

Menopausal Symptoms and Quality of Life among Women Attained Menopause

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Abstract: *The present study identified the menopausal symptoms and quality of life among women attained menopause in Govt. Medical College Hospital, Kottayam. The major objectives of the study were identifying the menopausal symptoms among women attained menopause, assess the quality of life among women attained menopause, to find out the correlation between menopausal symptoms among women attained menopause and quality of life, to find out the association between quality of life among women attained menopause and selected variables. A quantitative research approach was used for the study. The study was theoretically supported by Nola J Pender's revised health promotion model. A total of 400 women attained menopause attending the outpatient department of Obstetrics and Gynaecology, Medical College Hospital Kottayam were selected for the study using non-probability purposive sampling technique. The data were collected using socio personal and clinical data sheet, menopause symptom rating scale and quality of life assessment rating scale prepared by the investigator. The data analysed using descriptive and inferential statistics. The result of the study revealed that 67% of women attained menopause had moderate menopausal symptoms and 16.2% had severe menopausal symptoms. It also revealed that 67.2% had average quality of life and 17% had poor quality of life. There was a significant positive correlation between menopausal symptoms and quality of life among women attained menopause.*

Keywords: Menopausal symptoms, quality of life, women attained menopause, selected variables

1. Introduction

Menopause is the next phase in a journey of knowledge and self-discovery, not the last phase of youth. It is an inherent aspect of existence for all women. It is a silent, neglected truth of life, the reason for which remains unsolved by humanity.¹ The World Health Organization claims that, it was estimates, 1.2 million women will either be premenopausal or postmenopausal by 2030, and this number will rise by 4.7 million annually. Improving everyone's quality of life is one of the main objectives of health care during the 21st century.² For half of the total world's population, menopause is an inevitable part of life, however menopause is experienced differently by each individual. While some women may experience very little difficulty, others may have serious psychological, emotional, and physical difficulties. Factors like genetics, lifestyle, cultural background, and overall health can influence how menopause is experienced.³ Although menopause is a universal phenomenon for all women, the experience is not uniform. The experience of menopause varies from woman to woman, with no fixed pattern or predictable sequence of events. Unless effectively treated menopausal symptoms can be a source of distress and reduced productivity and low quality of life. Because of the foresaid reasons the investigator felt need for effectively managing the signs of menopause and to identify the common menopausal symptoms and life satisfaction among women attained menopause.

Objective

To find out the correlation between menopausal symptoms and quality of life among women attained menopause.

2. Materials and Format

Quantitative non-experimental research approach was selected for the study. The study design used was descriptive survey design. Non probability purposive sampling technique was used. Four hundred samples were selected based on the inclusion criteria, between the age of 45 - 65 years attending the outpatient department of Obstetrics and Gynaecology. The purpose of the study was explained and informed consent obtained and ensured privacy and confidentiality. Base line information was collected using socio personal and clinical data sheet through interview. Menopausal symptom rating scale was used to assess the menopausal symptoms among women attained menopause and Quality of life assessment rating scale used to assess quality of life among women attained menopause. Data were analysed using descriptive and inferential statistics.

3. Result

3.1 Findings related to sample characteristics

Among the 400 participants, 37.2% of women attained menopause belonged to 51-55 years of age. It also depicts that 44% of women attained menopause at the age of 46-50 years. Among the subjects 58.5% of women were educated up to secondary education. Half of 51.5% the women attained menopause were home makers and the present study 48% of women attained menopause had health problems like hypertension, diabetes mellitus, hypo/hyperthyroidism, and high cholesterol.

3.2 Findings related to menopausal symptoms among women attained menopause

Table 1: Frequency distribution and percentage of menopausal symptoms among women attained menopause, (n=400)

Menopausal symptoms	f	%
Mild symptoms (35-58)	67	16.8
Moderate symptoms (59-81)	268	67.0
Severe symptoms (82-105)	65	16.2

Table 1 shows that 67% of women attained menopause had moderate menopausal symptoms, 16.8% had mild menopausal symptoms and 16.2% had severe menopausal symptoms.

3.3 Menopausal symptoms based on domain

Table 2: Frequency distribution and percentage of women attained menopause based on domain wise menopausal symptoms, (n=400)

Domain wise menopausal symptoms	f	%
Physical and physiological		
Mild (25-41)	87	21.8
Moderate (42-58)	243	60.8
Severe (59-75)	70	17.5
Psychological		
Mild (7-11)	50	12.5
Moderate (12-16)	236	59.0
Severe (17-21)	114	28.5
Sexual		
Mild (3-4)	152	38.0
Moderate (5-6)	50	12.5
Severe (7-9)	198	49.5

Table 2 shows that 60.8% had moderate menopausal symptoms in physical and physiological domain, 59% had moderate menopausal symptoms in psychological domain and 49.5% had severe menopausal symptoms in sexual domain among women attained menopause.

Quality of life among women attained menopause

This section deals with the frequency distribution and percentage of quality of life among women attained menopause.

Table 3: Frequency distribution and percentage of women attained menopause based on quality of life, (n = 400)

Quality of life	f	%
Good (70-90)	63	15.8
Average (50-69)	269	67.2
Poor (30-49)	68	17.0

Table 3 shows that majority (67.2%) of women attained menopause had average quality of life, 15.8% had good quality of life and 17% had poor quality of life.

Correlation between menopausal symptoms and quality of life among women attained menopause

This section deals with the correlation between menopausal symptoms and quality of life among women attained menopause. Spearman's rank correlation coefficient was used to assess the association between menopausal symptoms and quality of life among women attained menopause

Table 4: Correlation between menopausal symptoms and quality of life among women attained menopause, (n=400)

Variables	ρ	p
Menopausal symptoms	-0.62	0.001
Quality of life		

Table 4 shows that the obtained spearman's rank correlation rho value (-0.62) is statistically significant at 0.01 level. Hence the null hypothesis is rejected. It inferred that there is positive correlation between menopausal symptoms and quality of life among women attained menopause. It revealed that when menopausal symptoms increase the quality of life among women attained menopause decreases.

4. Conclusion

The findings of the present study suggested that there is statistically significant correlation between menopausal symptoms and quality of life among women attained menopause. When menopausal symptoms increase the quality of life among women attained menopause decreases.

References

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