

A Study to Assess the Severity of Menopausal Symptoms and Quality of Life Among Postmenopausal Women Attending Opds at Selected Hospitals of Perinthalmanna.

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ABSTRACT

Introduction:

Menopause is a natural part of a woman's life. As women approach mid-life, estrogen levels start to fluctuate and then drop. Hormonal changes in female body is much more prominent and undergoes changes as the age advances. Natural menopause is the permanent ending of menstruation that doesn't happen because of any type of medical treatment. Menopause is one point in a continuum of life stages for women and marks the end of their reproductive years. The process is gradual and happens in three stages that are perimenopause, menopause, and post menopause. During menopausal transition, there is a lot of fluctuation in the hormone levels, and thus women may experience various symptoms and conditions. However, the influence of this fluctuation varies from one woman to another. The impact on a person's quality of life can range from mild to severe. The transition through menopause is a life event that can profoundly affect quality of life. More than 80% of women report physical and psychological symptoms that commonly accompany menopause, with varying degree of severity and life disruption.

Methodology:

A cross sectional descriptive research design is adopted in this study. Target population selected for this study is post menopausal women between the age group of 50-70 years who is attending OPDs at selected hospitals of Perinthalmanna. Non probability convenient sampling technique is adapted for the study (N=60). Standardized Menopause Rating Scale (MRS) is used to assess the severity of menopausal symptoms and the quality of life were assessed by Menopause specific quality of life questionnaire (MENQOL) . The tool was validated by the experts and pilot study was conducted to identify the feasibility of the study. The data obtained were analyzed carefully using the descriptive and inferential statistics.

Results:

The present study shows that 35% of the participants have moderate symptoms, 26.6% have severe symptoms, 25% have mild symptoms and 13.33% have no or little symptoms. Study revealed that the majority of women experienced hot flushes (80%), followed by physical and mental exhaustion (70%), joint and muscular discomfort (66.66%), sleep problems and irritability (56.66%), depressive mood (51.66%), bladder problems (38.33%), anxiety (36.66%), heart discomfort (33.33%), sexual problems

(33.33%) ,and dryness of vagina (20%), which means more than half of the women experience the menopausal symptoms. . The quality of life among the postmenopausal women were assessed by MENQOL questionnaire and result revealed that 38.33% of the participants have average quality of life, 30% have poor quality, 16.66% have good quality and 15% have an excellent quality of life.

Conclusion:

The present study reveals that more than half of the menopausal women experiences the menopausal symptoms. About 60% of women experience severe to moderate symptoms. And study also reveals that 68.33 % of women has poor to average quality of life.

Keyword: Assess, Severity, Menopausal Symptoms, Quality of Life, Post Menopausal Women Ix

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