

# A study to assess the postmenopausal symptoms and quality of life among working women and homemakers in a selected area of Dehradun

<sup>1</sup>Ms. Rebecca Priti, <sup>2</sup>Ms Priya J.P. Narayan, <sup>3</sup>Ms. Sanjenbam Emon Chanu

<sup>1</sup>Assistant Professor, Dept. of Obstetrics and Gynaecological Nursing, SGRR College of Nursing,

<sup>2</sup>Assistant Professor, Dept. Of Medical and Surgical Nursing, Himalayan College of Nursing,

<sup>3</sup> Assistant Professor, Dept. Of Paediatric Nursing, Himalayan College of Nursing.

Email: <sup>1</sup>prettypriti99@gmail.com, <sup>2</sup>priya.jp2@gmail.com, <sup>3</sup>emonchanu@gmail.com

**Abstract:** A Quantitative research approach and descriptive comparative design was used on 120 postmenopausal women (60 working women and 60 homemakers) fulfilling the inclusion criteria, selected by consecutive sampling technique. Data was collected by using postmenopausal symptoms assessment scale and quality of life assessment scale and analyzed by using descriptive and inferential statistics. The mean postmenopausal symptom scores were 13.05 and 13.98 respectively for working women and homemakers with the calculated 't' value 1.01, which was less than the tabulated value (1.98) at  $p < 0.05$  level. The mean quality of life scores were 47.75 and 51.58 for working women and homemakers respectively with the calculated 't' value 1.02, which was less than the tabulated value (1.98). Therefore it was concluded that both the groups of women facing postmenopausal symptoms and the quality of life of both the groups also gets affected, but it was not proven statistically.

**Key words:** Postmenopausal symptoms, Quality of life, Working women and Homemakers.

## 1. INTRODUCTION:

Coming through the change of life is challenging because it is something one does alone. There are many changes that take place in women's life, first she attains puberty, then comes the time of pregnancy and finally menopause. Natural menopause as defined by the World Health Organization (WHO) is 12 months of amenorrhea after the last period. This is usually determined in retrospect when a woman reports no menses for one year. Menopause is associated with a number of physical, psychological and social changes inside the women's body. Menopause increases the risk of heart disease, obesity and overweight, cancer (breast, colorectal, endometrial and ovarian), depression and thyroid disease. Quality of life is a multi-dimensional health concept which represents mainly subjective symptoms that may influence the sense of well being and day today function. Woman may experience significant quality of life changes during menopause. The number of menopausal women comes in around 43 million and would include women between the ages of 40 to 60 years. For women in India the average age of menopause is 47.5 years which is slightly younger than the standard North American benchmark of age 51 yrs.

## 2. OBJECTIVES:

- To assess the postmenopausal symptoms among working women and homemakers.
- To assess the quality of life of postmenopausal working women and homemakers.
- To compare the postmenopausal symptoms among working women and homemakers.
- To compare the quality of life of postmenopausal working women and homemakers.
- To find the association of postmenopausal symptoms of working women and homemakers with selected demographic variables.
- To find the association of quality of life of postmenopausal working women and homemakers with selected demographic variables.

## 3. ASSUMPTIONS:

- The sample is the true representative of the population.
- The working women and homemakers will have postmenopausal symptoms to some extent.

## 4. HYPOTHESES:

- There would be a significant difference in the postmenopausal symptoms of working women and home makers.
- There would be a significant difference in the quality of life of postmenopausal working women and home makers.
- There would be significant association between postmenopausal symptoms of working women and home makers with the selected demographic variables.
- There would be significant association between quality of life of postmenopausal working women and home maker with the selected demographic variables.

**5. MATERIAL AND METHODS:**

**Research Approach-**A Quantitative research approach was used for the study.

**Research design-**Descriptive comparative design was used for the study.

**Setting-** The main study was conducted in Doiwala block of Dehradun, Uttarakhand.

**Population-**In this study the population is postmenopausal working women and homemakers.

**Sample-**In this study the sample comprised of 120 postmenopausal women (60 each working women and homemakers) who fulfilled the inclusion criteria were selected

**Sampling technique-**A non probability consecutive sampling technique was used to select the sample.

**Data collection instrument**

Tool 1: Baseline data.

Tool 2: Assessment of the postmenopausal symptoms.

Tool 3: Quality of life assessment scale.

