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A descriptive study to assess the menopausal symptoms and quality of life among menopausal women in selected areas of Pune city

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Abstract---Menopause is reduction in estrogen and progesterone level. It is phase when menstrual cycle is completely stopped for longer. To assess the menopausal symptoms among menopausal women. To assess quality of life among menopausal women. To finding the association between menopausal symptoms and quality of life. To associate the findings with selected demographic variables. Material and Method: A Quantitative research design is used in this study. The study was conducted in selected areas of Pune City, India. Non-Probability Purposive sampling technique was used. Total 120 Samples of Menopausal Women were include in this study. Quality Of life (WHOQOL) -BREF standardized tool was used to assess the quality of life and Modified Menopausal Rating Scale was used to assess the severity of Menopausal symptoms. Menopausal Women filled the tool with in 15-20 minutes. The collected data was analyzed by using descriptive, frequency & percentages methods in statistics. The Chi -Square is used to see the association between the quality of life and menopausal symptoms, demographic variable and quality of life and menopausal symptoms among menopausal women. Result: Data shown that majority of menopausal women i.e 120 menopausal women participated in this study .Majority of Menopausal women were under the age group of 46-50years . The findings of the study shows that 89.17 % Menopausal women experienced minimum ten or more menopausal symptoms and 10.83% menopausal women experienced less than ten menopausal symptoms. commonly reported symptoms were mild hot flashes (72.5%) ,moderate physical exhaustion (74.2%), and moderate joint and muscular

discomfort(65.0%) and they have positive quality of life .The finding of the study reveled that the association of Menopausal symptoms among menopausal women is very well associated with education ,occupation &type of menopause Conclusion: The findings of the study reveled that there is need to assess the menopausal symptoms and quality of life among menopausal women and create awareness regarding menopausal symptoms and its impact on quality of life among menopausal women. As health care professionals especially, nurses has big role to play in creating awareness menopausal symptoms among menopausal women in community areas.

Keywords---menopausal symptoms, quality of life, menopausal women.

Introduction

Menopause is changing the women's whole life from reproductive phase to non reproductive phase. It is naturally occur biological events in every women's life starting from 40years to 50years. Menopause is reduction in estrogen and progesterone level .It is phase when menstrual cycle is completely stopped for longer .According to recent survey conducted by the "Institute for social and economic change (ISEC) in 2019 there are 4 % of Indian women experiences menopausal signs between age of 29 to 34 years and 8 % of women experiences menopausal symptoms at the age of 35 -39 years .According to various studies, the rate of Indian women undergone hysterectomy is 6 in every 100 in the age group of 30-49 years and 11 in 100 women at the age of 45-49 years .Natural menopause means the women's menstrual cycle stopped naturally and surgical menopause means there is removal of one or both ovaries or removal of uterus . Menopausal symptoms experienced by the women immediately after the surgery is mainly occur in surgical menopause. In menopause, women experiences various menopausal symptoms like hot flashes ,vaginal dryness , sleep problems, urinary problems etc And they also have effect on their physical health ,mental health , sexual health . etc Every Individual experiences different Menopausal symptoms and their severity. The effect of symptoms are seen due to change in life style , social status , psychological status of women etc. QOL defined by WHO is "Individual's insight about of their place in life in the background of the cultural and value system in which they live and in relationship with their goals, beliefs ,values and concern.

Need Of Study

There are many studies suggested that there is a need to find out the severity of the menopausal symptoms suffering with surgical and natural menopausal symptoms among post menopausal women and its effect on their daily life style .So there is need to find out the Severity of menopausal symptoms in natural menopausal women.,Severity of menopausal symptoms in surgical menopausal women.,Menopausal symptoms impact on their daily life style. Severity of menopausal symptoms are high in many countries and it has its impact on their quality of life. During the clinical posting, the researcher working in obstetrical

and gynecological ward, researcher feels that many women suffering with menopausal symptoms and its affected their day –to-day life. Hence the researcher wants to do the study to determine the menopausal related symptoms and its impact on Quality of life among postmenopausal women in natural and surgical Menopause.

