IMPACT OF MENOPAUSE ON LEVEL OF SELF ESTEEM, DEPRESSION AND QUALITY OF LIFE OF WORKING WOMEN

Dhaneshwari Malakannavr[1], Laxmi Agnihotri[2], Dr. Shwetha Javali[3], Prithviraj Paranakar[4]

[1] M.Sc Nursing, Department Of OBG Nursing, BLDEAS Shri B.M.Patil INS Vijayapur, Karnataka, India. dhaneshwari8887s@gmail.com

[2] Assistant Professor, Department Of OBG Nursing, BLDEAS Shri B.M.Patil INS Vijayapur, Karnataka, India. deshpandelaxmi1@gmail.com

[3] Assistant Professor, Department of OBG Nursing, BLDEAS Shri B.M.Patil INS Vijayapur, Karnataka, India. hitnalshwetha@gmail.com

[4] Lecturer, Department Of Community Health Nursing, BLDEAS Shri B.M.Patil INS Vijayapur, Karnataka, India. prithviparanakar@gmail.com

Abstract

Menopause is normal part of aging for women. Menopause is not a disease or disorder. During this period in a woman's life is often full of other transitions in addition to physical ones the women may be caring for aging parents or relatives, supporting their children as they move into adulthood, or taking on new responsibilities at work. Menopause is the time of life when menstrual cycles cease, and is caused by reduced secretion of the ovarian hormone's oestrogen and progesterone. Many symptoms have been attributed to menopause, but only vasomotor dysfunction and vaginal dryness are consistently associated with this time of life in epidemiological studies.

India has a large population, which has already crossed the 1 billion marks with 71 million people over 60 years of age and the number of menopausal women about 43 million. In 2026 estimated population in India will be 1.4 billion, people over 60 years 173 million, and the menopausal population 103 million. Average age of menopause is 47.5 years in Indian women with an average life expectancy of 71 years.

OBJECTIVES OF THE STUDY

- To assess the level of self-esteem of working women with post-menopausal symptoms.
- To assess the level of depression of working women with post-menopausal symptoms
- To determine the QOL of working women with post-menopausal symptoms.
- To determine the correlation between QOL with self-esteem, depression.
- To explore the association between self-esteem, depression and quality of li with their socio demographic variables.
- To find the association between health status and dietary risk in adults with hypertension with selected demographic variables.

METHODOLOGY

A Non experimental Cross sectional research design was used for the study. Convenient sampling technique was used among 90 Working Women with post-menopausal symptoms. The level of self-esteem, level of depression and quality of life of the subjects were determined by using a by using Rosenberg self – esteem scale, BIRLESON depression scale. The conceptual frame work is based on Modified Lazarus and Folk man's Mode in a selected urban area among working women with postmenopausal symptoms. 90 Working Women with post menopausal symptoms were selected by using a Convenient Sampling Technique.

RESULTS

Regarding self esteem of subjects majority 30(33.3%) had poor self esteem, 28(31.1%) had slightly decreased self esteem, 27(30.0%) had very poor self esteem and only 5(5.6%) had good self esteem. majority 68(75.6%) had moderate level depression, 14(15.6%) had low level depression, and only 8 (8.9%) had high level of depression and 52(57.8%) had moderate decline in Quality of life and 38(42.2%) had mild decline in their Quality of life. Revealed that there was possibly no correlation (small r=0.109) between QOL and self esteem among the study participants (p-0.305 NS). There was negative correlation between QOL and depression among the study participants with correlation coefficient (0.507) and with p-value < 0.0001. Hence correlation between depressions is highly significant. Association between self- esteem and socio demographic variables of the study participants it was highly associated with education with chi-sqaure p-value < 0.0001.Depression level and socio demographic variables of the study participants it was highly associated with education and religion with chi-sqaure p-value < 0.05. Association between QOL and socio demographic variables of the study participants it was highly associated with Level of satisfaction with married life with chi-sqaure p- value < 0.05

