

## CHAPTER 4

### RESULTS AND DISCUSSION

The present study was an attempt to know about the awareness of women regarding the health issues with regards to menopause and problems faced during this stage. As stated in the previous chapter, the researcher selected a sample of 300 respondents residing in Rajkot city. On this representative sample, a survey was carried out to find out the extent of awareness and problems faced by women during this period of transition. An interview schedule was used to collect data for the study. This schedule comprised of background information, awareness scale, symptomatic problem list and other open as well as close ended questions. The results obtained were put through statistical analysis and are presented in this present chapter. For the better understanding the results were divided and presented under following four heads.

- 4.1 Background information
- 4.2 Awareness
- 4.3 Problems
- 4.4 Hypothesis Testing

#### **4.1 Background Information**

The first section, in the interview schedule, dealt with the personal information related to the background of the respondents. The information collected in this section was further put to a statistical analysis. The results obtained are presented here in this chapter.

##### **4.1.1 Age-wise distribution**

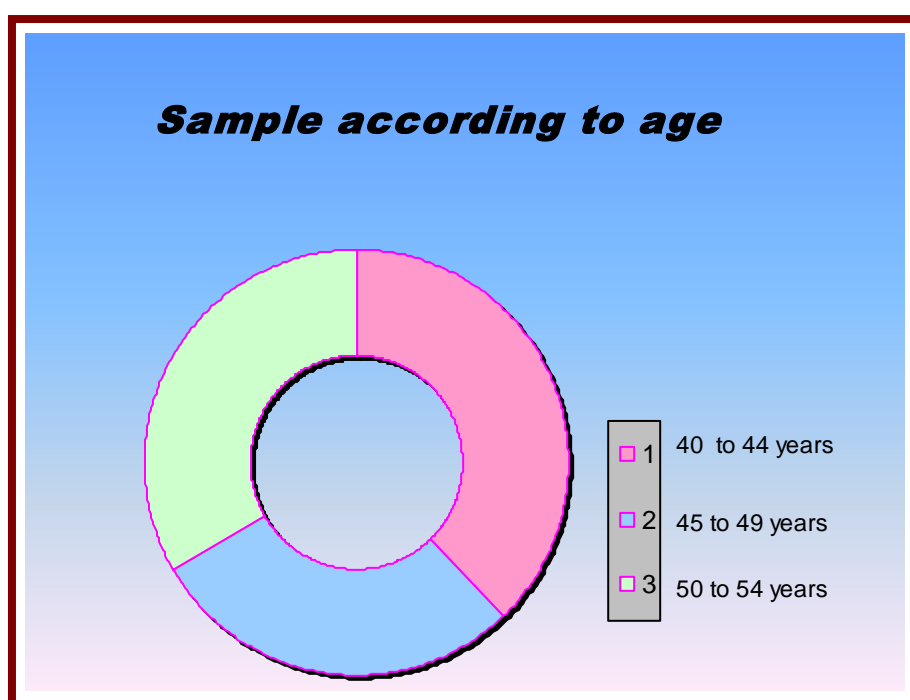
The sample for the study was divided into three categories according to their age. Table - 4 shows the percentage distribution for the same. It was

found that somewhat equal numbers of respondents were from all the three categories.

**Table 4**  
**DISTRIBUTION OF SAMPLE ACCORDING TO AGE**

Sr. No.	Age	N	Percentage
1	40 years to 44 years	113	33%
2	45 years to 49 years	087	29%
3	50 years to 54 years	100	33%

**Figure 9**  
**AGE WISE SAMPLE DEPICTION**



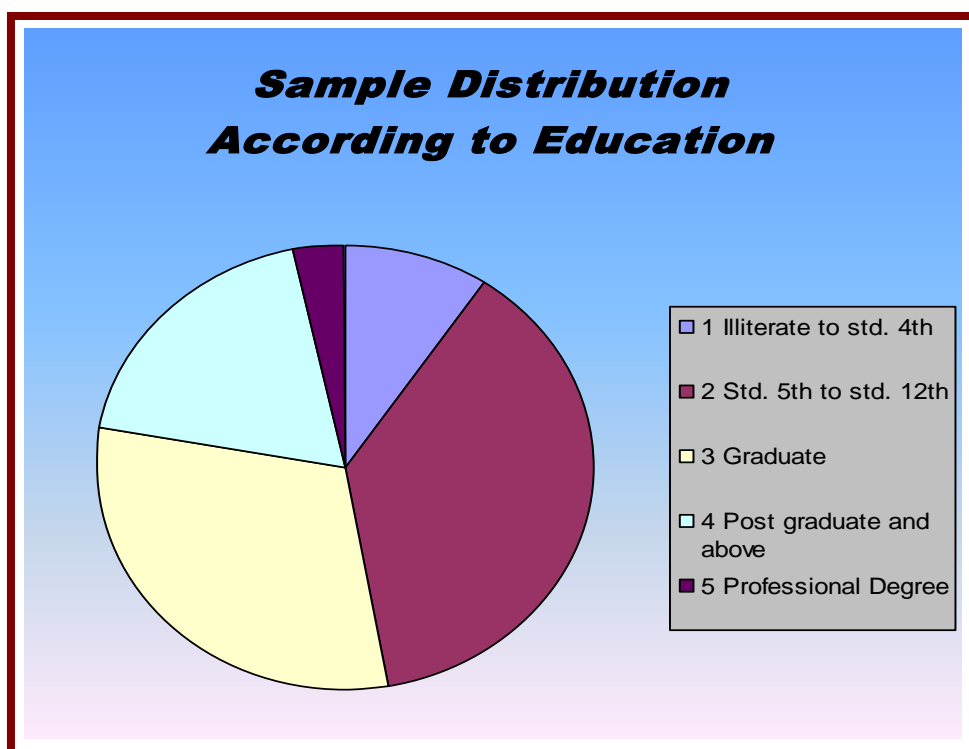
#### 4.1.2 Education-wise distribution

The Table - 5 below shows the percentage distribution of the sample according to their education. It could be seen that thirty eight percent of respondents had education till 12<sup>th</sup> std. only.

**Table 5**  
**DISTRIBUTION OF SAMPLE ACCORDING TO EDUCATION**

Sr. No.	Education	N	Percentage
1	Illiterate to std. 4 <sup>th</sup>	028	09%
2	Std. 5 <sup>th</sup> to std. 12 <sup>th</sup>	114	38%
3	Graduate	091	30%
4	Post graduate and above	057	19%
5	Professional Degree	010	03%

**Figure 10**  
**EDUCATION WISE SAMPLE DEPICTION**



#### 4.1.3 Marital Status-wise distribution

Table 6

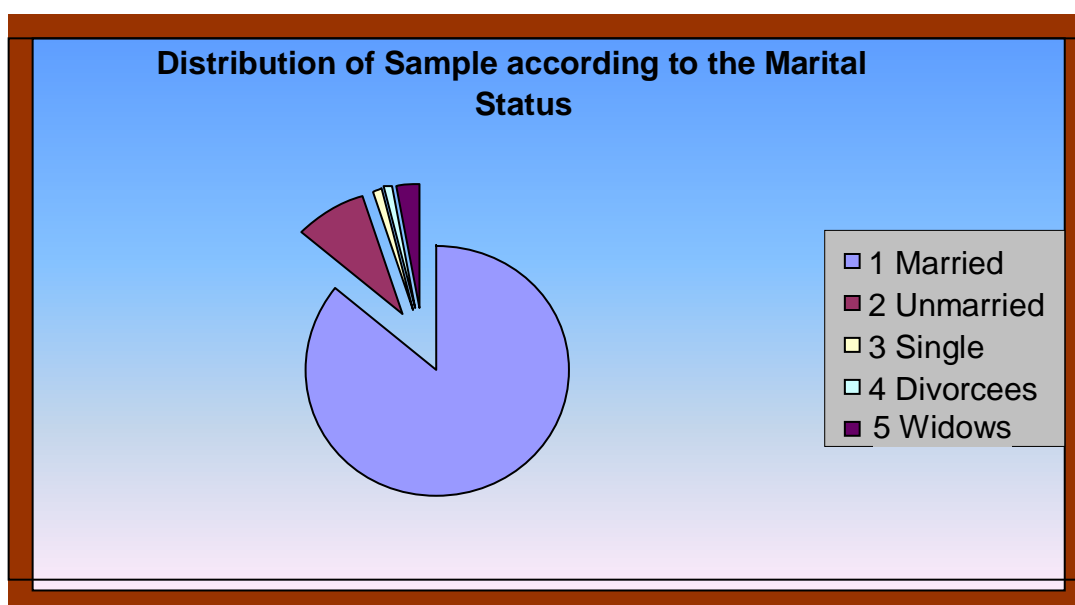
**DISTRIBUTION OF SAMPLE ACCORDING TO MARITAL STATUS**

Sr. No.	Marital Status	N	Percentage
1	Married	258	86%
2	Unmarried	027	09%
3	Single	004	01%
4	Divorcee	003	01%
5	Widow	008	03%

The respondents for the study were mostly married. The researcher also came across few who were either divorcee or single. It was thought to be right to study whether there might be any difference in the problems suffered by those who never had a pregnancy. That is why this aspect was considered as one of the variable.

Figure 11

**MARITAL STATUS WISE SAMPLE DEPCION**



#### 4.1.4 Occupation-wise distribution

**Table 7**

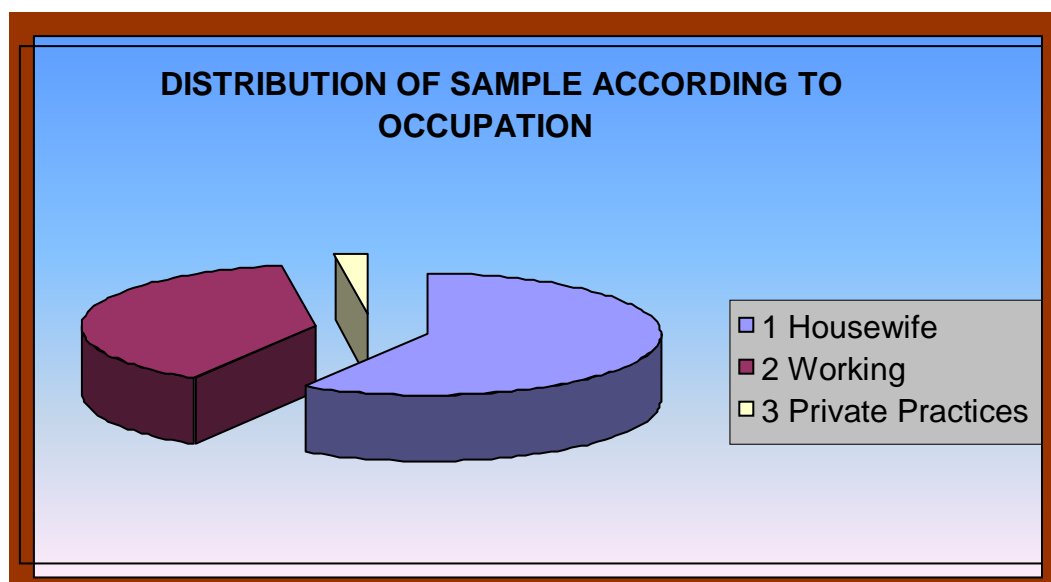
**DISTRIBUTION OF SAMPLE ACCORDING TO OCCUPATION**

Sr. No.	Occupation	N	Percentage
1	Housewives	176	59%
2	Working	117	39%
3	Private Practice	007	02%

It may be that the awareness of the women regarding any aspect might depend on how large her circle is. The researcher thought it best to consider this aspect as an independent variable and so nearly fifty percent of the respondents included were working outside their homes. Also the workload on the female may affect her physiological problems due to menopause and was studied further.

