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A descriptive study to assess the perimenopausal symptoms among women of age group 40 to 50 years with a view to arrange multi-instructional nursing intervention in selected rural area of district Jhajjar Haryana

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Abstract

Background: Perimenopause is a natural physiological event that occurs in women. During perimenopause, women might experience symptoms such as hot flashes and night sweats, insomnia, vaginal dryness, mood disorders, and so on.

Methods: A descriptive design was used to assess perimenopausal symptoms among women of age group 40 to 50 years. The study was conducted in four villages in district Jhajjar, Haryana. Purposive sampling method was adopted to recruit samples from the population. The sample size included in this study was 150 perimenopausal women who meet the selection criteria.

Result: Both descriptive and inferential statistical method was used to analyze the collected data. The analyzed data was organized and presented in the form of tables and figures. Prevalence of perimenopausal symptoms were shown in the figure 2 Majority of the subjects in this study 67 (44.7%) were having moderate symptoms and others 65 (43.3%) were with severe symptoms. In this study there was an association between sexual dysfunction and the demographic variables like educational status, monthly family income, type of, source of information.

Conclusion: Nursing personnel's having a major role to create awareness and design various interventions to reduce physical and psychological morbidities associated with perimenopausal symptoms.

Keywords: Perimenopausal, women, symptom, prevalence

Introduction

Perimenopause is a natural physiological event that occurs in women and is defined by the World Health Organization (WHO) as the permanent cessation of menstruation and a decrease in the levels of ovarian steroid hormones (estrogen and progesterone) due to the loss of ovarian follicular function. The final menstrual period is retrospectively assigned after 12 consecutive months of amenorrhea in the absence of other pathological or physiological causes [1]. During perimenopause, women might experience symptoms such as hot flashes and night sweats, insomnia, vaginal dryness, mood disorders, and so on [2-4]. Although most symptoms are not life-threatening, they may actually have a negative impact on the quality of life and the physical and mental health of perimenopausal women. Menopause is not a disease but a natural transition in a women's life that results from a decrease in the ovarian production of sex hormones such as estrogenic, progesterone and testosterone. By loss of reproductive potential and transition into later life she may become a victim of both physically and psychologically problems. Physical complaints in order of frequency are as follows: hot flashes, night sweats or chills, disrupted sleep, vaginal dryness, loss of libido, loss of energy, mood swings, increased irritability, loss of skin tone, and urinary leakage. Psychological complaints include, loss of confidence, depressed mood, irritability, forgetfulness, difficulty in concentrating, panic attacks and anxiety [5-6]. Pathak N and Shivaswamy M. S (2021) [7] which aimed at determining the prevalence of menopausal symptoms. A total of 345 postmenopausal women aged 40-60 years were selected by systematic random sampling technique and interviewed during house-to-house visit.

Result revealed that most common menopausal symptoms were of physical domain (75.7%-25.5%), followed by psychosocial domain (63.9%-49.3%) to vasomotor domain (63.5%-55.4%) and least common sexual domain (42.3%-36.2%).⁷Babu *et al* 2020 conducted a study to assess the Knowledge on Pre-Menopausal Symptoms among Middle Aged Women in a Selected Village at Kanchipuram District, Tamil Nadu, India. The study shows that 0% of the women had adequate knowledge, 15% of the women had moderate knowledge, and 94% of the women had inadequate knowledge regarding peri-menopausal symptoms^[8]. S. Palacios *et al* (2010)^[9] included data from MEDLINE (1966- 2009) and EMBASE (1975 -2009) revealed that the prevalence of climacteric symptoms ranges between 22-63% in Asian women. A relatively higher prevalence of vasomotor symptoms was reported among Indian women. Among 50 perimenopausal Indian women 32% reported climacteric symptoms. According to IMS (Indian Menopause Society) research, there are currently 65 million Indian women over the age of 45 experiencing climacteric symptoms^[9].

Complementary and alternative medicine (CAM) treatments have been used for thousands of years around the world. There has been increased interest in utilizing CAM for menopausal symptoms since the release of results of the Women's Health Initiative elucidated long-term adverse effects associated with hormone therapy. Women looking for more natural or safer means to treat hot flushes, night sweats, and other menopausal symptoms often turn to CAM such as yoga, phytoestrogens, or black cohosh. Yet there have been few well-conducted studies looking at the efficacy of these treatments^[10]. Vasomotor symptoms (VMS; eg, hot flashes and night sweats) are the primary symptoms of menopause. VMS affect more than 80% of women in menopause and are the menopause symptoms for which most women seek treatment, Hormone therapy has been the primary treatment for menopausal symptoms. However, because of the health risks associated with hormone therapy, many women cannot or choose not to use hormone therapy. Approximately 51% of women use CAM and more than 60% perceive it to be effective for menopausal symptoms.

Based on this, a study is planned to create a complete research data base on the prevalence of perimenopausal symptoms among women in age between 40 and 50 years who resides in selected rural areas of district Jhajjar Haryana. Objectives is to assess peri- menopausal symptoms under 5 domains among women of age group (40-50 years) and to find out associations of perimenopausal symptoms domain with demographic variables of women age group 40 to 50 years in selected rural area of district Jhajjar.

Operational Definitions

Assess: Assess refers to the measurement of the perimenopausal symptoms with the help of Green climacteric scale by using structured interview schedule.

Peri-menopausal symptoms: Symptoms refers to Psychological anxiety, psychological depression, somatic,

vasomotor and sexual dysfunction, which occur 8 to 10 years before menopause.

Women: Women refers to the female of age group 40 to 50 years who have menstrual irregularities (peri-menopausal period) having at least 3 symptoms.

Nursing intervention: It refers to organized multi - instructional information in the form of health talk regarding (diet, exercise, alternative therapies etc.) with the help of Audio - Visual aids like chart and pamphlets.

Selected rural area: It refers to the selected villages (Kablana, Silana, Sulodha and Silani) of District Jhajjar.

Research hypothesis

There will be no significant association between selected variables and perimenopausal symptoms.

