

A Study on Psycho Somatic Disorder in Middle Aged Women Major Findings and Suggestions

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This article is a sum up of my research paper entitled "A Study on Psycho Somatic Disorder in Middle Aged Women: Symptoms, Causes and Interventions". What is psychosomatic disorder which is not common because most of the middle aged women considered as if something related to age but it's not that Psychosomatic disorder is a psychological condition that leads to physical symptoms, often without any medical explanation. It can affect almost any part of the body. People with the disorder tend to seek frequent medical attention, becoming frustrated with no diagnosis. Behavioral therapy and stress reduction may help.

The analysis of data of my study reveals the certain significant aspects while turned as the major findings of the study. This study consists of all the major findings that were derived during the analysis of data collected. It is an indented version of data under analysis. Here, each aspect has been treated partially and only the relevant and significant findings have been emphasized. The details of the findings are given below.

The psychosomatic disorder in middle aged women and its symptoms, cause and interventions was the subject of the research was done in various psychiatric hospitals in Karnataka state India. The respondents were from the respective hospitals so the major findings will be the approximated value of the respondents from Karnataka and the border places of Kerala.

Findings and analysis

Majority of the respondents are from the age of 40-45. This is a newly invented information by this research because the most of the middle aged women are affected psychosomatic disorder in the ages of 40-45. The reason is that the stated age is the initial stage of occurrence of the psychosomatic symptoms. There will not be any chances of misinterpreting on the basis of aging difficulties.

The second major finding which is obtained in the type of the family, the type of nuclear and joint family is significant factors while dealing with psychosomatic disorder in middle aged women. The social interaction and family sharing are the important role in reducing the levels of stress in middle aged women because after 40 ages they will be more vulnerable to stress and social isolation within the family.

The third aspect must be taken into account is that the marital status of the respondent. The majority of the respondents are married women because comparatively the married women are undergoing various stresses and worse life situations than unmarried women. It depends on the stress level through which each woman is facing in their day to day life.

Another important thing is regarding the symptoms which are mostly affected with middle aged women. The back pain and joint pains are the initial symptoms in the psychosomatic disorder. The reason why is that pain is attributed to get relief from the stressful situations. The age will be negatively conceptualized by the middle aged women since they all have children those who are trying to settle themselves.

There is another most visible symptom is that low energy and trouble in sleeping. The fact is that both of these symptoms are quite similar in its effect. Initially it will be started with sleeping disturbance which will direct to energy loss in day time. If the brain is not able to manage with stress then automatically brain shuts down the activity so mind and its function will be collapsed which will be affected the sleeping stimulation in human body.

The anxiety and depression are the major cause of the psycho somatic disorder in middle aged women. The research mainly focused on the ratio of anxiety and depression which causes the possibility of the psycho somatic disorder. The important thing is that most of the respondents are affected with mixed anxiety and depression which gives high possibility of psycho somatic disorder especially in middle aged women due to the hormonal changes and menopause circle.

As per the collected data 78% of respondents are having drastic improvements by the help of medication. The changes which is visible in the hospital where researcher has taken for the study, it is a categorical result of effectiveness of medication for the respondents.

The family care and support are low approximately 70% of the respondent. The low family support and care for the women will be loosening their emotional well being from the family itself. The stress which comes from the family itself because the majority of them is married and house wives, the stress in the family easily affects the women those who are mid life. So if there is stress factors in the family there will be chances likely to affect middle aged women with psycho somatic disorder.

Interventions

The therapies and counseling can change their thoughts and consciousness in a better way. The majority of the respondents are benefited by the counseling and therapies in the hospital. If the therapies and counseling should be taken as a serious part in their life then which will be useful so here in the hospital this will be ensured in a right way. There are drastic improvements in patients for middle aged women those who come with psycho somatic disorder which will help to refresh and purify their distress into positive way.

The last major finding is an unresolved question whether the psychiatric medicine is having any side effects or not. Here researcher has no valid answer to question because there may be chances of side effect but not that much dangerous thing. Another typical situation of self treatment of the respondents will cause serious psychiatric issues in the future life.

Rising suggestions

Barriers to middle-aged women's mental health fell into two main themes including increased life concerns and physical and psychological tensions. The two sub-categories of the first theme included having mental concerns and increased burden of roles. The second main theme also consisted of two categories including perceived undesirable physical changes and perceived undesirable psychological changes. So here researcher would like to write aside some suggestion to the respondents and the people those are in the psycho somatic condition.

To the middle aged women

- Try to increase the social interaction which will help to reduce the stress level.
- Mediation, breathing exercises and yoga will help the middle aged women to concentrate the concrete life situations and they can remove the negativities and can lead a stress free life.
- The spirituality plays an important role which will help the women to relocate themselves in a comfortable place and they become more reflective which will reduce the stress factors in life.
- The self care techniques can be used which will give new realm of life pattern that will nourish positive mental health and stress

free life. the self care techniques are following as love pets, listening music, gathering with friends etc. these all will give positive feedback in the life and will give relaxation from the family stresses.

To the Family

- The family care and the support are the inevitable factors that give remarkable changes in middle aged women which will balance the stress level in the menopause period of the women. the hormonal changes can be easily controlled by the love and care from the partner and family members.
- To attend a family counseling which will help to cope up with the patient those who are having difficulties of adjustment in the family.

Conclusion

Menopause and the postmenopausal period are very important landmarks in a woman's life since she will spend more than a third of her life during these periods without significant endogenous estrogen production. Menopause is a physiological process, which takes place universally in all women who reach midlife. Midlife is a period of transition for both men and women. It brings about changes in women and it has an implication on women's health. Menopause may be viewed as a transition of women from middle age to old age. Menopause is not just cessation of menstruation it is depletion of ovarian follicles leading to decrease in ovarian hormones. Natural menopause occurs after 40 years of age and has no underlying pathologic cause. Menopause is considered premature or late when it occurs before 40 years and after 55 years, respectively. The commonest age range is at which women experience menopause after 40 to 50 years. Though menopause is a normal physiological phenomenon, but women at menopausal and postmenopausal age get a variety of symptoms like irritability, lethargy, depression, forgetfulness, weight gain, insomnia, joint and muscle pain and constipation. The most of the psychosomatic symptoms are similar as the menopausal period of the women. Another important thing is that unbalanced stress level of the women which are contributing to psycho somatic condition.

The study findings revealed that majority of the postmenopausal women had one or more of the psychosomatic problems with the most common being fatigue, muscle and joint pain, irritability, anxiety and depression. Women experience such problems due to reduction of the ovarian function. Thus, women need to recognize these symptoms early and seek timely medical care. It is the dilemma that every middle aged women are vulnerable to psycho somatic disorder. After the completion of the research I would say "NO" because when over stress and menopausal difficulties are come together where there is a high possibility of psychosomatic disorder. The environment of the middle aged women has a vital role of leading a mentally free and happy life with family.

As the result of entire study on psycho somatic disorder in middle aged women come to a one word of conclusion is that menopausal period of women should be treated well and supported physically and mentally by the family members and it is the social concern to women because being a mother is the most challenging and most rewarding position so respect women when they come in the midlife through which we will love our mother then we all become the most beautiful person in the world.

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