

# **Couples Awareness and Reactions Regarding Andropause**

**Thesis**

Submitted For Partial Fulfillment of the Master Degree  
In maternity and neonatal nursing

**By**

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# **Couples Awareness and Reactions Regarding Andropause**

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## List of Abbreviations

|              |  |
|--------------|--|
| <b>LOH</b>   | Late-onset hypogonadism                        |
| <b>MC</b>    | Male Climacteric                               |
| <b>IMS</b>   | Irritable Male Syndrome                        |
| <b>AMS</b>   | Aging Male Syndrome                            |
| <b>ADAM</b>  | Androgen Deficiency in the Aging Male          |
| <b>PADAM</b> | Partial Androgen Deficiency in the Aging Male. |
| <b>MM</b>    | Male Menopause.                                |
| <b>BMI</b>   | Body Mass Index                                |
| <b>ED</b>    | Erectile Dysfunction.                          |
| <b>TT</b>    | Total Testosterone                             |
| <b>FT</b>    | Free Testosterone.                             |
| <b>DM</b>    | Diabetes Mellitus                              |
| <b>HTN</b>   | Hypertension                                   |
| <b>HPGA</b>  | Hypothalamic-Pituitary-Gonadal Axis.           |
| <b>LH</b>    | Luteinizing Hormone                            |
| <b>GnRH</b>  | Gonadotropin-Releasing Hormone.                |
| <b>FSH</b>   | Follicle Stimulating Hormone                   |
| <b>SHBG</b>  | Sex Hormone Binding Globulin                   |

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## Abstract

Andropause is increasingly becoming a global health concern as the world's population of aging males increases. A **descriptive** study design was used **aiming** to assess level of couples' awareness and reactions regarding andropause. The study was conducted in gynecological clinics at Ain shams University Maternity Hospital. two hundred eighty couples were included in the study through using **a purposive sample technique**. **Two tools** of data collection was used named Andropause Arabic questionnaire sheet and couples' reactions sheet regarding andropause. The main **result** of the study indicated that couples' awareness 28.8 %, 50.0%, and 21.2% of husbands have incorrect, incomplete correct, and complete correct awareness regarding andropause comparing with 17.0 %, 60.6%, and 22.4% of wives have incorrect, incomplete correct, and complete correct awareness regarding andropause respectively. The current study **concluded that** inspite of andropause is increasingly becoming a global health concern as the world's population of aging males increases nevertheless less than one quarter of couple's had complete correct awareness regarding andropause. Moreover, wives reaction regarding husbands andropause was more exaggerating than husbands' reaction regarding this natural process. Based on this finding, the researchers **recommended**; developing of educational programs targeting men by trained health care providers providing information regarding andropause.

## **Introduction**

Andropause, is the counterpart of menopause which is at times referred to as “male menopause” .It's a type of hormonal change where in the testosterone levels of a man depletes and commonly experienced by men who reaches their second adulthood, which may start as early as thirty-five or as late as sixty-five. Once a man’s production of testosterone level goes down,it will bring significant change to a man’s life. Depending on how a male individual will react to the situation.; So, it may be an advantage or a disadvantage for him (***Dohle, Arver, Bettocchi, Kliesch, and Punab, 2012***).

In addition to, andropause differs markedly from female menopause in the speed with which the symptoms occur. In women the menopause (which means the ceasing of menses or periods) is a universal and comparatively sudden change. While, in men the change is much more gradual and difficult to pinpoint. So, this difference suggests that referring to the male andropause (andro-male, pauses-stop) is a gradual onset of hormonal changes and does not result in loss of reproductive capacity. Thus, the most obvious sign of andropause is the loss of interest in sex and erectile power; there is reduced libido and potency (***Charlton and Smith, 2009***).

There is one fact though that will be inevitable bothersome symptoms. For you to be able to successfully go through the “andropause stage” you need to know how to treat the said condition., also, symptoms of andropause can vary from person to person (***Dohle et al., 2012***).

Moreover, andropausal men may find this fact alarming Perhaps then, they will start to realize and later on comprehend how it's like to have drastic hormonal change. Thus, menopause for women has distinct and results from sudden hormonal changes and results in the loss of reproductive capacity that

defined symptoms such as stop of menstrual cycle(**Gould, Petty and Jacobs, 2010**).

