

# Impact Of Menopausal Symptoms On Quality Of Life Among Postmenopausal Women By Dr Subhashree Mohanty, 2<sup>nd</sup> Yr Pg Resident Hi-Tech Medical College & Hospital Bhubaneswar

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## I. Introduction

- As per WHO report, Menopause is defined as 12months of amenorrhea in women. menopause is the common physiological change among middle-aged women.
- the transition from the reproductive to the nonreproductive stage is the result of a reduction in the female hormonal production by the ovaries.
- Quality of life (QOL) has been defined by the WHO as “the individual perception of their position in life in the context of the cultural & value systems in which they live & in relation to their goals, expectations, standards & concerns.
- Nowadays, it is very nicely understandable today that socio cultural factors can alter womens attitude and the experience of menopausal

## II. Aims & Objectives Of The Study

- To assess the QOL among postmenopausal women
- To find the association between QOL with demographic value

## III. Material & methods

- It is an hospital based descriptive study
- Study was conducted from january 2025 to june 2025 at the opd & ipd of obstetric & gynaecology in Hitech medical college & hospital, Bhubaneswar.
- In this study, 150 postmenopausal women with age of 50yrs & above are included.
- In part I, sociodemographic information were collected using a structured questionnaire.
- In part II, the postmenopausal symptoms were collected by a standard validated menopause specific QOL(MENQOL) questionnaire.
- MENQOL questionnaire consists of of 29 items related to postmenopausal symptoms & it consists of four domains.
- Vasomotor symptoms-3 items, psychosocial symptoms-7items, physical symptoms-16 items & sexual symptoms-3items.
- The score of 4 menopausal domains constituted a composite score of QOL of postmenopausal women.

### Inclusion Criteria-

- Women, in the age group of 50-65yrs, from OPD & IPD.

### Exclusion Criteria

- Women below the recommended age group
- Women who have any medical & psychiatric disorder.

## IV. Results

### Socioeconomic characteristics

Age group	number	percentage
50-54	40	26.7
55-59	51	34
60-64	45	30
At the age of 65	14	9.3

EDUCATIONAL STATUS	NUMBER	PERCENTAGE
PRIMARY SCHOOL	69	46
HIGH SCHOOL	59	39.3
HIGHER SECONDARY	6	4
GRADUATES	16	10.7

OCUPATIONAL STATUS	NUMBER	PERCENTAGE
GOVERNMENT EMPLOYEE	5	3.3
PRIVATE EMPLOYEE	16	10.7
HOUSE WIFE	127	84.7
RETIRED PERSON	2	1.3

SOCIOECONOMIC STATUS	NUMBER	PERCENTAGE
UPPER CLASS	11	7.3
UPPER MIDDLE	34	22.7
LOWER MIDDLE	63	42
UPPER LOWER	34	22.7
LOWER CLASS	8	5.3

MARRITAL STATUS	NUMBER	PERCENTAGE
MARRIED	116	77.3
UNMARRIED	2	1.3
WIDOW	32	21.3

MEAN SCORE OF PHYSICAL SYMPTOMS	62.05+/-17.82
MEAN SCORE OF PSYCHOSOCIAL SYMPTOMS	31.01+/-9.59
MEAN SCORE OF VASOMOTOR SYMPTOMS	12.59+/-6.58
SEXUAL SYMPTOMS	6.82+/-1.91

- The overall MENQOL mean total score was found as 112.47+/-28.80.
- The association between QOL scores with the selected demographic variables in the study population showed a statistically very highly significant association found with educational status with  $p=0.001$ .
- The associaciation with socioeconomic status was highly significant with  $p=0.007$ .
- Marriatal status was showed statistically significant with  $p=0.027$
- Age groups & occupational status did not show statistical significance with  $p>0.05$ .

## V. Discussion

- From this study I found there is no statistically significant difference between age & occupational status with MENQOL total score.
- Nearly 50% women were mentioned as 'weight gain' at the time of of menopause.
- In 90.7% of women responded as 'muscle & joint ache'. 75.3% of women had symptoms of hot flushes.
- The mean score of physical domain, psychological domain, vasomotor domain, sexual domain were 62.05, 31.01, 12.59 & 6.82, respectively.

## VI. Conclusion

- Menopausal symptoms have a significant negative impact on the quality of life among postmenopausal women.
- Early screening, awareness programs, lifestyle modifications & supportive counselling are essential for improving QOL.

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