

**Research article****Assess the menopausal symptoms and quality of life of post-menopausal women residing at Rural Maharashtra****Mrs. Kale Kalpana. S**

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**Abstract**

**Background:** Menopause, the time when a woman stops having menstrual periods, is not a disease or an illness for most women, menopause is a normally occur between age range 48-55 years. Quality of life it encompasses several constructs including physical functional emotional social and cognitive variables. **Aim:** assess the menopausal symptoms and quality of life of postmenopausal women. **Material and methods:** A descriptive study design with the cross-sectional survey was carried out on 270 postmenopausal women. Data was collected through a questionnaire. **Setting:** The setting of the study was conducted atkolhar village. **Results:** The study results revealed that Majority (36%) of women were in the age group of 51 – 55 years, one third (33%) was illiterate, the majority of women (39 %) as homemakers. **Symptoms:** Highest (51 %) of them had very severe symptoms of Hot flushes. Nearly half (41%) of them had Moderate symptoms of Joint and muscular discomfort, (33%) of them had irritability and (29%) of postmenopausal women had Anxiety. Lowest (19%) of participants had a depressive mood. Half of the postmenopausal women (50.48%) had a poor quality of life. **Conclusion:** It was found that postmenopausal women have moderate menopausal symptoms and a significant correlation between menopausal symptoms and quality of life of postmenopausal women.

**Keywords:** Assess menopausal symptoms, Quality of life and post-menopausal women.

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**1. Introduction**

Women are among the most important part of any society and family, and community health provision is dependent on the fulfillment of different health needs. Menopause is one of the most critical stages of women health. [1] Defining the age for menopause is somewhat challenging, and according to estimations from cross-sectional studies, it has been reported to average 50-52 years old. [2] Despite the rise in life expectancy, age of onset of menopause or cessation of menstruation has not changed, and women live for about 30 years and more than third of their lives in menopause. [3]

The average age of menopause in the western world is 51 years while according to Indian Menopause Society (IMS) research; the average age of Indian menopausal women is 47.5 years. The average age of menopause is around 45- 55. So menopausal leakage, vaginal dryness, painful sexual intercourse, vaginal infections, joint aches and pains, irregular heartbeat (palpitations). [4] The common climacteric symptoms experienced by them can be group into vasomotor, physical, psychological or sexual complaints. [5] Under current demographic trends menopausal and post-menopausal health has emerged as an important public health concern in India. It is well documented that menopausal symptoms experienced by women affect their quality of life. [6] With this background in consideration the present study was planned to assess the menopausal symptoms and Quality of life in post-menopausal women above 45 years of age in the rural area.

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## Objectives

1. To assess the menopausal symptoms and quality of life of postmenopausal women.
2. To correlate menopausal symptoms and quality of life of postmenopausal women with their socio-demographic variable.

## 2. Materials and methods

It is Descriptive study with cross-sectional survey approach was used for the study. Around 270 post-menopausal women above 45years of age group from kolharbk village of Rahata taluka was selected by using Non probability; purposive sampling technique. The inclusion criteria of women between 40 to 70 years who had given consent to participate in this study. Women who had history of having hormonal replacement therapy and Underwent hysterectomy procedure were excluded from the study.

**Tools:** The structured interview schedule was used to collect the data which consist of

**Section A:** Socio demographic data of post-menopausal women [08 items].

**Section B:** Clinical characteristic of co morbid disease like type, duration and treatment.

**Section C:** Menopause Rating Scale (MRS) were used to assess menopausal symptoms.

**Section D:** Utain Quality of Life Scale (UQOL) will be used to determine the Quality of Life (23 Items). After seeking the written informed consent all the participants were interviewed, and the responses were voluntary;

The collected data was analyzed by using descriptive statistics such as mean, standard deviation (SD) and mean percent for continuous variables; and frequency, percentage for categorical variables. These were to understand the distribution of subjects on the socio

demographic and other variables to assess the correlation between Menopausal symptoms and Quality of life of postmenopausal women. The inferential statistics like chi-square test was used to find association between the variables. The p-value ( $p<0.05$ ) was considered statistically significant level.

## 3. Results

### Socio-demographic characteristics of post-menopausal women

Less than half (36%) of women were in the age group of 51 – 55 years. Less than half (33%) of the women were illiterate and very few (4%) women had the education of graduation and above. Less than half (39%) of women were a housewife, and (21%) of them had the occupation of daily wages and agriculture respectively. Less than half (36%) of the women have a monthly income of Rs.6001-9000/-Rs. The majority (62%) of the participant under study were from joint family. Most 90% of the women were married. More than half (63%) of the women were Hindu religion.

### Obstetrical and gynecological data of post menopausal women

More than half (54%) women's age of menarche is between 13-15 years of age. Nearly half (42%) of the women's age of marriage is 16-20 years. Nearly half (47%) women have menopause in 46-50 years of age. Nearly half (46%) of the women spent the 1-5 years in Menopause. The majority (70%) of the women were not using any kind of oral contraceptives. Less than half (41%) of women experienced fetal loss. Most (70%) of the women were given breastfeed >1 years. The majority (87%) of the women had a history of regular menses. Most (63%) of the women had the problem of pain during menstruation.