Assumptions

The study assumes that:

1. Women will have some peri- menopausal symptoms during peri-menopausal period.
2. Women will have some severe symptoms.
3. Premenopausal symptoms affect quality of life of perimenopausal women.
4. Multi instructional Nursing intervention will be effective for women in acquiring knowledge and improving quality of life.

Delimitation

The study is delimited to:

1. The women of age group 40 to 50 who are in perimenopausal stage.
2. The women who have menstrual irregularities but not in postmenopausal period.
3. The women of selected rural area of District Jhajjar.

Methods

A quantitative research approach was considered as most appropriate to evaluate and assess the peri - menopausal symptoms. A non-experimental typical descriptive design was found appropriate to describe the assessment of perimenopausal symptoms among women of age group 40 to 50 years. The study was conducted in four villages namely, Silana, Silani, Sulodha and Kablana. These villages are located in district Jhajjar, Haryana. The study was conducted in Anganwadi centre of each village these areas were selected because of feasibility of the subjects, feasibility of time and easy to assess, availability of large number of samples, familiarity of area, investigator conveniences, expected co-operation from the head of the villages and Anganwadi workers.

Target population: It refers to the women in age between 40 - 50 years residing in selected rural areas (Silana, Silani, Sulodha and Kablana) of district Jhajjar

Sampling technique: purposive sampling method was adopted to recruit samples from the population. The sample

size included in this study was 150 perimenopausal women who meet the selection criteria.

Inclusion criteria

1. The perimenopausal women of age group 40-50 years of selected rural area of district Jhajjar.
2. Perimenopausal women who have at least 3 symptoms.
3. The women who are willing to participate in study.

Exclusion Criteria

1. Perimenopausal women with medical disorders such as diabetes mellitus and hypertension etc.
2. Perimenopausal women who are under medical and surgical treatment.
3. Women who are not willing to participate in study.

Research Variable: Prevalence of peri-menopausal symptoms was the research variable in this study.

Data collection tool and description of tool

The tool used in this study for collecting data on prevalence of peri-menopausal symptoms consists of two section.

- **Section - A: Socio-Demographic Variables:** Age, education, occupation, marital status, income, type of family, type of diet and source of information are selected demographic variables in the study.
- **Section - B: Greene Climacteric Scale:** The Greene Scale provides a brief measure of menopause

symptoms. It can be used to assess changes in different symptoms, before and after menopause treatment. Four main areas are measured: 1. Psychological (items 1-11). 2. Physical (items 12-18). 3. Vasomotor (items 19, 20) and Sexual behaviour (item - 21)

The scale measures the presence of each symptom by rating from not at all to extremely which ranges from 0-3 for each question in the scale. Not at all = 0, A little = 1, Quite a bit = 2, extremely = 3. The total score can range from 0 - 63. The higher score indicates that the higher the woman is bothered about menopause related symptoms.

Description of Scoring and Interpretations

Total Green Climacteric Score: 0 = Nil, 1 - 9 = Mild, 10 - 19 = Moderate 20 & above = Severe.

Psychological Subscale Score: 0 = Nil, 1-3 = Mild, 4 - 9 = Moderate, 10 or More = Severe.

Somatic Subscale Score: 0 = Nil, 1= Mild, 2-3= Moderate, 4 or More = Severe.

Vasomotor Subscale Score: 0 = Nil, 1 = Mild, 2 = Moderate, 3 and More = Severe.

Sexual subscale score: 0= Nil, 1 = Mild, 2 = Moderate, 3=Severe.

Table 1: Green Climacteric Scale Descriptions

Scale Symptom Domain	Number of Items	Item Number	Score Range
Psychological-anxiety	6	1-6	0-18
Psychological-depression	5	7-11	0- 15
Somatic	7	12-18	0-21
Vasomotor	2	19,20	0-6
Sexual dysfunction	1	21	0-3

Ethical consideration: The research was ethically approved by institutional ethical committee and it has no harm on the living being. The formal approval was taken from Sarpanch of selected villages. A formal introduction was given to the participants and formal written consent as taken from the participants, the confidentiality of the subjects and their response was assured.

Pilot study: Pilot study was done from 06:02:2023 to 16:02:2023. Village Dujana, District Jhajjar, Haryana, was selected for this purpose. Pilot study was carried out among 15 samples 10% of total sample and purposive sampling technique was used to select samples. The descriptive statistics were used for analysis of the pilot study. It was based on the objective of the study. The findings of the study revealed that study was feasible, practicable, and

acceptable.

Data collection procedure: Researcher had collected data or the study from 03:03:2023 to 03:04:2023. After obtaining the formal permission to collect data from the 'Village Sarpanch'. Data collection was done from the samples residing in villages Silana, Silani, Sulodha and Kablana. Data were collected using semi structured interview method, every day researcher had collected data from samples and the time taken for collecting data from each sample was around 25 minutes. Followed by data collection from the samples, researcher had administered multi-instructional nursing intervention to the samples for their perimenopausal symptoms. But these interventions effectiveness were not assessed by the researcher because of the study durations as the limitations.

