



Impact of Anxiety on Menopause Women's

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ABSTRACT :

An attempt is made to study the impact of Anxiety on Menopause of women. A sample of 200 C 100 menopause women and 100 non menopause women was selected from different area in and around Aurangabad. Anxiety Test (SCAT) developed by Dr. A.K.P. Sinha and Dr. L.N.K. Sinha was administered on the sample to assess their Anxiety. A 2 x 2 factorial design was employed to analyze the data. The collected data was statically analyzed; for this purpose 't' test were employed. There were some significant findings having high social implication. The findings of the study revealed that Menopause women have higher anxiety than Non Menopause women. There is significant difference between urban and rural women with regard to anxiety urban women have higher anxiety than the women of rural areas. Implication of this present study is that the family members, friends should provide the environment and help of women to make them emotionally strong and stable to face the situation of menopause.

Keywords: Anxiety, Menopause Women's.

INTRODUCTION :

Health is the establishment of well being and compelling working for an individual and for a network and that of women is significant both their very own wellbeing and for the well being of their youngsters and families women are almost certain then men to be adversely influenced by mental disorders the most widely recognized being anxiety and depressive disorders. Status of

women in the society has been changing fast because of various factors such as urbanization, industrialization increased degree of instruction, awareness of rights and media impact. An ever increasing number of women want to be occupied with some sort of business, so that they can contribute monetarily to their family. Be that as it may, the demeanour towards women especially wedded women and their job in family has continued as before, as even today dealing with the family and kids is considered as their essential responsibility. Thus completing duties and responsibilities both at home and working environment over strains a wedded working women, there by prompting various psychological problems like job strife, work strain, metal fatigues, stress, anxiety, frustration, depression, outrage, phobias and other social and enthusiastic distress. These issues can intelligently influence the psychological well being of working women.

The cutting edge world, which is said to be a universe of accomplishment is also a universe of stress and anxiety Wagner and compass (1990) inspected the job of sex directing the relationship among stress and psychological symptoms during adolescence. Despite the fact that girls revealed more negative life events than did boys. As for sexual orientation, adolescent females will in general show more prominent reactivity to stressful occasion including individuals inside their social networks and contrasted and males (Lead mixer, Blatt and Quanlan, 1995)

Menopause :

Menopause is one of women's most important life stages. It marks the end of menstruation leading to women's assign process when she cannot become pregnant. In other words it is the physiological cessation of the menstrual cycle associated with advancing age. It is a natural process that happens to every women as she grows older and not a medicine problem and disease or illness, even though it may appear so.

PROBLEM :

- 1) To find out the impact of Menopause and Locality on Anxiety of women.

OBJECTIVES :

- To assess the impact of Menopause on Anxiety of women.
- To assess the impact of locality on Anxiety of women.

HYPOTHESIS:

- There is significant impact of menopause on Anxiety of women.
- There is significant impact of locality on Anxiety of women.

SAMPLE :

Sample of the study consisted of 200 menopause and Non menopause women from rural urban area in and around Aurangabad in the age group of 35 to 55 years.

Table No.1 Distribution of subjects in Menopause and locality

	Locality	
	Urban	Rural
Menopause women	50	50
Non Menopause women	50	50
Total	100	100

STATISTICAL ANALYSIS:

The obtained data were subjected to statistical analysis such as mean, standard deviation and 't' test to test the hypothesis.

Table No.2 Means, SDS and 't' values for Anxiety of Non Menopause and Menopause women.

	N	Mean	SD	't' value
Non Menopause	100	111.40	13.71	2.821*
Menopause	100	121.90	14.80	

From table No.2, it is evident that Menopause women scored more than non menopause women on Anxiety which indicates that Menopause women have higher Anxiety when compared to Non Menopause women and the difference is significant. The result of the present studies are consisted with earlier studies, then Mozhi (2014).

When we take the mean of urban and rural women into consideration, urban women have scored high on Anxiety than rural women. (Urban, M = 121.81, Rural M= 114.68) and the difference is significant.

Table No.3, Mean, SD and t values for Anxiety of Urban and Rual Women.

Locality	N	Mean	S.D.	t value
Urban	100	121.20	15.20	3.576*
Rural	100	114.68	12.91	

DISCUSSION :

Today, India has the largest number of professionally qualified women, largest population of working women and has more number of Doctors, Scientist, Professors and Lawyers than other countries. Today, Indian women can be seen in politics, sports and even in space. At the result of this Indian women faces large level of Anxiety and stress than Men.

According to Debora R. Baldwin et al (1997). females reported more symptomatology than did males. Gender is an important aspect for investigation, generally males are considered to be superior and females as inferior commonly in our culture. Social cognitive theory has been especially important in understanding social influence on gender (Bugdetal and Gruss, 2006). The females have to bear the discrimination of the majority in every sphere starting from their own family to the society who provide impoverished environment, as a result affect their well being and overall personality. (Bussal and Bandura, 1999). In a study conducted by Don Scholz, Schwarzer and Sud (2002) have reported the superiority of males with regard to self efficacy as compared to females in various cultures.

Girls experience higher levels of stress and Anxiety related to their relationship with their parents, friends or teacher than did boys. The stress and Anxiety, coping literature indicates that when children are exposed to similar family stressors. Gender differences emerge in the type of stressors that bring about adverse reactions. Reetter (1970) posits that there may be different mechanisms involved in the development of adverse stress reaction in boys and girls. Our culture may create greater Anxiety and stress for females than males, as a result of the societal view of females as subordinate and inferior to males.

One consistent finding reflecting gender differences in Anxiety and stress, responses is the tendency for males to respond stress with aggression, while females tend to internalize it. (Emery, 1988, Gove and Herb, 1974; Wills, 1986)

Overall, symptoms of depression were more consistently associated with stress levels in girls than in boys. Girls may be particularly prone to depression. They may experience higher levels of the types of stress associated with depression and they may be reactive to these types of stress than boys.

SUMMARY OF THE FINDINGS:

1. There is significant impact of menopause of Anxiety.
2. There is significant impact of locality on Anxiety
3. There is significant difference between Non Menopause women and Menopause women on Anxiety. Menopause women have higher anxiety than Non menopause women have higher anxiety than Non menopause women.

SUGGESTIONS :

1. To promote and provide appropriate education, health, nutrition, economic and social development programmes and practices that would improve the quality of women's life.

2. To change the attitudes of society, particularly of men toward women in regard to discriminatory socio cultural practices and to accord the women their rightful status and dignity.
3. To make women aware of their potentialities, to empower them and give them opportunities and some degree of independence for self-improvement, thus helping them to become self-confident and self reliant.

Management of menopause :

Including counseling or support group to help women, overcome their problems like depression or anxiety, conflict and anger managements. Communication skills helps women to share he feelings and problems with her partners for further course of action.

CONCLUSION :

Menopause women have higher anxiety than Non menopause women. Urban women have higher anxiety than the women of rural areas.

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