Table no 1: Assessment of menopausal symptoms of Post-Menopausal Women.

N=270

S N	Symptoms	None (0)		Mild (1)		Moderate (2)		Severe (3)		Very severe (4)	
		F	%	F	%	F	%	F	%	F	%
1	Hot flushes, sweating	50	19	139	51	67	25	08	3	06	1
2	Heart discomfort	69	26	150	60	45	17	06	1	00	0
3	Sleep problems	61	23	122	45	65	26	20	7	02	0.7
4	Depressive Mood	60	22	120	44	50	19	37	14	03	1
5	Irritability	60	22	112	41	90	33	05	2	03	1
6	Anxiety	67	25	115	43	78	29	09	3	01	0.3
7	Physical and mental exhaustion	60	22	90	33	83	30	37	14	00	0
8	Sexual problems	70	26	137	51	57	21	05	02	01	0.3
9	Bladder problems	80	30	80	30	64	24	45	17	01	0.3
10	Dryness of vagina	71	26	97	36	70	26	30	11	02	0.7
11	Joint and muscular discomfort	40	15	95	35	110	41	22	8	03	1

Percentage wise distribution of severity of symptoms of post-menopausal women the common symptoms that the study subjects suffered were Joint and muscular discomfort (49%), Dryness of Vagina (37%), Physical and mental exhaustion (30%), Anxiety (32%), (33%) of participants had depressive mood, Sleeping problem, irritability respectively, Sexual Problem (23%), Bladder problem (24%), Hot Flushes (28 %), Heart discomfort (18%).

#### Assessment of Quality of Life of Post-Menopausal women

N =270

SN	Area	Mean	SD	Mean %
1	Occupation	15.26	3.92	61
2	Emotion	13.28	3.37	58
3	Health	16.05	4.11	62
4	Sexual	6.13	1.34	56
5	Overall	50.48	1.34	67

Above table shows that highest mean ( $16.05 \pm 4.11$ ) SD which is 62% in health i.e. average QOL and lowest mean in the area of sexual health is ( $6.13 \pm 1.34$ ) SD which is 56 % it shows that postmenopausal women have poor QOL life in the area of sex. Overall mean Quality of life was ( $50.48 \pm 1.34$ ) SD which is 67% of the maximum score indicate the quality of postmenopausal women is average.

There is a significant correlation between menopausal symptoms and Quality of life in the Age of menopause, Education, and co morbid illness  $r = 0.442$  with  $p = <0.001$  level

There is significant association found with Age of menopause, education and co morbid illness with  $p = <0.001$  level.

#### 4. Discussion

Study finding shows (48%) women attained menopause at the age 46-50 years these findings are similar to studies done in Peninsular Malaysia which reported mean age of menopause between 49.4 to 51.1 years and from studies done in Thailand (48.7 years), Singapore (49.1 years) and other studies on Asian and Caucasian women, findings of this study still falls between the normal range of menopausal age. [7, 8, 9, 10, 11]

In this study the presentation of menopausal symptoms Joint or Muscular pain (50%), Bladder problem (41%), Mental exhaustion (44%), Dryness of vagina (37%), Irritability (35%), Insomnia (33%), Anxiety (32%), Hot flushes (29%) similar findings were also found in Malaysia by Rehman et.al (41.6%) hot flushes and sweating (41.6%); irritability (37.9%); dryness of vagina (37.9%); anxiety (36.5%) which similar to this study[12]. Also, a study conducted by Vijayalakshmi et al. in rural women of Amritsar reported that more prevalent symptoms were irritability (36%), dryness of

vagina (36%), hot flushes and sweating (35.80%), and anxiety (34.50%), which same to our study [13].

Mohammed S. et al. (2016) who stated in their study about more than half of females 59.2% had moderate menopausal rating scale symptoms. It showed that 57.7 % among them complaining of sever joint and muscular discomfort, 55.4% were complaining of moderate anxiety and 46.2% complaining of sever dryness of vagina and mild bladder problems. The results showed that 60.0% among postmenopausal females had the average quality of life. There was a statistically significant association between quality of life and mean score of menopause rating scale  $P = (0.001)$ . It is similar to my study. [14]

The present study illustrated that negative correlation  $r = (0.2202)$  between the quality of life and menopausal symptoms with  $p = <0.001$  scores. It is similar to the study by yakout.SM, et al. that there is a significant negative correlation between MRS scores and QOL overall mean score of quality of life for postmenopausal women. [15]

#### Conclusion

The results support the popular belief that menopause causes both physical and psychiatric problems. Almost all areas or domains evaluated were impaired in menopausal women. A large number of women all over the world suffer from menopausal symptoms, and the problem cannot thus be ignored. Education, creating awareness and providing suitable intervention to improve the QOL are important social and medical issues which need to be addressed.

Menopause causes a decrease in QOL, which depend on Age of menopause, education, co morbid illness of postmenopausal women. It is necessary to develop a necessary intervention program to improve the QOL of Postmenopausal women.

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