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## Postmenopausal women's knowledge and attitudes towards menopause

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### Abstract

The term "menopause," which refers to the cessation of menstruation and the end of fertility, is a compound of the Greek terms meno (monthly) and pause (halt). Ovarian failure-related menopause is a physiological event that signifies the end of a woman's reproductive life. Between the ages of 45 and 55 is when menopause naturally begins. Numerous physical and psychological symptoms, such as vasomotor symptoms, sleep difficulties, mood problems, cognitive decline, vaginal shrinkage, and increased risk for several chronic conditions, such as osteoporosis and cardiovascular disease, are linked to hormonal changes during menopause. This study, which was carried out in the psychiatry department of the Government Medical College in Nellore, was a cross-sectional descriptive study. All outpatient postmenopausal women who met the study's inclusion criteria and visited the departments for three months, from October 2022 to December 2022, made up the study population. Menopausal symptoms were unknown to the majority of our women. Because they saw the menopause as a natural part of aging, the majority of them had good perceptions of it. In order to provide women with accurate and appropriate information on this overlooked health issue, it is crucial to educate them through a variety of channels, particularly the mainstream media.

**Keywords:** Postmenopausal women's, menopause, numerous physical

### Introduction

The term "menopause," which refers to the cessation of menstruation and the end of fertility, is a compound of the Greek terms meno (monthly) and pause (halt). Ovarian failure-related menopause is a physiological event that signifies the end of a woman's reproductive life. Between the ages of 45 and 55 is when menopause naturally begins. Numerous physical and psychological symptoms, such as vasomotor symptoms, sleep difficulties, mood problems, cognitive decline, vaginal shrinkage, and increased risk for several chronic conditions, such as osteoporosis and cardiovascular disease, are linked to hormonal changes during menopause.

The end of menstruation, or menopause, is a psychological and medical occurrence. Menopause-related psychosocial phenomena include attitudes, perceptions, and expectations. Menopause is the clinical term for the end of monthly periods. Women's lives are going through a changing time. The menopause is viewed, and understood differently by different groups of women. These variations have been linked to factors such as female age, parity, socioeconomic status, culture, education level, and geography. The purpose of this study is to better understand postmenopausal women's perceptions and understanding regarding menopause.

### Methods and Materials

This study, which was carried out in the psychiatry department of the Government Medical College in Nellore, was a cross-sectional descriptive study. All outpatient postmenopausal women who met the study's inclusion criteria and visited the departments for three months, from October 2022 to December 2022, made up the study population.

### Criteria for inclusion

- Participants in the study who gave consent.
- Patients who are older than 40.

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**Criteria for exclusion**

- Patients who declined to provide permission.
- Individuals with severe cognitive impairment.
- Individuals with psychotic illnesses.

A semi-structured proforma was developed to document demographic information such as residence, education level, women's parity, age, and marital status. A knowledge and perception questionnaire was developed, and participants were asked if they knew what menopause was, when their periods stopped, how old they were, how to treat

menopausal symptoms, and whether they thought menopause was a medical condition or a natural process. It was asked how they perceived this life event whether it was pleasant, negative, or neutral. The information was entered and collated onto an Excel sheet. The institutional ethical committee gave its approval to the project.

As indicated in Table 3, the most often reported menopausal symptoms were hot flushes (55%), mood swings (55%), body aches (51.7%), irritability (50%), depression (50%), night sweats (50%), and insomnia (48.3%).

**Table 1:** Demographic profile

Variables	Variants	Number (N=120)	Percentage (%)
Age (years)	41-50	36	30.0
	51-60	70	58.3
	61-70	12	10.0
	≥71	2	1.6
Marital status	Married	94	78.3
	Widow	21	17.5
	Divorced	5	4.2
Parity	Nulliparous	3	2.5
	1-3	64	53.3
	3-5	41	34.2
	>5	12	10.0
Education	Primary school	10	8.3
	High school	14	11.7
	Higher secondary	7	5.8
	Graduate and above	8	6.7
	Illiterate	81	67.5
Residence	Rural	96	80.0
	Urban	24	20.0

**Table 2:** Knowledge and perception about menopause

Knowledge about menopause		
Heard about menopause at the time their periods stopped	102	85.0
Age of menopause	54	45.0
Symptoms of menopause	25	20.8
Treatment of symptoms	8	6.6
Perception about menopause		
Positive event	68	56.6
Negative event	36	30.0
Natural process	98	81.7
Medical condition	22	18.3
Happy about menstrual cessation	75	62.5
Worried about menstrual cessation	25	20.8
Worried about loss of fertility	14	11.7

**Table 3:** Symptoms of menopause

Symptoms	Number (N=120)	Percentage (%)
Hot flushes	66	55.0
Mood swings	66	55.0
Body aches	62	51.7
Irritability	60	50.0
Depression	60	50.0
Insomnia	58	48.3
Night sweats	60	50.0
Weight gain	50	41.7
Frequency of micturition	43	35.8
Vaginal dryness	23	20.8
Difficulty in concentration	25	19.2

**Conclusion**

Menopausal symptoms were unknown to the majority of our women. Because they saw the menopause as a natural part

of aging, the majority of them had good perceptions of it. In order to provide women with accurate and appropriate information on this overlooked health issue, it is crucial to educate them through a variety of channels, particularly the mainstream media.

**Conflict of Interest**

Not available

**Financial Support**

Not available

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**How to Cite This Article**

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