A Study To Assess Distress During Menopausal Transition And It's Impact On Quality Of Life Of Women At Sri Padmavathi Mahila Visva Vidyalayam,Tirupati."

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Abstract: The aim of the study to asseesthe Distress during the menopausal transition and it's impact on quality of life of women in SPMVV, Tirupathi.
Statement Of The Problem: "A Study to assess the Distress during the menopausal transition and it's impact on quality of life of women in SPMVV, Tirupathi."
Objectives Of The Study:
- *To assess the level of distress during the menopausal transition among women in SPMVV.*
- *To find out the correlation between the distress during menopausal transition and its impact on quality of life of women in SPMVV.*
- *To assess the significant association between level of distress during menopausal transition and its impact on quality of life of women in SPMVV and their demographical variables.*

Methodology:
The research approach adopted was non-experimental to achieve the objective of the study,
This was felt to be most appropriate in the field of education for its practicability in real life situations. It has the advantage of practicability, feasibility and to a certain extent for generalization
Results:
*The results in the study shows that level of menopausal distress among **100** working women, **25(25%)** were in normal state, **55(55%)** had mild distress, **16 (16%)** had moderate distress, and **4(4%)** had severe level of distress*
Awareness on menopausal symptoms and remedies was provided for them in the form of The results in the study shows that there was significant association between women's quality of life impact with age, height, religion, education, marital status at p<0.05 level. There was no significant association between women's quality of life impact with weight, type of family, number of children, age at menarche and monthly family income and occupation of husband.The impact on quality of life of working women based on t-value, mean 97.31 and the St. Deviation were 4.996 shows that there was significant difference at 0.01 levels.
Conclusion
To assess distress among menopausal women:
- *The present study revealed that Majority of respondents 55% had mild mental distress, 25% were normal, 16% had moderate mental distress and remaining 4% had severe mental distress, assessed by using the Kessler's Psychological distress scale.*
- *There was significant association between mental distress during menopausal transition among women with age, height, weight, type of family, number of children, age at menarche and monthly family income at p<0.05 level.*
- *The relationship between the quality of life and dependent variables among working women was based on t-value mean 21.37 with St. Deviation 3.986.*

I. Introduction

Back ground of the study:

Menopause is the time in woman's life when her periods (Menstruation) stop**.** Most often**,** it is a natural, normal body change that occurs between 45 and 55years of age and after menopause**,**a woman can no longer become pregnant**.**During Menopause, a woman's ovaries stop making eggs, the body produces less of the female hormones oestrogen and progesterone. Lower levels of these hormones causes menopause .Period occurs less often and eventually stops, sometimes this happens suddenly, but most of thetime periods slowly stop over time.

NEED FOR THE STUDY:

Modern medicine has significantly increased the life expectancy of women throughout the world.[1] The world population of women aged over 60 years was below 250 million in 1960 and it is estimated that by 2030**,** 1.2 billion women will be peri or postmenopausal and this will increase by 4.7 million a year.Menopause is a physiological event in women's life. It is caused by aging of ovaries which leads to decline in the production of ovarian Gonadotropins Estrogen and Progesterone. The deficiency of these hormones elicits various somatic, vasomotor, sexual and psychological symptoms that impair the overall quality of life of women.[3-4]

HYPOTHESIS

H 1: There will bedistress during menopausal transition among women in SPMVV

H2: There will be significant correlation between distress during menopausal transition and its impact on quality of life of women of SPMVV.

H3: There will be significant association between distress during menopausal transition and its impact on quality of life of women of SPMVVand theirdemographical variables.

ASSUMPTIONS:

* There will be more prevalence of vasomotor symptoms among menopausal Women.

The quality of life of women may be impacted by adverse physical and mental changes during the period of menopausal transition.

II. Methodology

The present study was aimed to assess the distress during menopausal transition and it's impact on the quality of life of women at Sri Padmavathi Mahila Visvavidyalayam, Tirupati."

