

# A Comparative Study to Assess Psychological Distress and Quality of Life Among Menopausal Women Who Have Attained Natural Versus Induced Menopause

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**Abstract:** Women experience various changes in their life time, which may be developmental or transitional. Menopause is a unique stage of female reproductive life cycle, a transition from reproductive to non-reproductive stage. Natural menopause can be recognized after 12 months of amenorrhea that is not associated with a pathologic cause. Induced menopause is the cessation of menses resulting from surgical removal of the uterus, leaving one or both ovaries, or the removal of both ovaries. **Aim and Objective:** The aim of study was to compare psychological distress and quality of life among menopausal women who have attained natural versus induced menopause. The study focused on the objective to compare psychological distress and quality of life among menopausal women. **Methodology:** The study consisted of 60 menopausal women, 30 each in group I and II selected by non-probability purposive sampling technique. Analysis was done by both descriptive and inferential statistics. **Results:** The results revealed that psychological distress was less in group I as compared to group II and quality of life was good in group I as compared to group II. **Conclusion:** The difference between the mean score according to psychological distress among group I and II was found highly significant at the level of  $p < 0.001$  and the difference between the mean score of quality of life among group I and II was found highly significant at the level of  $p < 0.001$ .

**Keywords:** Psychological distress, quality of life, menopausal women, natural versus induced menopause

## 1. Introduction

In India, the most typical age range for menopause is between the ages of 45-55. The average age for natural menopause is 51, but it can occur earlier or later. Rarely, women may reach menopause as early as 40 or as late as 60 years of age. Menopause is confirmed when a woman has not had menstrual periods for 12 consecutive months. The elderly population is increasing every year, and it is projected that it would increase to about 12% of the total population by the year 2025.

## 2. Materials and Methods

**Study Design:** A quantitative research approach was considered to be appropriate by keeping in view the nature of problem and was used to assess the psychological distress and quality of life among menopausal women who have attained natural versus induced menopause.

**Study Area:** The study was conducted in Sant Baba Bhag Singh Nagar and Deshmesh Nagar, Hoshiarpur, Punjab.

**Source of Data:** Non- probability purposive sampling technique was used to select Data was collected from the menopausal women. The menopausal women will be included in the study based on the fulfillment of Inclusion criteria. The participants of the research study were explained about the purpose of research and objectives of the study. Written consent was taken from them for their participation in the study.

**Sampling Size:** For the study 60 menopausal women, 30 each in group I and II.

**Group I:** Group I divided into 30 Menopausal women with natural menopause.

**Group II:** Group II divided into 30 Menopausal women with induced menopause

### Sampling Criteria:

#### Inclusion criteria

Menopausal women who were

- Willing to participate in the study.
- Able to read Punjabi and Hindi language.

#### Exclusion criteria

Menopausal women who were

- With systemic and gynecological disorders.
- On hormonal therapy
- On anti psychotic drugs

**Parameter of the Study:** Modified MENQOL (menopause specific quality of life) and standardized DASS-21

## 3. Analysis and Interpretation

The collected data were first coded and then analyzed using IBM SPSS Statistics, Version 26.0. Prior to analysis, the data set underwent a thorough cleaning process to remove any surveys that were incomplete or improperly completed. The researcher calculated frequencies, percentages, means, and standard deviations to summarize the responses.

**Table 1:** Frequency and percentage distribution of menopausal women according to psychological distress as per level of depression in group I and II, N = 60

Level of depression	Criterion	Group I (n=30)		Group II (n=30)	
		n	%	n	%
Normal	0-9	21	70	2	7
Mild	10-13	9	30	16	53
Moderate	14-20	0	0	12	40
Severe	21-27	0	0	0	0
Extremely Severe	28+	0	0	0	0

Maximum score-42

Minimum score-0

**Table-2**

Level of anxiety	Criterion	Group I (n=30)		Group II (n=30)	
		n	%	n	%
Normal	0-7	9	30	1	3
Mild	8-9	13	43	2	7
Moderate	10-14	8	27	17	57
Severe	15-19	0	0	10	33
Extremely Severe	20+	0	0	0	0

Frequency and percentage distribution of menopausal women according to psychological distress as per level of anxiety in group I and II

