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Post-menopausal Women: A Study of Their Psycho-physical Changes with an Impact on Family

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ABSTRACT The present study titled “Post-menopausal Women: A Study of Their Psycho- physical Changes with an Impact on Family” in Srinagar city was conducted on 100 post-menopausal women. The study focused on the physical and psychological changes in post- menopausal women, the effect of these changes on their family and the coping strategies used by women after menopause. Random sampling technique was used to select the sample. A self-designed questionnaire was used to collect the data. The study revealed that most of the women experienced menarche at the age of 12–14 years and had a menopause naturally. Most of the women experienced hot flashes before onset of menopause. Majority of women also experienced night sweats, fatigue and decrease in sex drive. For most of the women sex formed an important part of their life and majority of them were satisfied with their appearance. A large percentage of post-menopausal women received emotional support from their family members. Most of the women experienced leucorrhea and vaginal dryness as well. Majority of women believed that there was not any effect of menopause on their families and the approach of family members was positive towards them even after menopause. Also, for most of the women their husbands had a positive attitude towards them. Majority of women were considered whenever decisions were made in their families. Most of the women considered menopause as a normal stage. Also majority of women revealed that menopause accelerates aging process. Further, most of the women had not undergone Follicle Stimulating Hormone test (FSH). Majority of women had not taken anti-depressants or any stress reduction technique. Also, most of the women did not experience any change in dietary habits.