Research methodology indicates the general pattern of organizing the procedure for gathering valid and reliable data for the problems under investigation.

RESEARCH APPROAH:

The research approach adopted was non-experimental to achieve the objective of the study,

This was felt to be most appropriate in the field of education for its practicability in real life situations. It has the advantage of practicability, feasibility and to a certain extent for generalization

RESEARCH DESIGN:

The term research design refers to the plan of scientific investigation. The research design.Selected for the present study was descriptive as this design was thought to be appropriate to distress during menopause and it's impact on quality of life of women in SriPadmavathi Mahila Visva Vidyalayam, Tirupati.

RESEARCH VARIABLES OF THE STUDY:

Independent variables:

Distress in menopausal women was chosen as independent variable.

Dependent variables:

The most negative influence on QOL during premenopausal and early postmenopausal periods symptoms experienced were dependent variables.

Extraneous variables:

Age, Religion, marital status, education, Income of family, Type of family, Husband's occupation, No of children were the extraneous variables.

SETTING OF THE STUDY:

The study was conducted at Sri Padmavathi Mahila Visva Vidhyalayam, [S.P.M.V.V] Tirupati and the sampling technique was purposive sampling. After obtaining formal permission from the Vice-chancellor of S.P.M.V.V, Tirupati, the data were collected from 100 samples between 11AM and 1.00 PM at 5-6 samples per day (06.03.17 to 06.04.17)**.**The investigator introduced herself to the employees of S.P.M.V.V and explained the significance of the study and administered questionnaire to them. The data were analysed by using descriptive and inferential statistical methods and the findings were interpreted**.**

POPULATION:

The target population in this study were working women in the university, aged 45-55 years**.**

SAMPLE:

Sample is a smaller part of the population selected in such a way that the individual in sample represents the characteristics of population. The sample of present study includes premenopausal women in the age of 45-55 years who were in S.P.M.V.V.Tirupathi.

SAMPLE SIZE:

Hundred women employees in the age group of 45-55 years who were working in the Sri Padmavathi Mahila Visva Vidhyalayam, [S.P.M.V.V], Tirupathi.

SAMPLING TECHNIQUE:
Sampling technique is the process of selecting sample from target population. Nonprobability sampling technique was adopted in the present study.

CRITERIA FOR SAMPLE COLLECTION:
INCLUSIVE CRITERIA:
- Menopausal women aged 45 to 55years of age.
- Who were willing to participate in the study.
- Women who can read and write Telugu
- Women who were available during data collection period

EXLUSIVE CRITERIA:
- Menopausal women above or below 45 to 55 years of age.
- Women who cannot read and write Telugu.
- Women who were chronically ill and on medications.
- Women who attain menopause [natural/ surgical]

DEVELOPMENT AND DESCRIPTION OF TOOL:
The standard scales of Kessler's and bref were selected for data collection
✿   THE TOOL CONSISTS OF THREE SECTIONS:
SectionI: Consists of 11questions related to socio demographic data.
SectionII: Consists of 10 questions as per Kessler's distress scale of the women.
SectionIII: Consists of 26 questions as per Bref scale- to assess quality of life of women

SCORING KEY:
I Par- Socio demographic data through 11questions.
II PART- Kessler's distress scale 10 questions.[with "5"rating for each]
Score-20"No distress", Score- 21-24"mild psychological distress",and Score-25-29 severe distress".
III: PART Bref scale-26 questions
(The possible raw score ranges for each domain were follows: physical health=28,
Psychological =24, Social relationship=12, and Environment=32.)

CONTENT VALIDITY:
Content validity was obtained forquestionnaire from 13 experts, from various fields like Nursing, Community, Psychiatry, Obstetrics and Gynaecology   translated
into Telugulanguage and appropriateness of it was obtained from aTelugu expert.

