptive research design and Quantitative approach was adapted. The study was conducted in SRMGH. Non probability purposive sampling technique was employed for selection of Perimenopausal women in to the study. **INCLUSION CRITERIA** :Women who are between the age group of 41 – 55, Women who are willing to participate in the study, Women who are able to read, write, speak and understand Tamil or English. **EXCLUSION CRITERIA** :Women who are physically ill during the time of data collection. The sample size for the present study consisted of 100. The instrument used for data collection consists of two parts. section A: DEMOGRAPHIC VARIABLES, Clinical variables and SECTION – B: Symptoms assessment scale. Results: shows that the demographic variables age in years ($\chi^2=13.941$, $p=0.030$), occupation ($\chi^2=7.051$, $p=0.029$) and residential area ($\chi^2=6.142$, $p=0.046$) had statistically significant association with level of perimenopausal symptoms among women at $p<0.05$ level. The other demographic variables did not show statistically significant association with level of perimenopausal symptoms among women.

Keywords: Assess, Prevalence, Perimenopause, women, OBS OPD

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1. INTRODUCTION

Natural or spontaneous menopause is a transition phase from the reproductive to the nonreproductive phase in a woman's life. It occurs with the final menstrual period which is known to occur after 12 months of amenorrhea for which there are no obvious pathological and physiological causes. It sets the stage for aging and accelerates the process of noncommunicable diseases. Worldwide the age of menopause is in-between 45 and 55 years. Peri-menopause/menopause transition is the period immediately prior to menopause and up to 1 year after the final menstrual period. It may last for 3–5 years.

If a women is facing symptoms like Hot flashes, irregular flow, heavy flow, night sweats, mood swings, fatigue, irritability, she should check and confirm with menopause tesing kit, if she is in her early stage of menopause.

One of the most important hormone involved in maintaining fertility is FSH(Follicle stimulating Hormone). It is responsible for stimulating a woman's ovaries in order to produce eggs. After the age of 30, a woman's fertility begins to decline & more FSH is produced to stimulate the ovaries for producing eggs. As you approach menopause, FSH level rises higher than the normal level. Hence a rise in FSH hormone, coupled with other symptoms of menoapuse is an important factor associated with onset of menopause

SIGNIFICANCE AND NEED FOR THE STUDY

In all over India the average age of Menopause is 45-55years during menopausal transition the ovary stops producing hormone oestrogen and progesterone 85% of women experience us menopausal symptoms associated with oestrogen deficiency so the oestrogen is the one of the female sex hormone and it is

important role for protective health during menopause the most common symptoms are vasomotor symptoms muscular symptoms and sleep impairment usually the symptoms stars 1 year prayer to cessation of Mensuration sometimes it may be persistent for several years.

STATEMENT OF THE PROBLEM

A Study to assess the Prevalence of Perimenopause among women attending OBS OPD and ward at SRM GH

OBJECTIVES

The objectives of the study are

- 1) To assess the prevalence of perimenopause among women
- 2) To associate the prevalence of perimenopause among women with their demographic variables

2. METHODS AND MATERIALS

This study was intended to assess the prevalence of Perimenopau among women attending OBS OPD and ward at SRM GH .Descriptive research design and Quantitative approach was adapted .The study was conducted in SRMGH. Non probability purposive sampling technique was employed for selection of Perimenopausal women in to the study.

INCLUSION CRITERIA: Women who are between the age group of 41 – 55,Women who are willing to participate in the study,Women who are able to read, write , speak and understand Tamil or English .**EXCLUSION CRITERIA**

:Women who are physically ill during the time of data collection The sample size for the present study consisted of 100. The instrument used for data collection consists of two parts.section A: **DEMOGRAPHIC VARIABLES**, Clinical variables and **SECTION – B: Symptoms assessment scale**

SYMPTOMS ASSESSMENT SCALE SCORING

SYMPTOMS (YES)	(NO)
No symptoms	0-5
Mild Symptoms	6-10
Moderate Symptoms	11-15
Severe Symptoms	16-20
Very severe Symptoms	>21

PRESENTATION OF DATA

SECTION A - ANALYSIS OF DEMOGRAPHIC DATA AMONG THE WOMEN IN SRM GH.

Table 1 Frequency and percentage distribution of women at OBS OPD and ward at SRMGH
N = 100

Demographic Variables	Frequency	Percentage
Age in years		
41 – 45 years	29	29.0
46 – 50 years	26	26.0
51 – 55 years	26	26.0
56 and above	19	19.0
Marital status		
Married	100	100.0
Unmarried	-	-
Religion		
Hindu	70	70.0
Muslim	12	12.0
Christian	18	18.0
Others	-	-
Educational status		
Illiterate	26	26.0
Primary school certificate	28	28.0
Middle school certificate	23	23.0
High school certificate	17	17.0
Intermediate or post high school diploma	1	1.0
Graduate or post graduate	5	5.0
Profession or honours	-	-
Occupation		
Employed	52	52.0
Unemployed	48	48.0
Family monthly income		
<10,000	65	65.0
10,000 – 15,000	30	30.0
15,001 – 20,000	4	4.0
>20,000	1	1.0
Type of family		
Joint family	53	53.0
Nuclear family	47	47.0
Residential area		
Urban	47	47.0