Section 1: Demographic variable response of working women

Table No -1: Frequency & percentage distribution of study participants according to their age N=90
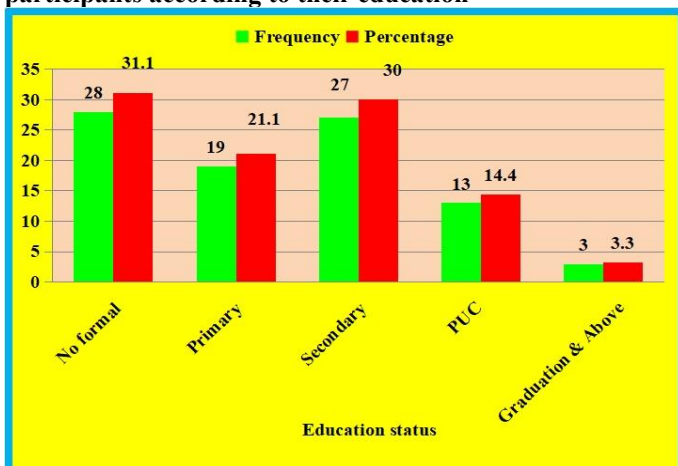
SINO	Age	Frequency	Percentage
1	42-46	12	13.3
2	46-50	28	31.1
3	50-54	21	23.3
4	54-58	29	32.2
	Total	90	100.0

Graph No -1: Frequency & percentage distribution of study participants according to their age
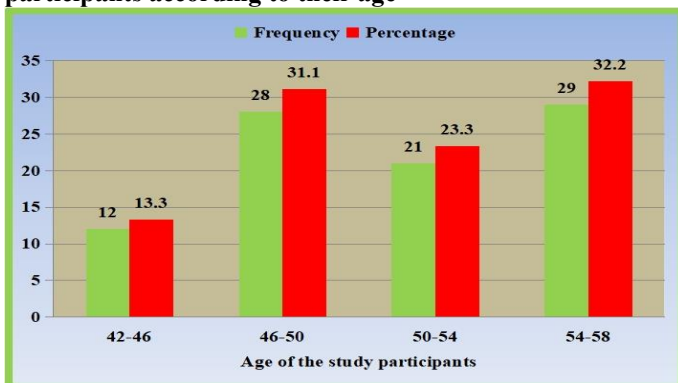
From graph no 1. It was observed that out of 90, majority 28(31.1%) of the study participants were between 46-50 years of age followed by 29(32.2%) who were between the age group 54-58 years, 21(23.3%) were between 50-54 years of age and only 12(13.3%) were between the age group 42-46years of age

**Table No -2: Frequency & percentage distribution of study participants according to their education N=90**

SINO	Education	Frequency	Percentage
1	No formal	28	31.1
2	Primary	19	21.1
3	Secondary	27	30.0
4	PUC	13	14.4
5	Graduation & Above	3	3.3
	Total	90	100.0

Graph No -2: Frequency & percentage distribution of study participants according to their education

From graph no 2, it was seen that, out of 90, majority 28(31.1%) of the study participants had no formal education, 27(30.0%) had secondary education, 19(21.1%) had primary education, 13(14.4%) had PUC and only 3(3.3%) were graduates and above

Table No -3: Frequency & percentage distribution of study participants according to their religion   N=90

SINO	Religion	Frequency	Percentage
1	Hindu	52	57.8
2	Muslim	24	26.7
3	Christian	03	3.3
4	Others	11	12.2
	Total	90	100.0

Graph No -3: Frequency & percentage distribution of study participants **according to their religion**
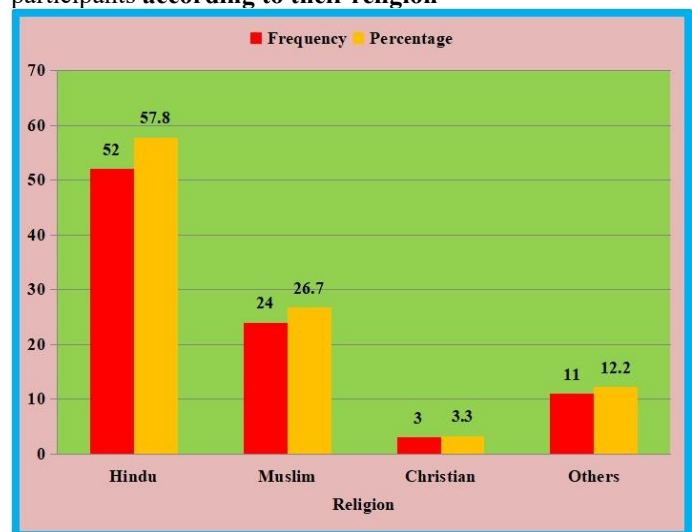
From graph no 3, It was observed that majority 52(57.8%) of the study participants were Hindu followed by 24(26.7%) of the study participants who were Muslims, 11(12.2%) of the study participants were belongs to other caste and only 3(3.3%) were Christians