RELIABILITY OF THE TOOL:
Formal   priorpermission   was   obtained   from   the   Registrar,Sri   Padmavathi MahilaVisvaVidyalayam,[S.P.M.V.V.]Thirupati,and the pilot study was obtained among working women aged 45-55years, by using non prabability purposive sampling technique.Ten samples were selected for pilotStudy,rapport was established with self introduction and a brief description on purpose of the study.The sample was not added in the main study.
After administering a standard questionnaire to thesamples, Statistics and the findings of the pilot study revealed that the questionnaire was reliable and feasible to conduct the main study

PROCEDURE FOR DATA COLLECTION:
The investigator afterobtaining formal permission from the Vice-chancellor of S.P.M.V.V, Tirupati, the data were collected from 100 sample between 11AM and 1.00 PM at 5-6 samples per day (06.03.17 to 06.04.17). The Investigator introduced herself to the employees of S.P.M.V.V and explained the significance of the study and administered a questionnaire to them. The data were analysed by using descriptive and inferential statistical methods and the findings were interpreted.

PLAN FORDATA ANALYSIS:
It was planned to analyses the data through descriptive and inferential statistics.

DESCRIPTIVE STATISTICS:
Frequency, percentage, mean and standard deviation were used to analyse distress
in the menopausal working women.

INFERENTIAL STATISTICS:
Chi-square test was used to assess the association between distress and quality of life of women with their demographical variables.

III. Analysis And Interpretation
Table: 1. Levels of Quality of life domain scores among working women

Variables.	BREF1					
	Low level		Moderate		High level	
	Mean	Standard Deviation	Mean	Standard Deviation	Mean	Standard Deviation
Overall QOL	6.54	1.956	7.27	1.812	7.67	1.593
Physical	21.54	2.637	23.51	5.054	25.00	4.323
Psychological	21.04	2.805	23.24	2.758	23.78	4.079
Social relationship	10.00	3.257	10.86	2.372	10.85	2.727
Environment	31.25	3.274	31.22	4.027	33.33	3.464

Tableno: 1.revealsthat therewere high scores in environmental domain but least score withmean and standard deviation in social relationship.

Table: 2Quality of life domain scores among working women

Variables.	Count	Minimum	Maximum	Mean	Standard Deviation
Overall QOL	100	4	10	7.20	1.820
Physical	100	13	33	23.44	4.522
Psychological	100	15	29	22.86	3.315
Social relationship	100	3	15	10.65	2.698
Environment	100	22	40	31.80	3.793

Table no-2   Analysis regarding level of domains scores:Regarding the quality of life in psychological domain scores among 100 working moderate level mean was 23.24 with S.D 2.758, high level mean 23.78 with SD 3.315 and low level mean was 21.04 and SD 2.805.

- Pertainingto the physical domain scores among 100 working women mean was low level mean 21.54 with SD 2.637, moderate mean 23.51with S.D 5.054 and high level mean was 25.00 with 4.323.
- With regard to the Social relationship domain scores among 100 working women low level mean was 10.00 with SD 3.257, moderate mean 10.86 with S.D 2.372 and high level mean was 10.85 with SD 2.727
- As far as the Environment domain scores among 100 working women by using WHOQOL-Bref scales, high-level, themean was 33.33 with SD 3.464, moderate level mean was 31.22withSD 4.027 and low level scores mean was 31.25 with SD3.274.

TABLE-3Association of distress with socio demographic variables among working women.