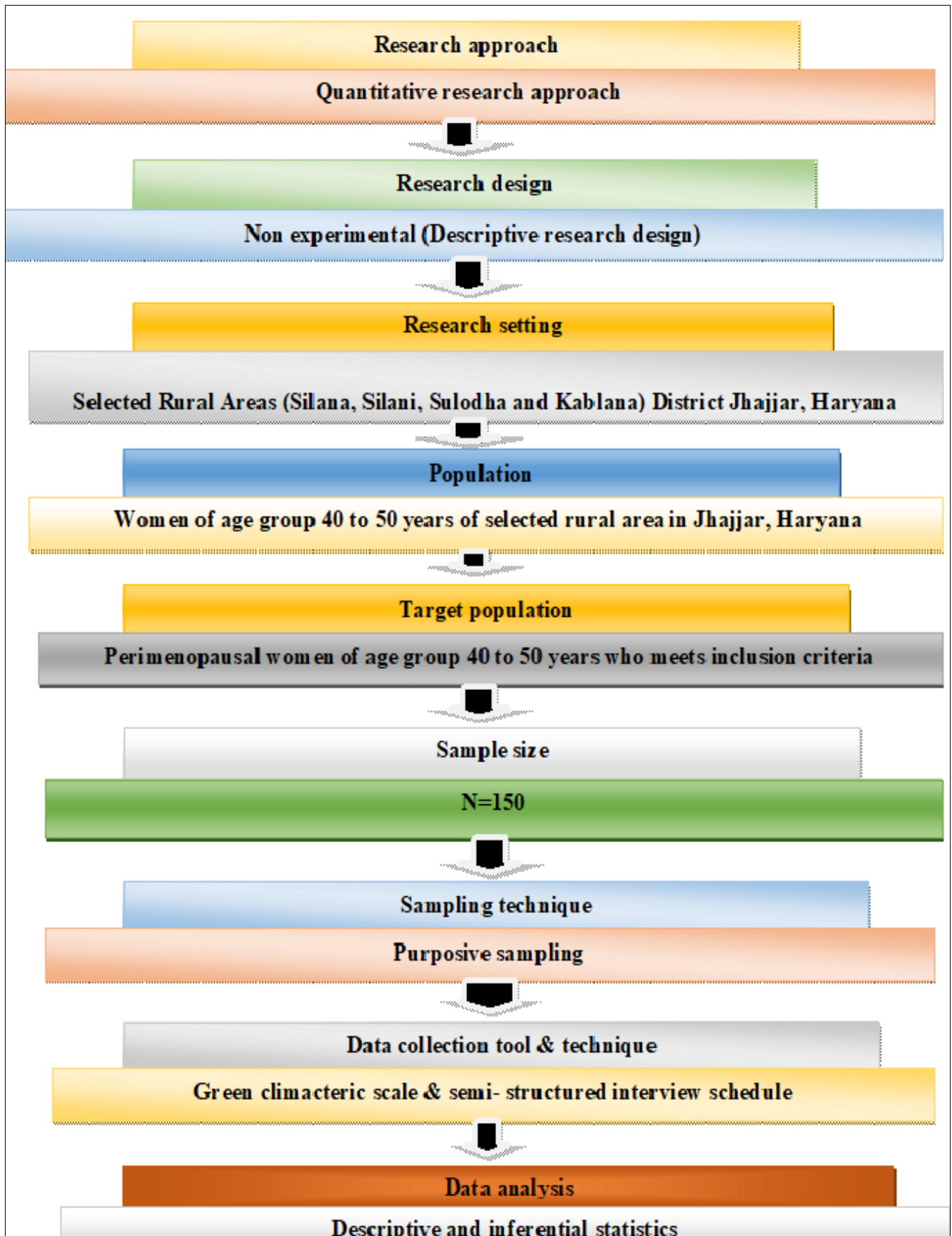


Fig 1: Schematic Representation of Research Methodology

Results and Discussion

The data obtained was entered into master sheet for tabulation and statistical processing. Both descriptive and

inferential statistical method was used to analyze the collected data. The analyzed data was organized and presented in the form of tables and figures

Table 2: Frequency and Percentage Distribution of Subjects According to Socio - Demographic Variables (n = 150)

Socio - Demographic Variables	Frequency (f)	Percentage (%)
Age in years		
40 to 45 years	104	69.3
46 to 50 years	46	30.7
Educational status		
Illiterate	37	24.7
Primary	29	19.3
Secondary	42	28.0
Higher Secondary and above	42	28.0
Occupational status		
Home maker	119	79.3
Self-employment	18	12.0
Govt Job	13	8.7
Marital Status		
Married	133	88.7
Un Married	1	.7
Widow	15	10.0
Divorced	1	.7
Monthly family income (Rupees)		
1000 to 10,000	9	6.0
11000 to 20000	56	37.3
21000 to 30000	48	32.0
31000 and above	37	24.7
Type of Family		
Nuclear	95	63.3
Joint	55	36.7
Extended	0	0.0
Diet		
Vegetarian	150	100.0
Non - Vegetarian	0	0.0
Source of information		
Newspaper and magazines	58	38.7
Television and radio	2	1.3
Internet	9	6.0
Friend circle	81	54.0

Table 3: Descriptive Statistics Showing the Range, Maximum & Minimum Scores, Mean and Standard Deviation of the Domain Scores (n = 150)

Domain Scores	Range	Minimum	Maximum	Sum	Mean	Std. Deviation
Psychological Anxiety Domain	18	0	18	881	5.87	3.690
Psychological Depression Domain	13	0	13	591	3.94	2.303
Physical Domain	21	0	21	1250	8.33	4.491
Vasomotor Domain	6	0	6	294	1.96	1.938
Sexual Domain	3	0	3	106	.71	.832

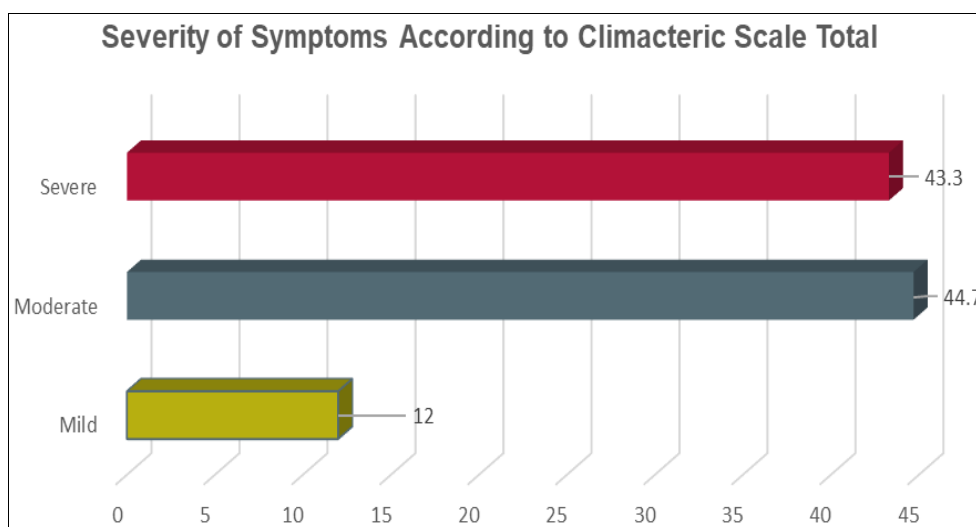


Fig 2: Percentage Distribution of subjects according to Severity of Symptoms According to Greene Climacteric Scale.

