

# Depression and Spiritual Well Being of Postmenopausal Women

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## Abstract:

**Background:** Menopause is a biopsychosocial phenomenon encompassing the transition in a woman's life from being fertile to infertile. Menopause is the end of menstruation due to loss of follicular activity. The period of change in ovarian function from being fertile to becoming infertile, called the menopausal transition is a natural and inevitable change that affects all women. Due to hormonal changes at this time, women are confronted with several physiological, psychological and social changes. These changes result in significant impact on women's life. Hormonal factors related to reproductive cycle play a role in women's increased vulnerability to depression. Spiritual well being is an effective means to enhance the search for a deeper meaning of life through deeply felt connection to self, others and the environment. Since, there were no studies investigating the relation between depression and spiritual well being among postmenopausal women, we have selected this to understand the influence of spiritual well being on the level of depression of postmenopausal women.

**Materials and methods:** The study has adopted a quantitative, correlational design. It is cross sectional in nature. Beck's Depression Inventory was used to assess the level of depression and Paloutzian and Ellison Spiritual Well Being Scale was used to measure Spiritual Well Being. The correlation between depression and Spiritual well being was calculated, compared and studied.

**Result :** Statistical analysis with Karl Pearson's Formula proved a negative correlation ( $r = -0.23$ ) between the scores of depression and spiritual well being.

**Conclusion:** belief in higher power and having a relationship with higher power can be effective coping measure for the postmenopausal women helping them to remain connected to self, God and nature.

**Keyword:** Depression, Spiritual Well Being, Postmenopausal women

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## I. INTRODUCTION

Menopause is a biological and inevitable event comprising one- third of women's life. Although it is considered "natural" and is a normal part of aging, menopausal problems such as hot flashes, sleep disorders, severely affect their quality of life. Menopausal symptoms are closely related to women's health, exerting physical, psychological and social impact on their quality of life.<sup>1</sup> It has been estimated that by 2030, 1.2 million women will be postmenopausal. The rising number of postmenopausal women makes it a major focus for targeted research. According to studies, menopause has a negative effect on the quality of life of most women. Studies have shown that both depression<sup>2,3</sup> is more common among women during their menopausal transition and that depression is twice as prevalent in women as in men.<sup>4</sup> depression is a prominent public health problem worldwide. Among middle aged women, depression may impair their quality of life, sleep, sexual function, resilience and life satisfaction.<sup>5</sup> Meanwhile ,drawing on spiritual resources can be effective in improving the quality of life, Spiritual well being as one of the dimensions of health consists of existential and religious domains. Religious well being refers to the satisfaction derived from a relationship with a higher power, while existential well being refers to one's attempt trying to find purpose and meaning in life. In other words, religious well being focuses on how people perceive health in their spiritual lives when they are associated with spiritual force. On the other hand, existential well being focuses on people's social and psychological concerns and deals with how individual adapt to themselves, society or to the environment. The current study tries to unfold the influence of spiritual well being on level of depression of post menopausal women.

## II. MATERIALS AND METHODS

**Study Design:** A qualitative correlational design study which was cross sectional in nature was employed in the study.

**Study Location:** the study was conducted at Sukhadia Nagar, Keshav Nagar and Kushal Bagh areas of Udaipur.

**Study Duration:** 5<sup>th</sup> June 2022 to 14<sup>th</sup> July 2022

**Sample Size:** 200 postmenopausal women

**Sampling procedure:** based on the researcher's limitation and accessibility, convenient sampling, a type of non-probability sampling technique was adopted in the study. Two residential areas were selected on the accessibility and convenience of the researcher in Udaipur city. By using the inclusion and exclusion criteria, 200 participants were selected from these areas for the study.

**Tool for data collection:**

The tool consisted of three sections:

**Section- A :** Personal data sheet consisting of 5 socio-demographic variables such as age, marital status, educational status, religion and type of family.

**Section- B:** Beck's Depression Inventory

It is a 21 question multiple choice self report inventory which is used to measure the severity of depression. The standard cut off score is as follows: 0-9= no depression, 10-18= mild depression, 19-29= moderate depression and 30-63= severe depression.

**Section C:** Spiritual well being scale(SWBS):

SWBS developed by Paloutzian and Ellison is a 20 item questionnaire. It was designed to measure two dimensions of spirituality: religious dimension which is based on the individual's relationship with God and Existential dimension based on individual's satisfaction with life. The SWBS score was computed by summing responses to all 20 items on a 6 point likert scale. Score of 20-40 indicates low, 41-99 moderate and 100-200 high spiritual well being.