S.No	Demographic Variables	Distress during menopausal Transition								Chi-square
		Normal score-20-20		Mild 21-24 score		Moderate 25- 29 score		Severe 30 > 30 score		
1.	**Age in years**	f	p	F	p	f	p	f	p	
	Below 50 -50	6	24.0	28	50.9	12	75.0	2	50.0	χ2 = 10.635; (p = 0.014); df= 3;
		19	76.0	27	49.1	4	25.0	2	50.0	
	Total	25	100.0	55	100.0	16	100.0	4	100.0	
2.	**Height in cms**									
	140 – 145	1	4.0	6	10.9	4	25.0	0	0.0	χ2 = 29.433; (p = 0.003); df= 6;
	146 – 150	4	16.0	17	30.9	5	31.3	1	25.0	
	151 – 155	13	52.0	21	38.2	4	25.0	0	0.0	
	156 – 160	4	16.0	7	12.7	3	18.8	0	0.0	
	Above 160	3	12.0	4	7.3	0	0.0	3	75.0	
	Total	25	100.0	55	100.0	16	100.0	4	100.0	
3.	**Weight in kgs**									
	40 - 50	3	12.0	8	14.5	4	25.0	0	0.0	χ2 = 16.675; (p = 0.054); df= 9;
	51 - 60	6	24.0	10	18.2	8	50.0	3	75.0	
	61 - 70	11	44.0	19	34.5	2	12.5	1	25.0	
	Above 70	5	20.0	18	32.7	2	12.5	0	0.0	
	Total	25	100.0	55	100.0	16	100.0	4	100.0	
4.	**Religion**									
	Hindu	18	72.0	47	85.5	14	87.5	3	75.0	χ2 = 5.692; (p = 0.459); df= 6;
	Muslim	2	8.0	5	9.1	1	6.3	0	0.0	
	Christian	5	20.0	3	5.5	1	6.3	1	25.0	
	Total	25	100.0	55	100.0	16	100.0	4	100.0	
5.	**Education**									χ2 = 15.795; (p = 0.001); df= 3;
	School level	3	12.0	23	41.8	11	68.8	3	75.0	
	College Level	22	88.0	32	58.2	5	31.3	1	25.0	
	Total	25	100.0	55	100.0	16	100.0	4	100.0	
6.	**Marital Status**									
	Married	4	16.0	3	5.5	0	0.0	0	0.0	χ2 = 7.690; (p = 0.262);
	Single	18	72.0	47	85.5	16	100.0	4	100.0	

	Widow	3	12.0	5	9.1	0	0.0	0	0.0	df= 6;
	Total	**25**	**100.0**	**55**	**100.0**	**16**	**100.0**	**4**	**100.0**	
7.	**Type of family**									χ2 = 7.843; (p = 0.049); df= 3;
	Nuclear	14	56.0	34	61.8	6	37.5	0	0.0	
	Joint	11	44.0	21	38.2	10	62.5	4	100.0	
	Total	**25**	**100.0**	**55**	**100.0**	**16**	**100.0**	**4**	**100.0**	

.No	Demographic Variables	Assess the distress during menopausal								Chi-square
		Normal score < 20-20		Mild Score 21-24		Moderate Score 25- 29		Severe Score 30 > 30		
		f	p	F	p	f	p	f	p	
8.	**Occupation of husband**									
	Not working	4	16.0	5	9.1	0	0.0	0	0.0	
	Cooli	5	20.0	13	23.6	1	6.3	0	0.0	χ2 = 21.791; (p = 0.041); df= 12;
	Business	5	20.0	3	5.5	0	0.0	0	0.0	
	Private employee	10	40.0	19	34.5	9	56.3	2	50.0	
	Cultivation/ farmer	1	4.0	15	27.3	6	37.5	2	50.0	
	Total	**25**	**100.0**	**55**	**100.0**	**16**	**100.0**	**4**	**100.0**	
9	**No. of Children**									
	No children	6	24.0	3	5.5	0	0.0	0	0.0	χ2 = 22.496 (p = 0.032); df= 6;
	One	9	36.0	14	25.5	2	12.5	0	0.0	
	Two	8	32.0	30	54.5	12	75.0	2	50.0	
	Three	2	8.0	6	10.9	2	12.5	2	50.0	
	Four & above	0	0.0	2	3.6	0	0.0	0	0.0	
	Total	**25**	**100.0**	**55**	**100.0**	**16**	**100.0**	**4**	**100.0**	
10	**Age at menarche in years**									
	Below 12 -12	1	4.0	15	27.3	2	12.5	1	25.0	χ2 = 17.486; (p = 0.042); df= 9;
	13	2	8.0	11	20.0	5	31.3	0	0.0	
	14	10	40.0	17	30.9	6	37.5	3	75.0	
	15 & above	12	48.0	12	21.8	3	18.8	0	0.0	
	Total	**25**	**100.0**	**55**	**100.0**	**16**	**100.0**	**4**	**100.0**	
11.	**Monthly family income in rupees**									
	Below 20000-20000	3	12.0	21	38.2	13	81.3	3	75.0	χ2 = 27.945 (p = 0.001); df= 9;
	20001 – 40000	9	36.0	17	30.9	1	6.3	0	0.0	
	40001 – 60000	4	16.0	11	20.0	1	6.3	1	25.0	
	60001 & Above	9	36.0	6	10.9	1	6.3	0	0.0	
	Total	**25**	**100.0**	**55**	**100.0**	**16**	**100.0**	**4**	**100.0**	