Table 4: Frequency and Percentage Distribution of Subjects Based on the Symptoms Experienced by the Subjects As Measured By Greene Climacteric Scale (n = 150)

Symptoms Experienced	Frequency (f)	Percentage (%)
1. Heart beating quickly or strongly		
Not at all	39	26.0
A little bit	61	40.7
Quiet a bit	30	20.0
Extremely	20	13.3
2. Feeling tense or nervous		
Not at all	33	22.0
A Little	67	44.7
Quiet a bit	32	21.3
Extremely	18	12.0
3. Difficulty in sleeping		
Not at all	46	30.7
A Little	58	38.7
Quiet a bit	38	25.3
Extremely	8	5.3
4. Excitable		
Not at all	29	19.3
A little	76	50.7
Quiet a bit	36	24.0
Extremely	9	6.0
5. Attacks of anxiety, panic		
Not at all	89	59.3
A Little	46	30.7
Quiet a bit	9	6.0
Extremely	6	4.0
6. Difficulty in concentrating		
Not at all	73	48.7
A Little	57	38.0
Quiet a bit	17	11.3
Extremely	3	2.0
7. Feeling tired or lacking in energy		
Not at all	6	4.0
A Little	51	34.0
Quiet a bit	71	47.3
Extremely	22	14.7
8. Loss of interest in most things		
Not at all	85	56.7
A Little	46	30.7
Quiet a bit	17	11.3
Extremely	2	1.3
9. Feeling unhappy or depressed		
Not at all	87	58.0
A Little	51	34.0
Quiet a bit	7	4.7
Extremely	5	3.3
10. Crying spells		
Not at all	132	88.0
A Little	17	11.3
Quiet a bit	1	.7
Extremely	0	0.0
11. Irritability		
Not at all	32	21.3
A Little	93	62.0
Quiet a bit	17	11.3
Extremely	8	5.3
12. Feeling dizzy or faint		
Not at all	32	21.3
A Little	46	30.7
Quiet a bit	54	36.0
Extremely	18	12.0
13. Pressure or tightness in head		
Not at all	29	19.3
A Little	40	26.7
Quiet a bit	61	40.7

Extremely	20	13.3
14. Parts of body feel numb		
Not at all	61	40.7
A Little	30	20.0
Quiet a bit	44	29.3
Extremely	15	10.0
15. Headaches		
Not at all	16	10.7
A Little	59	39.3
Quiet a Bit	61	40.7
Extremely	14	9.3
16. Muscle and joint pains		
Not at all	4	2.7
A Little	45	30.0
Quiet a bit	71	47.3
Extremely	30	20.0
17. Loss of feeling in hands or feet		
Not at all	73	48.7
A Little	23	15.3
Quiet a bit	41	27.3
Extremely	13	8.7
18. Breathing difficulties		
Not at all	133	88.7
A little	13	8.7
Quiet a bit	2	1.3
Extremely	2	1.3
19. Hot flushes		
Not at all	69	46.0
A little	42	28.0
Quiet a bit	24	16.0
Extremely	15	10.0
20. Sweating at night		
Not at all	62	41.3
A little	40	26.7
Quiet a bit	33	22.0
Extremely	15	10.0
21. Loss of interest in sex		
Not at all	84	56.0
A little	48	32.0
Quiet a bit	13	8.7
Extremely	5	3.3

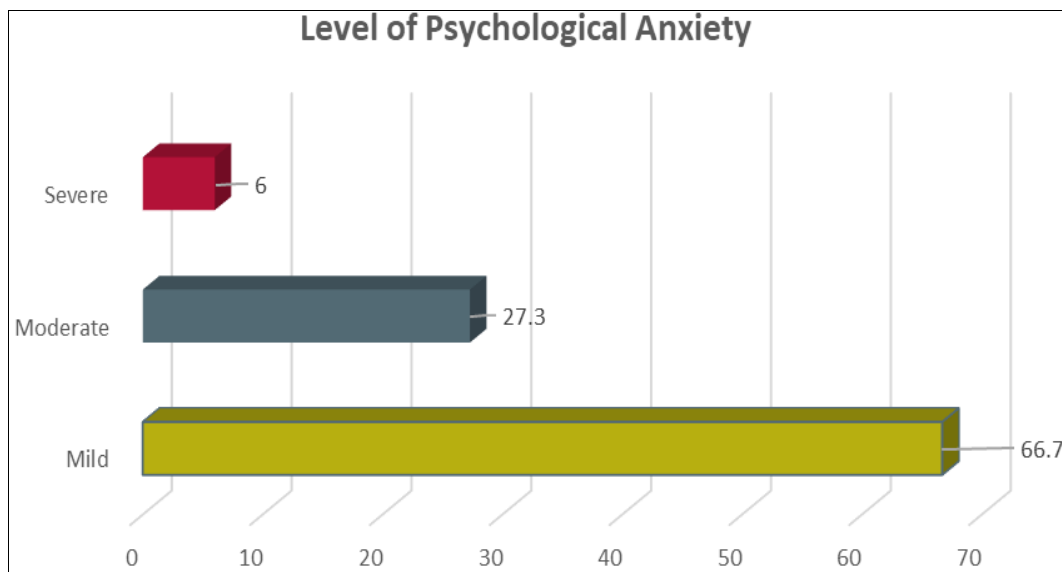


Fig 3: Percentage Distribution of Subjects According to Psychological Anxiety Table

