

A STUDY ON CHRONIC DISEASE FACED BY WOMEN DUE TO INCREASING AGE

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ABSTRACT

The present study was conducted in Sangaria Town, Hanumangarh District in Rajasthan state. Two hundred women were selected as the sample of the study. Two variables were taken, i.e. dependent and independent variable. Age was taken as independent variable and a chronic disease faced by women was taken as the dependent variable. Information regarding to chronic diseases was collected with the help of the questionnaire cum interview method. Result revealed that the majority of the women faced problem in decreases in strength(37.55%), high blood pressure(27.5%), loss of visual and auditory acuity(25%).

KEYWORDS: *Chronic Disease, Age, Women, Menopause*

INTRODUCTION

Aging includes a reduction in strength, endurance, speed of reaction, agility, basal metabolism, sexual activity and hearing acuity. Aging phenomena include decrease in memory, muscle strength, muscle mass, manual dexterity, cardiac output and auditory and visual acuity as well loss or thinning of hair. The prevalence of menopausal problems among menopausal women reveals that majority of menopausal women experienced joint and muscular discomfort (86%) and physical and mental exhaustion (81%) (Geetha and Parida, 2015). The physical symptoms were quite variable in occurrence, such as fatigue, decreased physical strength and lack of energy in 93% of the evaluated women (Karmakar et.al., 2017).

Menopause is the permanent cessation of menstruation resultly with the loss of ovarian follicle development. It is considered to occur when 12 menstrual cycles are missed. Menopausal transition or per -menopause, is the period between the onset of irregular menstrual cycles and the last menstrual periods. Hypertension was the most prevalent chronic disease in post menopausal women. Diabetes mellitus was found to be second most prevalent chronic disease among post menopausal women (Limaye, et.al. 2015).

Main symptoms associated with menopause were reported as fatigue (62%), hot flashes (56%), cold sweats (52%) and backaches (51%). Other ailments associated with menopause were arthritis (25%), hypertension (23%) and diabetes (6%) (Mahajan, et.al. 2016). According to Weber et.al. (2014)in another meta analysis study, the risk of depression in the premenopause seems fairly clear, but the specific risk factor for premenopausal depression and the trajectory over the late post menopausal period remain to be clarified

Prevalence of symptoms among ladies were depression and irritability 90.7%, headache 72.9%, lethargy 65.4%, dysuria 58.9%, forgetfulness 57%, joint and muscle pain 53.3% (Sagar,et.al.,2013). Shahedur (2011) conducted that the classical presentation of menopausal symptoms were feeling tired (92.9%) and headache (88.8%).The most common

complaints of post menopausal women were sleep disturbance (62.7%), muscle or joint pain (59.1%), hot flushes (46.4%) night sweats (45.6%) (Singh and Pardhan, 2014).

To keep in mind the chronic problem faced by menopausal women. The present study was conducted. The objective of the present study was

Objective

To assess the chronic diseases faced by women due to increasing age.

METHDOLOGY

The present study was conducted in Sangaria Town, Hanumangarh District of Rajasthan state. Two hundred women were selected as the sample of the study. Two variables were taken, i.e. dependent and independent variable. Age was taken as independent variable and chronic disease faced by women was taken as the dependent variable. Information regarding to chronic disease was collected with the help of the questionnaire cum interview method.

RESULTS

The common problems, chronic diseases or disorders faced by these women were high blood pressure, diabetes mellitus, constipation, diarrhea, indigestion, loss of visual and auditory acuity, decrease in strength, arthritis, allergy, etc. Results indicate that the majority of the women facing decreasing in strength (37.55%), high blood pressure(27.5%), loss of visual and auditory acuity(25%)and but had not taken any medicine for that. Details are given in the Table:

Table 1: Percentage Distribution of Women by Problems/ Chronic Diseases/Disorders Faced By Them Due To Increasing Age

Details	Percentage Of Women
High blood pressure	27.5(55)
Diabetes mellitus	1.5(3)
Constipation	1.5(3)
Diarrhea	3.0(6)
Asthma	4.0(8)
Indigestion	7.0(14)
Flatulence	8.0(16)
Loss of visual and auditory acuity	25.0(50)
Decrease in strength	37.5(75)
Kidney stone	2.0(4)
Allergy	5.0(10)
Migraine	3.0(6)

Figures in parentheses indicate the number of women

CONCLUSIONS

It was concluded that chronic disease faced by women were high blood pressure, diabetes mellitus, constipation, diarrhea, indigestion, loss of visual and auditory acuity, decrease in strength, arthritis, allergy. Machado et.al. (2012) found that majority of women in the age group of 42-65 faced hypertension, diabetes mellitus, insomnia and depression. Tursunoic et.al. (2014) revealed that the majority of women were suffering from hypertension, diabetes mellitus, depressive disorders and cancer.

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