



SOCIOECOMIC STATUS AND OBSTETRIC HISTORY OF POST-MENOPAUSAL WOMEN IN KOLHAPUR CITY OF MAHARASHTRA

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Abstract

To assess socioeconomic status of post-menopausal women in Kolhapur city of Maharashtra. 300 post-menopausal women between the age group of 50-59 yrs. were selected from Kolhapur city of Maharashtra.

The mean age of the participants was noted as 54.51 ± 4.90 . The majority of the post-menopausal women in all the categories were Hindu (86.0%), married (71.0%) and housewives (63.0%) who studied up to SSC (30.0%). Most of the study population (40.0%) had annual income up to Rs. 2.5 lakh and belonged to small (75.0%) and nuclear (68.0%) families. Most of study population had their menarche before the age of 14 years (50.0%) and had regular (87.0%) and painless (66.0%) menstrual cycles. Majority of selected post-menopausal women got married between the ages of 18-25 years (71.0%) and had spontaneous (natural) menopause (69.0%). The mean age (yrs.) of menopause of was 44.24 ± 5.71 .

Introduction

India has a large population, which has already crossed the 1 billion mark with 71 million people over 60 years of age and the number of menopausal women about 43 million. Average age of menopause is 47.5 years in Indian women with an average life expectancy of 71 years (Unni J., 2010). Menopause literally means the "end of monthly cycles". It derived from the Greek word pausis (cessation) and the root men- (month). Menopause is an event that typically (but not always) occurs in women in midlife, during their late 40s or early 50s, and it signals the end of the fertile phase of a woman's life. The World Health Organization defines natural menopause as the permanent

cessation of menstruation resulting from the loss of ovarian follicular activity without an obvious intervening cause and is confirmed only after 12 consecutive months of amenorrhoea. In general, the natural menopause occurs between 45 and 55 years of age (WHO, 1996). The age in years of the person and gender (male or female) of the members living together in the family are mostly affecting factors on nutritional and health status of the family. However, Post-menopausal women in India, particularly in rural areas, pose a challenge to public health as well as to society, as most of India resides in villages and geriatric population is also increasing day by day. It is evident that these women also suffer added social disadvantages like poor social status, hard physical working conditions, poor economic conditions and low level of literacy. Although age of menopause is not affected by such conditions, these disadvantages certainly make them more vulnerable to various menopausal symptoms with increased severity, for which various preventive and curative solutions are yet to be sorted out. (Christian D, 2011). Socioeconomic status (SES) is a composite measure of an individual's economic and sociological standing. It is a complex assessment measured in a variety of ways that account for a person's work experience and economic and social position in relation to others based on income, education, and occupation. It is also important to study the women in socio demographic context, as they are closely related with regards to perceptions-positive or negative by the woman (Liu J and Eden J, 2007). Socio – economic status of the post-menopausal women is a leading factor which directly affects their nutritional and health status. Hence, it is very essential to evaluate the socio-economic status of post-menopausal women. The study was conducted with an objective to study the socio economic characteristics and obstetrics history of the post-menopausal women in Kolhapur city of Maharashtra.

Objective

To study the socio economic characteristics and obstetrics history of the post-menopausal women in Kolhapur city of Maharashtra.

Methodology

Study design: descriptive study. Study population: 300 post-menopausal women from the age group of 50-59 years. Study Area: Kolhapur city of Maharashtra. Study Tool: Pre-tested structures questionnaire. A study was conducted on the post-menopausal to collect necessary data on socioeconomic variables, obstetrics and medical history of the

participants. The respondents were selected by purposive random sampling. The socioeconomic data like age, family type, occupation, education, religion, monthly income and menstrual, obstetric and medical history were collected.

Data Analysis

Descriptive statistics were calculated using the SPSS statistical package. Raw means and standard deviations as well as number of participants are presented.

Result and Discussion

Socioeconomic Profile of Study Population

The Socioeconomic Profile of post-menopausal women is presented in the Table 1. The mean age of the participants was 54.51 ± 4.90 . The study showed that a majority of the post-menopausal women were housewives (n=189, 63.0%) and only few were doing business (n=15, 5.0%). The majority of the post-menopausal women in all the categories were married (n=213, 71.0%) followed by widow (n=72, 24.0%), whereas very few were divorcee (n=9, 3.0%) and unmarried (n=6, 2.0%). A strong positive correlation ($P < 0.001$) was observed between marital status, marriage duration, and menopausal age. Unmarried women were found to undergo early menopause as compared to married or widowed. (Ahuja M, 2016). Most of the study population studied up to SSC (n=90, 30.0%) followed by graduates (n=69, 23.0%), whereas illiterates (n=54, 18.0%), post graduates (n=45, 15.0%) and very few were studied up to HSC (n=42, 14.0%).