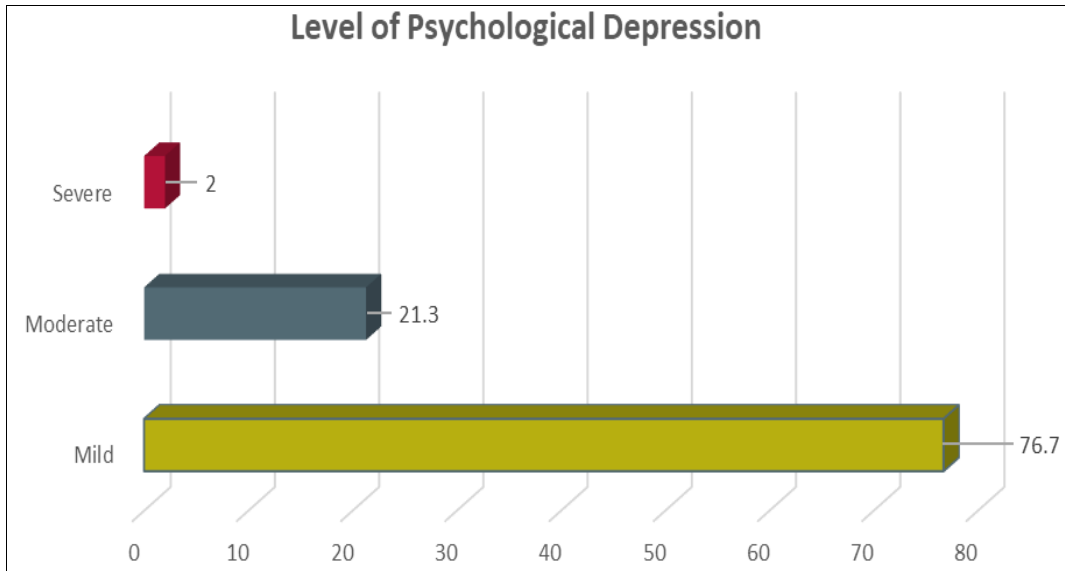


Fig 4: Percentage Distribution of Subjects According to Psychological Depression

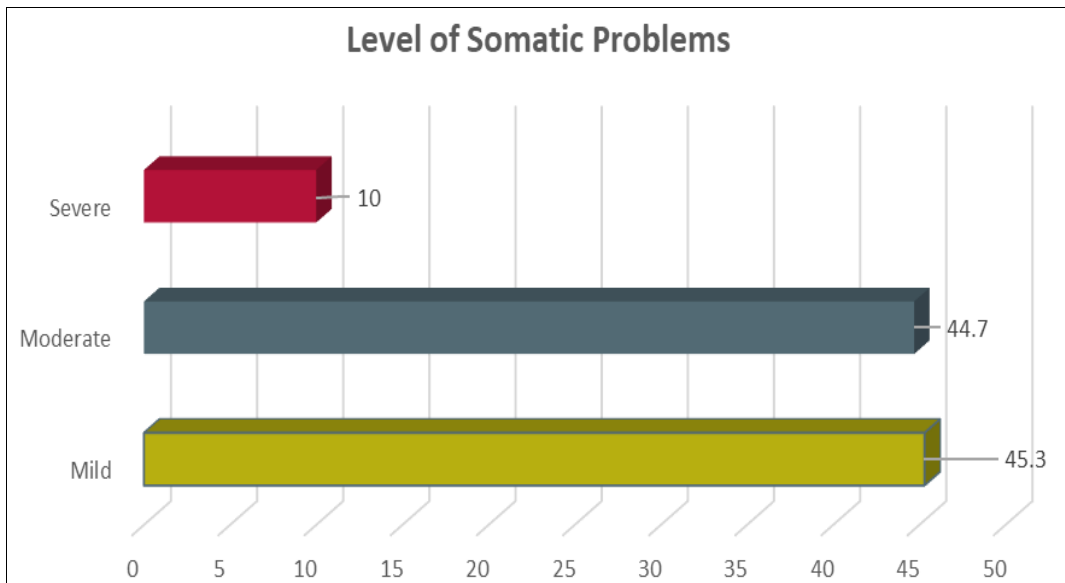


Fig 5: Percentage Distribution of Subjects According to Somatic Problems

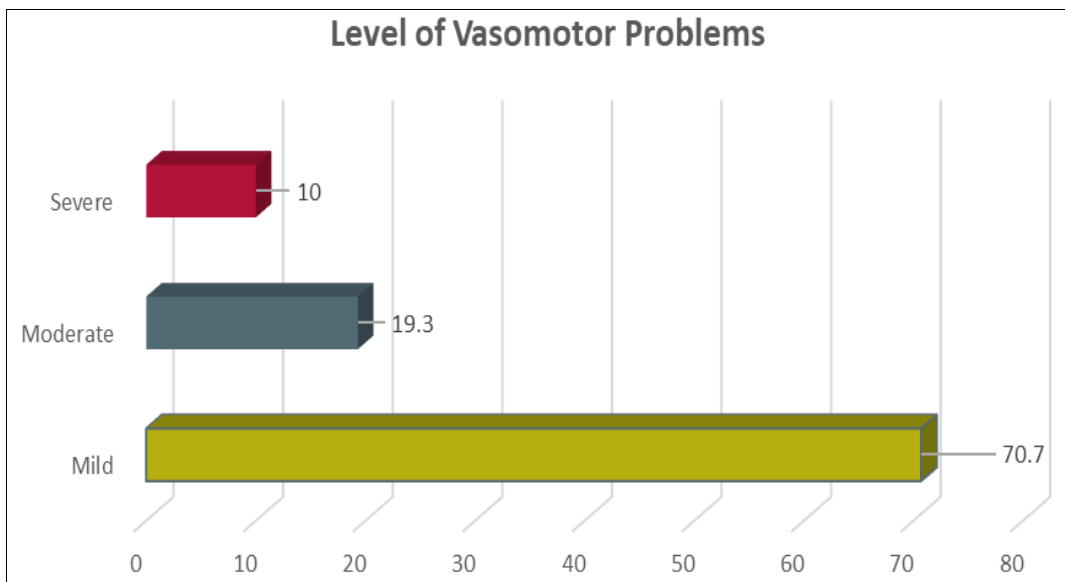


Fig 6: Percentage Distribution of Subjects According to vasomotor Problem

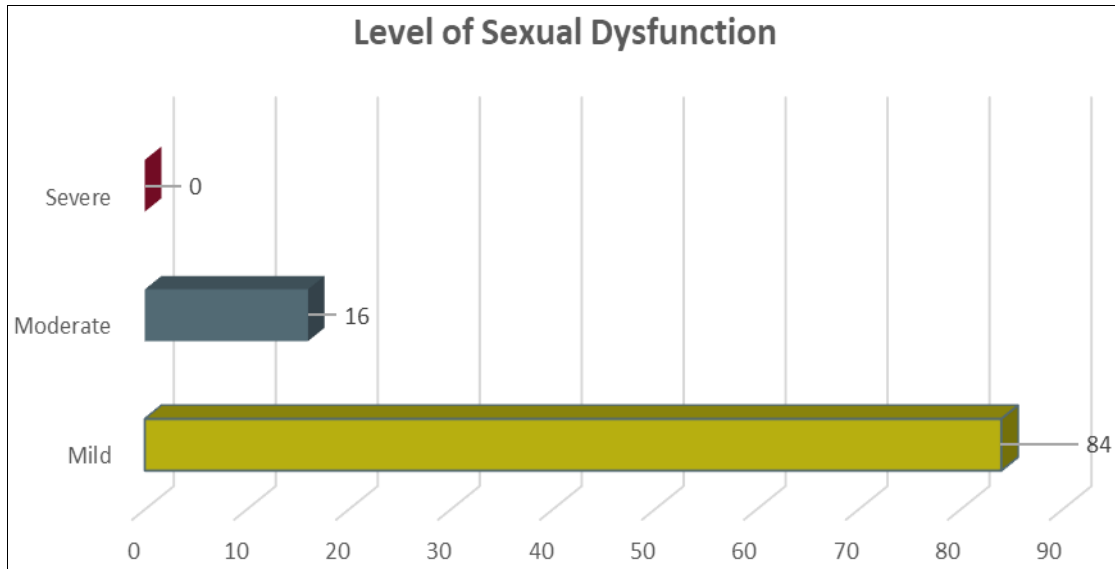


Fig 7: Percentage Distribution of Subjects According to Sexual Dysfunction

Table 5: Level of Association between Level of Psychological Anxiety and Socio-Demographic Variables (n = 150)

Socio-Demographic Variables	Level of Psychological Anxiety			Chi-Square Value	'P' Value
	Mild n (%)	Moderate n (%)	Severe n (%)		
Age in years					
40 to 45 years	79(76)	21(20.2)	4(3.8)	13.344 (df = 2)	0.001*
46 to 50 years	21(45.7)	20(43.5)	5(10.9)		
Educational status					
Illiterate	16(43.2)	18(48.6)	3(8.1)		
Primary	16(55.2)	12(41.4)	1(3.4)	29.139(df=6)	0.000*
Secondary	28(66.7)	10(23.8)	4(9.5)		
Higher Secondary and Above	40(95.2)	1(2.4)	1(2.4)		
Occupational status					
Home Maker	74(62.2)	38(31.9)	7(5.9)	10.169 (df = 4)	0.038*
Self-Employment	17(94.4)	1(5.6)	0(0)		
Govt Job	9(69.2)	2(31.9)	2(5.9)		
Marital Status					
Married	94(70.7)	35(26.3)	4(3)		
Unmarried	0(0)	1(100)	0(0)	26.890(df=6)	0.000*
Widow	5(33.3)	5(33.3)	5(33.3)		
Divorced	1(100)	0(0)	0(0)		
Monthly Family Income (Rs.)					
1000 - 10000	2(22.2)	6(66.7)	1(11.1)		
11000 - 20000	18(32.1)	31(55.4)	7(12.5)	67.375 (df = 6)	0.000*
210000 - 30000	45(93.8)	3(6.3)	0(0)		
31000 and above	35(94.6)	1(2.7)	1(2.7)		
Type of Family					
Nuclear	71(74.7)	18(18.9)	6(6.3)	8.240 (df = 2)	0.010*
Joint	29(52.7)	23(41.8)	3(5.5)		