Material and Method

A Quantitative research design is used in this study. The study was conducted in selected areas of Pune City, India .Non-Probability Purposive sampling technique was used .Total 120 Samples of Menopausal Women were include in this study. Quality Of life (WHOQOL) –BREF standardized tool was used to assess the quality of life and Modified Menopausal Rating Scale was used to assess the severity of Menopausal symptoms. Menopausal Women filled the tool with in 15-20 minutes. The collected data was analyzed by using descriptive, frequency& percentages methods in statistics. The Chi –Square is used to see the association between the quality of life and menopausal symptoms, demographic variable and quality of life and menopausal symptoms among menopausal women

Result

Result are divided into six sections

Section I: Analysis of the demographic variables

Table 1
Frequency & percentage distribution of Demographic Characteristics

Sr. no	Demographic Characteristics		Frequency (f)	percentage (%)
1	Age in years	35-40	7	5.83
		41-45	39	32.50
		46-50	74	61.67
2	Education	Graduate	21	17.50
		Primary	43	35.83
		Secondary	56	46.67
3	Occupation	Government	4	3.33
		Homemaker	73	60.83
		Private service	24	20.00
		Self service	19	15.83
4	Type of family	Extended	2	1.67
		Joint	61	50.83
		Nuclear	57	47.50
5	Type of Menopause	Natural	100	83.33
		Surgical	20	16.67

Table 1 : It shows that majority 74(61.67%) of the respondent were in the age group of 46-50 years, Maximum post menopausal women 56(46.67%) were completed their secondary education, Majority of post menopausal women 73(60.83) were homemaker, Regarding the type of family Majority of respondent

61(50.83%) were live in joint family, Majority of postmenopausal women 100(83.33%) were experienced natural menopause.

Section II: Analysis of menopausal symptoms among menopausal women

Table 2
Frequency and percentage distribution of modified MRS category

MRS Category		Frequency (f)	percentage (%)
MRS Category	Mild(0-19)	64	53.33
	Moderate(20-38)	56	46.67
	Severe (39-57)	00	00
	Extremely severe(58-76)	00	00

Table no 2: It shows that 64(53.33%) of the menopausal women were experienced mild menopausal symptoms.

Item analysis of modified menopausal rating scale

It shows that , majority 87 (72.5%) of menopausal women experienced mild hot flashes. Majority 84(70.0%) women experienced mild episode of perspiring. Majority of 85(70.8%) women experienced mild night sweat symptoms. Maximum 71(59.2%) women experienced no any heart discomfort. Majority 89(74.2%) women experienced mild sleep problem. Majority 75(62.5%)women experienced mild depressive mood. Majority 96(80.0%) women experienced mild mood changes. Majority 92(76.7%) women experienced mild irritability. Majority 73(60.8%) women experienced mild anxiety. Majority 89(74.2%) women experienced moderate physical exhaustion symptom, Majority 74(61.7%) women experienced moderately mental exhaustion. Majority 56(46.7%) women experienced no any sexual problem Majority 55(45.8%) women had mild bladder problem. Majority 68.3% had experienced mild dryness. Majority 78(65.0%)had experienced moderate joint &muscular discomfort. Majority 56(46.7%)had not any weight gain and slow metabolism symptom, Maximum of 69(57.7%)had mild thinning hair symptom. Maximum 61(50.8%) had experienced mild dry skin symptom. Majority 65(54.2%) women had no any loss of breast fullness symptom.

Section III: Analysis of quality of life among menopausal women

Table 3
Frequency& percentage distribution of Quality-of-life category

Quality of life		Frequency (f)	percentage (%)
Quality of life category	Moderate(53-79)	5	4.17
	Positive(80-105)	103	85.83
	Higher Positive(106-130)	12	10.00

Table no 3: shows that majority 103(85.83%)women had positive effect , 12(10.00%) women had highly positive effect and 5(4.17%) women had moderate effect on their quality of life .

Item analysis of (WHOQOL) –bref tool

Majority of women 96(80.0%) of them had good quality of life, Maximum 96(80.0%)women were satisfied with their health. Majority of 90(75.0%) women felt a little physical pain . Majority 98(66.7%) of women needed a little amount of medical treatment. Majority of 98(81.7%) women very much enjoyed their life. Majority 71(59.2) women felt that their life was very much meaningful, Maximum 61(50.8%)women thought that they had enough energy for everyday life Maximum 72(60.0%)women mostly accepted their bodily appearance. Majority 80(66.7%) women had moderately money to meet their need .Majority 94(78.3%) women have moderate amount information which they needed for their day today . Maximum 90(75.2%)women had only little opportunity for their leisureactivities. Majority 74(61.7%) of them were good to get around, Majority 94(78.3 %) were satisfied with their ability to perform daily activities . Majority 92(76.7%) were satisfied with their capacity for work. Majority 93(77.5%) were satisfied with their self , Majority 95(79.2%)were satisfied with their personal relationship. Majority 94(78.3%) women were satisfied with their sexual life .Majority 77(64.2%) were satisfied with the support got from their parents. Majority 74(61.7%)were satisfied with their conditions of living place. Majority 73(60.8%) were satisfied with their access to health service. Majority 61 (50.8%)were satisfied with their transport system . Majority 61(50.8 %) Women not had any negative feeling

