**Review article:**

**A critical review of Psychological aspects of osteoporosis in elderly women**

**\*Biplob Chowdhury**

Research Scholar, Dept. of Physical Education, Visva-Bharati, Santiniketan ,West Bengal

**\*Corresponding author:** Email ID : bcvbpe@gmail.com

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**Abstract:**

**Introduction:** Despite the substantial psychosocial impact of osteoporosis, little research has been evolved in this area. Our objectives were toobserve the psychological implications of osteoporosis in the postmenopausal years of elderly women.

**Search strategy:** Authors searched the Google Scholar, PUBMED, MEDLINE, EMBASE and selected necessary documents to analyze the results.

**Results & Discussions:** After diagnosis with osteoporosis or an osteoporotic fracture, many women suffer anxiety for fear of fracture and possible physical effects. Feelings of sadness, anger, stress and denial are also common. Many people lose self-esteem because they cannot perform their normal role at work or at home. The pain and disability due to fractures can affect a person’s mental wellbeing, as can the loss of independence through needing assistance for everyday tasks.

**Conclusions:** Participating in regular weight-bearing exercise such as walking, running, lifting weights, and dancing reduces the psychological complications such as stress, anxiety, depression etc. and fear of fractures by improving self confidence, mood, as well as strength, balance, mobility etc.

**Keywords:** Osteoporosis, psychological implications

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