**Figure 12**

**OCCUPATION WISE SAMPLE DEPICTION**



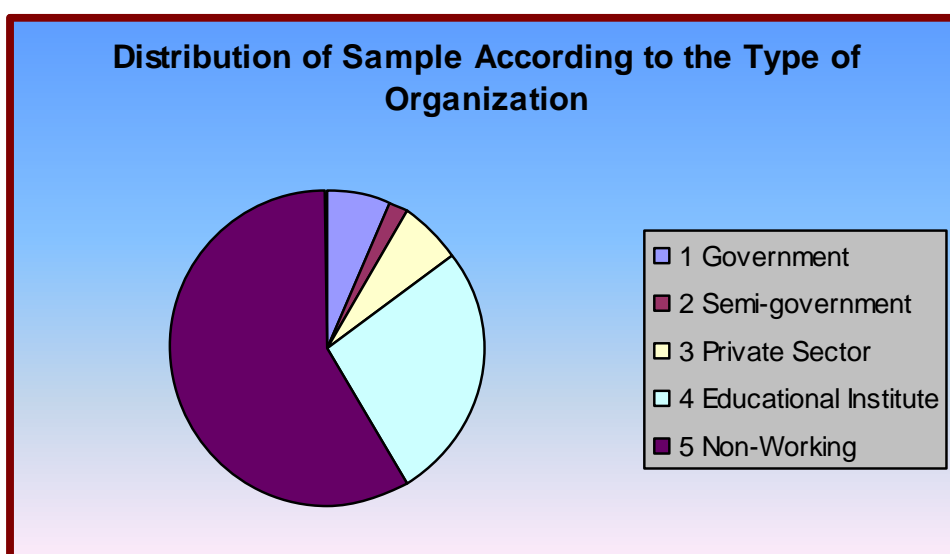
#### 4.1.5 Type of Organization-wise distribution

**Table 8**  
**DISTRIBUTION OF SAMPLE ACCORDING TO**  
**THE TYPE OF ORGANIZATION**

Sr. No.	Type of Organization	N	Percentage
1	Government	020	07%
2	Semi-government	006	02%
3	Private Sector	019	06%
4	Educational Institute	079	20%
5	Non-Working	176	59%

When distributed according to the type of organization for those gainfully employed outside their homes, it was found that majority were in the educational institutes. This might be because Rajkot is still a city with traditional mindset and where working of females outside the home was not accepted easily. Teaching was the only profession which was considered preferable career for females. And so when working women of +40 were traced most of them happened to be in educational institutes.

**Figure 13**  
**TYPE OF ORGANIZATION WISE SAMPLE DEPICTION**



#### 4.1.6 Family Income-wise distribution

Table 9

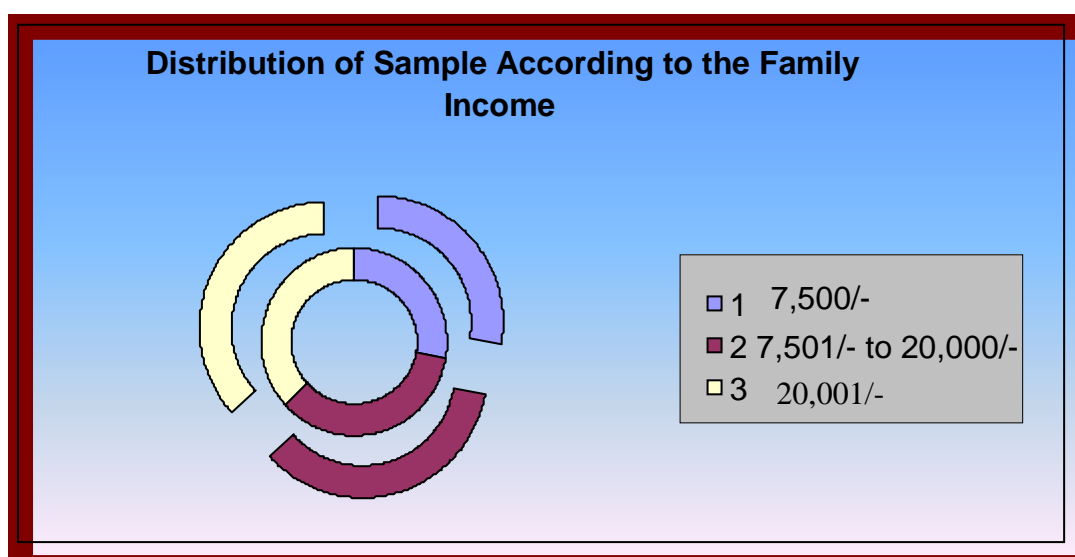
**DISTRIBUTION OF SAMPLE ACCORDING TO INCOME**

Sr. No.	Family Income	N	Percentage
1	≤7,500/-	084	28%
2	7,501/- to 20,000/-	107	36%
3	≥ 20,001/-	110	37%

The sample was further divided into various categories according to their family's income. The three categories of low, middle and high were formed and accordingly the sample distributed. It could be seen from the table that somewhat equal numbers are there in all the three groups.

Figure 14

**FAMILY INCOME WISE SAMPLE DEPICTION**



#### 4.1.7 Personal Income-wise distribution

Table 10

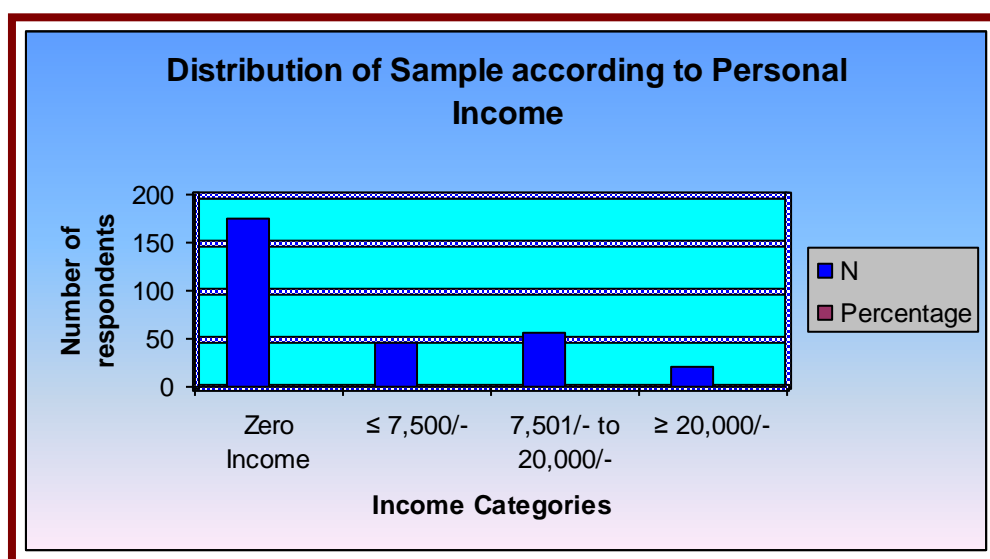
##### DISTRIBUTION OF SAMPLE ACCORDING TO PERSONAL INCOME

Sr. No.	Personal Income	N	Percentage
1	Zero Income	176	59%
2	≤ 7,500/-	046	15%
3	7,501/- to 20,000/-	057	19%
4	≥ 20,000/-	021	07%

As done for the family's income the respondents were also bifurcated according to their own personal income. Here the number of respondents earning zero income was for those housewives who were not gainfully employed outside their house. About fifty percent of the respondents were employed and few were themselves earning very high income.

Figure 15

##### PERSONAL INCOME WISE SAMPLE DEPICTION





#### 4.1.8 Type of Family-wise distribution

Table 11

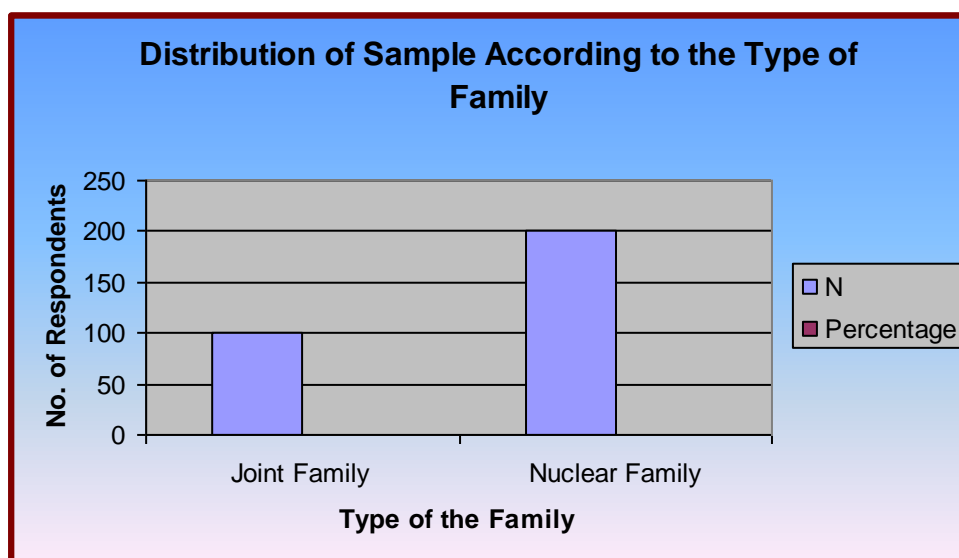
**DISTRIBUTION OF SAMPLE ACCORDING TO THE TYPE OF FAMILY**

Sr. No.	Type of Family	N	Percentage
1	Joint Family	100	33%
2	Nuclear Family	200	67%

Now with the lifestyle changing and new concept of small family being accepted by all, most of the respondents happened to be from nuclear family. The type of family was also considered as one of the variables as with the number of members in the house the workload and responsibilities of the homemaker obviously increase. But it was noticed that the type of family did not affect much with reference to the awareness of the respondents or the problems faced by them.

