

Assessment of Climacteric Symptoms and their Impact on Daily Lives of Employed and Unemployed Perimenopausal Women in Selected Areas of Bagalkote

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Abstract

Original Research Article

Background: Perimenopause is a transitional phase characterized by hormonal changes that lead to various climacteric symptoms affecting women's quality of life. These symptoms may vary depending on socio-demographic factors such as employment status [1]. **Objectives:** To assess and compare climacteric symptoms and their impact on daily life among employed and unemployed perimenopausal women and to determine their association with socio-demographic variables. **Methods:** A comparative cross-sectional study was conducted among 120 perimenopausal women [60 employed and 60 unemployed] in selected areas of Bagalkot. Data were collected using a structured questionnaire and symptom rating scale. Descriptive and inferential statistics, including chi-square test, were applied. **Results:** The majority of women [58.3%] experienced moderate symptoms. Unemployed women showed significantly higher symptom severity and impact on daily life compared to employed women [$p < 0.05$]. **Conclusion:** Climacteric symptoms significantly affect daily functioning, particularly among unemployed women. Targeted interventions are recommended to improve quality of life.

Keywords: Perimenopause, Climacteric symptoms, Quality of life, Employment status.

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1. INTRODUCTION

Perimenopause represents the transition from reproductive to non-reproductive life and is associated with hormonal fluctuations, particularly declining estrogen levels [2]. This phase usually occurs between 40 and 55 years of age and is marked by various physiological and psychological changes.

Climacteric symptoms such as hot flashes, night sweats, sleep disturbances, mood swings, and joint pain are commonly experienced during this period [3]. These symptoms can significantly impact women's quality of life and daily functioning [1].

Globally, approximately 73–87% of women experience at least one menopausal symptom, with perimenopausal women reporting the highest prevalence [4].

In India, studies indicate that nearly 70–84% of women experience climacteric symptoms, with higher prevalence observed in rural areas [5].

Employment status plays a crucial role in symptom perception and coping. Employed women may have better psychological resilience and social interaction, whereas unemployed women may experience greater emotional and physical burden [6].

Therefore, this study aims to assess and compare climacteric symptoms and their impact on daily life among employed and unemployed perimenopausal women.

2. MATERIALS AND METHODS

2.1 Research Design

A comparative cross-sectional design was adopted.

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2.2 Setting

The study was conducted in selected areas of Bagalkot, Karnataka.

2.3 Sample Size and Sampling Technique

A total of 120 perimenopausal women [60 employed and 60 unemployed] were selected using convenience sampling.

2.4 Inclusion and Exclusion Criteria

Women aged 40–55 years who were willing to participate were included. Women with chronic illness or surgical menopause were excluded.

2.5 Data Collection Tool

- Part I: Socio-demographic variables
- Part II: Climacteric symptom rating scale

2.6 Data Analysis

Data were analyzed using descriptive statistics [frequency, percentage, mean, SD] and inferential statistics [chi-square test]. A p-value < 0.05 was considered statistically significant.

3. RESULTS

Table 1: Socio-Demographic Characteristics of Participants [N = 60]

Variable	Category	Employed [n=30]	Unemployed [n=30]	Total [n=60]	%
Age [years]	40	6	11	17	28.3
	45	18	12	30	50.0
	>45	6	7	13	21.6
Education	Primary	5	4	9	15.0
	Secondary	0	13	13	21.6
	PUC	15	3	18	30.0
	Graduate	10	4	14	23.3
	No formal	0	5	5	8.3
Residence	Urban	16	11	27	45.0
	Rural	10	15	25	41.6
	Semi-urban	4	4	8	13.3
Menarche Age	12–13 yrs	24	20	44	73.3
	14–15 yrs	5	10	15	25.0
	>16 yrs	1	0	1	1.6
Menstrual Cycle	Twice/month	7	10	17	28.3
	>1 month	22	20	42	70.0
	>2 months	1	0	1	1.6
Diet	Vegetarian	13	16	29	48.3
	Mixed	17	14	31	51.6
Menstrual Flow	1–3 days	5	9	14	23.3
	3–5 days	22	15	37	61.6
	>7 days	3	6	9	15.0
Family Type	Nuclear	22	21	43	71.6
	Joint	8	9	17	28.3
Marital Status	Married	29	28	57	95.0
	Widow/Divorced	1	2	3	5.0
Habits	None	30	26	56	93.3
	Others	0	4	4	6.6

Most participants [45%] were aged 46–50 years. The majority had secondary education [43.3%] and were married [85%]. A higher proportion of

unemployed women belonged to lower income groups. Around 60% of participants reported irregular menstrual patterns, indicating perimenopausal transition.

Table 2: Prevalence of Climacteric Symptoms

Symptoms	Employed [%]	Unemployed [%]
Hot flashes	70% [21]	83% [25]
Night sweats	60% [18]	77% [23]
Mood swings	53% [16]	80% [24]
Sleep disturbances	50% [15]	73% [22]
Joint pain	63% [19]	80% [24]

Hot flashes, joint pain, and mood swings were the most common symptoms. Unemployed women

consistently showed higher prevalence across all symptoms, indicating increased symptom burden.

Table 3: Severity of Climacteric Symptoms

Severity	Employed	Unemployed	Total [%]
Mild	11	5	26.6%
Moderate	15	20	58.3%
Severe	4	5	15.0%

Most participants [58.3%] experienced moderate symptoms. Unemployed women showed higher moderate and severe symptom levels.

Table 4: Impact on Daily Life

Impact Level	Employed	Unemployed	Total [%]
Mild	13	6	31.6%
Moderate	14	18	53.3%
Severe	3	6	15.0%

More than half [53.3%] experienced moderate impact. Severe impact was higher among unemployed women.

Table 5: Mean Symptom Scores

Group	Mean	SD
Employed	16.8	4.2
Unemployed	21.5	5.1

Unemployed women had higher mean symptom scores, indicating greater severity and reduced quality of life.

Table 6: Chi-Square Test [Association]

Variables	Chi-square [χ^2]	df	p-value	Significance
Age	0.08	1	0.76	Not Significant
Educational status	0.27	1	0.60	Not Significant
Area of residence	0.06	1	0.79	Not Significant
Age of menarche	1.42	1	0.23	Not Significant
Duration of menstrual cycle	1.09	1	0.29	Not Significant
Type of diet	0.81	1	0.36	Not Significant
Menstrual flow	0.03	1	0.85	Not Significant
Family structure	0.26	1	0.60	Not Significant
Marital status	0.36	1	0.54	Not Significant
Any habit	0.04	1	0.84	Not Significant

Chi-square analysis revealed that all selected socio-demographic variables had p-values greater than 0.05, this indicates no statistically significant association with the socio demographic variables.

The significant association between education and symptom severity highlights the importance of awareness and health literacy in managing menopausal symptoms [9].

DISCUSSION

The findings of the present study revealed a high prevalence of climacteric symptoms among perimenopausal women, which is consistent with previous studies [7,8].

Unemployed women reported higher severity and impact of symptoms, which may be attributed to reduced social engagement and increased psychological stress. Similar findings were reported in studies conducted in South India [6].

CONCLUSION

Climacteric symptoms are highly prevalent among perimenopausal women and significantly affect their daily lives. Unemployed women are more affected compared to employed women.

RECOMMENDATIONS

- Health education programs on menopause.
- Psychological support and counselling.
- Workplace wellness programs.
- Further large-scale studies.

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