

Quality of Life Among Menopausal Women

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Introduction: Today, with the advancement in Health care sector and increasing life expectancy Majority of women experiences menopause in their mid-life. Menopause is the normal biological transaction, which occurs in the women due to hormonal fluctuations.¹ It is an ageing stage when the menstrual cycle stops in response to decreasing level of oestrogen and progesterone, this not only causes the Physiological changes but also induce psychological reaction.² During the menopausal transaction, several changes occurs at hormonal level thus women may experience many health-related conditions and symptoms. Menopausal period is positively associated with the heart related diseases, osteoporosis, Breast cancer, Diabetes.³ Moreover; women may undergo complex psychological problems including mood swings, depression, social participation which leads to poor quality of life among menopausal women.

Prevalence of postmenopausal symptoms: According to article published by PMC, prevalence found to be 47%, at least one symptom is associated with vasomotor (21.3%), Physical 91.5% and psychological 44.7%. It is found that women are unable to cope with this all symptoms hence leads to poor quality of life.⁴

Quality of life: Quality of life is a multidimensional concept and happiness experience by individual and societies which is rely on fulfilments of one's expectations. As per the definition given by World Health Organization, Quality of Life, "It is an individual's perception of life in the context of culture and value system in which he/she lives and in relation to his or her goals, expectations, standards, and concerns".⁵ There are various standard indicators by which individual can measures quality of life includes employment, wealth, education, living environment, physical and mental health, social involvement, recreation and leisure time. Quality of life is as important as a clean air for lungs in one's life which can influence the crucial life events. Hence it is pivotal to maintain the healthy life style.⁶

Quality of life among menopausal women: Day by day Elderly Population is keep on increasing it is projected that it would increase to about 12% of the total population by the year 2025.⁷ The average age of menopause is around 48 to 50 years, but it strikes Indian women as young as 30 years. Due to the increase in the life expectancy women will going to face face longer periods of menopause. Menopause is a completely differ state and experience for everywoman.³ One of the reports by WHO depicted that, the most common menopausal symptoms reported and measure on the somatic subscale and it has found that majority of menopausal women experiences joint and muscular discomfort, physical and mental exhaustion and hot flushes and sweating. However, there are certain

interventions which can help to relieve the postmenopausal symptoms and improve quality of life.

Reviews regarding quality of life among menopausal women:

Title	Author	Place of study	Sample size	Findings
Quality of life among post-menopausal women: A community-based survey	Nabarun Karmarkar, Somak Majumdra, Aprajita Dasgupta, Sulagna Das	Rural Areas of West Bengal	100 postmenopausal women (40-60 Years)	Result confirms that, menopause causes both physical as well as psychological problems ⁸
Prevalence of postmenopausal symptoms and its effects on quality of life and its coping	Radha Shukla, Jayshree Ganjiwala, Rakhee Patel	Villages of Gujarat, India.	250 families,	It shows that, there is various physical, psychological, vasomotor and psychosocial symptoms present in postmenopausal women. However, neither of them exhibited use of the active coping mechanism ⁹
Quality of life during and after menopause: Cross sectional survey	G. K. Poomalar, Bupathy Arounassalame	Sri Manakula Vinayagar Medical College and Hospital, Puducherry,	500 women (40-60 Years age group)	Menopausal symptoms has negative effect on quality of life than the premenopausal women ¹⁰
Quality of life among menopausal women: A community-based study	A. E. Hoda Mohmad. Sahar M. Lamadah, Gh. Luma, Al. Zamil	Gynecological department, Gov Hospital, West Bengal	90 women (40-60 years)	menopausal symptoms were associated with decrease in women quality

				of life. ¹¹
Quality of Life among Postmenopausal women	Dr. Surendra R. Dr. Durgapriya G., Dr. Arathi M., Dr. Shrikanth S.	Rural areas of Puducherry	133 Postmenopausal Women	Postmenopausal symptoms cause poor quality of life. ¹²
Assessment of symptoms and quality of life among postmenopausal women	Sumathi, Senthilvel, PS Anju, Anjana, Jayanthi	Department of Obstetrics and Gynaecology, Amrita Institute of Medical Sciences and Research Centre, Kochi, Kerala	150 Postmenopausal women	Study concluded that the postmenopausal-related physical symptoms are frequently reported which leads to poor Quality of life. ¹³
Quality of life among postmenopausal women	Dr. Deepiksha Sharma, Dr. Shipra Saini, Dr. Shavindar Singh	Rural areas of Punjab	100 postmenopausal women	Majority of postmenopausal women suffered from menopausal symptoms. ¹⁴

Strategies to improve the quality of life among postmenopausal women: There are various strategies which help to get relieved from menopausal symptoms and improve quality of life. Regular physical activity and exercise is an effective way to reduce vasomotor symptoms, furthermore it will also help to increase positive body image among menopausal women. Exercise helps to increase level of beta-endorphins in hypothalamus. Hence, also helps to prevent risk of cardiovascular disease.¹⁵

Hormone replacement therapy is one of the appropriate treatments for menopause and also referred as oestrogen replacement therapy. At the starting of menopause oestrogen level drops. Its therapy helps to reduce vaginal dryness, hot flushes and mood swing.¹⁶

Various research studies show that, Family support, education and counselling is most effective methods of managing postmenopausal symptoms and improve the quality of life among menopausal women. Majority of intervention for menopause women mainly focused on educational intervention, physical activity and exercise, healthy nutritious diet, stress management, Social interaction, ventilating inner feelings preventing certain diseases and osteoporosis. Health education intervention strategy is one of the alternative strategies for improving women's attitudes and coping with menopause symptoms, identified as several of

the subcategories of health promotion programs. Empowerment of menopausal women will help their health during the last third of their life. It will also help them benefit from their final years of reproductive life. The results of the present study can pave the way for future research about women's health promotion and empowerment.¹⁵

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