Figure 16

**TYPE OF FAMILY WISE SAMPLE DEPICTION**



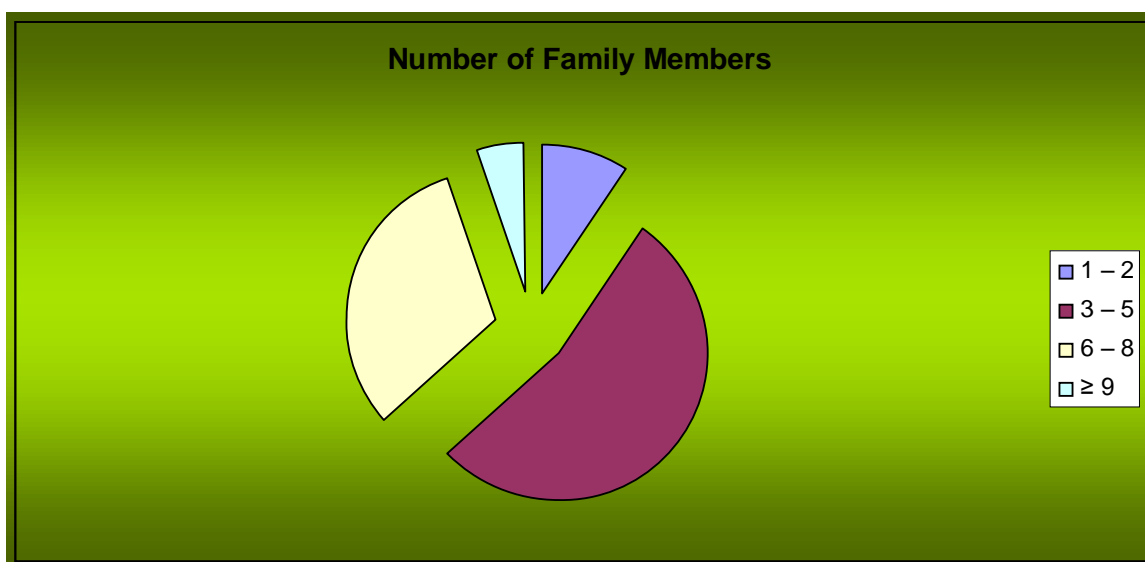
#### 4.1.9 Number of Family Members-wise distribution

**Table 12**  
**DISTRIBUTION OF SAMPLE ACCORDING TO**  
**THE NUMBER OF FAMILY MEMBERS**

Sr. No.	Number Of Family Members	N	Percentage
1	1 – 2	28	9%
2	3 – 5	162	54%
3	6 – 8	94	32%
4	≥ 9	16	5%

The table showing the distribution of the respondents according to the number of family members is presented here. It can be clearly seen that majority of the respondents (54%) belonged to the family having 3 to 5 members. There were few respondents (5%) who had a large family, consisting more than 9 members.

**Figure 17**  
**NUMBER OF FAMILY MEMBERS WISE DEPICTION**



#### 4.1.10 Number of Children-wise distribution

Table 13

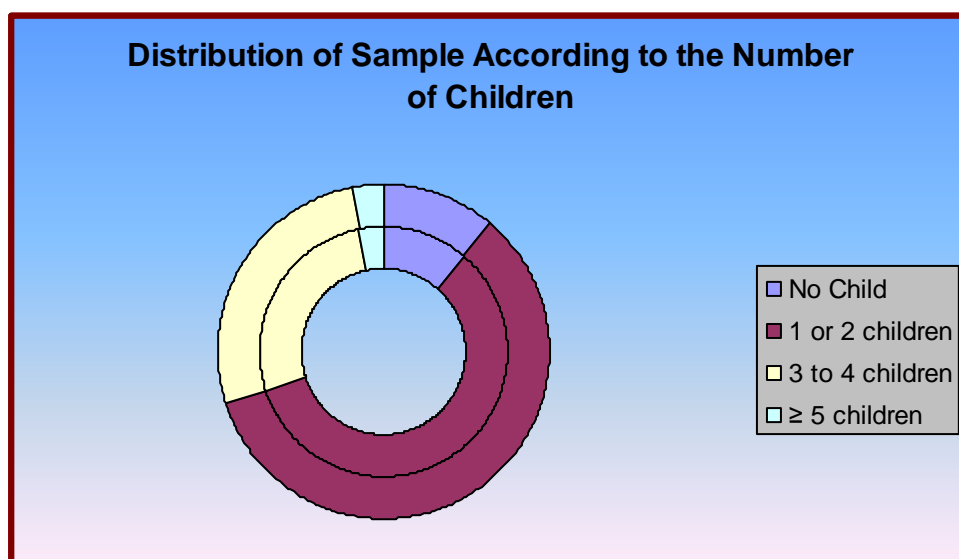
#### DISTRIBUTION OF SAMPLE ACCORDING TO THE NUMBER OF CHILDREN

Sr. No.	The Number Of Children	N	Percentage
1	No Child	034	11%
2	1 or 2 children	176	59%
3	3 to 4 children	080	27%
4	≥ 5 children	010	03%

Majority of the respondents had one or two children. Very few respondents were found to have more than five surviving children. It was found that though the number of pregnancies and the child birth was more for few respondents but here the researcher only considered the surviving children so far.

Figure 18



#### NUMBER OF CHILDREN WISE SAMPLE DEPICTION



#### 4.1.11 Sex of Children-wise distribution

Table 14

##### DISTRIBUTION OF SAMPLE ACCORDING TO THE SEX OF CHILDREN

Sr. No.	The Sex Of Children 	Male		Female	
	Number of Children 	N	%	N	%
1	No Child	044	15	082	27
2	1 child	114	38	102	34
3	2 children	088	29	054	18
4	3 children	006	02	018	06
5	4 children	--	--	009	03
6	5 children	--	--	002	01

When the respondents were distributed according to the sex of their children it was found that the number of female children was more as compared to male child. When there were more children, then it was mainly in course of male-child preference that they kept on giving birth to female children. Though the respondents felt that female children were more of an emotional support as well as a working hand, they do prefer male child.

#### 4.1.12 Age at Menarche-wise distribution

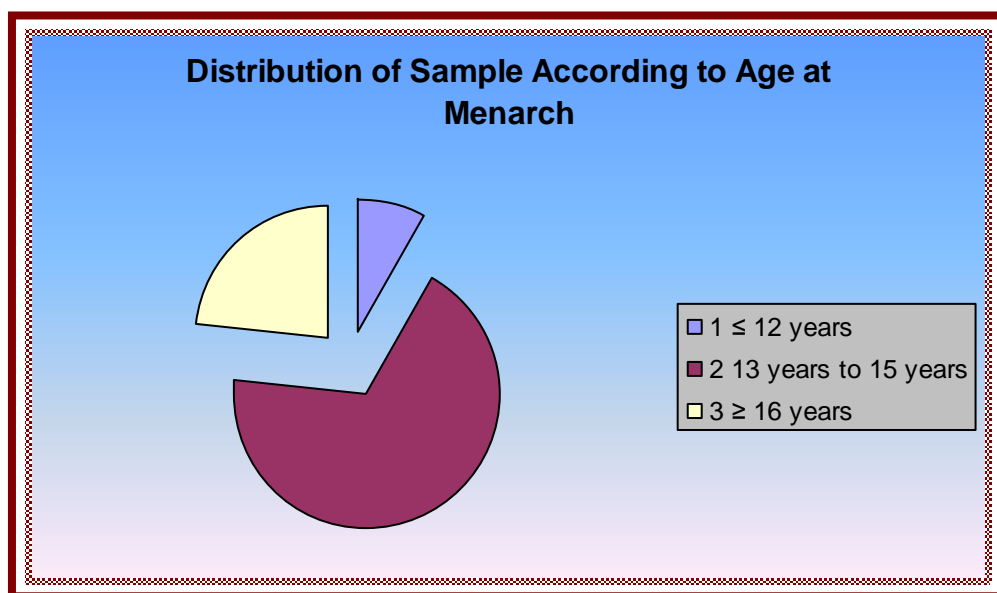
Table 15

##### DISTRIBUTION OF SAMPLE ACCORDING TO AGE AT MENARCHE

Sr. No.	Age At Menarche	N	Percentage
1	≤ 12 years	025	08%
2	13 years to 15 years	205	68%
3	≥ 16 years	070	24%

When it was asked that at what age they started menstruating, the reply was ranging from 12 years to 19 years. For the sake of proper presentation the respondents were distributed according to their age at menarche. Most of the respondents had their menstruation at the age of 13 to 15 years.

**Figure 19**  
**AGE AT MENARCHE WISE SAMPLE DEPICTION**



#### 4.1.13 Number of Pregnancies-wise distribution

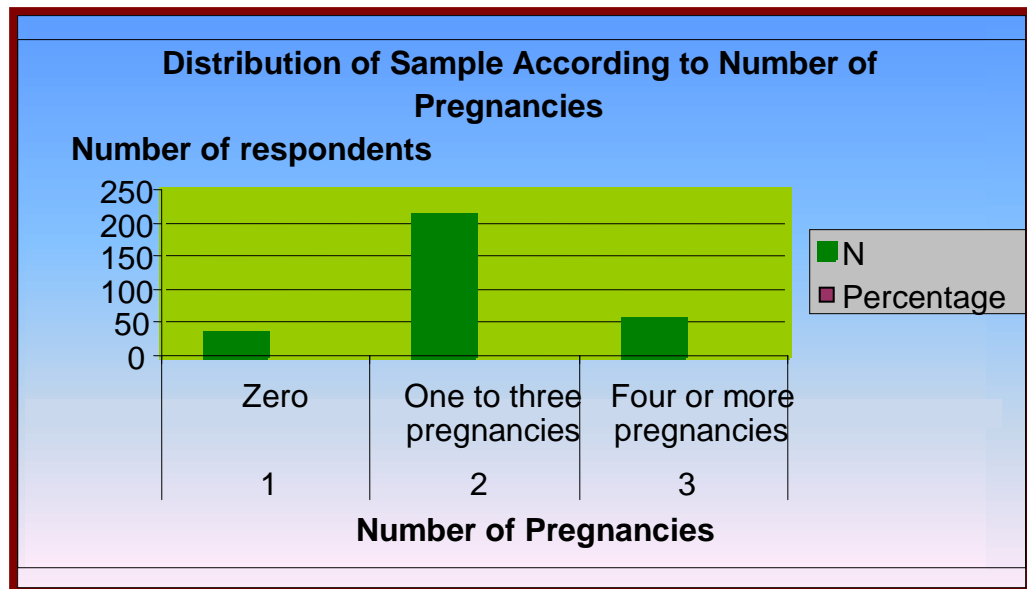
**Table 16**  
**DISTRIBUTION OF SAMPLE ACCORDING TO NUMBER OF PREGNANCIES**

Sr. No.	Number Of Pregnancies	N	Percentage
1	Zero	034	11%
2	One to three pregnancies	211	70%
3	Four or more pregnancies	055	19%

The table 16 shows the distribution of sample according to the number of pregnancies they had. About eleven percent was those who never had any pregnancy. Only six percent of the respondents were found to have undergone five to six pregnancies. Majority were with one or two pregnancies. When the female body has to undergo more number of pregnancies, she might have to face more problems during menopause and so this aspect was also considered as one of the variable.

