

**INTRODUCTION:** During transition phase of menopause, hormone levels fluctuates making the peri and postmenopausal women vulnerable to variety of mental and physical disorders.<sup>1</sup> There is significant lack of awareness about the effects of menopausal symptoms and need to approach health facility in women in India. <sup>2</sup> The overall health and wellbeing of middle-aged women have become a major public health concern around the world. More than 80% of the women experience physical or psychological symptoms in the years when they approach menopause, with various distress and disturbances in their lives, leading to a decrease in the quality of life.<sup>3</sup>

**OBJECTIVES :**

- (i) To assess quality of life among peri and post menopausal women of age group 40-65 years in urban field practice area of Bangalore Medical College And Research Institute.

**MATERIALS AND METHODS**

**Type of study:** Cross sectional study with mixed methods study design. **Study area:** Urban slums in the field practice area of a medical college in Bengaluru.

**Study population:** Peri and post menopausal women of age group 40-65 years. Women with hysterectomy history or receiving hormone therapy were excluded. **Sample Size:** Based on a previous study conducted by Madhukumar et al sample size is calculated to be 102. <sup>4</sup>

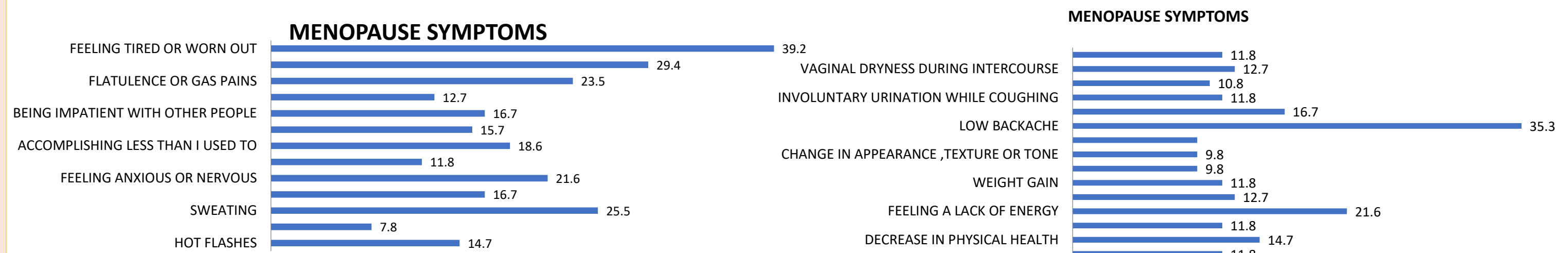
**Sampling:** Equal number of participants (34) were selected from each sector (sector1, 2, 3) of urban field practice area by simple random sampling.

**Tools:** (i) Quantitative: A validated semi-structured questionnaire Menopause-specific Quality of Life (MENQOL)

- (ii) Qualitative: Focus group discussions .From each sector two groups each (peri and post menopausal group).Data collected were entered in Excel and analysed with SPSS 20.0 and ATLAS.ti 9 software.

**RESULTS**

Median -51 years. Range -20 years. IQR-8. Most of them belonged to lower middle socioeconomic status(46.07%). Married women (92.15%).unmarried (7.84%). Most common symptom present was feeling tired or worn out( 39.21%) followed by low back ache ( 35.29%) and aching in muscles and joints (29.41%). Least common symptom present was night sweats (7.41%).



Domain	Peri Menopausal Mean (SD)	Post Menopausal Mean (SD)	Total Score Mean (SD)	P Value
Vasomotor	0.76(1.46)	1.02(1.56)	0.89(1.51)	0.50
Physical	1.53(3.42)	7.47(7.21)	6.24(6.74)	0.49
Psychomotor	2.90(5.34)	5.00(6.06)	2.22(4.51)	0.48
Sexual	0.65(1.44)	.078(1.61)	0.72(1.52)	0.51

Descriptive statistics of the 4 domain with menopausal status

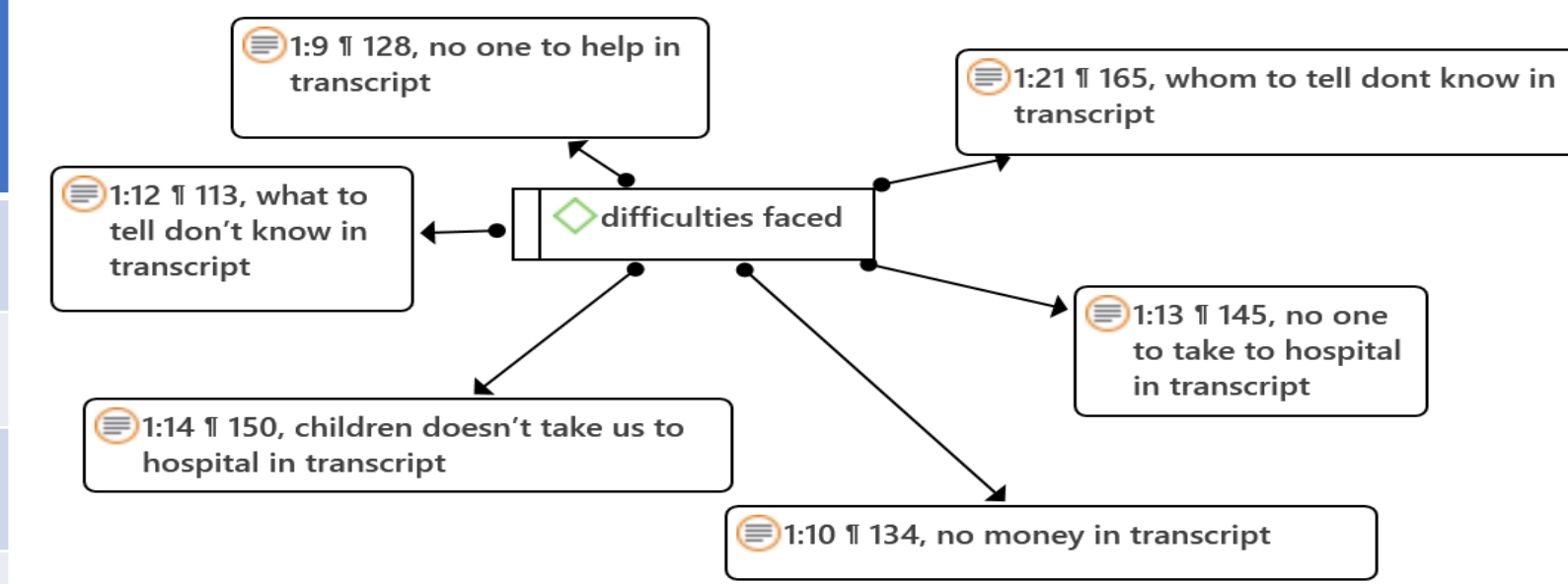


Fig1 network of codes depicting difficulties faced

**CONCLUSION**

- QOL was better among peri-menopausal women when compared with post menopausal women .
- There was no significant statistical association between the menopausal status in the four domains of the MENQOL questionnaire.
- The Knowledge regarding menopause transition was unsatisfactory and majority of the women were unaware of the menopause transition phase.
- Majority of them did not know whom to share or communicate with the difficulties faces during this period.
- Health Education and Behaviour Change communication is recommended
- The role of community participation in such conditions must be stressed

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