❖ The above table shows that there was significant association between women's mental distress in the menopausal transition with age, height, weight, education, and type of family, occupation of husband, number of children, age at menarche and monthly family income being at $p < 0.05$ level. There were no significant associate distresses in the menopausal transition among women's with religion and marital status.

Table no-4 Distribution of sample respondents according to the distress during menopausal transition

Distress during menopausal Transition	Frequency	Percentage	Mean	SD
Normal	25	25.0	1.99	0.759
Mild mental distress	55	55.0		
Moderate mental distress	16	16.0		
Severe mental distress	4	4.0		
Total	100	100		

❖ The above table shows that majority of respondents 55% had mild mental distress, 25% were normal, 16% had moderate mental distress and remaining 4% had severe mental distress.

Table6:Association between quality of life of women and demographic variables

S.No	Demographic Variables	Assess the quality of life among health or other areas of life of women.						Chi-square
		Low level		Moderate level		High Level		
1.	**Age in years**							$\chi2 = 6.802$ (p = 0.033); df= 2;
	Below 50 -50	8	33.3	30	61.2	10	37.0	
	51-55	16	66.7	19	38.8	17	63.0	
	Total	**24**	**100.0**	**49**	**100.0**	**27**	**100.0**	
2.	**Height in cms**							
	140 – 145	2	8.3	8	16.3	1	3.7	$\chi2= 17.063$; (p = 0.029); df= 8;
	146 – 150	8	33.3	17	34.7	2	7.4	
	151 – 155	8	33.3	12	24.5	18	66.7	
	156 – 160	4	16.7	6	12.2	4	14.8	
	Above 160	2	8.3	6	12.2	2	7.4	
	Total	**24**	**100.0**	**49**	**100.0**	**27**	**100.0**	
3.	**Weight in kgs**							
	40 - 50	4	16.7	8	16.3	3	11.1	$\chi2 = 7.130$; (p = 0.309); df= 6;
	51 - 60	4	16.7	16	32.7	7	25.9	
	61 - 70	9	37.5	11	22.4	13	48.1	
	Above 70	7	29.2	14	28.6	4	14.8	
	Total	**24**	**100.0**	**49**	**100.0**	**27**	**100.0**	
4.	**Religion**							
	Hindu	21	87.5	43	87.8	18	66.7	$\chi2 = 10.459$; (p = 0.033); df= 4;
	Muslim	2	8.3	4	8.2	2	7.4	
	Christian	1	4.2	2	4.1	7	25.9	
					100.0	27	100.0	
5.	**Education**							
	School level	6	25.0	26	53.1	8	29.6	$\chi2 = 6.943$; (p = 0.031); df= 2;
	College Level	18	75.0	23	46.9	19	70.4	
	Total	**24**	**100.0**	**49**	**100.0**	**27**	**100.0**	
6.	**Marital Status**							
	Single	1	4.2	1	2.0	5	18.5	$\chi2 = 10.801$; (p = 0.029); df= 4;
	Married	22	91.7	45	91.8	18	66.7	
	Widow	1	4.2	3	6.1	4	14.8	
	Total	**24**	**100.0**	**49**	**100.0**	**27**	**100.0**	
7.	**Type of family**							
	Nuclear	15	62.5	23	46.9	16	59.3	$\chi2 = 1.982$; (p = 0.371); df= 2;
	Joint	9	37.5	26	53.1	11	40.7	
	Total	**24**	**100.0**	**49**	**100.0**	**27**	**100.0**	

