



“To Assess The Perception And Quality Of Life Regarding Menopause Among Menopausal Women”

Dr. Marylin S. Shinde¹

Associate professor

MGM Mother Teresa college of Nursing, Aurangabad, Maharashtra.

Abstract: Women's perception of menopause is influenced by various factors including cultural, sociocultural factors can affect women's attitude, perception and experience towards menopause. Experiencing the symptoms of menopause is individual and depends on the influence of many factors, not just hormonal changes, but also external factors, e.g., living conditions, general health, social functioning and the perception of ageing. These factors interact, strengthening and weakening, affecting the perception and quality of life among menopausal women. **Objectives:** 1. To assess the perception of women related to menopause. 2. To assess the quality of life regarding menopause among women. 3. To find the correlation between perception and quality of life of menopausal women. **Methods and material:** A descriptive cross-sectional study design was used in this study. A purposive sampling technique was used to select 140 menopausal women. Data were collected through two tools that includes: menopausal perception and Menopausal Quality of Life. **Results:** The findings of the study were, that the majority of the samples 78 (55.71%) were having negative level of perception on menopause whereas 62 (44.28%) were having positive perception on menopause among women, it also depicted that mean score of perception on menopause was 11.55 with SD 4.80. The study also proved that the majority of the samples 77(55%) were having average level of menopausal quality of life, 39(27.85%) were having poor and 24(17.14%) were having good menopausal quality of life among women, it also depicted that mean score on quality of life on menopause was 48.03 with SD 16.92. **Conclusion:** Hence this study strongly recommends that the development and implementation of training and health education program for premenopausal and menopausal women is essential and also further researches is required.

Keywords: Perception, Quality of life, Menopause, Menopausal women

Introduction:

Women typically begin to experience menopausal symptoms between 40 and 58 years of age. The overall health and wellbeing of middle- aged women have become a major public health concern around the world. More than 80% of the women experience physical or psychological symptoms in the years when they approach menopause, with various distress and disturbances in their lives, leading to a decrease in the quality of life.

The natural process of menopause is highly associated with a set of vasomotor, psychosocial, physical, and sexual symptoms contributed by the hormonal and biological changes in the body. These menopausal symptoms negatively affect the quality of life (QOL) and the overall health of women. It is crucial to find out various menopausal effects as well as their relationship with quality of life, which can provide the basis for the need to create awareness about the same and identifying evidence- based interventions to improve the health status and menopausal quality of life of affected women. Health-related quality of life goes beyond the direct approach of a medical model of health and focuses on the quality-of-life consequences of health status and the holistic wellbeing. Measures of wellbeing typically assess the positive aspects of a person's life such as positive emotions and life satisfaction.

Aim of the Study:

The aim of this study was to assess the perception and quality of life regarding menopause among menopausal women.

Research Methodology:

Objectives: 1. To assess the perception of women related to menopause. 2. To assess the quality of life regarding menopause among women. 3. To find the correlation between perception and quality of life of menopausal women. The quantitative research approach was used and the research design was cross sectional descriptive research design. The study was conducted in selected urban area of the city. The sample size was 140 and the sampling technique was purposive sampling technique. The reliability of the tools was found $r = 0.76$ for Menopause-specific Quality of Life (MEN QOL) Questionnaire, $r = 0.72$ for Perception of Menopause checklist, which was highly reliable.

Result and Analysis:**Section I: Frequency and percentage distribution of level of perception regarding menopause among women**

N=140

Level of perception regards to menopause	Score	Frequency	Percentage (%)	Mean	SD
Negative Perception	11-20	78	55.71	11.55	4.80
Positive Perception	0-10	62	44.28		

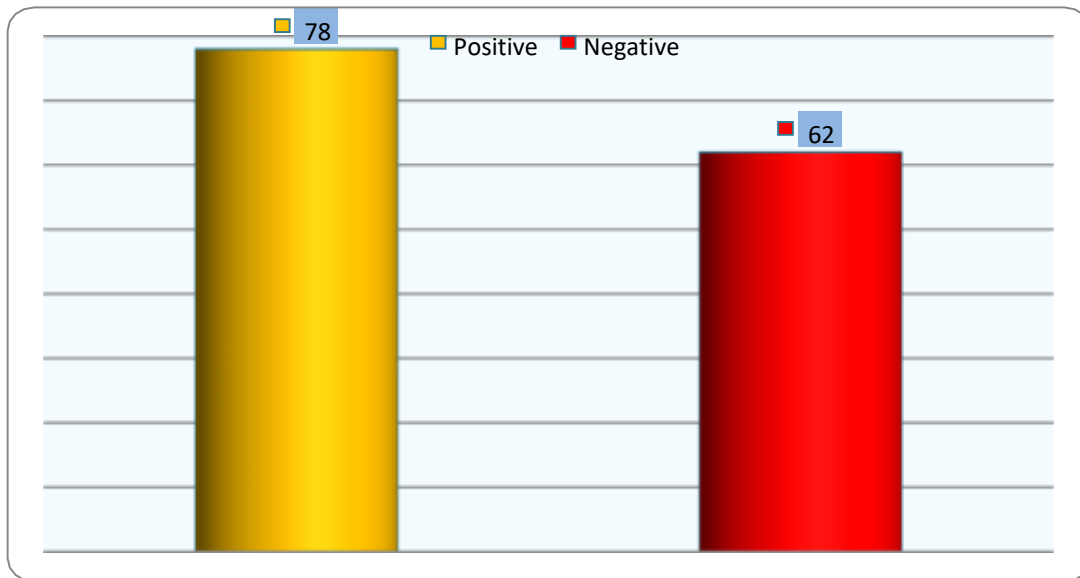


Table no 1 shows that, majority of the samples 78(55.71%) were having negative perception on menopause whereas 62 (44.28%) were having positive perception on menopause among women, it also depicted that mean score of perception on menopause was 11.55 with SD 4.80.