Table No -4: Frequency & percentage distribution of study participants according to their types of family   N=90

SINO	Types of family	Frequency	Percentage
1	Nuclear	52	57.8
2	Joint	22	24.4
3	Extended	16	17.8
	Total	90	100.0

Graph No -4: Frequency & percentage distribution of study participants according to their types of family

Graph no 4 revealed that, majority 52(57.8%) of the study participants were belongs to the nuclear family, 22(24.4%) were belongs to the joint family and 16(17.8%) were belongs to the extended family

Table No -5: Frequency & percentage distribution of study participants according to their age at menopause   N=90

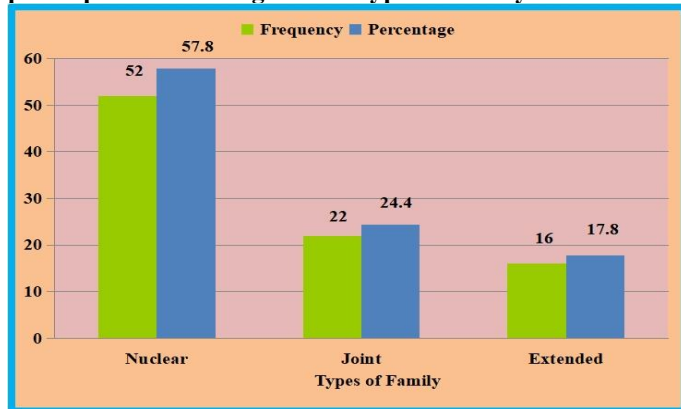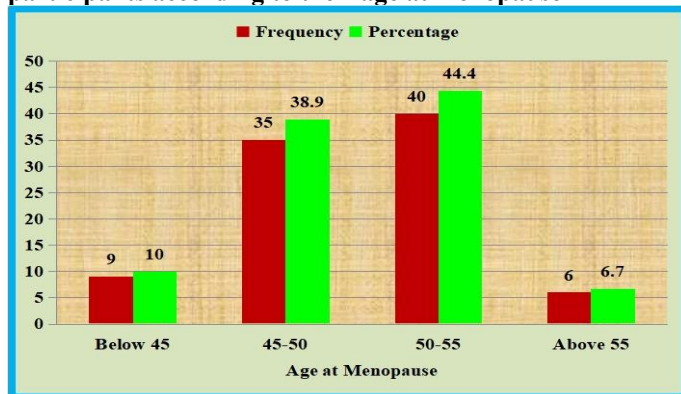| SINO	Age at menopause	Frequency	Percentage
1	Below 45	09	10.0
2	45-50	35	38.9
3	50-55	40	44.4
4	Above 55	06	6.7
	Total	90	100.0

Graph No -5: Frequency & percentage distribution of study participants according to their age at menopause
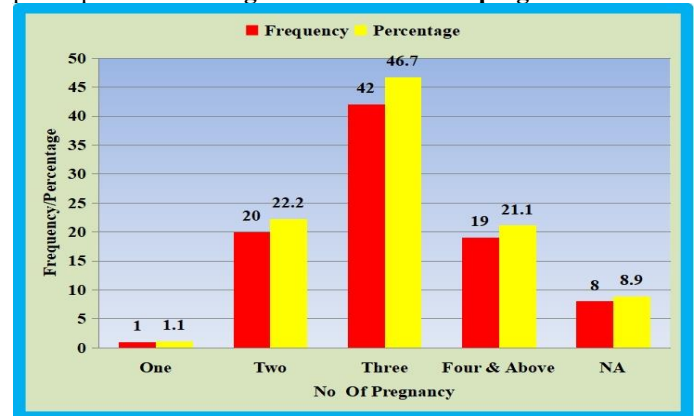

From graph no 5, it was observed that, majority 40(44.4%) of the study participants attained menopause between 50-55 years of age followed 35(38.9%) women who attained menopause between 45-55 years of age, few 9(10.0%) before 45 years and 6(6.7%) after 55 years age had attained menopause

Table No -6: Frequency & percentage distribution of study participants according to their no of pregnancies   N=90