Most of the study population belonged to below Rs.2.5 lakh annual income group (n=120, 40.0%) followed by Rs. 2.5 lakh to 5 lakh annual income group (n=93, 31.0%). Remaining study population belonged to Rs. 5 lakh to 10 lakh annual income group (n=57, 19.0%) and Rs. > 10 lakh annual income group (n=30, 10.0%). Pallikadavath S. *et al.* (2016) claimed that there is a clear association between economic status and the risk of natural menopause: the richest women had a significantly ($P < 0.001$) lower risk of natural menopause (HR = 0.69, 95% CI: 0.67-0.72) compared to the poorest.

Religion and caste has a very strong hold in Indian society. Every religion has a different food preparations and eating beliefs which directly affects health and nutritional status of the individuals. Majority of the selected post-menopausal women were Hindu (86.0%) followed by Buddhist (5.0%), Muslim (4.0%), Jain (4.0%) and Christians (1.0%).

Compared to Hindus, Muslims had higher risk of early menopause and 'other' religious groups had lower risk of early menopause (Pallikadavath S, 2016).

Table 1: Socioeconomic profile of study population

<i>Variables</i>	<i>Categories</i>	<i>No.</i>
Occupation	Housewife	189 (63.0)
	Business	15 (5.0)
	Service	63 (21.0)
	Labourer	33 (11.0)
Marital Status	Married	213 (71.0)
	Divorcee	9 (3.0)
	Widow	72(24.0)
	Unmarried	6 (2.0)
Education	Illiterate	54 (18.0)
	Up to SSC	90 (30.0)
	Up to HSC	42 (14.0)
	Graduation	69 (23.0)
	Post-graduation	45 (15.0)
Annual income (in Rs/-)	Up to 2.5 lakh	120 (40.0)
	2.5 lakh to 5.0 lakh	93 (31.0)
	5.0 lakh to 10 lakh	57 (19.0)
	> 10 lakh	30 (10.0)
Religion	Hindu	258 (86.0)
	Muslim	12 (4.0)
	Christian	3 (1.0)
	Buddhist	15 (5.0)
	Jain	12 (4.0)
Nature of Family	Joint	90 (30.0)
	Nuclear	204 (68.0)
	Extended	6 (2.0)
Size of Family	Small	225 (75.0)
	Medium	48 (16.0)
	Large	27 (9.0)

Figures in parenthesis indicate percentage.

Most of the selected post-menopausal women belonged to nuclear families (68.0%) followed by joint (30.0%) and extended (2.0%) families.

Size of family among study population were small (75.0%), medium (16.0%) and large (9.0%).

Menstrual and Obstetric History of Post-Menopausal Women

Obstetric history of post-menopausal women affects their health and nutritional status. Early menopause in India has been noticed anecdotally to have an increasing incidence and greater prevalence in India. There is an increased burden of surgical menopause in India. A significant number of hysterectomies are performed with bilateral oophorectomies. Perhaps greater recourse is taken to hysterectomy in order to avoid follow-up with other options of conservative management by these women. (Unni J. 2010).

Most of the study population *i.e.* 50.0 per cent had their menarche before the age of 14 years followed by between 14-16 years (37.0%) and > 16 years (13.0%). Most of them had regular (87.0%) menses and only 13.0 per cent had irregular menses. Only 34.0 per cent had pain during menstrual cycle and 66.0 per cent had no pain during menstrual cycles (Table 2).

Majority of selected post-menopausal women (71.0%) got married between the ages of 18-25 years, but 23.0 per cent of subjects got married below the legal age of 18 years and only 6.0 per cent got married after the age of 25 years. Most of the study population had spontaneous (natural) menopause (69.0%), but 29.0 per cent of subjects had surgical menopause and only 2.0 per cent had menopause due to chemotherapy or radiation therapy.

The mean age (yrs.) of menopause of was 44.24 ± 5.71 . The mean no of pregnancies observed in selected post-menopausal women were 2.7 ± 1.44 . The mean no. of abortions reported by subjects was 0.55 ± 0.89 . The mean no. of children was 2.13 ± 1.0 . Pallikadavath S. *et al.* (2016) reported that parity was negatively associated with menopause in Maharashtra. Women having four or more children had a lower risk of early menopause compared to women with no children in Maharashtra (HR = 0.75, 95% CI: 0.61-0.92).