8.	**Occupation of husband**							
	Not working	2	8.3	2	4.1	5	18.5	
	Cooli	8	33.3	6	12.2	5	18.5	$\chi2 = 16.633$; (p = 0.034); df= 8;
	Business	1	4.2	3	6.1	4	14.8	
	Private employee	10	41.7	20	40.8	10	37.0	
	Cultivation/ farmer	3	12.5	18	36.7	3	11.1	
	Total	**24**	**100.0**	**49**	**100.0**	**27**	**100.0**	
9	**No. of Children**							
	No children	5	20.8	2	4.1	2	7.4	
	One	5	20.8	8	16.3	12	44.4	$\chi2 = 18.316$; (p = 0.019); df=8;
	Two	13	54.2	28	57.1	11	40.7	
	Three	1	4.2	10	20.4	1	3.7	
	Four & above	0	0.0	1	2.0	1	3.7	
	Total	**24**	**100.0**	**49**	**100.0**	**27**	**100.0**	
10	**Age at menarche in years**							
	Below 12-12	4	16.7	6	12.2	9	33.3	$\chi2 = 13.962$; (p = 0.030); df= 6;
	13	2	8.3	14	28.6	2	7.4	
	14	9	37.5	20	40.8	7	25.9	
	15 & above	9	37.5	9	18.4	9	33.3	
	Total	**24**	**100.0**	**49**	**100.0**	**27**	**100.0**	

11.	**Monthly family income in rupees**						
	Below 20000-2000	5	20.8	27	55.1	8	29.6	χ2 = 10.851 (p = 0.093); df= 6;
	20001 – 40000	9	37.5	11	22.4	7	25.9	
	40001 – 60000	6	25.0	5	10.2	6	22.2	
	60001 & Above	4	16.7	6	12.2	6	22.2	
	Total	**24**	**100.0**	**49**	**100.0**	**27**	**100.0**	

+ The above table shows that there was significant association between women's quality of life of women with age, height, religion, education, marital statusat p<0.05 level.

IV. Discussion:

The first objective of the study was to assess the level of distress during menopausal transition with selected demographical variables, of working women (45-55 years).The results in the study shows that level of menopausal distress among **100** working women, **25(25%)** were in normal state, **55(55%)** had mild distress, **16 (16%)** had moderate distress, and **4(4%)** had severe level of distress

Awareness on menopausal symptoms and remedies was provided for them in the form of booklets in English and Telugu language and doubts were clarified**.**

Thisstudywas supported by Eun-Okim(2009);conducted a cross-sectional correlational study to explore ethnic differences in symptoms experienced during the menopausal transition among four major ethnic groups in the U.S,among 158 midlife women.The instruments included were, questions on sociodemographic characteristics, health, and menopausal status, and the midlife women's symptom index**.** The data were analysed by descriptive and inferential statistics**,** significant ethnic differences in the total number of symptoms **(*p*<. 01)** were found.

• The second objective of the study was to find out the correlation between the distress during menopausal transition and it's impact on quality of life of women aged 45-55 years.

The results in the study shows that there was significant association between women's quality of life impact with age, height, religion, education, marital status at p<0.05 level. There was no significant association between women's quality of life impact with weight, type of family, number of children**,** age at menarche and monthly family income and occupation of husband**.**The impact on quality of life of working women based on t-value**,** mean 97.31 and the St. Deviation were 4.996 shows that there was significant difference at 0.01 levels.

