

## **A SURVEY ON EMOTIONAL STATUS AMONG POST MENOPAUSAL WOMEN IN CHENNAI CITY**

**Dr. Renu Agarwal<sup>1</sup>, Kezia J<sup>2</sup>, Darshani G S<sup>3</sup>**

<sup>1</sup>Assistant Professor, PG Department of Home Science- Food Science, Nutrition and Dietetics

<sup>2</sup>Assistant Professor, Department of Home Science- Clinical Nutrition and Dietetics,

<sup>3</sup>Student, PG Department of Home Science- Food Science, Nutrition and Dietetics,

Shrimathi Devkunvar Nanalal Bhatt Vaishnav College For Women

Email: [goldie\\_agarwal2002@yahoo.com](mailto:goldie_agarwal2002@yahoo.com)<sup>1</sup>, [kezinithi@gmail.com](mailto:kezinithi@gmail.com)<sup>2</sup>

### **ABSTRACT**

*Main aim of the study was to assess the Perception and the Emotional Status among post-menopausal women (positive and negative emotions) towards menopause in various aspects i.e., Frequency, Intensity, Longevity and Regulation. About 50 Post- Menopausal women from Chennai city were purposively selected for the study. House to house survey, cross- sectional descriptive study with an interview method via self- structured questionnaire, entitled “The Multidimensional Emotion Questionnaire for Post- Menopausal Women” was administered. Firstly, five positive emotions such as Happiness, Inspiration, Proudness, Excitement and Enthusiasm were evaluated. Among that frequency of happiness showed higher results, intensity was moderate that lasted up to only 10 minutes for maximum. Respondents were inspired moderately and were easily regulated. Enthusiasm and excitement were higher in intensity, lasting up to 10 minutes once in a day. Secondly, negative emotions viz. Sadness, Anger, Anxiety, Depression, and Fear, sadness was recorded most frequenting about 2 to 3 times a day having moderate intensity and effecting up to an hour. Anxiety is shown to have high frequency about 44% and 30% have high intensity lasting up to 10 minutes but regulating in a moderate degree. Fear showed higher percentages in their duration despite their minimal occurrence i.e., only once in a week. The most frequent emotions that were during the pre- menopausal time were anger amongst all. 52% they showed no bad feeling for having the menopausal symptoms.*

**KEY WORDS:** *Post- Menopausal women, Emotions, Menopause, women*