**Figure 20**

**NUMBER OF PREGNANCIES WISE SAMPLE DEPICTION**



**4.1.14 Age at First Pregnancy-wise distribution**

**Table17**

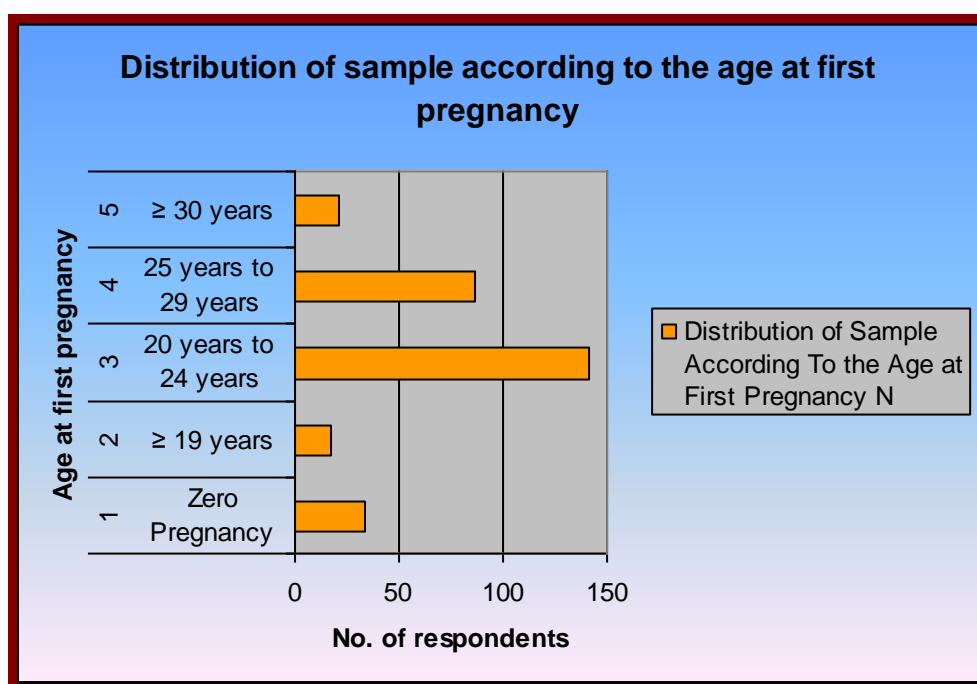
**DISTRIBUTION OF SAMPLE ACCORDING TO  
THE AGE AT FIRST PREGNANCY**

Sr. No.	Age at First Pregnancy	N	Percentage
1	Zero Pregnancy	034	11%
2	≥ 19 years	017	06%
3	20 years to 24 years	141	47%
4	25 years to 29 years	087	29%
5	≥ 30 years	021	07%

The table 17 shows the distribution of the respondents according to their age at first pregnancy. It is said that if the pregnancy is at proper age then there are fewer problems at the latter age. It was found that nearly fifty percent of the respondents had their first pregnancy at the age of 20 years to 24 years. There were few respondents who had their first pregnancy as early as before 19 years of age and few had it as late as after 30 years of age. This might also affect the problems faced during menopause and so this aspect was also considered as on of the variable.

**Figure 21**

**AGE AT FIRST PREGNANCY WISE SAMPLE DEPICTION**



**4.1.15 Place of Delivery-wise distribution**

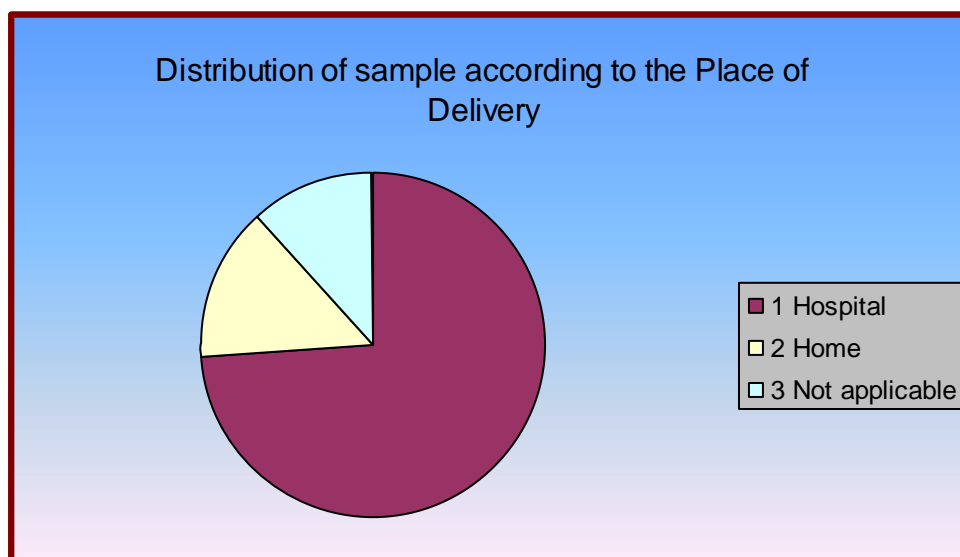
**Table 18**

**DISTRIBUTION OF SAMPLE ACCORDING TO THE PLACE OF DELIVERY**

Sr. No.	Place of Delivery	N	Percentage
1	Hospital	221	73%
2	Home	044	15%
3	Not applicable	035	12%

Most of the deliveries were conducted at the hospital under proper medical observation. But still few respondents had their deliveries at the villages, where no hospitals were around. And in such cases ANM's or Dais had assisted the delivery procedure. The cases were also found where no such help was taken and delivery was assisted by the untrained ladies from the family.

**Figure 22**  
**PLACE OF DELIVERY WISE SAMPLE DEPICTION**



#### 4.1.16 Assistance during delivery-wise distribution

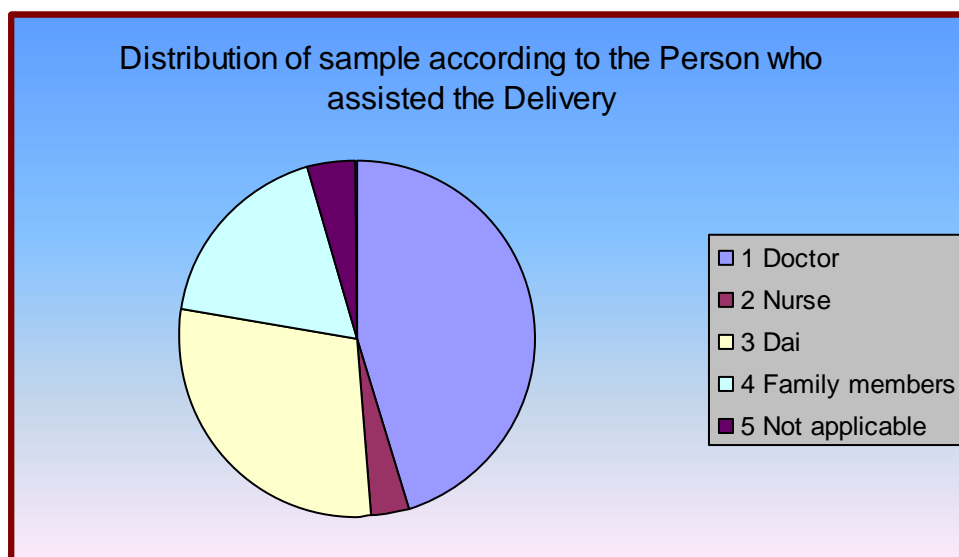
**Table 19**  
**DISTRIBUTION OF SAMPLE ACCORDING TO THE PERSON WHO ASSISTED THE DELIVERY**

Sr. No.	Person who assisted the Delivery	N	Percentage
1	Doctor	219	73%
2	Nurse	017	06%
3	Dai	141	47%
4	Family members	087	29%
5	Not applicable	021	07%

Most of the deliveries were conducted at the hospital under proper medical observations. But still few respondents had their deliveries at the villages, where no hospitals are around. And in such cases ANM's or Dais had assisted the delivery procedure. The cases were also found where no such help was taken and delivery was assisted by the untrained ladies from the family.



**Figure 23**  
**DELIVERY ASSISTANCE WISE SAMPLE DEPICTION**



#### 4.1.17 Mishaps during delivery-wise distribution

**Table 20**  
**DISTRIBUTION OF SAMPLE ACCORDING TO THE NUMBER OF**  
**ABORTIONS, MISCARRIAGES AND STILL BIRTHS**

Sr. No.	Frequency	Abortions		Miscarriages		Still Births	
		N	%	N	%	N	%
1	Once	031	10%	042	14%	011	04%
2	Twice	014	05%	008	03%	--	--
3	Thrice	003	01%	003	01%	--	--

The respondents were asked about the mishaps with regards to the child birth. It was found that around one tenth of them had undergone abortion once and around fourteen percent had miscarriage. The researcher also came across some females who had either undergone abortions or had miscarriage thrice during their reproductive period. About four percent of the respondents were found to have passed the agony of still births. In all, thirty seven percent of the respondents had some kind of mishap during pregnancy or delivery.

#### 4.1.18 Complications during Pregnancy-wise distribution

**Table 21**

##### **DISTRIBUTION OF SAMPLE ACCORDING TO COMPLICATIONS DURING PREGNANCY**

Sr. No.	Complications during Pregnancy	N	%
1	Complications to some extent	060	20%
2	No Complications	204	68%
3	Not Applicable	036	12%

Majority of the respondents had no complications during pregnancy or during delivery. But few had complained of excess bleeding and so they were advised to take complete bed rest during pregnancy. Some of them had some complications at the time of delivery and so they had to undergo caesarian. The researcher found that complications during pregnancy or during the reproductive age results in the increase in the degree and the intensity of the problems faced during the menopause or post menopause.

#### 4.1.19 Health Status-wise distribution

**Table 22**

##### **DISTRIBUTION OF SAMPLE ACCORDING TO THEIR HEALTH STATUS**

Sr. No.	Health Status	N	%
1	Good	234	78%
2	Average	054	18%
3	Poor	012	04%

When the respondents were asked how they rated their own health status, majority of them stated that they have good health status since childhood. Few had some problems which started after deliveries and they rated their own health as average. Some respondents were such who had problems since childhood and had continued even after child birth or rather increased recently during menopause. They rated themselves as to having poor health status.

#### 4.1.20 Age at Menopause-wise distribution

**Table 23**

##### **DISTRIBUTION OF SAMPLE ACCORDING TO THE AGE AT MENOPAUSE**

Sr. No.	Age at Menopause	N	Percentage
1	≤ 39 years	019	06%
2	40 years to 44 years	059	20%
3	45 years to 49 years	069	23%
4	≥ 50 years	018	06%
5	Not applicable	135	45%

When the respondents were asked about the age at which they had their menopause, few had it either very late or very early. But majority of the respondents had it between age forty and forty-nine. From among the respondents, fifty percent still had their regular menstrual periods. The age of menopause, depends on many factors which include age at menarche, health status of the women, work load etc. Also few other like smoking, alcohol intake etc. do affect, but they are not significant in Indian culture, especially in the city of Rajkot.