**Inclusion criteria:**

1. Subjects within the age 50-70 years
2. Subjects residing in the selected areas.
3. Subjects who were able to read Hindi/ English
4. Subjects who had been without a menstrual period for 12 months

**Exclusion criteria:**

1. Subjects who were below 50 years and above 70 years.
2. Subjects who were not willing to participate.

**Procedure methodology:**

Ethical consideration was fulfilled by obtaining informed consent from the postmenopausal women prior to data collection and confidentiality was assured to them. At first, a self introduction of the researcher followed by the presentation of the study purpose to the postmenopausal women was given and a good interpersonal relation was developed. Survey was conducted using self reported questionnaire. After data collection each variable was coded numerically according to the scoring procedure for the statistical analysis.

**Statistical analysis:**

After the coding, appropriate statistical test were employed:

- Baseline data containing sample characteristics would be analysed using frequency and percentage
- Correlation between the level of depression and level of spiritual well being was calculated using Karl Pearson's correlation formula( $r$ ). Among the two variables, one is dependant (depression) and the other is independent variable (spiritual well being). In this study Karl Pearson's correlation coefficient was used for the analysis of impact of spiritual well being on the level of depression of postmenopausal women.

## III. RESULT

**Section 1: Socio-demographic variables:**

Table No. 1 shows that among 200 samples, 47.5% were from the age group of 50-55 years, 12.5% were from the age group 56-60 years, 29% were between 61-65 years and 11% were from age group 66-70 years.

**Table No. 1 Frequency and Percentage Distribution of samples According to age:**

Age	Frequency	Percentage
50-55 years	95	47.5%
56-60 years	25	12.5%
61-65 years	58	29%
66-70 years	22	11%

Table No. 2 shows that among 200 samples, 0.05% were unmarried, 86.5% were married, 10% were widow and 1 % were divorced.

**Table No. 2 Frequency and Percentage Distribution of samples According to marital status**

Marital Status	Frequency	Percentage
Unmarried	05	0.05%
Married	173	86.5%
Widow	20	10%
Divorced	02	1%

Table no.3 displays that among 200 samples, 14.5% had primary level of education, 78.5% had secondary level of education, 1.5% had senior secondary level of education, 5 % were graduates and 0.5% was post graduate.

**Table No. 3 Frequency and Percentage Distribution of samples According to educational status**

Educational Status	Frequency	Percentage
Primary	29	14.5%
Secondary	157	78.5%
Seniors secondary	03	1.5%
Graduate	10	5%
Post graduate	01	0.5%

Table no.4 reveals that among 200 samples, 82 % were Hindus and 18% were Christians.

**Table No. 4 Frequency and Percentage Distribution of samples According to religion**

Religion	Frequency	Percentage
Hindu	164	82%
Muslim	0	0%
Christian	36	18%
Others	0	0%

Table no.5 indicates that among 200 samples, 39% were residing in nuclear families and 61% were residing in joint families.

**Table No. 5 Frequency and Percentage Distribution of samples According to type of family**

Type of family	Frequency	Percentage
Nuclear	78	39%
Joint	122	61%

**Section 2: Assessment of level of depression of postmenopausal women**

The results of the study indicated that among 200 postmenopausal women, 138 (69%) women had no depression, 53 (26.5%) had mild depression, 08 (4%) had moderate depression and 01 (0.5%) had severe depression.

**Table No. 6 Frequency and Percentage Distribution of samples According to level of depression of postmenopausal women**

Level of depression	Frequency	Percentage
No depression	138	69%
Mild depression	53	26.5%
Moderate depression	08	4%
Severe depression	01	0.5%

