

3<sup>rd</sup> International Conference on

# PEDIATRIC NURSING AND HEALTHCARE

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# PERINATAL NURSING AND ADOLESCENT PSYCHIATRY

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## Psychological symptoms and health factors associated with menopause among women in south east Nigeria

**Nnaemeka Chukwudum Abamara**

Nnamdi Azikiwe University, Nigeria

Menopause which is known as climacteric is the time in most women lives when menstrual periods stops permanently and they are no longer able to bear children. Menopause usually occurs between 45 to 52 years of age among women in Nigeria. But in rare cases, menopause can occur between the ages of 36 to 40 years and this can be referred to them as an early menopausal stage. Menopause can also be seen as occurring 12 months after the last menstrual period and marks the end of menstrual cycles. The result of this study shows that during menopause within the average age of 51, women begin to develop some psychological symptoms of anxiety, depression, a period of emptiness and loneliness. They tend to be very anxious (anxiety) if their time is waning out for bearing children. They usually enter into rambunctious depression if they don't have children, with the belief that they will die childless. They may also recede into a state of paranoia, with suspicions that some people within their neighborhood are responsible for their childlessness. The result shows the percentage rate of these psychological symptoms of menopause among the women from South East Nigeria. By health factors, the result of the study also shows that women at the menopausal stage experience symptoms such as hot flashes from the back of their head (limbic system), through the spinal cord to the waist joints. They also develop abdominal pains, dryness of vagina and incessant feverish conditions. The result shows the percentage rate of these health factors on menopause among some women from South East Nigeria. However, these health factors or symptoms may be absent in some women during menopause. at this stage, most women react differently to menopause. Above all, it is a time of sexual decline in most women. Some women in eastern Nigeria, especially the uneducated ones find it so difficult to come to terms with this period of menopause because they believe that their time to stop having babies is in sight. The paper, therefore, recommended that women entering the menopausal stage in life should be given psycho-education and medical tips on the challenges they will face during the said periods in order to adapt with this latency stage of their lives with optimism.

### Biography

Nnaemeka Chukwudum Abamara has his specialty in Clinical/Cardiac Psychology and his research interest is the area of Clinical and abnormal Psychology, Health Psychology, Women health and Psychological wellbeing, Adult and Child Psychopathology, Adolescent Psychology and Community Mental Health. He is a versatile writer and has published extensively in some of the above areas of interest. The above abstract on menopause is one of his recent research interest in the health and psychological wellbeing of women in Nigeria that is waiting intensively to be addressed.

abamaranc@yahoo.com

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