#### 4.1.21 Type of Menopause-wise distribution

**Table 24**

##### **DISTRIBUTION OF SAMPLE ACCORDING TO THE TYPE OF MENOPAUSE**

Sr. No.	Type of Menopause	N	%
1	Natural Menopause	139	46%
2	Surgical Menopause	026	09%
3	Not Applicable	135	45%

The respondents were distributed according to the type of menopause, whether it was natural or surgical. The menopause occurring naturally was found to be in most of the respondents. There were very few respondents who had some problem or the other, because of which they had to remove their

uterus and ovaries. This instantly made their body to enter menopause. But they rated the problems due to menopause to be less agonizing than those which they were already suffering from.

#### 4.1.22 Weight Gain

**Table 25**  
**DISTRIBUTION OF SAMPLE ACCORDING TO THE WEIGHT GAIN AS**  
**COMPARED WITH THE IDEAL WEIGHT**

Age Range in years	Height Range in cms.	Ideal Weight in kgs.	Mean Weight in kgs.	Weight Difference
38 to 42	125 – 140	42	43.3	+ 01.3
	141 – 155	47.3	55.1	+ 06.8
	156 – 170	55.7	63.7	+ 08.0
	171 – 185	69.4	73.8	+ 04.4
43 to 47	125 – 140	43.8	49.2	+ 05.4
	141 – 155	50.0	61.3	+ 11.3
	156 – 170	57.9	66.8	+ 08.9
	171 – 185	72.3	77.1	+ 04.8
48 to 52	125 – 140	43.9	45.0	+ 01.1
	141 – 155	51.2	64.0	+ 12.8
	156 – 170	58.0	65.7	+ 07.7
	171 – 185	72.5	80.1	+ 07.6
53 to 58	125 – 140	45.2	45.9	+ 00.7
	141 – 155	53.1	59.2	+ 06.1
	156 – 170	61.5	70.7	+ 09.2
	171 – 185	74.2	77.9	+ 03.7

The table 25 shows the height-weight relation in correspondence with age. For the purpose the respondents were asked to state their height and weight. The obtained figures were listed. For the reference the standard height for weight according to various age groups was referred. The obtained height and corresponding weights were put in the standard category

according to the age. The resultant figures were stated and the mean was calculated which was put in the tabular form.

After 40 years of age one cannot think of slim and trim figure. Advancing age does deposit some amount of fat at various points. The work and food habits add to the problem. Here in this study, one can see that majority of the respondents had put on some amount of weight. The mean weight was more as compared to the ideal weight table.

The difference between the ideal weights according to the height range was calculated in correspondence with the age. The results showed that in late 40's and early 50's those with the average height of 148 cms had put on more weight. The ideal-mean difference showed that there was an addition of 11 to 13 kgs of weight when compared with the standard table. Whereas for the respondents in early 40's and late 50's the difference gain of 8 to 9 kgs was seen.

Therefore, it was seen that with the increasing age no particular trend in weight gain was seen as such.

#### **4.1.23 Weight Difference**

**Table 26**

#### **DISTRIBUTION OF SAMPLE ACCORDING TO THE WEIGHT DIFFERENCE**

Sr. No.	Difference of Weight [present weight and weight before five years]	N	Percentage
1	Zero Difference	056	19%
2	(+)1 to (+)5 Kgs.	127	42%
3	(+)6 to (+)10 Kgs.	060	20%
4	(+) 11 to (+) 15 kgs.	022	07%
5	(-)1 to (-) 5 Kgs	028	09%
6	(-) 6 to (-) 10 Kgs.	007	02%

The respondents were asked to mention their present weight as well as the weight they possessed five years back. And the resultant difference between the two is presented in the table 26. Those who lost weight were considered as negative gain and those who put on were positively denoted.

The difference showed that only eleven percent of the respondents had a weight loss, where as nearly seventy percent had a weight gain. Only one fifth of the total number of females was found to have a steady weight with no increased weight to look after. They were those who took pains and care to look after it.

#### 4.1.24 Liquid Intake

**Table 27**  
**DISTRIBUTION OF SAMPLE ACCORDING TO**  
**THE DAILY LIQUID INTAKE**

Sr. No.	Liquid intake	N	Percentage
1	05 to 09 glasses	110	37%
2	10 to 14 glasses	140	46%
3	15 to 20 glasses	050	17%

During the menopausal period it is very important to take ample quantity of water or liquid for that matter, as majority of urinary problems can be tackled with it. For that matter the question was included in the questionnaire for the same. When the respondents were asked about the amount of liquid intake, they have during the day in terms of number of glasses approximately, majority of the respondents used to take around 10 to 14 glasses of liquid.

#### 4.1.25 Food Score

**Table 28**  
**DISTRIBUTION OF SAMPLE ACCORDING TO THE FOOD SCORE**

Sr. No.	Food Score	N	%
1	$\leq 19$	036	12%
2	20 to 29	231	77%
3	30 to 39	033	11%
4	$\geq 40$	--	--

For the purpose of food score, various categories of food were stated and the respondents were asked to tick mark in the corresponding column of frequency of the intake of the particular food stuff. The five point scale was used to get the food intake score. Those food stuff frequently taken were scored more (i.e. 5) and those taken very rarely were scored less (i.e. 1). The obtained food score for all the respondents was tabulated in the form of table 28. It was seen that the majority of the respondents fall in the category of 20 to 29 score. Where as not a single respondent was found in the category of > 40 score.

#### 4.1.26 Track of Weight

**Table 29**  
**DISTRIBUTION OF SAMPLE ACCORDING TO THE TRACK OF WEIGHT**  
**GAIN OR LOSS**

Sr. No.	Keeping track of weight (gain or loss)	N	%
1	Yes	068	23%
2	No	232	77%

The above table shows that majority of the respondents did not keep any track of their weight gain or loss, where as few respondents said that they do observe the gain or loss in their weight regularly; as they feel that they are already overweight.

#### 4.1.27 Appetite

**Table 30**  
**DISTRIBUTION OF SAMPLE ACCORDING TO THE APPETITE**

Sr. No	Statement	Positive Response (%)
1	Is there any change in your appetite lately?	212 (70.67)
2	Do you have breakfast in the morning?	069 (33.10)

Majority of the respondents do experience change in their appetite. They reported that it does happen now-a-days that they feel full without

having eaten anything, where as for others it was opposite i.e. they felt hungry even after having full meal. This could be due to the advancing age and the transitional period which they are now in. One fourth of the respondents used to have breakfast since years and they have continued doing the same.

#### 4.1.28 Change in Personality

**Table 31**  
**DISTRIBUTION OF SAMPLE ACCORDING TO THE CHANGE IN**  
**PERSONALITY**

Sr. No	Statement	Positive Response (%)
1	Have you noticed any change in your own personality?	093 (31.00)
2	Has anyone in the family or outside pinpointed any changes in your personality?	171 (57.00)
3	Is there any change in relationship with your husband?	202 (67.33)
4	Do you experience any different feeling towards your sex life?	209 (69.67)

More than fifty percent of the respondent had some change in their personality but only half of them experienced it themselves. When asked about the relationship with the husband, nearly seventy percent of respondents said that they do feel the change in the relationship. This might be due to the biological changes like hot flush or vaginal dryness.

#### 4.1.29 Feelings due to Menopause

Although at this age when so many bodily changes are occurring it might happen that one gets tired quite often but still more than fifty percent of the respondents reported that they do not feel any change in their capacity to work. This might be because of the emotional ties and the pressures of



responsibilities on the homemaker, that compile her to neglect her own pain and make here family at ease. They do realize that now they are getting old and that is one of the reasons to overlook their own pain. Emotional security is very important security is very important for any person, at any stage of the life. But these women in the transitional period of change, nearly three fourth of them did feel insecure at this stage of their life. This might be as children are growing up and have indulged in their own lifestyle with their own separate identities. Mother at this stage is becoming an indulging factor instead of a world as it used to be for the small kids.

**TABLE 32**  
**DISTRIBUTION OF SAMPLE ACCORDING TO THE FEELINGS DUE TO**  
**MENOPAUSE**

Sr. No	Statement	Positive Response (%)
1	Do you feel emotionally insecure?	224 (74.67)
2	Do you feel that your capacity to work has reduced?	131 (43.67)
3	Do you feel that you are getting old?	194 (64.67)

#### 4.1.30 Effect of Menopause on life

**TABLE 33**  
**DISTRIBUTION OF SAMPLE ACCORDING TO THE EFFECT OF**  
**MENOPAUSE**

Sr. No	Do you experience any change in	Positive Response (%)
1	Your personal life	180 (60.00)
2	Your familial life	199 (66.34)
3	Your social life	209 (69.67)
4	Your professional life	219 (73.00)

As the table 33 shows, it was found that most of the respondents experienced some kind of change in all the aspect of their life. May it be

personal or familial, social or professional respondents felt that their life have changed due to menopause. This might be due to the physiological symptoms like spotting, excessive bleeding or irritation of genitals or might be as simple as disturbed bowel or continued abdominal pain or backache. Due to such reasons they might not be able to concentrate on their work and this was more acute for those who were working outside homes.

#### 4.1.31 Medical consultation

**Table 34**  
**DISTRIBUTION OF SAMPLE ACCORDING TO THE MEDICAL**  
**CONSULTATION**

Sr. No	Did you consult doctor when there as	Positive Response
1	Abnormal vaginal discharge	218 (72.67)
2	Spotting between the periods	230 (76.67)
3	Periods that last too long	235 (78.33)
4	Excessive or too frequent periods	101 (33.67)
5	Unusual irritation or ulceration of the genitals and urinary disturb	215 (71.66)
6	Bowel disturbance	237 (79.00)
7	Abdominal pain	218 (72.67)
8	Distention or swelling	207 (69.00)
9	Continued backache	163 (54.33)

The table 34 shows that for excessive or too frequent periods, three fourth of the respondents said they do not consult doctor. But for all the other symptoms majority of the respondent do consult a doctor. This might be because such symptoms were proving to be obstacles in fulfilling their daily responsibilities. The respondents were more worried about the inconvenience that their family members might face rather than thinking about their own physical or mental health.

## 4.2 Awareness

The awareness of the respondents with regards to the aspects related to menopause was tested with the help of specially framed, pre-tested awareness scale. The result obtained is presented here.

### 4.2.1 Intensity Indicises of Awareness Scale

**Table 35**

#### **DISTRIBUTION OF SAMPLE ACCORDING TO THE INTENSITY INDICISES OF AWARENESS SCALE**

Sr. No	Statement of awareness scale	Not aware		Aware		Misconception	
		N	%	N	%	N	%
1	Menopause is a natural and unavoidable truth of life.	009	03.00	007	02.33	284	94.67
2	Menopause is certified only when you don't have menses for 12 consecutive months.	042	14.00	062	20.67	196	65.33
3	Menopause means end of your monthly period (menses).	030	10.00	051	17.00	219	73.00
4	At menopause ovaries begin to fail and the production of estrogen falls.	118	39.33	063	21.00	119	39.67
5	You can have menopausal symptoms even while menstruating regularly.	069	23.00	106	35.00	125	41.67
6	Menopause generally occurs at the age of late 40's or early 50's	031	10.33	015	05.00	254	84.67
7	Menopause can occur early or late due to various reasons	035	11.67	021	07.00	244	81.33
8	Some women may not experience any of the menopausal symptoms	053	17.67	031	10.33	216	72.00
9	After hysterectomy (removal of uterus and ovaries both) body right away enters menopause	116	38.67	048	16.00	136	45.33
10	Women may not have menopause early if only uterus is removed	114	48.00	107	35.67	049	16.33
11	Early or late menopause may depend on hereditary factor	049	16.33	035	11.67	216	72.00

Table contd...