Source of Information					
Newspaper and Magazine	52(89.7)	5(8.6)	1(1.7)		
Television and Radio	1(50)	1(50)	0(0)	33.114 (df = 6)	0.000*
Internet	9(100)	0(0)	0(0)		
Friend Circle	38(46.9)	35(43.2)	8(9.9)		

Note: Level of Significant at 'P' value ≤ 0.05 .

Table 6: Level of Association Between Level of Psychological Depression and Socio-Demographic Variables (n = 150)

Socio-Demographic Variables	Level of Psychological Depression			Chi-Square value	'P' Value
	Mild n (%)	Moderate n (%)	Severe n (%)		
Age in years					
40 to 45 years	87(83.7)	14(13.5)	3(2.9)	13.337(df = 2)	0.001*
46 to 50 years	28(60.9)	18(39.1)	0(0)		
Educational status					
Illiterate	21(56.8)	14(37.8)	2(5.4)		
Primary	22(75.9)	7(24.1)	0(0)	17.640(df = 6)	0.007
Secondary	32(76.2)	9(21.4)	1(2.4)		
Higher Secondary and Above	40(95.2)	2(4.8)	0(0)		
Occupational status					
Home Maker	88(73.9)	28(23.5)	3(2.5)		
Self-Employment	17(94.4)	1(5.6)	0(0)	4.026(df = 4)	0.402
Govt Job	10(76.9)	3(23.1)	0(0)		
Marital Status					
Married	105(78.9)	26(19.5)	2(1.5)		
Unmarried	1(100)	0(0)	0(0)	6.210(df = 6)	0.400
Widow	8(53.3)	6(40)	1(6.7)		
Divorced	1(100)	0(0)	0(0)		
Monthly Family Income (Rs.)					
1000 - 10000	6(67.7)	3(33.3)	0(0)		
11000 - 20000	28(50)	25(46.6)	3(5.4)	40.238(df = 6)	0.000*
210000 - 30000	45(93.8)	3(6.3)	0(0)		
31000 and above	36(97.3)	1(2.7)	0(0)		
Type of Family					
Nuclear	79(83.2)	14(14.7)	2(2.1)	6.723(df = 2)	0.035
Joint	36(65.5)	18(32.7)	1(1.8)		
Source of Information					
Newspaper and Magazine	54(93.1)	4(6.9)	0(0)		
Television and Radio	1(50)	1(50)	0(0)	21.232(df = 6)	0.002
Internet	9(100)	0(0)	0(0)		
Friend Circle	51(63)	27(33.3)	3(3.7)		

Note: Level of Significant at 'P' value ≤ 0.05.