SINO	No.Of.Pregnancy	Frequency	Percentage
1	One	01	1.1
2	Two	20	22.2
3	Three	42	46.7
4	Four & above	19	21.1
5	NA	08	8.9
	Total	90	100.0

Graph No -6: Frequency & percentage distribution of study participants **according to their number of pregnancies**
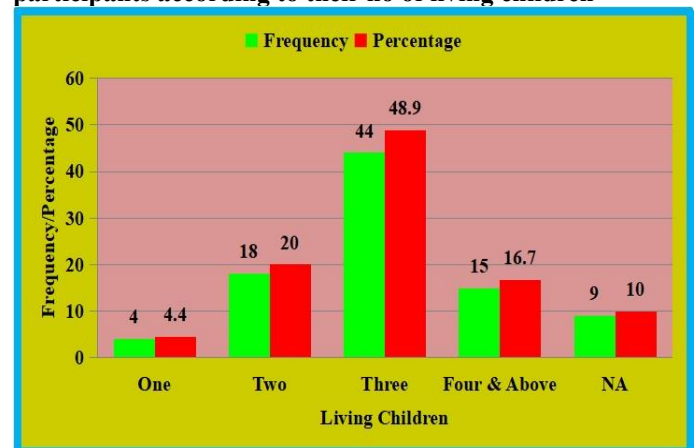

From graph no 6, it was observed that, majority 42(46.7%) of the study participants had three pregnancies, 20(22.2%) had two pregnancies, 19(21.1%) had four and above pregnancies, 8(8.9%) NA and only 1 had one pregnancy

Table No -7: Frequency & percentage distribution of study participants according to their no of living children .   N=90

SINO	no of living children	Frequency	Percentage
1	One	4	4.4
2	Two	18	20.0
3	Three	44	48.9
4	Four & above	15	16.7
5	NA	9	10.0
	Total	90	100.0

Graph No -7: Frequency & percentage distribution of study participants according to their no of living children

From graph no 7, it was observed that, majority 44(48.9%) of the study participants had three living children, 18(20%) had two living children, 15(16.7%) had four and above living children, 4(4.4%) NA and only 4 had one living child.

Table No -8: Frequency & percentage distribution of study participants according to their diet .   N=90

SINO	Diet	Frequency	Percentage
1	Vegetarian	28	31.1
2	Non-Vegetarian	20	22.2
3	Mixed	42	46.7
	Total	90	100.0

Graph No -8: Frequency & percentage distribution of study participants according to their diet

Graph no 8, showed that, out 90, majority 42(46.7%) of the study participants were mixed diet followed by 28(31.1%) who were vegetarians, and remaining 20(22.2%) were non vegetarians

Table No -9: Frequency & percentage distribution of study participants according to their habit of relaxation technique N=90

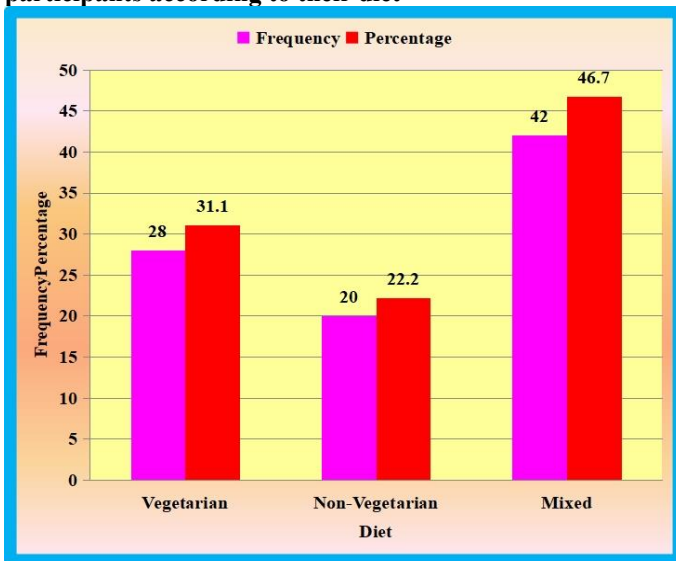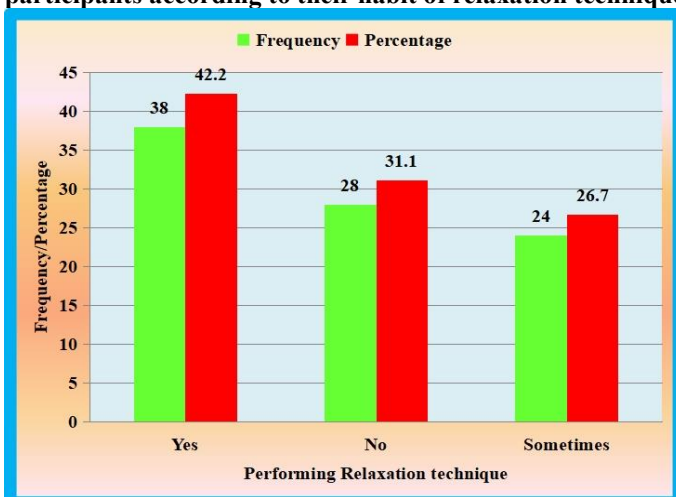| SINO	Habit of relaxation technique	Frequency	Percentage
1	Yes	38	42.2
2	No	28	31.1
3	Sometimes	24	26.7
	Total	90	100.0