Table contd...

12	Most of the menopause symptoms are caused due to estrogen deficiency	113	37.67	51	7.00	136	45.33
13	Kidney produce estrogen	142	47.33	062	20.67	096	32.00
14	In many women at the time of menopause menstruation occurs at irregular intervals becomes prolonged and the flow gradually ceases.	023	07.67	011	03.67	266	88.67
15	Obesity mild to moderate hypertension and hirsutism may occur during this period	056	19.33	020	06.67	222	74.00
16	Many women have no symptoms or just mild symptoms at the time of menopause	043	14.33	021	07.00	236	78.67
17	Hormone therapy adds to the problems during such time	121	40.33	099	33.00	080	26.67
18	Menopause causes hormonal changes	083	27.67	011	03.67	206	68.67
19	Menopause is the consequence of stoppage of estrogen production by ovaries	113	37.67	039	13.00	148	49.33
20	Menopause means permanent stoppage of menstrual bleeding	043	14.33	026	08.67	231	77.00
21	After age 35 the ovarian function begins to increase gradually	126	42.00	049	16.33	125	41.67
22	Estrogens weakens the body contours and deteriorate the skeleton	133	44.33	058	19.33	109	36.34
23	When ovaries decline in functioning the bone minerals start depleting and risk of osteoporosis increases	103	34.33	064	21.33	133	44.34
24	The risk of heart attack decreases after menopause	123	41.00	059	19.67	118	39.33
25	After menopause heart diseases is the major reason for female mortality	114	38.00	087	29.00	099	33.00
26	Osteoporosis occurs due to calcium deficiency and lack of exercise	085	28.34	031	10.33	184	61.33
27	Change in lifestyle is one of the best remedies to overcome the symptoms	041	13.67	026	08.66	233	77.67
28	Some women have bladder control problem after they stop having their periods	067	22.33	061	20.33	172	57.34

Table Contd...

Table Contd...

29	I worry about what will happen when I reach menopause	076	25.33	103	34.33	121	40.33
30	I look forward to the life after menopause	072	24.00	029	09.67	199	66.33
31	I have heard about hormone replacement therapy(HRT)	119	39.67	093	31.00	088	29.33
32	No side effect are caused by the HR therapy	157	52.33	044	14.67	099	33.00
33	Very few risks are associated with the HR therapy	144	48.00	065	21.67	091	30.33
34	Tight and synthetic clothes are good during such period	102	34.00	100	33.33	098	32.67
35	Menopause is a collective experience	081	27.00	134	44.67	085	28.33
36	There is no chance of having a child after menopause	053	17.67	016	05.33	231	77.00

There were in all 36 statements in the Awareness Scale. The respondents were asked to state whether they were aware of the fact or not. The responses obtained were tabulated in table 35. It was also found that the respondents had few misconceptions with regards to the practices followed and the concept of menopause itself. In case of only one statement i.e. - 'Women may not have menopause early if only uterus is removed', it was found that only one sixth of the respondents had any misconception. For majority of the statements more than fifty percent of the respondents had some misconception. Nearly 90% of women had some misconception regarding the age of menopause and the changes that occur in the female body. About 95% of respondents were not aware that the menopause is a natural and unavoidable process in female body.

This table also shows that nearly fifty percent of the respondents were unaware about the HRT. Most of the respondents had misconception about the after effects of menopause. The researcher found that the respondents attributed all such problems in later life to the advancing age. They said it was because they were growing old and never knew that any treatment was done for the menopausal problems. This might happen in their life latter. Osteoporosis and bladder control were few which carry misconception. Also

the problems during menopause such as obesity and hypertension were attributed to the changing lifestyle and increasing responsibilities.

#### 4.2.2 Awareness Score

Majority of the respondent scored moderately on the Awareness Scale. Very few respondents could score high on the awareness scale. This might be due to their higher education or profession. But it was found that those scoring high had either them or some one in their family had undergone surgical menopause. The low scores were the house wives with low level of education. It was generally found that this was the aspects of women's life which they do not discuss openly. The doubts in their minds are not cleared until and unless some one nearer have even symptoms and consulted doctor only in course of understanding & undergoing the treatment their misconceptions and doubts are cleared.

**Table 36**

#### **DISTRIBUTION OF SAMPLE ACCORDING TO THE AWARENESS SCORE**

Sr. No	Score categories	Score	
		No	%
1	Low scores	039	13.00
2	Moderate scores	254	84.67
3	High scores	007	02.33

#### 4.3 Problems

The problems were categorized under eight headings. The respondents were asked to state the intensity for the problems faced by them under various categories. The categories were:

<b>Problem No.-</b>	<b>Complain</b>
1	Urinary Complains
2	Central Nervous System (CNS)
3	Menstruation
4	Sexual behavior

- |   |                              |
|---|------------------------------|
| 5 | Muskulo Skeletal System      |
| 6 | Mood disorders               |
| 7 | Cardio Vascular System (CVS) |
| 8 | General Symptoms             |

Each respondent was scored for each category of the problems faced. Thus, obtained score was tabulated and presented here.

The scores presented in the tables here for each problem category denoted various levels. They were:

Levels	Scores
1.	faced no problem
2.	faced few problems
3.	faced problems to a moderate extent
4.	faced many of the problems
5.	faced majority of the problems

#### **4.3.1 Symptoms related to urinary complains**

One of every three women in world does experience incontinence at some point of their life. When the respondents were associated on five point scale with regard to the problems regarding urinary complains it was found that nearly fifty percent of the respondents were suffering from few symptoms. Only five percent of the respondents were having many problems listed under this category. No respondent was found to score high in this category. It could be said that few female do suffer from urinary complains due to menopause but no one was found with sever symptoms. It might be that the respondents might be suffering but are not ready to share their problems.

**Table 37**  
**DISTRIBUTION OF SAMPLE ACCORDING TO THE SYMPTOMS RELATED**  
**TO URINARY COMPLAINS**

Levels	Symptom Scores	No	%
1	8	90	30
2	9-14	151	50.33
3	15-20	42	14
4	21-25	17	5.67
5	26-40	00	0.0

#### 4.3.2 Symptoms related to Central Nervous System [CNS]

**Table 38**  
**DISTRIBUTION OF SAMPLE ACCORDING TO THE SYMPTOMS RELATED**  
**TO CENTRAL NERVOUS SYSTEM [CNS]**

Levels	Symptom Scores	No	%
1	8	35	11.67
2	9-16	148	49.33
3	17-24	97	32.33
4	25-32	17	05.67
5	33-40	3	01.00

Table 38 shows the score of symptoms related to the Central Nervous System nearly fifty percent of the respondents were found to suffer few problems listed under this category. Only one percent of the respondents were found to face majority of these problems. From among the problems in this category headache, insomnia and forgetfulness were listed high.



#### 4.3.3 Symptoms related to Menstruation

**Table 39**

##### **DISTRIBUTION OF SAMPLE ACCORDING TO THE SYMPTOMS RELATED TO MENSTRUATION**

Levels	Symptom Scores	No	%
1	5	96	32.00
2	6-10	104	34.67
3	11-15	80	26.67
4	16-25	14	04.67
5	21-25	6	02.00

The trend for all the problems symptoms score was same in all the eight categories. About sixty eight percent of the respondents did face the problems with regards to menstruation but among them around two percent suffered most of the symptoms. Majority of the respondents faced few problems, especially due to heavy bleeding they felt tired very early & were always less alert.

#### 4.3.4 Symptoms related to Sexual Behavior

**Table 40**

##### **DISTRIBUTION OF SAMPLE ACCORDING TO THE SYMPTOMS RELATED TO SEXUAL BEHAVIOR**

Levels	Symptom Scores	No	%
1	5	981	32.6
2	6-10	110	36.67
3	11-15	44	14.67
4	16-20	00	00.00
5	21-25	06	03.80

For the problems related to sexual behavior half of few problems were because of change in libido and dryness in vagina. This caused discomfort while intercourse also in all the respondents. The respondents did feel that

there is a change in their sexual behavior recently. The other half was such who had either no problem at all or were not ready to reveal.

#### **4.3.5 Symptoms related to Muskulo Skeletal System**

**Table 41**

#### **DISTRIBUTION OF SAMPLE ACCORDING TO THE SYMPTOMS RELATED TO MUSKULO SKELETAL SYSTEM**

Levels	Symptom Scores	No	%
1	8	43	14.33
2	9-16	141	47.00
3	17-24	88	29.33
4	25-32	23	07.67
5	33-40	05	01.67

Regarding the symptoms related to Muskulo Skeletal System were asked, about half of the respondents were facing few problems from among those listed under this category. Backache and joint pains were the two suffered by majority of the respondents to some extent. Weight gain and brittle nails were the next in the frequency ranking.

#### **4.3.6 Symptoms related to Mood Disorders**

Mood disorders included symptoms like anxiety, depression, mood swing, lethargy etc. which were more disturbing according to the majority of the respondents. Only few respondents were such who did not suffer from any kind of mood disorders.

**Table 42**  
**DISTRIBUTION OF SAMPLE ACCORDING TO THE SYMPTOMS RELATED**  
**TO MOOD DISORDERS**

Levels	Symptom Score	N	%
1	8	35	11.67
2	9-16	145	48.33
3	17-24	83	27.67
4	25-32	27	9.00
5	32-40	10	3.33

#### **4.3.7 Symptoms related to Cardio Vascular System [CVS]**

**Table 43**  
**DISTRIBUTION OF SAMPLE ACCORDING TO THE SYMPTOMS RELATED**  
**TO CARDIO VASCULAR SYSTEM [CVS]**

Levels	Symptom Score	N	%
1	6	075	25.00
2	7-12	174	58.00
3	13-18	032	10.67
4	19-24	014	04.67
5	25-30	000	00.00

As we know that there is more percentage of female heart attack incidences as compared to the males. For male the reason might be the work pressures but menopause was considered to be as the major reason for the same. Hypertension and bouts of rapid heart beats topped the list of the symptoms related to the cardio-vascular system.

#### **4.3.8 General Symptoms**

The general symptoms like weakness, fatigue, stress, dizziness, allergy, constipation etc. were listed in this section. Fifty percent of the respondents had faced some or other problems in this category. No respondent was found to experience any of these symptoms to the severe extent.