Medical History

Osteopenia and osteoporosis are significant in Indian women. The incidence of cardiovascular disease (CVD) in Indian women has been noted to have significantly risen. There is an increased prevalence of metabolic syndrome which comprises of insulin resistance, altered glucose tolerance or diabetes, dyslipidaemia (low HDL, high LDL, and

Table 2: Menstrual and obstetric history of study population.

<i>Variables</i>	<i>Categories</i>	<i>No.</i>
Age of Menarche	< 14 years	150 (50.0)
	14-16 years	111 (37.0)
	> 16 years	39 (13.0)
Regularity of menses	Yes	261 (87.0)
	No	39 (13.0)
Pain during menstrual cycle	Yes	102 (34.0)
	No	198 (66.0)
Age at Marriage	< 18 years	69 (23.0)
	years	213 (71.0)
	>25 years	18 (6.0)
Menopause	Spontaneous (Natural)	207 (69.0)
	Surgical	87 (29.0)
	Due to chemotherapy / radiation therapy	6 (2.0)
Obstetric History	Mean Age at menopause (yrs.)	44.24 ± 5.71
	Mean no. of Pregnancies	2.7 ± 1.44
	Mean no. of Abortions	0.55 ± 0.89
	Mean no. of Children	2.13 ± 1.0

Figures in parenthesis indicate percentage.

high triglycerides), hypertension, and central obesity. Most cancers occur in women between 35 and 64 years (Unni J. 2010).

Figure 1 shows that, majority of the subjects (33.0 per cent) had history of hypertension. Postmenopausal hypertension is likely multifactorial. For example, there is evidence that changes in estrogen/androgen ratios favouring increases in androgens, activation of the renin– angiotensin and endothelin systems, activation of the sympathetic nervous system, metabolic syndrome and obesity, inflammation, increased vasoconstrictor eicosanoids, and anxiety and depression may be important in the pathogenesis of postmenopausal hypertension (Yanes L L and Reckelhoff J F, 2011). Only 8.0 per cent were suffering from Diabetes Mellitus. The 6.0 per cent of study population had history of hypothyroidism and arthritis respectively. The history of breast cancer, varicose veins, piles, asthma, kidney stones and hypotension observed in 2.0 per cent of study population each. Very few *i.e.* 1.0 per cent of subjects were suffering of hiatus hernia and cholelithiasis respectively.

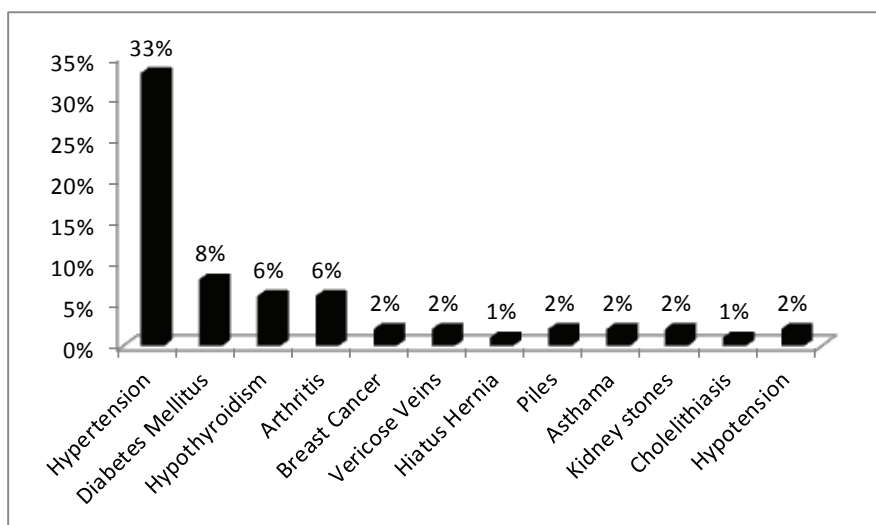


Figure 1: Medical history of selected post-menopausal women

Summary and Conclusion

Menopause, an important stage within the continuum of the health in a woman's life, has gained a lot of attention since the last century. Therefore, this study was undertaken. The majority of the post-menopausal women in all the categories were Hindu, married and housewives who studied up to SSC. Most of the study population had annual income up to Rs. 2.5 lakh and belonged to small and nuclear families. Most of the study population had their menarche before the age of 14 years and had regular and painless menstrual cycles. Majority of selected post-menopausal women got married between the ages of 18-25 years and had spontaneous (natural) menopause. The mean age (yrs.) of menopause of was 44.24 ± 5.71 , which is below the average age of menopause *i.e.* 47.5 years in Indian women. (Unni J. 2010). Poor social-economic status is also associated with higher chances of getting early menopause (Kapur P *et al.* 2009). 1/3rd of study population were hypertensive.

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