Graph No -9: Frequency & percentage distribution of study participants according to their habit of relaxation technique

From graph no 9, it was observed that, out of 90 study participants, majority 38(42.2%) perform relaxation technique, 28(31.1%) do not perform any relaxation technique and remaining 24(26.7%) perform relaxation technique sometimes

Table No -10: Frequency & percentage distribution of study participants according to their source of information about menopause N=90

SINO	Source	Frequency	Percentage
1	Don't know	11	12.2
2	Media	56	62.2
3	Family members	16	17.8
4	Friends	04	4.4
5	Health personnel	03	3.3
	Total	90	100.0

Graph No -10: Frequency & percentage distribution of study participants according to their source of information about menopause
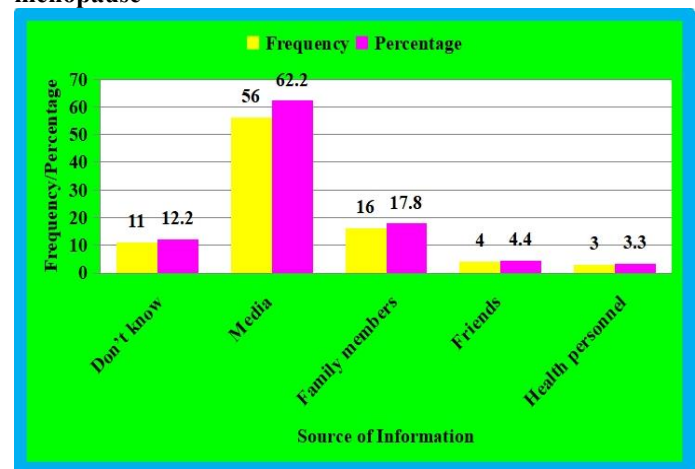
From graph no 10, it was seen that, majority 56(62.2%) of the study participants had heard about menopause through media, 16(17.8%) through family members, 11(12.2%) had no information about menopause, 4(4.4%) through friends and only 3(3.3%) heard about it through health personnel's

Table No -11: Frequency & percentage distribution of study participants according to their Husband aware of your menopausal status N=90

SINO	Husband knows it	Frequency	Percentage
1	Yes	59	65.6
2	No	18	20.0
3	NA	13	14.4
	Total	90	100.0

Graph No -11: Frequency & percentage distribution of study participants according to their Husband aware of your menopausal status

From graph no 11, it was seen that, majority 59(65.6%) of the study participants husband know about menopause, 18(20%), of participants husband don't know about the menopause.

Table No -12: Frequency & percentage distribution of study participants according to their Level of satisfaction with married life   N=90

SINO	Level of satisfaction with married life	Frequency	Percentage
1	High	23	25.6
2	Moderate	32	35.6
3	Poor	31	34.4
	Not applicable	04	4.4
	Total	90	100.0

