

# Menorrhagia Causes Psychological Problems in Women

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**Abstract-** Menorrhagia is very common complaint which is found in women and not given much care. It is a symptom which deteriorates women health. In menorrhagia the menstrual cycle is unaltered but the duration quantity of menstrual cycle is unaltered but the duration and quantity of menstrual loss is increased. The normal blood in every women should be 50-80 ml and shouldn't exceed 100 ml. this prolonged illness may cause many psychological Problems in women. So the researcher is made an attempt to study the problem scientifically. The aim of the study is to find out the psychological Problems of women due to menorrhagia.

The researcher has adopted descriptive design for the study and self constructed interview scheduled was used. The universes of the study consist of all the respondents who came to Parimiladevi clinic at Police colony from 15<sup>th</sup> June to 15<sup>th</sup> July 2007. Census method was adopted and collected data from 100 respondents it was found that there is a significant association between age and psychological Problems of the respondents. and there is a significant association between family type and psychological support of the respondents. Vast majority 90% of the respondents are experience in psychological Problems of the respondents due to Menorrhagia. and majorities 62% of the respondents are experience in psychological Problems of the respondents. Social work intervention is essential to deal with this silent problem faced by women Health education is must. Misconception about women health should be removed. Education should be given to avoid self medication and women should engage them self in recreation activities to avoid psychological Problems.

## I. INTRODUCTION

Menorrhagia is a very common complaint which is grave problem of women folk due to lack of awareness and negligence. It accounts for 50% of all referrals to specialist. 20% of women aged 30-49 years consult their gynecologist each year with Menorrhagia. a normal blood loss is 50-80ml and shouldn't exceed 100ml. In Menorrhagia the menstrual cycle is unaltered but the duration and quantity of the menstrual cycle are increased. Menorrhagia is essentially a symptom that transform to disease. The underlying cause difficult to detect. According to D.C.Dutta, Menorrhagia is defined as cyclic bleeding at normal intervals, bleeding is either excessive in amount (>80ml) or duration. The term menotaxis is often used to denote prolonged bleeding This prolonged illness may causes many physical problems like anemia, pelvic inflammatory disease, thyroid problem, liver, or kidney disease, uncommon blood disorders, and certain cancers. Menorrhagia may causes psychological Problems like anxiety, insecure feeling, frustration and poor adjustment.

## Causes:

The following Causes are

- Fibroid
- Adenomyosis
- Chronic tube

## Symptoms

The following symptoms

- Need to use double sanitary protection to control your menstrual flow.
- Menstrual flow that includes layer blood clots
- Irregular menstrual period

## Diagnosis

Long duration of flow, the passage as big clots, use of increase number of thick sanitary pads, pallors and low level of hemoglobin give an idea about the correct diagnosis and magnitude of Menorrhagia.

## Treatment

The following treatments are

- Hormone therapy
- Radio therapy
- Drug therapy

## II. RESEARCH METHODOLOGY

### Significance of the problem

The study tries to show the problems faced by women due to menorrhagia. This study can also be used as a means to understand various problems that are encountered by the women both physically and psychologically due to menorrhagia.

### Aim and Objectives

- To find out the psychological problems of the women due to menorrhagia.

### Hypothesis

- There is a significant association between age and psychological problems of the respondents due to menorrhagia.
- There is a significant association between family type and psychological problems of the respondents due to menorrhagia.

### Research Design

The researcher has made an attempt to describe various characteristics such as demographic factors, clinical data,

physical , psychological problems and treatment aspects of the women with menorrhagia.

**Universe and sampling**

The universe of the study consists of all the respondents with menorrhagia problems who came for treatment to Parimala Devi clinic at police colony 15<sup>th</sup> June to 15<sup>th</sup> July 2007, the researcher adopted census method and collected data from 100 respondents.

**Tools of data collection**

The researcher used interview schedule to collect personal data, clinical data, physical problems, psychological problems and treatment etc.

**III. RESULTS**

**Table -1**  
**Age and psychological problem of the respondents**

S. No	Age / Psychological Problems	Menorrhagia		Statistical Inference
		Yes	No	
1	25-30	20	3	$\chi^2 = 8.495$ df=3 P<0.05 significant
2	30-35	9	4	
3	35-40	44	2	
4	40-45	17	1	

There is a significant association between age and psychological problems of the respondents due to Menorrhagia. Hence null hypothesis is rejected.

**Table-2**  
**Family type and psychological support from the family members of the respondents**

S.No	Family Type	Frequency (n=100)	Mean	Standard Deviation	Statistical Inference
1	Joint	53	1.47	0.504	t= 2.027 df=98 P<0.05 Significant
2	Nuclear	47	1.20	0.452	

There is significant difference between family type and psychological support from the family members.

**IV. FINDINGS**

- Vast majority (90%) of the respondents are experience psychological problems due to menorrhagia
- Majority (62%) of the respondents family type and psychological support of the family members of the respondents

**V. SOCIAL WORK INTERVENTION**

1. Awareness can be given to the women about health education in the community.
2. Through group work women can be educated on health and relaxation method can be taught to them which can reduce psychological problems.
3. Social workers role is essential to cope with the myths and misconceptions regarding women health.

**VI. SUGGESTION**

- Women should take nutritious food and adequate care.
- Women should be educated about health.
- Women need physical and psychological support in general.

**VII. CONCLUSION**

Women should be take rich diet rather than eating the leftovers. They should engage themselves in recreational activities to keep them physically and psychological strong.

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