Demographic Variables	Frequency	Percentage
Rural	53	53.0
Dietary habits		
Vegetarian diet	17	17.0
Mixed diet	83	83.0
Age of menarche		
<11 yrs	9	9.0
11 – 13 yrs	39	39.0
14 – 16 yrs	47	47.0
>16 yrs	5	5.0
Frequency of menstruation		
Regular	93	93.0
Irregular	7	7.0
Parity		
Nullipara	11	11.0
Primipara	6	6.0
Multipara	71	71.0
Grand multipara	12	12.0
Type of delivery		
Normal	85	85.0
Assisted	4	4.0
Caesarean	11	11.0
Number of living children		
One	9	9.0
Two	41	41.0
>Two	48	48.0
No issues	2	2.0
Duration of attainment of premenopausal		
1 – 2 yrs	33	33.0
>2 – 3 yrs	30	30.0
>3 – 4 yrs	8	8.0
>4 – 5 yrs	29	29.0

The table 1 shows that most of the perimenopausal women, 29(29%) were aged between 41 – 45 years, 100(100%) were married, 70(70%) were Hindus, 28(28%) had primary school education, 52(52%) were employed, 65(65%) had family monthly income of <10,000, 53(53%) belonged to joint family, 53(53%) were residing in rural area, 83(83%) were mixed dietician, 47(47%) were aged between 14 – 16 years at the

age of menarche, 93(93%) had regular frequency of menstruation, 71(71%) were multipara, 85(85%) had normal delivery, 48(48%) had two living children and 33(33%) had attained premenopausal for 1 – 2 yrs.

Table 2 Shows assessment of level on the prevalence of Perimenopause among women in OBS OPD and ward at SRM GH

Table 2: Frequency and percentage distribution of level of Perimenopausal symptoms among women.

N = 100

Level of Symptoms	Frequency	Percentage
No symptoms (0 – 5)	-	-
Mild symptoms (6 – 10)	-	-
Moderate symptoms (11 – 15)	5	5.0
Severe symptoms (16 – 20)	50	50.0
Very severe symptoms (≥ 21)	45	45.0

The table 2 shows that 50(50%) had severe perimenopausal symptoms, 45(45%) had very severe perimenopausal symptoms and 5(5%) had moderate perimenopausal symptoms.

Table 3: Assessment of mean and standard deviation of Perimenopausal symptoms among women.

N = 100

Symptoms Score	Score
Minimum	13.0
Maximum	25.0
Median	20.0
Mean	20.02
Standard Deviation (S.D)	2.76

The table 3 shows that the mean score of perimenopausal symptom was 20.02 with standard deviation of 2.76. The minimum score was 13.0 and maximum score was 25.0. The median score was 20.0

Table 4; To associate the prevalence of perimenopause among women with their demographic variables in SRMGH

Table 4; shows association between the prevalence of perimenopause women with their demographic variables in SRMGH

N = 100

Demographic Variables	Moderate		Severe		Very Severe		Chi-Square & p-value
	F	%	F	%	F	%	
Age in years							$\chi^2=13.941$ d.f=7 p=0.030 S*
41 – 45 years	0	0	11	11.0	18	18.0	
46 – 50 years	4	4.0	15	15.0	7	7.0	
51 – 55 years	0	0	13	13.0	13	13.0	
56 and above	1	1.0	11	11.0	7	7.0	
Marital status							-
Married	5	5.0	50	50.0	45	45.0	
Unmarried	-	-	-	-	-	-	
Religion							$\chi^2=4.462$ d.f=4 p=0.347 N.S
Hindu	4	4.0	39	39.0	27	27.0	
Muslim	0	0	5	5.0	7	7.0	
Christian	1	1.0	6	6.0	11	11.0	
Others	-	-	-	-	-	-	
Educational status							$\chi^2=11.364$