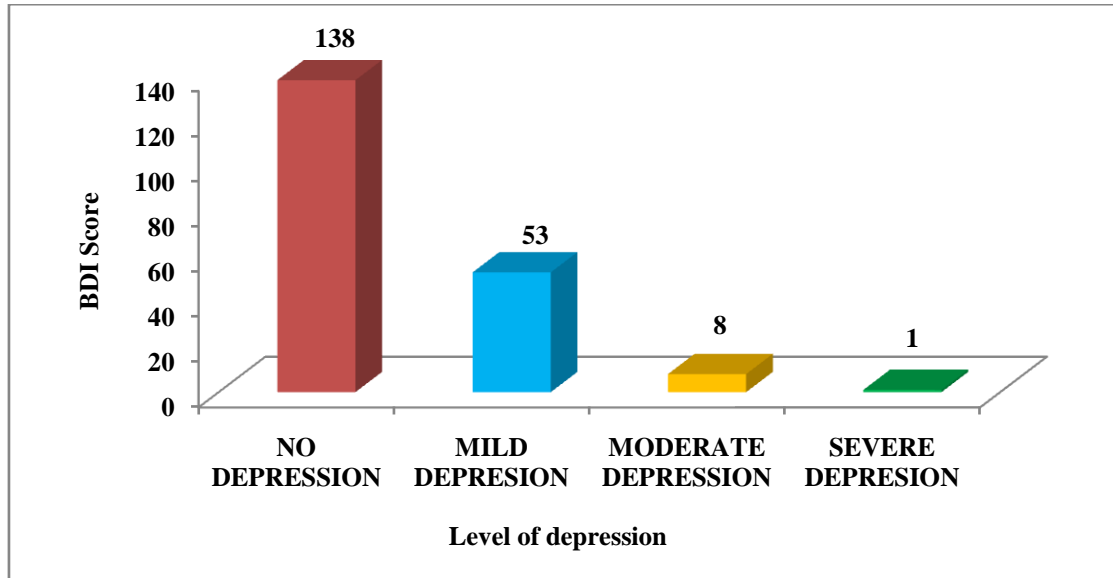


Figure 1- Bar diagram showing the distribution of subjects according to level of depression

**Section 3: Assessment of level of Spiritual Well Being of postmenopausal women**

The results of the study depicts that among 200 postmenopausal women, none of the postmenopausal women had low spiritual well being, 111 (55.5%) of postmenopausal women had moderate spiritual well being and 89 (44.5%) had high spiritual well being.

**Table No. 7 Frequency and Percentage Distribution of samples According to level of Spiritual well being of postmenopausal women**

Level of Spiritual well being	Frequency	Percentage
Low Spiritual well being	0	0%
Moderate Spiritual well being	111	55.5%
High Spiritual well being	89	44.5%

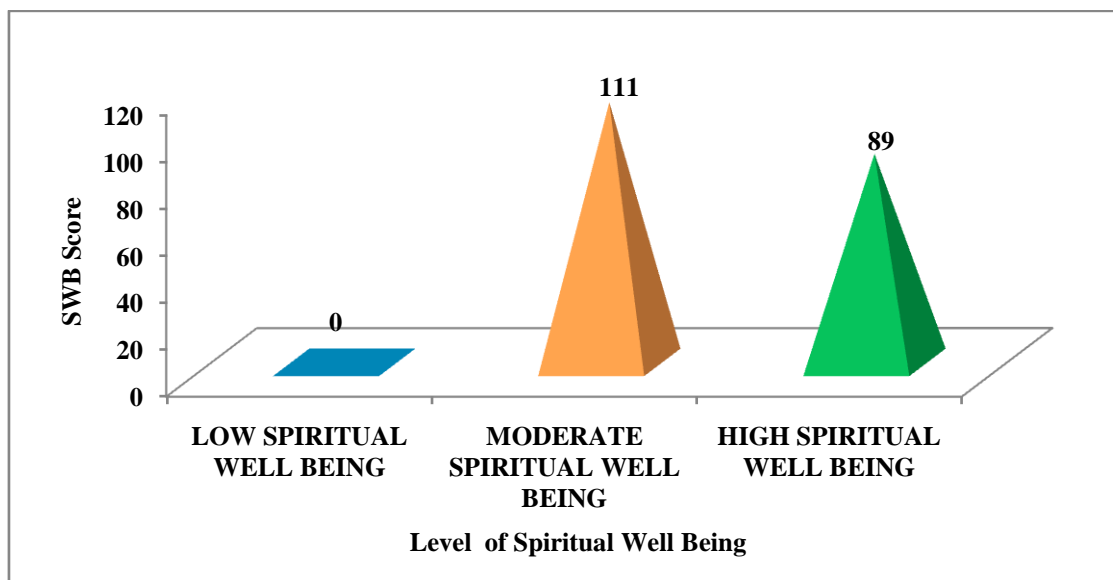


Figure 2- Pyramidal diagram showing the distribution of subjects according to level of spiritual well being

