

Menopausal Health Concerns in Women Residing in Urban Areas

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Abstract

Menopause is a natural biological transition in a woman's life marked by the permanent cessation of menstruation and significant hormonal changes. This stage is often accompanied by a variety of physical, psychological, and social challenges that can affect overall well-being. Women residing in urban areas may experience menopausal health concerns differently due to lifestyle patterns, occupational stress, environmental factors, and changing social structures. The present article explores the common health concerns associated with menopause among urban women and highlights the factors that influence their experiences. Urban lifestyles are frequently characterized by sedentary behavior, irregular dietary habits, and increased exposure to stress, all of which may intensify menopausal symptoms. Commonly reported concerns include hot flashes, sleep disturbances, mood fluctuations, fatigue, joint discomfort, and decreased bone density. In addition, psychological concerns such as anxiety, irritability, and reduced quality of life may emerge during this transitional period. Despite the availability of healthcare facilities in urban settings, many women remain unaware of effective coping strategies, preventive healthcare practices, and treatment options that can help manage menopausal symptoms. Understanding menopausal health concerns in urban women is essential for promoting better health outcomes and improving quality of life during midlife. Increased awareness, timely medical consultation, balanced nutrition, regular physical activity, and supportive social environments can play a crucial role in managing symptoms effectively. Addressing these concerns through education and community-based health initiatives can empower women to navigate menopause with greater confidence and well-being. Ultimately, greater attention to menopausal health can contribute to healthier aging and improved overall life satisfaction among women living in urban environments.

Keywords: Menopausal symptoms, menopause, midlife transition, urban women, women's health

INTRODUCTION

Menopause represents a significant biological and psychological transition in a woman's life, generally occurring between the ages of 45 and 55 years. It is characterized by the permanent cessation of menstruation due to the natural decline in ovarian hormone production, particularly estrogen and progesterone. Although menopause is a normal physiological process rather than a disease, it is often accompanied by a range of physical, emotional, and social changes that may influence a woman's quality of life [1].

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Many women experience symptoms, such as hot flashes, night sweats, sleep disturbances, mood swings, fatigue, and joint discomfort, during the menopausal transition. The intensity and frequency

of these symptoms can vary widely among individuals and may be influenced by lifestyle, health status, and environmental factors. In urban settings, women often face additional pressures related to work responsibilities, fast-paced lifestyles, limited physical activity, and dietary imbalances. These factors may contribute to increased stress levels and may worsen menopausal symptoms [2].

With increasing life expectancy, women spend a substantial portion of their lives in the postmenopausal stage. Therefore, addressing menopausal health concerns is an important public health issue. Understanding the experiences and challenges faced by women during this stage is essential to promote healthy aging and improve overall well-being. Scientific evidence suggests that alterations in cellular metabolism during this phase can impact H₂O and CO₂ levels in the bloodstream, contributing to systemic fatigue [3].

BACKGROUND OF THE STUDY

Over the past few decades, there has been growing attention to women's health issues, particularly those associated with midlife transitions. Menopause has gained recognition as an important phase that requires both medical awareness and social understanding. Studies conducted in different populations have shown that menopausal symptoms can significantly affect physical health, emotional stability, and daily functioning. Modern healthcare systems are now focusing on comprehensive care for the aging population.

Urbanization has led to major changes in lifestyle patterns, including reduced physical activity, increased consumption of processed foods, irregular work schedules, and greater exposure to psychological stress. These lifestyle changes can influence hormonal balance and may intensify menopausal discomfort. In addition, urban women often balance multiple responsibilities, such as professional work, household duties, and family caregiving, which can further impact their physical and emotional health during menopause [4].

Despite better access to healthcare services in urban areas, many women remain unaware of the biological changes associated with menopause and the strategies available to manage its symptoms. Cultural attitudes, lack of open discussion, and limited awareness of preventive health practices may prevent women from seeking appropriate support. Consequently, there is a growing need to examine menopausal health concerns among women living in urban environments to better understand their specific experiences and diverse health needs.

Need for Study

Menopause is an inevitable stage in a woman's life; however, it often receives limited attention in health discussions and research, particularly in relation to lifestyle influences in urban environments. As urban populations continue to grow, it has become increasingly important to understand the specific health challenges faced by urban women during menopause [5].