**Table 44**  
**DISTRIBUTION OF SAMPLE ACCORDING TO THE GENERAL SYMPTOMS**

Levels	Symptom score	N	%
1	13	26	8.67
2	14-26	161	53.67
3	27-39	99	33.00
4	40-52	14	4.67
5	53-65	00	0.00

#### **4.4 Hypothesis Testing**

As the title of this study suggest that the researcher aimed at gathering the data related to the awareness and the problems faced by women with regards to the menopause, here for further statistical analysis only those respondents were included who were in their menopausal stage. These 135 respondents out of 300 respondents with ongoing menopause were separated out and included for hypothesis testing. The hypothesis framed during the initial stage of the study, were tested by putting them to the statistical tests. As the study comprised of many variables as well as many groups among each variable, the ANOVA technique was used. The results obtained are presented further.

##### **4.4.1 Age and Awareness Score**

**Table 45**  
**ANALYSIS OF THE AWARENESS SCORE AND THE AGE OF THE RESPONDENTS**

	Sum of Squares	df	Mean Square	F <sub>Cal</sub>	Sig.	F <sub>tab</sub>
Between Groups	1407.86	11	127.99	3.07	0.001	2.45
Within Groups	5131.08	123	41.72			
Total	6538.93	134				

When the hypothesis stating the relationship between the awareness score and the age of respondent was tested, it was found that the calculated F value was 3.07. As  $F_{cal} > F_{tab}$ , null hypothesis was rejected at 5 % level of significance.

#### 4.4.2 Education and Awareness Score

**Table 46**

##### **ANALYSIS OF THE AWARENESS SCORE AND THE EDUCATION OF THE RESPONDENTS**

	Sum of Squares	df	Mean Square	$F_{cal}$	Sig.	$F_{tab}$
Between Groups	1022.67	4	255.67	6.03	0.000	5.66
Within Groups	5516.27	130	42.43			
Total	6538.93	134				

When the hypothesis stating the relationship between the awareness score and the education of respondent was tested, it was found that the calculated F value was 6.03. As,  $F_{cal} > F_{tab}$ , null hypothesis was rejected at 5 % level of significance.

#### 4.4.3 Marital Status and Awareness Score

**Table 47**

##### **ANALYSIS OF THE AWARENESS SCORE AND THE MARITAL STATUS OF THE RESPONDENTS**

	Sum of Squares	df	Mean Square	$F_{cal}$	Sig.	$F_{tab}$
Between Groups	525.55	2	262.77	5.77	0.004	19.49
Within Groups	6013.39	132	45.56			
Total	6538.93	134				

When the hypothesis stating the relationship between the awareness score and the marital status of respondent was tested, it was found that the calculated F value was 5.77. So,  $F_{cal} < F_{tab}$ , null hypothesis was accepted at 5% level of significance.

#### 4.4.4 Occupation and Awareness Score

**Table 48**

**ANALYSIS OF THE AWARENESS SCORE AND  
THE OCCUPATION OF THE RESPONDENTS**

	Sum of Squares	df	Mean Square	F <sub>cal</sub>	Sig.	F <sub>tab</sub>
Between Groups	600.14	2	300.07	6.67	0.002	19.49
Within Groups	5938.79	132	44.99			
Total	6538.93	134				

When the hypothesis stating the relationship between the awareness score and the occupation of respondent was tested, it was found that the calculated F value was 6.67. So,  $F_{cal} < F_{tab}$ , then this hypothesis by F test is accepted at 5 % level of significance.

#### 4.4.5 Income and Awareness Score

**Table 49**

**ANALYSIS OF THE AWARENESS SCORE AND THE INCOME OF THE  
RESPONDENTS**

	Sum of Squares	df	Mean Square	F <sub>cal</sub>	Sig.	F <sub>tab</sub>
Between Groups	730.21	5	146.04	3.24	0.009	4.40
Within Groups	5808.73	129	45.03			
Total	6538.93	134				

When the hypothesis stating the relationship between the awareness score and the income of respondent was tested, it was found that the calculated F value was 3.24. As,  $F_{cal} < F_{tab}$ , null hypothesis was accepted at 5 % level of significance.

#### 4.4.6 Age at Menarche and Awareness Score

**Table 50**

##### **ANALYSIS OF THE AWARENESS SCORE AND THE AGE AT MENARCHE OF THE RESPONDENTS**

	Sum of Squares	df	Mean Square	F <sub>cal</sub>	Sig.	F <sub>tab</sub>
Between Groups	831.88	7	118.84	2.65	0.014	3.28
Within Groups	5707.06	127	44.94			
Total	6538.93	134				

When the hypothesis stating the relationship between the awareness score and the age at menarche of respondent was tested, it was found that the calculated F value was 2.65. As,  $F_{cal} < F_{tab}$ , null hypothesis was accepted at 5% level of significance.

#### 4.4.7 Age at First Pregnancy and Awareness Score

**Table 51**

##### **ANALYSIS OF THE AWARENESS SCORE AND THE AGE AT FIRST PREGNANCY OF THE RESPONDENTS**

	Sum of Squares	df	Mean Square	F <sub>cal</sub>	Sig.	F <sub>tab</sub>
Between Groups	2684.31	17	157.90	4.75	0.000	2.02
Within Groups	3854.29	116	33.23			
Total	6538.60	133				

When the hypothesis stating the relationship between the awareness score and the age at first pregnancy of respondent was tested, it was found that the calculated F value was 4.75. As,  $F_{cal} > F_{tab}$ , null hypothesis was rejected at 5 % level of significance.

#### 4.4.8 Number of Pregnancies and Awareness Score

**Table 52**  
**ANALYSIS OF THE AWARENESS SCORE AND THE NUMBER OF**  
**PREGNANCIES OF THE RESPONDENTS**

	Sum of Squares	df	Mean Square	F <sub>cal</sub>	Sig.	F <sub>tab</sub>
Between Groups	1446.22	5	289.24	7.33	0.000	4.40
Within Groups	5092.79	129	39.48			
Total	6538.93	134				

When the hypothesis stating the relationship between the awareness score and the number of pregnancies of respondent was tested, it was found that the calculated F value was 7.33. As,  $F_{cal} > F_{tab}$ , null hypothesis was accepted at 5 % level of significance.

#### 4.4.9 Age and Problem Score

**Table 53**  
**ANALYSIS OF THE PROBLEM SCORE AND THE AGE OF THE**  
**RESPONDENTS**

		Sum of Squares	df	Mean Square	F <sub>cal</sub>	Sig.	F <sub>tab</sub>
prob1	Between Groups	542.70	11	49.34	3.71	0.000	2.45
	Within Groups	1634.63	123	13.29			
	Total	2177.33	134				
prob2	Between Groups	1142.35	11	103.85	5.54	0.000	2.45
	Within Groups	2305.40	123	18.74			
	Total	3447.75	134				
prob3	Between Groups	504.13	11	45.83	4.85	0.000	2.45
	Within Groups	1161.76	123	9.45			
	Total	1665.88	134				
prob4	Between Groups	567.34	11	51.58	4.08	0.000	2.45
	Within Groups	1555.07	123	12.64			
	Total	2122.40	134				
prob5	Between Groups	1623.51	11	147.59	8.18	0.000	2.45
	Within Groups	2219.82	123	18.05			
	Total	3843.33	134				

Table contd...



Table contd...

prob6	Between Groups	1042.81	11	94.80	2.34*	0.012	2.45
	Within Groups	4984.94	123	40.53			
	Total	6027.75	134				
prob7	Between Groups	216.53	11	19.69	1.92*	0.043	2.45
	Within Groups	1260.40	123	10.25			
	Total	1476.93	134				
prob8	Between Groups	1568.69	11	142.61	2.53	0.007	2.45
	Within Groups	6943.46	123	56.45			
	Total	8512.15	134				
probscore	Between Groups	35644.97	11	3240.45	4.14	0.000	2.45
	Within Groups	96348.56	123	783.32			
	Total	131993.5	134				

When the hypothesis stating the relationship between the problem score and age of the respondent was tested, it was found that the calculated F value was 4.14. As,  $F_{cal} > F_{tab}$ , the null hypothesis was rejected at 5 % level of significance. Here it was also found that the calculated value of F for the problems like mood disorder and cardio vascular system was less than tabular value. But it did not affect much on the overall problem score.

#### 4.4.10 Education and Problem Score

**Table 54**

#### **ANALYSIS OF THE PROBLEM SCORE AND THE EDUCATION OF THE RESPONDENTS**

		Sum of Squares	df	Mean Square	$F_{cal}$	Sig.	$F_{tab}$
prob1	Between Groups	69.05	4	17.26	1.06	0.377	5.66
	Within Groups	2108.28	130	16.22			
	Total	2177.33	134				
prob2	Between Groups	230.84	4	57.71	2.33	0.059	5.66
	Within Groups	3216.91	130	24.75			
	Total	3447.75	134				
prob3	Between Groups	69.28	4	17.32	1.41	0.234	5.66
	Within Groups	1596.61	130	12.28			
	Total	1665.88	134				

Table contd...

Table contd...

prob4	Between Groups	18.50	4	4.63	0.29	0.887	5.66
	Within Groups	2103.90	130	16.18			
	Total	2122.40	134				
prob5	Between Groups	404.02	4	101.00	3.82	0.006	5.66
	Within Groups	3439.32	130	26.46			
	Total	3843.33	134				
prob6	Between Groups	344.37	4	86.09	1.97	0.103	5.66
	Within Groups	5683.38	130	43.72			
	Total	6027.75	134				
prob7	Between Groups	40.95	4	10.24	0.93	0.451	5.66
	Within Groups	1435.99	130	11.05			
	Total	1476.93	134				
prob8	Between Groups	929.15	4	232.29	3.98	0.004	5.66
	Within Groups	7583.00	130	58.33			
	Total	8512.15	134				
probscore	Between Groups	7182.11	4	1795.53	1.87	0.119	5.66
	Within Groups	124811.41	130	960.09			
	Total	131993.53	134				

When the hypothesis stating the relationship between the problem score and education of the respondent was tested, it was found that the calculated F value was 1.87. As,  $F_{cal} < F_{tab}$ , the null hypothesis was accepted at 5 % level of significance. Here no category of problem was found differing from the final score.

#### 4.4.11 Marital Status and Problem Score

**Table 55**

#### **ANALYSIS OF THE PROBLEM SCORE AND THE MARITAL STATUS OF THE RESPONDENTS**

		Sum of Squares	df	Mean Square	$F_{cal}$	Sig.	$F_{tab}$
prob1	Between Groups	22.59	2	11.30	0.69	0.502	19.49
	Within Groups	2154.74	132	16.32			
	Total	2177.33	134				
prob2	Between Groups	114.88	2	57.44	2.28	0.107	19.49
	Within Groups	3332.87	132	25.25			
	Total	3447.75	134				

Table contd...

