

Quality of Life of Menopausal Women in Padang City

¹Siti Nurhasanah, ²Suci Maisyarah Nasution, ³Mery Ramadhani

^{1,2,3} Andalas University, Indonesia

Corresponding author: Siti Nurhasanah, e-mail: sitinurhasanah@ph.unand.ac.id

Abstract

According to the World Health Organization (WHO) normal menopause occurs between the ages of 45-55 years with the average age of onset of menopause in each country varying. There are 32.4 million menopausal women in Indonesia in 2021 based on data from the Central Bureau of Statistics where there is an increase every year. There are several physical and psychological changes during menopause. Measuring the quality of life of menopausal women is important to do, in order to improve their quality of life. Because quality of life can affect the survival of individuals. In measuring a person's quality of life, the World Health Organization (WHO) developed an instrument, the WHOQOL-BREF, which measures a person's quality of life with four domains, namely physical health, psychological health, social relationships, and the environment. This study aims to obtain an overview of the quality of life of menopausal women in Padang City. The research method used was descriptive study, with univariate analysis, with a population of 302 people, from 6 sub-districts in Padang city. The results of the study concluded that 20% of menopausal women felt their quality of life was poor, 19% felt their quality of life was normal, 79% were good, and 2% were very good. In conclusion, the quality of life of menopausal women in Padang city has been categorized as good, although there are a small number who have not been able to accept and enjoy their old age. Therefore, support is needed from the family, community, and various related sectors, so that menopausal women can accept their condition.

Keywords: Menopause; Quality of Life; Women

Introduction

Menopause is a phase where the menstrual cycle stops naturally for twelve consecutive months. Women who have entered menopause will experience a gradual decrease in the hormone estrogen which can affect other hormones. This situation causes menopausal women to experience several physical and psychological changes that can interfere with daily activities and have a negative impact on the quality of life and self-confidence of the menopausal woman.

There are several physical and psychological changes during menopause. According to Kathy in Kholifah's research (2022), stating the physical changes experienced by menopausal women will greatly affect psychological changes, especially causing anxiety. Based on Kholifah's research (2022), some of the physical symptoms that occur during menopause are hot flashes, fatigue, vaginal dryness, and intercourse pain. While for changes in psychological symptoms are, worry, insomnia, irritability. In addition to physical and psychological changes, there are also several health problems during menopause such as hypertension

(34.11%), osteoporosis (10.3%), diabetes (8.5%), and heart disease (1.5%).

Quality of life according to the World Health Organization (WHO) is an assessment of individuals in their lives according to the culture and values where they are and compares their lives with goals, expectations, and standards. In measuring a person's quality of life, the World Health Organization (WHO) developed an instrument, the WHOQOL-BREF where this instrument measures a person's quality of life with four domains, namely physical health, psychological health, social relationships, and the environment. Measuring the quality of life of menopausal women is important to do, in order to improve their quality of life. It is important for menopausal women to have a good quality of life, because every individual has the right to be able to feel and enjoy all important events in life including menopause so that their life becomes quality. This is in line with the government program in the 2020-2024 National Medium-Term Development Plan (RPJMN) which wants healthy, qualified and productive elderly.

This study aims to determine the description of the quality of life of menopausal women in Padang City, so that it can provide an overview and analyze local government policies regarding national health programs, especially reproductive health in menopausal women, so as to be able to help relevant agencies in the local government to take concrete steps. As well as adding to the repertoire of knowledge about reproductive health.

Methods

The research design is descriptive quantitative, with the variable measured is the quality of life of menopausal women, with domains of physical health, psychological health, social relationships, and the environment. The study population in this study were all women of menopausal age in Padang City (age 45 to > 75 + years) with a total of 143,864 people. With a sample size of 302 people. The study was conducted from March - December 2024 in Padang City in 2024. the sample was taken by random sampling technique in 6 sub-districts from 11 sub-districts in Padang City. Data were collected using the WHOQOL-BREF questionnaire, and analyzed using univariate analysis.

