

REVIEWER'S REPORT

Manuscript No.: IJAR-54028

Date: 26.09.25

Title: The Psychological Impact of Familial Support on Menopausal Stress among Government Executives in Kerala

Recommendation:

Accept as it is

Accept after minor revision.....Yes.....

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		√		
Techn. Quality			√	
Clarity			√	
Significance		√		

Reviewer Name: Dr. Jyotika Singh

Date: 26.09.25

Reviewer's Comment for Publication.

(To be published with the manuscript in the journal)

The reviewer is requested to provide a brief comment (3-4 lines) highlighting the significance, strengths, or key insights of the manuscript. This comment will be Displayed in the journal publication alongside with the reviewers name.

This manuscript addresses a critical gap in menopause research by examining familial support's role in mitigating stress among female government executives in Kerala, a context where family bonds are culturally central yet understudied in professional settings. Its key insight—that strong familial support significantly correlates with reduced psychological and somatic symptoms—highlights the protective value of emotional and practical family aid for working women. Strengths include actionable policy recommendations for integrated workplace-family support programs, offering potential for broader public health improvements in India. Overall, it underscores the need for culturally tailored interventions to enhance women's well-being during life transitions.

Rationale for minor changes: While the manuscript demonstrates solid originality and significance in exploring familial support's underexamined role in menopausal stress among Kerala's working women, minor revisions are warranted to enhance polish and precision. Specifically, address formatting inconsistencies (e.g., spacing in keywords, section numbering) and add brief quantitative summaries in the results section (e.g., key statistics like correlation coefficients) to bolster clarity without altering the core findings. These tweaks will improve readability and academic rigor, making the paper more submission-ready for targeted journals in women's health or public policy. No major methodological overhauls are needed, as the validated tools and analytical approach are appropriate.

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Detailed Reviewer's Report

Introduction

The introduction provides a concise overview of menopause as a biological transition affecting women's quality of life and work performance, with a specific focus on female government executives in Kerala. It effectively highlights the unique challenges of balancing career and menopausal stressors in this context. The problem statement is clear and relevant, emphasizing the under-recognition of menopausal stress despite Kerala's health advancements and the lack of adequate support systems. However, the section could be strengthened by including more epidemiological data on menopause prevalence in India or Kerala to contextualize the issue globally and locally. Additionally, the transition to research questions feels abrupt; a brief rationale for focusing on familial support would improve flow. Overall, it sets a solid foundation but lacks depth in citing preliminary statistics or theoretical frameworks.

Objectives

The objectives are well-aligned with the research questions and are clearly stated in bullet points: assessing prevalence and severity of menopausal stress, evaluating familial support levels, analyzing its impact, and exploring demographic influences. They are specific, measurable, and relevant to the study's aim. A minor critique is that the objectives could explicitly link to potential outcomes (e.g., policy recommendations), which are hinted at later but not foregrounded here. No major revisions needed, as they effectively guide the study.

Methodology

The methodology describes a descriptive cross-sectional study targeting female government executives aged 45-56 in Kerala, using online surveys with validated tools: the Menopause Rating Scale (MRS) and a Familial Support Questionnaire. Data analysis via descriptive statistics and multiple regression is appropriate for the objectives. Strengths include the use of validated scales and a targeted sample. However, key details are missing: sample size, recruitment method (e.g., how many invited vs. responded?), response rate, ethical considerations (e.g., IRB approval, informed consent), and reliability/validity of the Familial Support Questionnaire (is it standardized?). The online survey mode may introduce selection bias toward tech-savvy participants. The section numbering is inconsistent (labeled as "2." after "1. Literature Review"), and the literature review itself is overly brief and integrated awkwardly. Suggest expanding on inclusion/exclusion criteria and power analysis for regression to enhance rigor.

Results

The results report high prevalence of menopausal symptoms (psychological and somatic), a significant negative correlation between familial support and stress scores, and associations with demographics (age, marital status, education). This directly addresses the objectives and uses appropriate statistical methods. However, the presentation is vague: no specific numerical data (e.g., percentages, correlation coefficients, p-values, or regression betas) are provided, making it hard to assess the magnitude of effects. Tables or figures summarizing findings (e.g., mean MRS scores by support level) would improve clarity. The jumping from "2. Methodology" to "5. Results" indicates missing sections (3 and 4?), which disrupts the paper's structure. Overall, the findings are promising but require more quantitative detail for credibility.

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Discussion Points

The discussion interprets results as confirming familial support's protective role, linking back to literature on emotional/practical support buffering stress. It offers practical recommendations (e.g., workplace policies integrating family support, awareness programs) and acknowledges limitations like self-reports and cross-sectional design. This section effectively ties findings to broader implications for working women in Kerala. Critiques include: limited integration with existing studies (e.g., how do these results compare to non-Indian contexts?), overgeneralization of "high occurrence" without benchmarks, and insufficient exploration of why demographics influence outcomes (e.g., mechanisms for marital status effects). The conclusion is integrated here, calling for further research, which is appropriate but could be separated for emphasis. The text's formatting issues (e.g., run-on sentences) hinder readability; proofreading is essential.

Strengths

- **Relevance and Novelty:** The study addresses a gap in Kerala-specific, workplace-focused research on menopause, with a culturally relevant emphasis on familial support in a family-oriented society like Kerala.
- **Clear Structure and Focus:** Objectives and questions are tightly aligned, and validated tools ensure methodological soundness.
- **Practical Implications:** Recommendations for policy and interventions are actionable, potentially benefiting public health in India.
- **Conciseness:** The abstract and overall paper are succinct, making it accessible for journals targeting public health or women's studies.

Limitations

- **Methodological Gaps:** Absence of sample size, ethical details, and detailed statistical outputs limits reproducibility and generalizability. Cross-sectional design precludes causality (e.g., does support reduce stress, or do less-stressed women perceive more support?).
- **Incomplete Reporting:** Missing sections (3 and 4), vague results without data visuals, and a superficial literature review weaken the paper's academic rigor.
- **Potential Biases:** Online surveys may exclude less digitally literate executives; self-reports are prone to recall bias.
- **Scope:** Focus on government executives limits applicability to other sectors; no qualitative insights into support types.
- **Formatting Issues:** The provided text has OCR-like errors (e.g., no spaces in keywords, inconsistent numbering), suggesting the manuscript needs polishing for submission.

Conclusion

The conclusion reiterates the protective role of familial support and advocates for integrated policies and further research, providing a logical closure. It avoids overclaiming and ties back to objectives effectively.

Final Thoughts

This manuscript has strong potential to contribute to women's health literature, particularly in understudied South Indian contexts, but requires substantial revisions for clarity, completeness, and empirical depth. I recommend major revisions before resubmission: add quantitative details, fix structural inconsistencies, expand the literature review, and include appendices for full scales/questionnaires. With

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these improvements, it could be suitable for a mid-tier public health journal. Overall rating: Accept with major revisions.