Table 7: Level of Association Between Level of Somatic Problems and Socio-Demographic Variables (n = 150)

Socio-Demographic Variables	Level of Somatic Problems			Chi-Square Value	'P' Value
	Mild n (%)	Moderate n (%)	Severe n (%)		
Age in years					
40 to 45 years	57(54.8)	39(37.5)	8(7.7)	12.421(df = 2)	0.002*
46 to 50 years	11(23.9)	28(60.9)	7(15.2)		
Educational status					
Illiterate	10(27)	20(54.1)	7(18.9)		
Primary	62(20.7)	22(75.9)	1(3.4)	46.883(df = 6)	0.000*
Secondary	16(38.1)	20(47.6)	6(14.3)		
Higher Secondary and Above	36(85.7)	5(11.9)	1(2.4)		
Occupational status					
Home Maker	46(38.7)	59(49.6)	14(11.8)		
Self-Employment	14(77.8)	4(30.8)	0(0)	11.578(df = 4)	0.021
Govt Job	8(61.5)	4(30.8)	1(7.7)		
Marital Status					
Married	64(48.1)	56(42.1)	13(9.8)		
Unmarried	0(0)	1(100)	0(0)	6.790(df = 6)	0.341
Widow	3(20)	10(66.7)	2(13.3)		
Divorced	1(100)	0(0)	0(0)		
Monthly Family Income (Rs.)					
1000 - 10000	0(0)	7(77.8)	2(22.2)		
11000 - 20000	8(14.3)	36(64.3)	12(21.4)	57.699(df = 6)	0.000*
210000 - 30000	31(64.6)	17(35.4)	0(0)		
31000 and above	29(78.4)	7(18.9)	1(2.7)		
Type of Family					
Nuclear	51(53.7)	36(37.9)	8(8.4)	7.292(df = 2)	0.026
Joint	17(30.9)	31(56.4)	7(12.7)		
Source of Information					
Newspaper and Magazine	42(72.4)	15(25.9)	1(1.7)		
Television and Radio	0(0)	2(100)	0(0)	46.743(df = 6)	0.000*
Internet	8(88.9)	1(11.1)	0(0)		
Friend Circle	18(22.2)	49(60.5)	14(17.3)		

Note: Level of Significant at 'P' value ≤ 0.05.

Table 8: Level of Association between Level of Vasomotor Problems and Socio-Demographic Variables (n = 150)

Socio-Demographic Variables	Level of Somatic Problems			Chi-Square Value	'P' Value
	Mild n (%)	Moderate n (%)	Severe n (%)		
Age in years					
40 to 45 years	81(77.9)	15(14.4)	8(7.7)	8.536(df = 2)	0.014*
46 to 50 years	25(54.3)	14(30.4)	7(15.2)		
Educational status					
Illiterate	20(54.1)	13(35.1)	4(10.8)		
Primary	19(65.5)	7(24.1)	3(10.3)	17.141(df = 6)	0.009*
Secondary	29(69)	6(14.3)	7(16.7)		
Higher Secondary and Above	38(90.5)	3(7.1)	1(2.4)		
Occupational status					
Home Maker	82(68.9)	25(21)	12(10.1)		
Self-Employment	17(94.4)	1(5.6)	0(0)	8.071(df = 4)	0.088
Govt Job	7(53.8)	3(23.1)	3(23.1)		
Marital Status					
Married	96(72.2)	26(19.5)	11(8.3)		
Unmarried	1(100)	0(0)	0(0)	6.082(df = 6)	0.414
Widow	8(53.3)	3(20)	4(26.7)		
Divorced	1(100)	0(0)	0(0)		
Monthly Family Income (Rs.)					
1000 - 10000	3(33.3)	5(55.6)	1(11.1)		
11000 - 20000	28(50)	15(26.8)	13(23.2)	38.059(df = 6)	0.000*
210000 - 30000	45(93.8)	3(6.3)	0(0)		
31000 and above	30(81.1)	6(16.2)	1(2.7)		
Type of Family					
Nuclear	74(77.9)	10(10.5)	11(11.6)	12.956(df = 2)	0.002*
Joint	32(58.2)	19(34.5)	4(7.3)		
Source of Information					
Newspaper and Magazine	49(84.5)	6(10.3)	3(5.2)		
Television and Radio	1(50)	1(50)	0(0)	16.648(df = 6)	0.011*
Internet	9(100)	0(0)	0(0)		
Friend Circle	47(58)	22(27.2)	12(14.8)		

Note: Level of Significant at 'P' value ≤ 0.05 .

Table 9: Level of Association Between Level of Sexual Dysfunction and Socio-Demographic Variables (n = 150)