Table 2- Frequency and percentage distribution of level of menopausal quality of life among women

N=140

Level of menopausal quality of life	Score	Frequency	Percentage (%)	Mean	SD
Poor	0-29	39	27.85	43.08	16.92
Average	30-58	77	55		
Good	59-87	24	17.14		

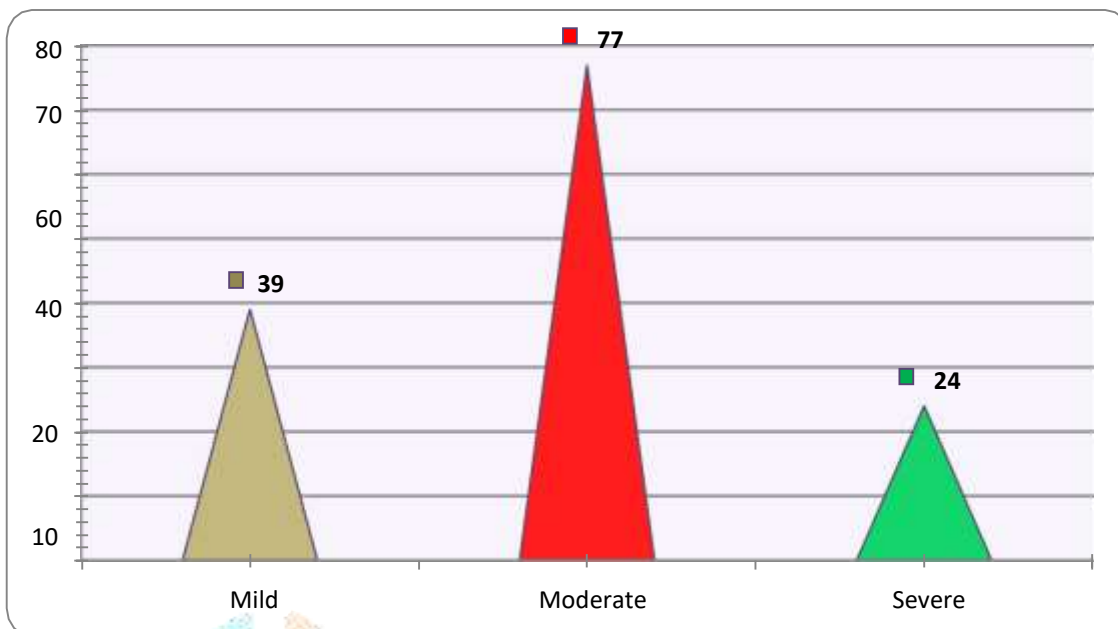


Table no 2 and figure shows that, majority of the samples 77(55%) were having average level of menopausal quality of life, 39(27.85%) were having poor and 24(17.14%) were having good menopausal quality of life among women, it also depicted that mean score on quality of life on menopause was 48.03 with SD 16.92.

Table 3- Correlation between perception score and quality of life score among women

N=140

PARTICULARS	MEANS CORE	SD	Karl Pearson correlation coefficient (r)	P
Perception on menopause	11.55	4.80	r= 0.02	P=0.73 (S)
Menopausal Quality of life	43.08	16.92		

The table depicts that the relationship between perception and menopausal Quality of life among women was found $r=0.02$ ($p=0.73$) it shows a positive correlation.

Discussion:

In India, menopause and its related symptoms are often neglected due to embarrassment, hesitation, and lack of awareness in women due to the presence of social stigmas in society. Women’s health is looked upon differently in various cultures, even though the need for knowledge and information in this area is crucial. Thus, conducting a study that investigates the intimate areas of women’s health, such as menopause and its symptoms, is very important. Quality of Life suffers a gradual decline during this period due to various problems associated with estrogen deficiency and aging. Due to the increasing life expectancy, women are expected to live 25% - 30% of their lives in the postmenopausal period. Thus,

improved quality of life is imperative to decrease the disability and frailty of a society.

In this study the majority of the samples 78 (55.71%) were having negative level of perception on menopause whereas 62 (44.28%) were having positive perception on menopause among women, it also depicted that mean score of perception on menopause was 11.55 with SD 4.80. The study also proved that the majority of the samples 77(55%) were having average level of menopausal quality of life, 39(27.85%) were having poor and 24(17.14%) were having good menopausal quality of life among women, it also depicted that mean score on quality of life on menopause was 48.03 with SD 16.92.

Similarly, the other studies have same findings, the cross-sectional study was conducted among 1113 women, recruited from different Lebanese regions. The Menopause-Specific Quality of Life Questionnaire (MENQOL) was used to assess menopause related symptoms. The result of the study was Almost half the participants (45.4%) had low physical activity level, which was significantly and inversely correlated with vasomotor, psychosocial, physical and sexual MENQOL subdomains ($p < 0.001$). The study concludes that Physical activity may play a protective role in attenuating climacteric symptoms and hence improve the quality of life of women during mid-life.

Conclusion:

In present era with increased life expectancy, women are likely to face long periods of menopause accounting to approximately a third of her life. While most women traverse the menopausal transition with little difficulty, others may undergo significant stress. The presence and severity of symptoms vary tremendously from woman to woman and can last from months to years during this transitional period. Menopausal symptoms have significant impact on quality of life of menopausal women at different status of menopause.

The current study concluded that the most severe symptoms in vasomotor, psychosocial, physical and sexual domains were, hot flushes, experiencing poor memory, being dissatisfied with their personal life, low backache, and change in their sexual desire. While the mean scores of each domain suggest that menopausal symptoms were associated with decrease in women's quality of life.

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