On the other hand, the male andropause is a gradual onset of hormonal changes and does not result in loss of reproductive capacity., Thus; dropping of testosterone produced is the most well-defined symptom of male menopause.This can be screened and identified after consulting a physician since decrease in testosterone may also be associated with number of physical, social, sexual and psychological changes., These changes affect all aspects of a man's life (**Gooren, 2009**).

In addition to; the andropause is similar to the female menopause. Men experience the same unpredictable mood swings, nervousness and irritability, neck aches and backaches, memory losses, decrease concentration, loss of interest and self-confidence, increased anxiety or fear, decrease or loss of sexual enjoyment, feeling fat or gaining weight, loss of interest in sex and erectile power.and taking longer to recover from illnesses or injuries, that women experience during menopause (**Charlton and Smith, 2009**).

Moreover,there are many myths, misconceptions and a general lack of awareness about this easily treated hormonal imbalance "male menopause".; the question arises "Do men also have symptoms which may be termed as "male menopause" or "Andropause"., the answer; men do not experience sudden change in fertility but changes in male reproductive system occur gradually (**Hugh, 2010**).

However, on the basis of few men suffering from abnormal hypofunction of the testes associated with loss of potency and libido, certain cardiovascular changes, sudden perspiration, numbness and vertigo as well as instability., So,some scientists have suggested that all systems of the human body are subjected to aging changes. Finally, the pattern of aging in reproductive system differs between the sexes.,unlike

in female reproductive system where the changes are abrupt, but there is a gradual change in reproductive systems of aging male (**Hugh, 2010**).

Couples' life is affected with many factors, andropause is one of these factors which has an effect on the husband and his wife.; So husband reactions regarding andropause vary from person to person, because the male menopause is considered a controversial term because there is no clear physical, social, psychological and sexual symptoms to match the end of menstruation in women (**Hunter, 2008**).

Also male reactions vary from person to person, because some of men know or realize that the andropause is an inevitable part of growing older and his sexual partner has lost interest. as well; Besides the lack of sex drive, loss of drive in professional or business life, fatigue, lethargy, exhaustion and depression with a sense of hopelessness and helplessness. moreover, things are made worse because of the additional stress these changes bring (**Hunter, 2008**).

Wife reactions regarding andropause also differ from one to another., So, failure of some of the wives to understand the nature of the changes experienced by the pair during andropause may be causing a lot of problems that may reach to divorce or may be causing psychologically harmful for wife from romantic relationships for her husband which often arrive to be unethical (**Margolies, 2013**).

Moreover, most of the wives in the Arab world, they cannot express self-emotion using direct methods when dealing with her husband during changes that happen for him during andropause., So the mostly women express about themselves in different ways, ranging from nervousness and excessive emotions that alienate them, thus leading to marital problems that may reach psychological damage for wife and even can arrive to divorce (**Margolies, 2013**).

Nursing roles has had a significant effect on people's lives., also nursing play an important role in promote wellness in clients who are both healthy and ill. Thus, the nurse can help the andropausal men through enhance healthy lifestyles., through using healthy nutritional habits such as (low-fat, high-fiber diet), restricting smoking, limited drug and alcohol consumption, take adequate time from rest and slee (*Jezewski, 2009*).

Indeed, nursing play an important role in helping a client who suffering from andropause symptoms to recognize and cope with stressful psychological, physical, social and sexual problems to develop improved interpersonal relationships and to promote personal growth through providing emotional, intellectual and psychological support (*Jezewski, 2009*).

**Justification of the problem:**

Most men during andropause period suffering from many problems due to changes in physical, psychological, sexual & social functions. In spite of their majority of men in our society has sham to report; express their feeling regard this changes which occurs during andropause, which return to the Egyptian culture. in addition, the majority of men are less likely than women to vigilant coping strategies and more likely to use avoidant coping strategies such as denial for changes associated with andropause period (*Stanton and Courtenay, 2008*).

So, these changes correspond to different reactions from wife to another, Where, we find that some women see deny their spouse for these changes can affect and threats her life, on the other hand, some wives accept these changes which happen for their husband through They don't want to have any regrets about how they have lived their lives and embrace the changes in their a new stage of personal development (*Charlton, 2007*).

Therefore, the researcher suggested the present study because it's mandatory to assess couples awareness & reactions regarding andropause as one of most important period in men life & their wives to reduce their stress, anxiety and fear and maintain stable marital relationship (*Charlton, 2007*).