Results

Menopausal Women's Quality Of Life

The quality of life of menopausal women as shown in table 1, is categorized as good quality of life if it falls into the category of mediocre, good, and very good values. While for poor quality of life if it falls into the bad and very bad categories. From the data in table 1, it can be concluded that the quality of life of menopausal women in Padang City is in the moderate category (64.6%). Specifically described in table 2 to table 5 below.

Table 1. Quality of Life of Menopausal Women

Quality of Life	Frequency	Percentage
Very Bad	1	0.3
Poor	20	6.6
Fair	195	64.6
Good	79	26.2
Very Good	7	2.3
Total	302	100

Physical Health

Physical health can affect an individual's quality of life, such as routine activities, dependence on medication, pain and discomfort, sleep and rest, and work capacity. For physical health quality, 42.1% of menopausal women in Padang City were satisfied.

Table 2. Physical Health of Menopausal Women

Variable	Population at Risk	Ill	Not Ill	Attack Rate (%)
Sex				
Male	23	6	17	26.09
Female	25	5	20	20.00
Age Group				
0-19	13	1	12	7.69
20-39	12	4	8	33.33
40-59	17	5	12	29.41

Psychological Health (Negative Feelings, Anxiety, Hopelessness, And Depression)

Includes the disclosure of the psychological side experienced by individuals, positive and negative feelings, self-esteem, religious beliefs, and thinking, concentration. Where the psychological health of menopausal women in Padang City related to negative feelings, anxiety, despair and depression, is very rarely experienced by them, with a percentage of 25.5%.

Table 3. Psychological Health of Menopausal Women

Psychological Health	Frequency	Percentage
Never	155	51.3
Rarely	77	25.5
Moderately Frequent	60	19.9
Very often	9	3.0
Always	1	0.3
Total	302	100

Social Relations

Social relationships such as personal relationships, social support around or family, and sexual activity can affect the quality of life of individuals. In this table 4, the results show that the social relationships of menopausal women in Padang City are in the good category with a percentage of 46.7%.

Table 4. Social Relationships of Menopausal Women

Social Relationships	Frequency	Percentage
Very Bad	2	0.6
Poor	5	1.7
Ordinary	126	41.7
Good	141	46.7
Very Good	28	9.3
Total	302	100

Environment (facilities and infrastructure, food, sanitation, cleanliness of residence)

In this environment, there are many scopes, starting from financial resources, physical security and safety, good environmental health such as pollution/noise, opportunities to get various information, and be able to do fun activities.

Table 5. Environment of Menopausal Women

Environment	Frequency	Percentage
Not at all	3	1.0
A Little	17	5.6
In Moderation	116	38.4
Very Often	129	42.7
In Excess	37	12.3
Total	302	100

Based on the results of the study, it was found that the living environment of menopausal women, which includes facilities and infrastructure, food, sanitation, and cleanliness of the place of residence, is in the comfortable category, because they experience this very often. With a percentage of 42.7%

Discussion

According to Endarti (2015), the quality of life of menopausal women is an assessment according to personal views related to physical and mental health which is influenced by culture and social perspectives in the surrounding environment in each individual.(14) Quality of life in the health sector is closely related to health conditions. This means that a good quality of life reflects a comfortable life and maintains physical and psychological conditions in carrying out daily life activities.

From the results of this study, we can see that menopausal women in Padang City in general have been able to accept changes both physically, psychologically, socially, and environmentally, so that these menopausal women, feel used to and comfortable with the conditions that occur to them. There are even a small number of menopausal women who accept their condition very well. This is due to many factors, especially the long age of menopause, as well as the amount of knowledge they have gathered from various sources of information, both from health workers, family, or information media that is easily obtained through gadgets, plus the support of family, children, husbands, and the surrounding community to menopausal

women is very good. So that menopausal women become confident to be productive and comfortable with their daily lives.

