

Perception of Women Towards Physiological Problems Faced at Menopause

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ABSTRACT Menopause is one of the most significant events in a woman's life and brings in a number of physiological changes that affect day-to-day adjustments. Keeping in mind the importance of menopause during middle age, the present study was aimed at finding out the perception of middle-aged women regarding physiological problems faced during this period. A sample of 30 married women in the age range of 39 to 52 years were selected through snowball technique from middle socio-economic group of people in Baroda city. The tools for data collection included a checklist and an interview guide. Results indicated that the mean age at menopause was 44.59 years. It was found that women reported problems like backache, uneasiness, fatigue, increased headache, hot flushes and sleep disturbances during the menopausal period.