Socio-Demographic Variables	Sexual Dysfunction			Chi-Square Value	'P' Value
	Mild n (%)	Moderate n (%)	Severe n (%)		
Age in years					
40 to 45 years	0(0)	89(85.6)	15(14.4)	0.627(df = 1)	0.428
46 to 50 years	0(0)	37(80.4)	9(19.6)		
Educational status					
Illiterate	0(0)	28(75.7)	9(24.3)		
Primary	19(65.5)	7(24.1)	3(10.3)	9.147(df = 3)	0.027*
Secondary	0(0)	35(83.3)	7(16.7)		
Higher Secondary and Above	0(0)	41(97.6)	1(2.4)		
Occupational status					
Home Maker	0(0)	98(82.4)	21(17.6)		
Self-Employment	0(0)	18(100)	0(0)	4.153(df = 4)	0.125
Govt Job	0(0)	10(76.9)	3(23.1)		
Marital Status					
Married	0(0)	112(84.2)	21(15.8)		
Unmarried	0(0)	1(100)	0(0)	0.564(df = 3)	0.905
Widow	0(0)	12(80)	3(20)		
Divorced	0(0)	1(100)	0(0)		
Monthly Family Income (Rs.)					
1000 - 10000	0(0)	7(77.8)	2(22.2)		
11000 - 20000	0(0)	37(66.1)	19(33.9)	24.510(df = 3)	0.000*
210000 - 30000	0(0)	48(100)	0(0)		
31000 and above	0(0)	34(91.9)	3(8.1)		
Type of Family					
Nuclear	0(0)	86(90.5)	9(9.5)	8.211(df = 1)	0.004*
Joint	0(0)	40(72.7)	15(27.3)		
Source of Information					
Newspaper and Magazine	0(0)	56(96.6)	2(3.4)		
Television and Radio	0(0)	1(50)	1(50)	16.171(df = 3)	0.001*
Internet	0(0)	9(100)	0(0)		
Friend Circle	0(0)	60(74.1)	21(25.9)		

Note: Level of Significant at 'P' value ≤ 0.05 .

Discussion

Table 2 depicts the frequency and percentage distribution of subjects according to selected socio-demographic variables. With regard to age majority of the subjects, 104 (69.3%) were in age between 40 to 45 years. Educational status of the subject shows that majority of the subjects 42 (28.0%) were with secondary education, Occupational status of the subjects, majority 119 (79.3%) were home makers. Marital status of the subject revealed an overwhelming majority of the subjects 133 (88.7%) was married. Monthly income of the subject, shows that majority 56 (37.3%) were earning between Rs 11,000 to 20,000. Subjects who belong to nuclear family were majority 95 (63.3%). All the subjects in this study were vegetarians 150 (100.0%). Source of information shows that majority of the subjects 81 (54.0%) got information from friend's circle. These findings were similar to the findings of Jadhav A and Bhavaskar Y (2017)^[11] and Li X.R *et al.*, (2016)^[12].

In the present study, Heart beating quickly or strongly was present among 61 (40.7%) in a little bit amount. Feeling tense or nervous was present a little bit as majority in 67 (44.7%). Difficulty in sleeping was seen among 58 (38.7%). Excitable was present majority as a little bit among 76 (50.7%). Attacks of anxiety, panic was not at all present in majority of the subjects 89 (59.3%). Difficulty in concentrating was not present in majority 73 (48.7%). Feeling tired or lacking in energy was present as quite a bit in majority 71 (47.3%). Loss of interest in most things shows majority 85 (56.7%) were not at all having. Subjects who feel unhappy or depressed depicts majority 87 (58.0%) were not at all having. An overwhelming majority of the subjects 132 (88.0%) were not at all having crying spells. Majority of the subjects 93 (62.0%) were with irritability as a little bit. Subjects who were feeling dizzy or faint were 54 (36.0), a quiet bit of the subjects 61 (40.7%) were having pressure or tightness in head. Majority of the subject 61 (40.7%) were having quiet a bit headache. Subjects who have muscle and joint pain were 71 (47.3%). Subjects who had extreme level of hot flushes were 15 (10.0%). Majority of the subjects in the study 62 (41.0%) were not at all having sweating at night. Loss of interest in sex was not at all present in majority 84 (56.0%). The above findings of the present study were similar to the research studies. Done Byn Ruan X, Cul Y, Du J, Jin F and Mueck O.A, SierraaL B, Hidalgo A. L and Chedraui A. P, Chim H.

Table 3 in the present study depicts the descriptive statistics of the study variables. The overall sum score for psychological anxiety domain was 881, mean and S.D value was 5.87 ± 3.690 . the over all sum score for psychological domain was 591. mean and S.D value was 3.94 ± 2.303 . with regard to physical domain, the over all sum score was 1250, mean and S.D value was 8.33 ± 4.491 . the over all sum score for vasomotor domain was 294, mean and S.D value was 1.96 ± 1.938 . for the sexual domain, the sum score was 106, mean and S.D value was $0.71 + 0.832$. These findings were supported by the study of Thakur M, Kaur M and Sinha K.A (2019)^[15].

Prevalence of perimenopausal symptoms were shown in the figure 2 Majority of the subjects in this study 67 (44.7%) were having moderate symptoms and others 65 (43.3%) were with severe symptoms. None of the study subjects were having nil symptoms or mild symptoms. Those who were with mild symptoms were 18 (12.0%). These finding were supported by Li Du *et al.*, (2020)^[16].

In the present study figure 3,4,5,6 and 7 shows the percentage distribution of subjects according to level of perimenopausal symptoms based on the domains like psychological, physical, vasomotor and sex. These are supported by Kalhan M *et al.* (2021)^[17]. Results shows that with regard to somato- vegetative domain majority 231 (57.8%) were poor level of health related to perimenopausal syndromes. Majority 283 (70.08%) were with poor psychological health related to peri menopause. With regarding uro-genital domain majority 292 (73.0%) had good health.

In this study there was an association between sexual dysfunction and the demographic variables like educational status, monthly family income, type of, source of information. The above findings are supported by Rathnayake N (2019)^[18], Kannur D and Itagi S (2018)^[19] and Abha, Saudi Arabia by Hassan M.

Limitations

Study has been taken in rural areas of one district in Haryana. The study is determined to assess the prevalence rate of perimenopausal symptoms only. Multi-instructional nursing interventions were arranged for the subjects participating in the study, but its effectiveness was not evaluated.

Recommendations

A similar study can be done on urban areas. An interventional study can be done to evaluate nursing interventions effectiveness on perimenopausal symptoms. Comparative study can be done to compare the effectiveness of pharmacological management and non-pharmacological management on perimenopausal symptoms.

Conclusion

perimenopausal symptoms were commonly seen among women in age above 40 years in the selected rural areas, Jhajjar. Haryana. These symptoms were mild in severity among majority of the study subjects. Nursing personnel's having a major role to create awareness and design various interventions to reduce physical and psychological morbidities associated with perimenopausal symptoms.

Conflict of Interest

Not available

Financial Support

Not available

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