Table contd...

prob3	Between Groups	3.91	2	1.96	0.16	0.856	19.49
	Within Groups	1661.97	132	12.59			
	Total	1665.88	134				
prob4	Between Groups	124.56	2	62.28	4.12	0.018	19.49
	Within Groups	1997.84	132	15.14			
	Total	2122.40	134				
prob5	Between Groups	34.60	2	17.30	0.60	0.551	19.49
	Within Groups	3808.73	132	28.85			
	Total	3843.33	134				
prob6	Between Groups	111.08	2	55.54	1.24	0.293	19.49
	Within Groups	5916.67	132	44.82			
	Total	6027.75	134				
prob7	Between Groups	73.22	2	36.61	3.44	0.035	19.49
	Within Groups	1403.71	132	10.63			
	Total	1476.93	134				
prob8	Between Groups	156.21	2	78.11	1.23	0.295	19.49
	Within Groups	8355.94	132	63.30			
	Total	8512.15	134				
probscore	Between Groups	866.33	2	433.17	0.44	0.648	19.49
	Within Groups	131127.19	132	993.39			
	Total	131993.526	134				

When the hypothesis stating the relationship between problem score and marital status of the respondent was tested, it was found that the calculated F value was 0.44. As,  $F_{cal} < F_{tab}$ , the null hypothesis was accepted at 5 % level of significance. Here also all the problem categories had a F values far below the tabulated value.

#### 4.4.12 Occupation and Problem Score

**Table 56**

#### **ANALYSIS OF THE PROBLEM SCORE AND THE OCCUPATION OF THE RESPONDENTS**

		Sum of Squares	df	Mean Square	$F_{cal}$	Sig.	$F_{tab}$
prob1	Between Groups	106.71	2	53.35	3.40	0.036	19.45
	Within Groups	2070.62	132	15.69			
	Total	2177.33	134				
prob2	Between Groups	178.90	2	89.45	3.61	0.030	19.45
	Within Groups	3268.85	132	24.76			
	Total	3447.75	134				

Table contd...

Table contd...

prob3	Between Groups	38.70	2	19.35	1.57	0.212	19.45
	Within Groups	1627.18	132	12.33			
	Total	1665.88	134				
prob4	Between Groups	135.74	2	67.87	4.51	0.013	19.45
	Within Groups	1986.66	132	15.05			
	Total	2122.40	134				
prob5	Between Groups	546.78	2	273.39	10.95	0.000	19.45
	Within Groups	3296.55	132	24.97			
	Total	3843.33	134				
prob6	Between Groups	510.09	2	255.05	6.10	0.003	19.45
	Within Groups	5517.66	132	41.80			
	Total	6027.75	134				
prob7	Between Groups	32.77	2	16.39	1.50	0.227	19.45
	Within Groups	1444.16	132	10.94			
	Total	1476.93	134				
prob8	Between Groups	1324.84	2	662.42	12.17	0.000	19.45
	Within Groups	7187.31	132	54.45			
	Total	8512.15	134				
probscore	Between Groups	16176.55	2	8088.27	9.22	0.000	19.45
	Within Groups	115816.98	132	877.40			
	Total	131993.53	134				

When the hypothesis stating the relationship between problem score and occupation of the respondent, it was found that the calculated F value was 9.22. As,  $F_{cal} < F_{tab}$ , the null hypothesis was accepted at 5 % level of significance. All the problem category wise scores showed that the hypothesis should be accepted.

#### 4.4.13 Income and Problem Score

**Table 57**  
**ANALYSIS OF THE PROBLEM SCORE AND THE INCOME OF THE RESPONDENTS**

		Sum of Squares	df	Mean Square	F <sub>cal</sub>	Sig.	F <sub>tab</sub>
prob1	Between Groups	253.89	5	50.78	3.41	0.006	4.40
	Within Groups	1923.44	129	14.91			
	Total	2177.33	134				
prob2	Between Groups	323.23	5	64.65	2.67	0.025	4.40
	Within Groups	3124.51	129	24.22			
	Total	3447.75	134				
prob3	Between Groups	133.37	5	26.67	2.25	0.054	4.40
	Within Groups	1532.51	129	11.88			
	Total	1665.88	134				
prob4	Between Groups	244.94	5	48.99	3.37	0.007	4.40
	Within Groups	1877.46	129	14.55			
	Total	2122.40	134				
prob5	Between Groups	302.00	5	60.40	2.20	0.058	4.40
	Within Groups	3541.34	129	27.45			
	Total	3843.33	134				
prob6	Between Groups	626.54	5	125.31	2.99	0.014	4.40
	Within Groups	5401.20	129	41.87			
	Total	6027.75	134				
prob7	Between Groups	150.49	5	30.10	2.93	0.015	4.40
	Within Groups	1326.44	129	10.28			
	Total	1476.93	134				
prob8	Between Groups	1198.61	5	239.72	4.23	0.001	4.40
	Within Groups	7313.54	129	56.69			
	Total	8512.15	134				
prob score	Between Groups	12560.65	5	2512.13	2.71	0.023	4.40
	Within Groups	119432.88	129	925.84			
	Total	131993.53	134				

When the hypothesis stating the relationship between the problem score and the income of the respondent, it was found that the calculated value of F was 2.71. As,  $F_{cal} < F_{tab}$ , the null hypothesis was accepted at 5 % level of significance.

#### 4.4.14 Age at Menarche and Problem Score

**Table 58**  
**ANALYSIS OF THE PROBLEM SCORE AND**  
**THE AGE AT MENARCHE OF THE RESPONDENTS**

		Sum of Squares	df	Mean Square	F <sub>cal</sub>	Sig.	F <sub>tab</sub>
prob1	Between Groups	180.06	7	25.72	1.64	0.131	3.28
	Within Groups	1997.28	127	15.73			
	Total	2177.33	134				
prob2	Between Groups	361.17	7	51.60	2.12	0.046	3.28
	Within Groups	3086.58	127	24.30			
	Total	3447.75	134				
prob3	Between Groups	234.63	7	33.52	2.97	0.006	3.28
	Within Groups	1431.25	127	11.27			
	Total	1665.88	134				
prob4	Between Groups	258.57	7	36.94	2.52	0.019	3.28
	Within Groups	1863.84	127	14.68			
	Total	2122.40	134				
prob5	Between Groups	422.70	7	60.39	2.24	0.035	3.28
	Within Groups	3420.64	127	26.93			
	Total	3843.33	134				
prob6	Between Groups	1005.41	7	143.63	3.63*	0.001	3.28
	Within Groups	5022.34	127	39.55			
	Total	6027.75	134				
prob7	Between Groups	75.92	7	10.85	0.98	0.447	3.28
	Within Groups	1401.02	127	11.03			
	Total	1476.93	134				
prob8	Between Groups	662.04	7	94.58	1.53	0.163	3.28
	Within Groups	7850.11	127	61.81			
	Total	8512.15	134				
probs core	Between Groups	12666.22	7	1809.46	1.93	0.071	3.28
	Within Groups	119327.31	127	939.59			
	Total	131993.53	134				

When the null hypothesis stating the relationship between the problem score and age at menarche of the respondent, it was found that the calculated value of F was 1.93. As,  $F_{cal} < F_{tab}$ , the null hypothesis was accepted at 5 % level of significance. The Calculated F value of only one category i.e. mood disorder was found to be greater than the tabulated value.

#### 4.4.15 Age at First Pregnancy and Problem Score

**Table 59**

#### **ANALYSIS OF THE PROBLEM SCORE AND THE AGE AT FIRST PREGNANCY OF THE RESPONDENTS**

		Sum of Squares	df	Mean Square	F <sub>cal</sub>	Sig.	F <sub>tab</sub>
prob1	Between Groups	417.46	17	24.56	1.62	0.070	2.02
	Within Groups	1758.37	116	15.16			
	Total	2175.83	133				
prob2	Between Groups	714.36	17	42.02	1.78	0.038	2.02
	Within Groups	2733.14	116	23.56			
	Total	3447.49	133				
prob3	Between Groups	309.30	17	18.19	1.56	0.086	2.02
	Within Groups	1352.44	116	11.66			
	Total	1661.73	133				
prob4	Between Groups	1077.99	17	63.41	7.04*	0.000	2.02
	Within Groups	1044.25	116	9.00			
	Total	2122.24	133				
prob5	Between Groups	526.38	17	30.96	1.08	0.379	2.02
	Within Groups	3316.94	116	28.59			
	Total	3843.32	133				
prob6	Between Groups	2039.06	17	119.95	3.50*	0.000	2.02
	Within Groups	3973.34	116	34.25			
	Total	6012.40	133				
prob7	Between Groups	623.03	17	36.65	5.02*	0.000	2.02
	Within Groups	846.25	116	7.30			
	Total	1469.28	133				
prob8	Between Groups	1998.63	17	117.57	2.12*	0.010	2.02
	Within Groups	6444.18	116	55.55			
	Total	8442.81	133				
prob score	Between Groups	25431.39	17	1495.96	1.63	0.067	2.02
	Within Groups	106337.24	116	916.70			
	Total	131768.63	133				

When the hypothesis stating the relationship between the total problem score and the age of the respondent at the first pregnancy was tested, it was found that the calculated value of F was 1.63. As,  $F_{cal} < F_{tab}$ , the null hypothesis was accepted at 5 % level of significance. But here the problem

categories stating the problems related to sexual behavior, mood disorder, cardio vascular symptoms and the general symptoms, the result showed was other way round.

#### 4.4.16 Number of Pregnancies and Problem Score

**Table 60**  
**ANALYSIS OF THE PROBLEM SCORE AND THE NUMBER OF**  
**PREGNANCIES OF THE RESPONDENTS**

		Sum of Squares	df	Mean Square	F <sub>cal</sub>	Sig.	F <sub>tab</sub>
prob1	Between Groups	55.97	5	11.19	0.68	0.639	4.40
	Within Groups	2121.37	129	16.45			
	Total	2177.33	134				
prob2	Between Groups	338.43	5	67.69	2.81	0.019	4.40
	Within Groups	3109.32	129	24.10			
	Total	3447.75	134				
prob3	Between Groups	101.10	5	20.22	1.67	0.147	4.40
	Within Groups	1564.78	129	12.13			
	Total	1665.88	134				
prob4	Between Groups	331.88	5	66.38	4.78*	0.000	4.40
	Within Groups	1790.52	129	13.88			
	Total	2122.40	134				
prob5	Between Groups	419.07	5	83.81	3.16	0.010	4.40
	Within Groups	3424.27	129	26.55			
	Total	3843.33	134				
prob6	Between Groups	593.14	5	118.63	2.82	0.019	4.40
	Within Groups	5434.61	129	42.13			
	Total	6027.75	134				
prob7	Between Groups	159.16	5	31.83	3.12	0.011	4.40
	Within Groups	1317.78	129	10.22			
	Total	1476.93	134				
prob8	Between Groups	1682.49	5	336.50	6.36*	0.000	4.40
	Within Groups	6829.66	129	52.94			
	Total	8512.15	134				
probscore	Between Groups	14356.15	5	2871.23	3.15	0.010	4.40
	Within Groups	117637.38	129	911.92			
	Total	131993.53	134				



When the hypothesis stating the relationship between the total problem score and the number of pregnancies the respondent had was tested, it was found that the calculated value of F was 3.15. As,  $F_{cal} < F_{tab}$ , the null hypothesis was accepted at 5 % level of significance. Here, the problems related to sexual behavior and general symptoms had higher values of calculated F.

Thus, all the hypotheses were tested and the results clearly stated here. Further, next chapter gives the precise findings along with the conclusion derived by the researcher.