

## Age at Menarche and Menopause among Bidi Workers Women of Sagar District of Central India

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**Abstract :** For the present study a total of 219 women, from urban and rural areas of Sagar district of central India were selected. The mean age at menarche of rural women was found  $13.89 \pm 1.17$  years and for urban women, it was  $13.78 \pm 1.12$  years. The difference between the mean age at menarche of urban and rural women was statistically insignificant ( $t=0.580$ ,  $p \leq 0.05$ ). Mean age at menopause among rural women was ( $47.4 \pm 4.92$ ). The difference between the mean of urban and rural women was statistically insignificant ( $t=0.739$  and  $p \leq 0.05$ ). These findings indicate that rural women experience menopause at a later age as compared to their urban counterparts.

**Keywords :** menarche, menopause, urban, rural, Bidi workers

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