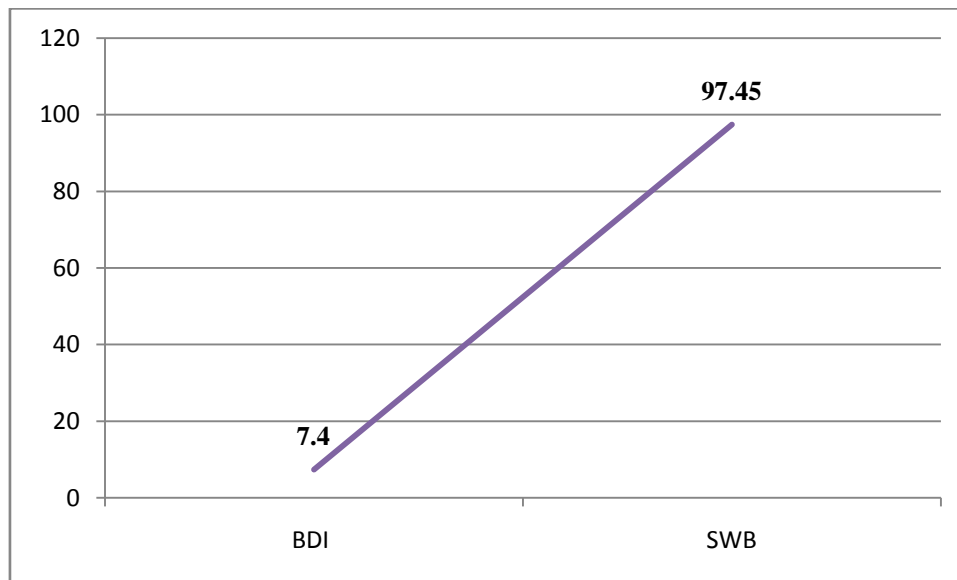
**Section 4: Relationship between level of Depression and Spiritual Well Being of menopausal women.**

**Table no.-8:- Mean score, SD and 'r' value of depression score & spiritual well being score**

**N=200**

Variables	Mean score	SD	Correlation	Inference
Depression	7.4	5.86	-0.23	Mild negative correlation
Spiritual Well Being	97.45	14.8		

Table 8 describes the correlation between depression and Spiritual Well Being score of menopausal women. Statistical analysis with Karl Pearson's Formula proved a mild negative correlation ( $r = -0.23$ ) between the scores of depression & Spiritual Well Being. i.e. occurrence of depression is less if level of Spiritual Well Being is high.



**Figure 3- Line diagram showing the mean of level of depression and level of spiritual well being.**

### IV. DISCUSSION

**Level of depression of postmenopausal women:**

The mean for overall level of depression was 7.4 with standard deviation of 5.86. The finding is supported by **Ahlawat P et.al**<sup>6</sup> who conducted a study on 580 postmenopausal women who were resident of Delhi and findings revealed that 58.4% postmenopausal women were normal with no depression, 38.3% were in a mild depression, and 3.3% women were having moderate depression.

**Level of spiritual well being of menopausal women:**

The findings reveal that majority of postmenopausal women had moderate spiritual well being. The mean for overall level of spiritual well being was 97.45 with standard deviation of 14.8. The finding was supported by **Tarrahi, M**<sup>1</sup> study who assessed the spiritual well being of 340 post menopausal women and found the mean spiritual well being score was 80.56 with standard deviation of 20.63

**Correlate the relationship between depression and spiritual well being:**

The correlation between levels of depression and spiritual well being showed that there was a negative correlation between levels of depression and spiritual well being. Thus finding was supported by **Sourinejad H et al**<sup>7</sup> study to investigate correlations between depression and perceived stress with spiritual health in postmenopausal women in Isfahan, Iran. The findings of this study revealed a inverse correlation was observed between depression and spiritual health ( $r = -0.647$ )

## V. CONCLUSION

The study concludes that spiritual well-being can be a key coping resource to deal with depression. Spiritual intervention effectively could reduce the severity of postmenopausal depression. Considering the high prevalence of depression in postmenopausal women and the effectiveness, simplicity, and affordability of spiritual intervention, using such interventions in postmenopausal women is recommended.

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