**6. RESULTS:**

- The mean age of the postmenopausal working women was 51.75±4.37years ranging from 45 to 59 years whereas the mean age of postmenopausal homemakers was 52.75±5.01years ranging from 45 to 60 years.
- The comparison of various socio-demographic characteristics of study participants is shown in Table 1 and 2.

**Table 1: Comparison of Socio demographic characteristics of the study participants**

N=120

Subject profile	Working women (n <sub>1</sub> =60)			Homemakers (n <sub>2</sub> =60)			t	p
	Mean± SD	Min	Max	Mean± SD	Min	Max		
Age (in years)	51.72±4.34	45	59	52.75±5.01	45	60	1.19	0.23
Age at menarche (in years)	14.91±1.58	12	19	14.86±2.03	11	22	0.15	0.88
Duration of married life (in years)	29.93±6.73	18	42	33.70±6.27	16	46	3.17	<b>0.02*</b>
No. of children	2.43±1.22	0	6	2.93±1.49	1	8	2.00	<b>0.04*</b>
Age at attainment of menopause (in years)	46.78±3.86	38	55	47.5±4.35	35	55	0.95	0.34

Independent t-test

df=118 t<sub>tab</sub>= 1.98

\*p<0.05

**Table 2: Comparison of socio-demographic characteristics of study participants**

N=120

Subject profile	Working women (n <sub>1</sub> =60)		Homemakers (n <sub>2</sub> =60)		χ <sup>2</sup> / Yates correction	p
	f	%	f	%		
<b>Educational status</b>					13.98 <sup>#</sup>	< <b>0.01*</b>
• No formal education	03	05	24	40		
• Primary education	15	25	14	23		
• Higher education	16	27	15	25		
• Graduation and above	26	43	07	12		
<b>Type of family</b>					0.83	0.36
• Nuclear	30	50	25	42		
• Joint	30	50	35	58		
<b>Marital status</b>					3.68	<b>0.05*</b>
• Married	41	32	50	83		
• Widow	19	68	10	17		
<b>Parity</b>					0.34 <sup>#</sup>	0.49
• Nulliparous	03	05	01	2		
• Primiparous	04	07	06	10		
• Multiparous	53	88	53	88		
<b>Dietary pattern</b>					0.00	1.00
• Vegetarian	38	63	38	63		
• Non-Vegetarian	22	37	22	37		

<b>Total family income per month (in Rs.)</b>						
• <Rs. 5000	11	18	17	28		
• Rs. 5000-10000	22	37	21	35	1.81	0.40
• >Rs. 10000	27	45	22	37		
<b>Duration since attained menopause (in years)</b>						
• Within 5 years	36	60	40	67	0.57	0.44
• Within 10 years	24	40	20	33		

#Yates correction

\*p<0.05

Both the groups were compared using Chi Square test and independent t-test to find any differences in distribution of socio demographic characteristics between them. Both the groups were found homogenous except few variations like: duration of married life, number of living children, educational status and marital status.

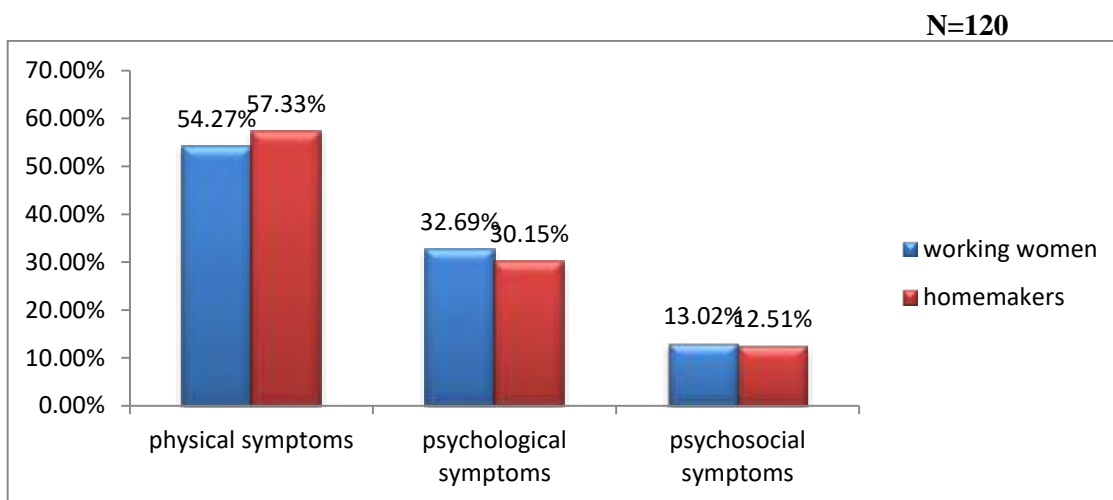


Figure 1: Comparison of the mean postmenopausal symptoms score of working women and homemakers.