In this study we can also see the results, there are still a small proportion of menopausal women who feel they have a poor quality of life, this can be caused by many factors as well, it can come from the age of menopause that has just been experienced, and also experiences or knowledge related to menopause, physical changes, psychological changes that normally occur at menopause, have not arrived or have not been mastered by them. And it could also be because the lives of these menopausal women who only live alone, without a husband and children to support their lives, so that mental and financial support is not there, and adds to the psychological burden experienced by these menopausal women. Moreover, the sources of information they get are limited, because of economic difficulties, they are busy with finding sustenance and livelihood, thus neglecting their health conditions, both physical health and mental health. And social factors are also very influential on the self-acceptance of menopausal women, if they cannot socialize well in the environment where they live, as well as cadres and indifferent communities, it will contribute to a bad influence on the quality of life of menopausal women. As for the living environment facilities, not all menopausal women are in a comfortable environment, some of these menopausal women live in places with incomplete facilities, and sanitation that is not as expected.

Therefore, there is a need for assistance from various parties to be able to help menopausal women to improve their quality of life to be better and more productive again, through health workers, closest family, community, and also the relevant government, in providing education, support, and paying attention to the personal needs of menopausal women.

Conclusion

The quality of life of menopausal women in Padang City is categorized as moderate with 64.6%, and good 26.2% although there are a small number who have not been able to accept and enjoy their old age. Menopausal women who feel satisfied with their health conditions are 42.1%, and moderate ones are 32.8%, while 13.1% feel dissatisfied with their health conditions. Menopausal women who experience anxiety, negative feelings, hopelessness and depression with the category quite often amounted to 19.9% and very often 3%. Among menopausal women, 46.7% had good social relationships, and 41.7% had mediocre social relationships. The environmental health of menopausal women in the form of infrastructure, food, sanitation, and environmental hygiene, is in the comfortable category, because they experience this very often. With a percentage of 42.7% and moderate 38.4%.

Support from family, community, and various related sectors is needed, so that menopausal women can accept changes in the discomfort of their body condition. Menopausal women get additional knowledge from health workers, towards psychological changes that normally occur in menopausal women. A very good relationship with menopausal women is a very important moment to make a personal approach so that these

women are more productive again. Mutual cooperation is needed to fulfill the infrastructure, sanitation, food that supports the needs of menopausal women.

Acknowledgment

The main thanks go to Andalas University, especially the faculty of public health, which is the main funder in this research. Thanks are also due to the local government of Padang City, for the recommendations and research permits that have been given.

Author Contribution and Competing Interest

All authors had an equal role in writing this article.

References

- Arikunto. 2013. *Prosedur Penelitian: Suatu Pendekatan Praktek Edisi Revisi*. Jakarta: Rineka Cipta
- Endarti AT. 2015. Kualitas Hidup Kesehatan: Konsep, Model, dan Penggunaan. *Jurnal Ilmiah Kesehatan*. 2015;7(2):97–108.
- Kementerian Kesehatan. 2022. *Infodatin Lansia, Lansia Berdaya, Bangsa Sejahtera*. Pusat Data dan Informasi Kementerian Kesehatan RI
- Kholifah E, Azzahroh P, Suciawati A. 2022. Hubungan Pengetahuan Perubahan Fisik dan Psikologis dengan Penyesuaian Diri Wanita Premenopause. *Jurnal Kebidanan*. 2022;11(2):70–8.
- Notoadmojo S. 2018. *Metodologi Penelitian Kesehatan*. Jakarta: Rineka Cipta
- Suparni IE, Yuli R. 2016. *Menopause Masalah dan Penanganannya*. Yogyakarta: Deepublish. 2016; Dari <https://books.google.co.id/books> [27 Januari 2023].
- World Health Organization 1996. WHOQOL-BREF. introduction, administration, scoring and generic version of the assessment. World Health Organization. 1996. p. 1–16. Dari <https://www.who.int/en/> [03 Februari 2023].
- World Health Organization. 2022. Ageing and health. Who.int. 2022. <https://www.who.int/news-room/fact-sheets/detail/ageing-and-health> Diakses pada 26 Januari 2023.
- World Health Organization. Menopause.2022. Who.int. 2022. <https://www.who.int/news-room/fact-sheets/detail/menopause>. Diakses pada 29 Januari 2023