Demographic Variables	Moderate		Severe		Very Severe		Chi-Square & p-value d.f=10 p=0.330 N.S
	F	%	F	%	F	%	
Illiterate	1	1.0	14	14.0	11	11.0	
Primary school certificate	2	2.0	10	10.0	16	16.0	
Middle school certificate	0	0	11	11.0	12	12.0	
High school certificate	2	2.0	12	12.0	3	3.0	
Intermediate or post high school diploma	0	0	0	0	1	1.0	
Graduate or post graduate	0	0	3	3.0	2	2.0	
Profession or honours	-	-	-	-	-	-	
Occupation							$\chi^2=7.051$ d.f=2 p=0.029 S*
Employed	2	2.0	20	20.0	30	30.0	
Unemployed	3	3.0	30	30.0	15	15.0	
Family monthly income							$\chi^2=10.225$ d.f=6 p=0.116 N.S
<10,000	4	4.0	38	38.0	23	23.0	
10,000 – 15,000	1	1.0	12	12.0	17	17.0	
15,001 – 20,000	0	0	0	0	4	4.0	
>20,000	0	0	0	0	1	1.0	
Type of family							$\chi^2=0.584$ d.f=2 p=0.747 N.S
Joint family	3	3.0	28	28.0	22	22.0	
Nuclear family	2	2.0	22	22.0	23	23.0	
Residential area							$\chi^2=6.142$ d.f=2 p=0.046 S*
Urban	3	3.0	29	29.0	15	15.0	
Rural	2	2.0	21	21.0	30	30.0	
Dietary habits							$\chi^2=2.024$ d.f=2 p=0.364 N.S
Vegetarian diet	1	1.0	11	11.0	5	5.0	
Mixed diet	4	4.0	39	39.0	40	40.0	
Age of menarche							$\chi^2=8.407$ d.f=6 p=0.210 N.S
<11 yrs	0	0	4	4.0	5	5.0	
11 – 13 yrs	1	1.0	25	25.0	13	13.0	
14 – 16 yrs	3	3.0	20	20.0	24	24.0	
>16 yrs	1	1.0	1	1.0	3	3.0	
Frequency of menstruation							$\chi^2=1.826$ d.f=2 p=0.401 N.S
Regular	4	4.0	46	46.0	43	43.0	
Irregular	1	1.0	4	4.0	2	2.0	
Parity							$\chi^2=6.592$ d.f=6 p=0.360 N.S
Nullipara	0	0	6	6.0	5	5.0	
Primipara	1	1.0	3	3.0	2	2.0	
Multipara	2	2.0	36	36.0	33	33.0	
Grand multipara	2	2.0	5	5.0	5	5.0	
Type of delivery							$\chi^2=2.275$

Demographic Variables	Moderate		Severe		Very Severe		Chi-Square & p-value d.f=4 p=0.685 N.S
	F	%	F	%	F	%	
Normal	5	5.0	43	43.0	37	37.0	p=0.685 N.S
Assisted	0	0	1	1.0	3	3.0	
Caesarean	0	0	6	6.0	5	5.0	
Number of living children							$\chi^2=3.280$ d.f=6 p=0.773 N.S
One	0	0	4	4.0	5	5.0	
Two	2	2.0	19	19.0	20	20.0	
>Two	3	3.0	25	25.0	20	20.0	
No issues	0	0	2	2.0	0	0	$\chi^2=7.512$ d.f=6 p=0.276 N.S
Duration of attainment of premenopausal							
1 – 2 yrs	4	4.0	17	17.0	12	12.0	
>2 – 3 yrs	0	0	14	14.0	16	16.0	
>3 – 4 yrs	0	0	3	3.0	5	5.0	
>4 – 5 yrs	1	1.0	16	16.0	12	12.0	

*p<0.05, S – Significant, N.S – Not Significant

The table 4 shows that the demographic variables age in years ($\chi^2=13.941$, $p=0.030$), occupation ($\chi^2=7.051$, $p=0.029$) and residential area ($\chi^2=6.142$, $p=0.046$) had statistically significant association with level of menopausal symptoms among perimenopausal women at p<0.05 level. The other demographic variables did not show statistically significant association with level of menopausal symptoms among perimenopausal women.

ETHICAL CONSIDERATION

HUMAN RIGHTS

Formal approval was obtained from the institution review board and institutional ethical committee of SRM University, Kattankulathur, Kancheepuram, Tamil nadu, India

Content validity was received from the various experts from the field of nursing, bio – statistician and research experts

BENEFICENCE AND NON – MALEFFICIENCY

1) The investigators gets permission from the head of the department to execute the study for prevalence of perimenopause

2) Potential benefits and risk was explained to the faculty and head of the department

DIGNITY

- 1) Informed consent was obtained from the samples related to the study purpose, type of data, nature of commitments, participation and procedure
- 2) Clients have the “ Rights to withdraw / withhold the information was enforced before data collection ”
- 3) Investigator’s contact information was disseminated to all the women who have participated in the study

CONFIDENTIALITY

Confidentiality and anonymity pledge was ensured

JUSTICE

The client who have perimenopause was explained with risk factors, treatment and they were referred to SRM general hospital and research centre

3. CONCLUSION

The researcher concluded that perimenopausal women are at more risk of developing physical and psychological

symptoms, so these women require increased attention in comparison to postmenopausal women. To achieve holistic care for perimenopausal women, the primary health care provider should train them to tackle these symptoms by various modalities such as pelvic floor exercise, nutritious diet, increase physical activity and meditation by their mutual participation. PeriMenopause does not really require medical treatment since it is a natural biological process. Hormone therapy (HT) must be Implemented .So the government should started Perimenopausal clinic to combat these problems and help to sensitize and increase awareness among the women

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