Figure 1 compares the mean percentage of postmenopausal symptoms score of each domain between the homemakers and working women. It shows that the mean percentage of physical symptoms (57.33%) of homemakers was higher than that of working women (54.27%). Whereas the mean percentage of psychological symptoms and psychosocial symptoms in working women was slightly higher than that of the homemakers. However the mean difference between the postmenopausal symptoms score of homemakers and working women will be analyzed statistically in subsequent section.

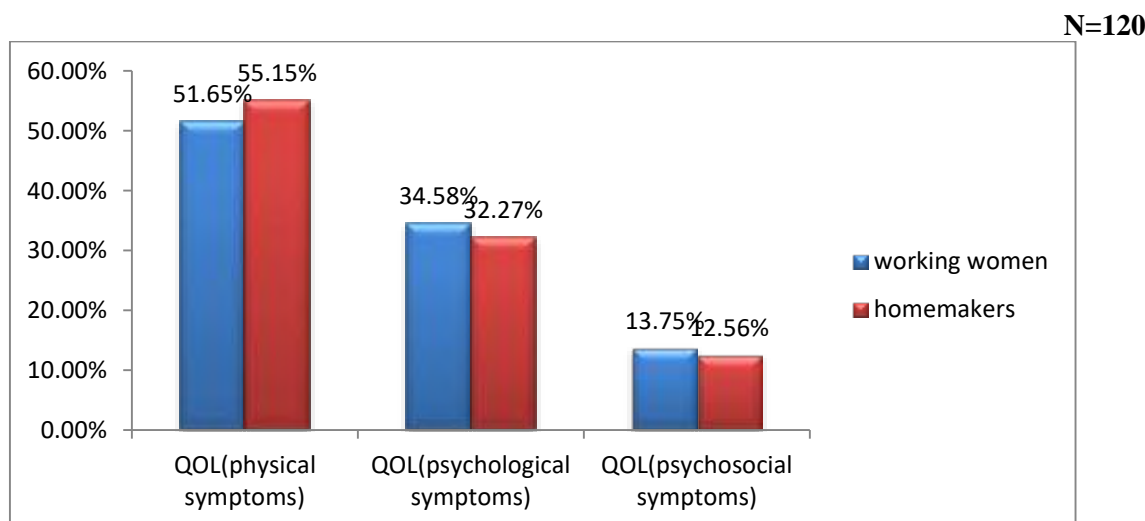


Figure 2: Comparison the quality of life scores related to postmenopausal symptoms of working women and homemakers.

Figure 2 compares the mean percentage of quality of life score related to postmenopausal symptoms of each domain between the homemakers and working women. It shows that the mean percentage of quality of life scores related to physical symptoms (55.15%) of homemakers was higher than that of working women (51.65%) and hence the quality of life of homemakers related to physical symptoms is lower than the working women. Whereas the mean percentage of quality of life scores related to psychological symptoms and psychosocial symptoms in working women was slightly higher than that of the homemakers and hence the quality of life of working women related to psychological symptoms and psychosocial symptoms is lower than homemakers. However the mean difference between the quality of life scores related to postmenopausal symptoms of homemakers and working women will be analyzed statistically in subsequent section.

Findings of the study concluded that the selected demographic variable such as age, duration of married life, number of living children, educational status, marital status and duration since attained menopause have no significant association with the quality of life scores of the postmenopausal working women. Findings of the study concluded that the selected demographic variable such as number of living children, marital status and duration since attained menopause have no significant association with the quality of life scores of the postmenopausal homemakers.

## **7. RECOMMENDATIONS:**

- A similar study can be done using a larger population.
- A comparative study can be done to find the effectiveness of teaching strategies like self instructional module, teaching program on Home care of postmenopausal symptoms and effectiveness of Information Booklet.
- A follow up study can be done to assess the effectiveness of the Information Booklet in terms of compliance regarding diet of postmenopausal women.

## **8. CONCLUSION:**

The study concluded that the postmenopausal homemakers face more symptoms than the working women. These symptoms include physical, psychological and psychosocial symptoms which collectively disturb their quality of life. Thus, quality of life of working women was higher than the homemakers but it was not found statistically significant.

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