The study was supported byMrs.JansiraniNatarajanVidyaSeshan&Mrs.Muliira.R.S (2013) the study aims on menopausal symptoms on Distress during the Menopausal Transition and Their Impact on the Quality Of Life of Women:Fundamentals and Administrations dept., College of nursing, Sultan Qaboos University, Oman and Maternity and Child health Dept., College of nursing,

A descriptive cross-sectional, community-based study conducted to determine the prevalence and distribution of menopausal symptoms among 1189 women aged 40 to 60 years in Ibadan, Nigeria using the Menopause Rating Scale (MRS).Sultan Qaboos University, Oman**.** The menopause was a time in a woman's life when it is recognized that biological and social changes can influence upon their quality of life while most women travels the menopausal transition (MT) with little difficulty, others may undergo significant stress

+ To assess the literature concerning the menopausal symptoms experienced by women in various countries of the world. Prevalence of menopausal symptom was 84.5%. Joint and muscular discomfort was the most common reported symptom among all women in this study (59.0%), followed by physical and mental exhaustion (43.0%), sexual problems (40.4%), and hot flashes (39.0%)**.**

+ The third objective of the study was to assess the significant association between level of distress during menopausal transition and it's impact on quality of life of women aged 45-55 years.

There was significant association between women's mental distress in the menopausal with age, height, weight, education, type of family, occupation of husband, number of children, age at menarche and monthly family income at p<0.05 level. There was no significant association between distresses in the menopausal transition among women with religion and marital status**.**

There was significant association between women's distress impact on quality of life with age, height, religion, education, marital status at p<0.05 level. There was no significant association between women's quality of life impact with weight, type of family, number of children, and age at menarche, monthly family income and occupation of husband**.**

✓ This study was supported by the **Z.M. IbrahimW.A. Sayed Ahmed, and SA Elamid 2013,**conducted a cross-sectional study and they assessed the prevalence of menopausal-related symptoms and their impact on quality of life (QoL) among a sample of menopausal women from Egypt, Suez Canal University, and Ismailia – Egypt.A total 1,214 women aged 40 – 70 years were recruited and studied using an interview questionnaire. The questionnaire contains four main items: socio-demographic data, menstruation status assessment, modified

Menopausal Rating Scale (MRS), and World Health Organization (WHO) Quality of life**.** WHOQOL-BREF questionnaire administered. Mean age was 48.1 + 10.3 years, with 26.6% of the studied participants were illiterates. According to menstruation status, 40.9% of the studied women were postmenopausal, 41.4% were premenopausal, while 17.7% were menopausal.

V. Summary:

MAJOR FINDINGS OF THE STUDY:

The Present study age wise distribution revealed that pertaining to age wise distribution, out of 100 working women in S.P.M.V.Vidyalayam, Tirupati.

Majority 52% were in the age group of above 52 years followed by 48% were in the age group of below 50 years. Regarding height in cms, majority 38% respondents had height of 151-155 cms, whereas remaining27% sample had height of 146-150 cms14%, 156-160 cms and 10%above 160 cms.Weight of the respondents, majority33% had weight of 61-70 kgs, 27% had 51-60 kgs, 25% above 70kgs and 15% had 40-50 kgs .With regard to religion, majority i.e.,1/3rd, (82%)of the sample were Hindus, 10% were Christians and 2% were Muslims. Based on educational status of the participants, majority 60% had college level education and 40% had school level education.Considering the marital status among respondents, majority (85%)were married followed by widows 8% and single 7%. Regarding type of family, majority 54% were from nuclear family and 46% were from joint family.

With regard to occupation of husband, majority 40% were private employees, 24% were farmers, 19% were working as coolies, 8% were doing business and remaining 9% were not working. Considering number of children of the respondents, ½ of respondents 52% had two children, 25% had one child, 12% had three children, 2% had four and above and remaining 9% had no children.Based on menarche of participants, majority 36% achieved itat 14years, 27%achieved at 15 years and above, and the remaining achieved at below 12 and 13 years.With regard to monthly family income ofthe respondents, majority 40% had income below rupees**,** 20000-20000. 27% had 20001-40000, 17% and 16 % had 40001-60000 and 60001 & aboverespectivel

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