N = 60

Maximum score-42

Minimum score-0

**Table 3:** Frequency and percentage distribution of menopausal women according to psychological distress as per level of stress in group I and II, N = 60

Level of stress	Criterion	Group I (n=30)		Group II (n=30)	
		n	%	n	%
Normal	0-14	29	97	17	57
Mild	15-18	1	3	11	37
Moderate	19-25	0	0	2	6
Severe	26-33	0	0	0	0
Extremely Severe	34+	0	0	0	0

Maximum score-42

Minimum score-0

#### 4. Findings and Discussions

According to the first objective i.e. to assess psychological distress and quality of life among menopausal women in group I and II, results of present study concluded that according to level of depression, in group I maximum of menopausal women i.e. 70% had no depression and minimum i.e. 30% had mild level of depression. In group II, more than half of menopausal women i.e. 53% had mild level of depression, followed by 40% had moderate level of depression and remaining i.e. 7% had no depression. According to level of anxiety, in group I, more than one third i.e. 43% had menopausal women had mild level of anxiety, followed by 30% had no anxiety and remaining i.e. 27% had moderate level of anxiety. In group II, more than half of menopausal women i.e. 57% had moderate level of anxiety, followed by 33% had severe, 7% had mild and remaining i.e. 3% had no anxiety. According to level of stress, in group I, maximum of menopausal women i.e. 97% had no stress and remaining i.e. 3% had mild level of stress.

In group II, more than half of menopausal women i.e. 57% had no stress, followed by 37% had mild and remaining i.e. 6% had moderate level of stress. According to quality of life, in group I, maximum of menopausal women i.e. 70 % had good quality of life and minimum i.e. 30% had average quality of life. In group II, more than half of menopausal women i.e. 53% had poor quality of life and remaining i.e. 47% had average quality of life.

According to the second objective i.e. to compare psychological distress and quality of life among menopausal women in group I and II result according to group I, the mean score of psychological distress was 25.7 and in group II, the mean score was 40.9. The difference between the mean score according to psychological distress among group I and II was found highly significant at the level of  $p < 0.001$ .

According to group I, the mean score of quality of life was 54.13 and in group II the mean score was 45.57. The difference between the mean score of quality of life among group I and II was found highly significant at the level of  $p < 0.001$ .

According to the third objective i.e. to find out association of psychological distress and quality of life among menopausal women in group I and II with selected socio- demographic variables. According to psychological distress in group I, the relationship of among menopausal women with selected socio-demographic variables i.e. age at menopause (in years), education, occupation, marital status, parity, family income (₹/month), religion, type of family, dietary pattern, history of menstrual cycle, source of information statistically non- significant. In group II, the relationship of psychological distress among menopausal women with selected socio-demographic variables i.e. source of information was found statistically significant at  $p < 0.05$  and other variables i.e. age at menopause (in years), education, occupation, marital status, parity, family income (₹/month), religion, type of family, dietary pattern, history of menstrual cycle were found statistically non- significant.

According to quality of life in group I, the relationship among menopausal women with selected socio-demographic variable i.e. family income (₹/month) was found highly significant at  $p < 0.001$  and other variables i.e. age at menopause (in years), education, occupation, marital status, parity, religion, type of family, dietary pattern, history of menstrual cycle, source of information were found statistically non- significant. In group II, the relationship of quality of life among menopausal women with selected socio- demographic variable i.e. source of information was found highly significant at  $p < 0.001$  and other variables i.e. age at menopause (in years), education, occupation, marital status, parity, family income (₹/month), religion, type of family, dietary pattern, history of menstrual cycle were found statistically non- significant.

#### 5. Conclusion

The results revealed that psychological distress was less in group I as compared to group II and quality of life was good in group I as compared to group II. The difference between the mean score according to psychological distress among group I and II was found highly significant at the level of

p<0.001. The difference between the mean score of quality of life among group I and II was found highly significant at the level of p<0.001.

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## 6. Recommendations

- 1) The study can be replicated on large samples to validate and for better generalization.
- 2) The study can be replicated to assess psychological distress and quality of life among working and non working menopausal women.
- 3) Nursing staff should be educate regarding comparison of psychological distress and quality of life among natural versus induced menopausal women in the clinical settings.

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