Urban lifestyles may contribute to several risk factors affecting menopausal health, including stress, sedentary habits, poor nutrition, and reduced opportunities for physical activity. These factors may intensify symptoms and increase the risk of long-term health issues, such as osteoporosis, cardiovascular diseases, and mental health concerns. Identifying these challenges can help healthcare providers design effective interventions and support systems for women during this stage of life [6].

Furthermore, many women lack adequate knowledge about menopause, its symptoms, and available management strategies. Raising awareness and promoting education about menopausal health can help women adopt healthier lifestyles and seek timely medical advice when needed. Conducting studies on menopausal health concerns among urban women can also contribute to the development of health policies, community programs, and preventive strategies aimed at improving women's quality of life during midlife and beyond. Most women in urban centers require specific interventions [7].

Objectives of the Study

This study aimed to examine menopausal health concerns among women residing in urban areas and to understand the factors influencing their experiences during the menopausal transition. The specific objectives of the study are:

1. To identify the common menopausal symptoms experienced by women living in urban areas.
2. To examine the physical and psychological health concerns associated with menopause among urban women.
3. To assess the level of awareness and coping strategies adopted by women to manage menopausal symptoms.
4. To explore the relationship between lifestyle factors and the severity of menopausal symptoms.

METHODOLOGY

Design

This study adopts a descriptive research design to explore menopausal health concerns among women residing in urban areas. This design allows for a clear representation of current health trends in the target population.

Study Area

The study was conducted in selected urban localities where women from different socioeconomic backgrounds reside. These areas provide a diverse example of urban experience, including various professional and domestic environments.

Sample Size and Sampling Technique

A total of 120 women aged between 40 and 55 years were included in this study. The participants were selected using a simple random sampling method to ensure fair representation across the urban landscape. This selection process minimizes selection bias.

Data Collection

Primary data were collected using a structured questionnaire designed to gather information about demographic characteristics, menopausal symptoms, lifestyle habits, and coping mechanisms. The questionnaire included both closed-ended and multiple-choice questions to capture comprehensive data regarding daily routines and symptomatic severity.

Data Analysis

The collected data were analyzed using simple statistical tools, such as frequency and percentage distribution. The results are presented in tables for better understanding and interpretation. The analysis provides a clear overview of the demographic and clinical trends observed in the participants.

Results

The findings of this study highlight the various menopausal health concerns experienced by women residing in urban areas. The analysis focuses on age distribution, commonly reported symptoms, and awareness levels regarding menopause management.

Table 1 indicates that most respondents (39.2%) belonged to the 46–50 years age group, which is commonly associated with the menopause transition phase.

Table 1. Age distribution of respondents.

Age group (years)	Number of respondents	Percentage (%)
40–45	38	31.7%
46–50	47	39.2%
51–55	35	29.1%
Total	120	100%

Table 2. Common menopausal symptoms reported by respondents.

Symptoms	Number of women	Percentage (%)
Hot flashes	72	60%
Sleep disturbances	65	54.2%
Mood swings	58	48.3%
Joint pain	50	41.7%
Fatigue	46	38.3%

Table 3. Awareness of menopause management strategies.

Awareness level	Number of respondents	Percentage (%)
High awareness	28	23.3%
Moderate awareness	54	45%
Low awareness	38	31.7%
Total	120	100%

The findings in Table 2 show that hot flashes (60%) were the most frequently reported symptom among the respondents, followed by sleep disturbances (54.2%) and mood swings (48.3%).

Table 3 reveals that most respondents (45%) had moderate awareness of menopause management strategies, whereas a significant proportion (31.7%) showed low awareness, indicating the need for better health education and awareness programs.

DISCUSSION

The findings of the present study provide meaningful insights into menopausal health concerns experienced by women living in urban environments. The age distribution of respondents shows that a large proportion of women fall within the 46–50-year age group, which is generally considered the most active phase of the menopausal transition. During this stage, hormonal fluctuations become more pronounced, often leading to a variety of physical and emotional symptoms that influence daily functioning and overall well-being. Menopause management involves understanding these shifts in biological markers and lifestyle interactions.