Section IV: To find the association between quality of life and modified menopausal rating scale category

Table 4
Association between Quality of life and modified MRS category

Quality of Life Category	MRS Category		Total	Chi-square value	df	Table value	p-value	Association
	Mild (n=64)	Moderate (n=56)						
Moderate(53-79) Positive(80-105) Higher Positive(106-130)	1	4	5	4.35	2	5.99	0.10	No association
	54	49	103					
	9	3	12					

Table no 4: chi-square calculated value is 4.35 and table value is 5.99 .Here table value is greater than chi –square value and p value (0.10)is not less than 0.05 .there is no association between quality of life and modified Menopausal rating scale Category

Section V: To find the association between demographic variable and quality of life

Table 5
Association between demographic characteristics and Quality of life

Demographic Characteristics		Quality of Life Category			Total	Chi-square value	df	Table value	p-value	Association
		Moderate (n=5)	Positive (n=103)	Higher Positive (n=12)						
Age in years	35-40	0	6	1	7	2.23	4	9.48	0.69	No Association
	41-45	3	33	3	39					
	46-50	2	64	8	74					
Education	Graduate	2	18	1	21	5.37	4	9.48	0.25	No Association
	Primary	2	34	7	43					
	Secondary	1	51	4	56					
Occupation	Government	0	4	0	4	8.24	4	9.48	0.22	No Association
	Homemaker	4	63	6	73					
	Private service	1	22	1	24					
	Self service	0	14	5	19					
Type of family	Expanded	0	2	0	2	0.49	4	9.48	0.97	No Association
	Joint	3	52	6	61					
	Nuclear	2	49	6	57					
Type of Menopause	Natural	5	84	11	100	1.84	2	5.99	0.40	No Association
	Surgical	0	19	1	20					

Table no 5: It shows that, demographic variables was not statistically significant associated with quality of life .Null hypothesis is accepted .

Section VI: To find the association between demographic variable and modified menopausal rating scale category

Table 6
Association between demographic characteristics and modified MRS Category

Demographic Characteristics		Modified MRS Category		Total	Chi-square value	df	Table value	p-value	Association
		Mild (n=64)	Moderate (n=56)						
Age in years	35-40	4	3	7	0.31	2	5.99	0.86	No Association
	41-45	22	17	39					

	46-50	38	36	74					
Education	Graduate	9	12	21	14.83	2	5.99	0.001	Association
	Primary	33	10	43					
	Secondary	22	34	56					
Occupation	Government	1	3	4	8.54	3	7.81	0.036	Association
	Homemaker	41	32	73					
	Private service	8	16	24					
	Self service	14	5	19					
Type of family	Expanded	0	2	2	5.85	2	5.99	0.054	No association
	Joint	28	33	61					
	Nuclear	36	21	57					
Type of Menopause	Natural	49	51	100	4.52	1	3.84	0.03	Association
	Surgical	15	5	20					

Table no 6: it shows that , education , occupation and type of menopause was statistically significantly associated with menopausal rating scale .null hypothesis is rejected .

Discussion

The result of the study were explained as per the objectives of the study . The study mainly explained the menopausal symptoms and quality of life among menopausal women .The discussion of the study shows that there was effect of menopausal symptoms on quality of life and it was discussed based on the result which was obtained by statistical analysis of collected data .Current study was supported by a cross – sectional study to assess menopausal symptoms and quality of life among menopausal women live in Saudi Arabia conducted by Al-Dughaiter *et.al* at 2015 . In this study more than 115 women were selected age group of 45-60 year .Women were divided into three categories of i.e Premenopausal , perimenopause and Post menopause. The result of study shows that menopausal women experienced mild menopausal symptoms like joint and muscle pain(80.7%), hot flashes and sweating (47%)and physical mental exhaustion (60.7%).The study concluded that Saudi Arabic menopausal women experienced mild menopausal symptoms and perimenopausal had better quality of life than others.

Conclusion

The study showed that selected area's women experienced mostly mild menopausal symptoms followed by moderate menopausal symptoms and in that most frequently reported menopausal Symptoms were joint and muscle discomfort, physical symptoms. It also seen that postmenopausal women had positive quality of life but it affected their day today life also. Experiencing that menopausal symptom has more effect on the quality of life of menopausal women at different. In this study it seen that majority of postmenopausal women experienced more than 10 menopausal symptoms. Therefore, need to assess the menopausal symptoms and its impact on quality of life of menopausal women at different stage of menopause and it should be consider a major health issues in community. So here the result of the study also assess the menopausal

symptoms and quality of life among menopausal women And it shows that for the improvement of quality of life of menopausal women Awareness ,education and knowledge regarding menopause must be needed .

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