The results indicate that symptoms, such as hot flashes, sleep disturbances, and mood swings, are commonly reported among urban women. These symptoms are widely recognized as typical physiological responses to declining estrogen levels. However, their impact may be intensified by urban lifestyle patterns, including occupational demands, long working hours, and exposure to environmental stressors. Sleep disturbances, for example, may not only be related to hormonal changes but may also be associated with irregular daily routines, screen exposure, and stress related to work or family responsibilities. Similarly, mood fluctuations may arise from a combination of biological factors and psychosocial pressures experienced in modern urban settings [8].

Joint discomfort and fatigue reported by a considerable proportion of respondents may also reflect lifestyle-related factors. Reduced physical activity, sedentary work environments, and limited time for exercise are common in urban areas and may contribute to musculoskeletal discomfort and reduced energy levels. In addition, dietary habits characterized by processed foods or irregular meal patterns may influence overall physical health during midlife. The sedentary nature of modern office work often exacerbates these physiological challenges.

Another important finding of the study is the moderate to low level of awareness of menopause management strategies among a significant number of respondents. This suggests that access to healthcare facilities alone does not necessarily guarantee adequate knowledge about menopausal health. Cultural attitudes, hesitation in discussing reproductive health issues, and a lack of targeted educational

programs may contribute to limited awareness. Consequently, many women may not seek medical guidance or adopt effective lifestyle modifications that could help alleviate symptoms [9].

This study highlights the importance of promoting health education and supportive environments for women experiencing menopause. Awareness programs conducted through healthcare centers, community organizations, and workplace initiatives could help women better understand the biological changes associated with menopause and the available options for managing symptoms. Encouraging healthy lifestyle practices, such as balanced nutrition, regular physical activity, stress management, and routine medical check-ups, may significantly improve the quality of life during the menopausal transition [10].

Overall, the findings emphasize that menopausal health should be addressed not only as a medical concern but also as a broader social and public health issue that requires attention in rapidly urbanizing societies. Strengthening community support systems and promoting proactive healthcare-seeking behavior are essential steps for improving the outcomes of urban women during midlife.

CONCLUSION

Menopause is a natural but significant stage in a woman's life, involving multiple physiological and psychological changes. This study explored menopausal health concerns among women residing in urban areas and aimed to understand the patterns of symptoms and awareness related to menopause management. The findings highlight that women in the menopausal age group experience a range of symptoms that can influence their physical comfort, emotional stability, and daily functioning. This transition requires a comprehensive approach to health.

A key observation from the study is that many women aged 46 to 50 experience prominent menopausal symptoms, suggesting that this stage is a crucial period requiring greater health attention. Symptoms, such as hot flashes, sleep disturbances, mood changes, joint pain, and fatigue, appear to be common among urban women. These symptoms may be associated with hormonal changes but may also be influenced by lifestyle patterns commonly found in urban environments, including sedentary behavior, occupational stress, and irregular routines. Therefore, interventions must be tailored to urban contexts.

Another important outcome of the study is the level of awareness regarding menopause and its management. Although some women demonstrated moderate knowledge about coping strategies, a considerable proportion still possessed a limited understanding of the condition and its health implications. This lack of awareness may prevent women from adopting preventive health practices or seeking professional medical advice when symptoms become disruptive. Consequently, many women may continue to experience unnecessary discomfort during the menopausal transition. Educational empowerment is vital to bridge this gap.

Therefore, this study underscores the importance of strengthening health education and awareness initiatives related to menopausal health. Healthcare professionals, community organizations, and public health institutions can play a significant role in providing accurate information and supportive guidance to women approaching midlife. Educational workshops, counseling services, and community-based health programs can help create a more open and informed environment in which women feel comfortable discussing menopausal concerns. Such initiatives should focus on the holistic well-being of the individual.

In addition, promoting healthy lifestyle practices is essential for improving the well-being of women during menopause. Regular physical activity, balanced nutrition, stress reduction techniques, and routine medical check-ups can help manage symptoms and reduce the risk of long-term health complications. Encouraging family and social support is equally important, as emotional encouragement and understanding can positively contribute to a woman's experience during this life

transition. Social networks often provide the necessary buffer against the psychological stressors of urban living.

In conclusion, addressing menopausal health concerns among urban women is essential for promoting healthy aging and enhancing overall quality of life. Greater awareness, supportive healthcare systems, and proactive lifestyle choices can empower women to navigate menopause with confidence and maintain their physical and emotional well-being in the years ahead. Public health policies must integrate menopause management into primary care to ensure that urban women receive the care they deserve as they transition through this life stage.

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