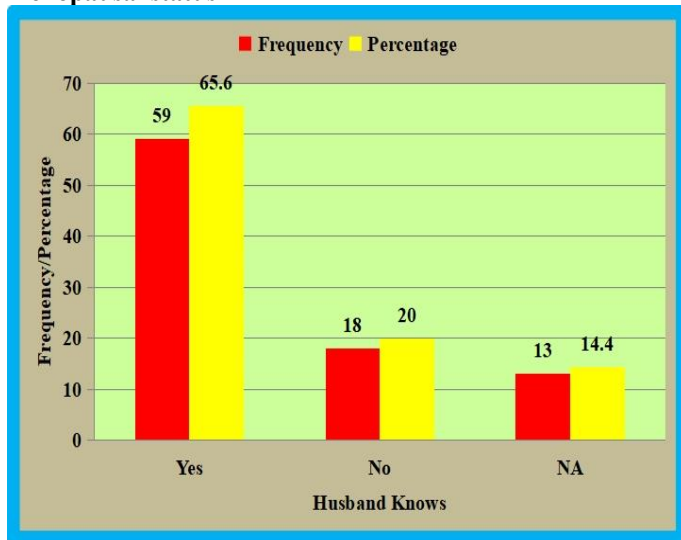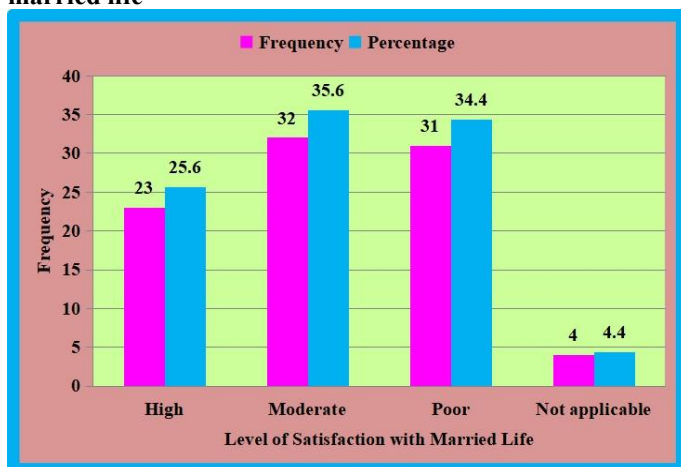**Graph No -12: Frequency & percentage distribution of study participants according to their Level of satisfaction with married life**


Graph no 12 revealed that, majority 32(35.6%) of the menopausal women moderate level of satisfaction with married life, 31(34.4%) had poor level of satisfaction with married life, 23(25.6%) had high level of satisfaction with married life and for 4(4.4%) it's not applicable

Section 2: Assessment of the level of self-esteem of working women

Table no 13: Assessment of the level of self-esteem of working women with post-menopausal symptoms.   N=90

SINO	Level of self esteem	Frequency	Percentage
1	Good	05	5.6
2	Slightly decreased self esteem	28	31.1
3	Poor self esteem	30	33.3
4	Very poor self esteem	27	30.0
	Total	90	100.0

Graph no 13: Assessment of the level of self-esteem of working women with post-menopausal symptoms.
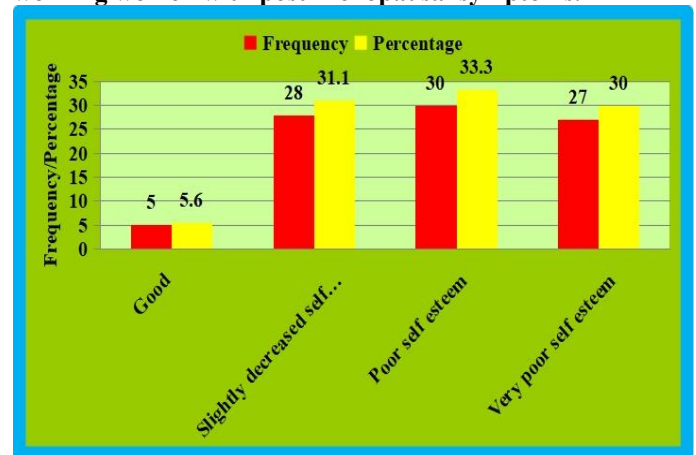
From graph no 13, it was seen that, out of 90 study participants, majority 30(33.3%) had poor self-esteem, 28(31.1%) had slightly decreased self-esteem, 27(30.0%) had very poor self-esteem and only 5(5.6%) had good self-esteem.

Section 3: Assessment of the level of depression of working women

Table no 14: Assessment of the level of depression of working women with post-menopausal symptoms   N=90

SINO	Level of depression	Frequency	Percentage
1	Low	14	15.6
2	Moderate	68	75.6
3	High	08	8.9
	Total	90	100.0

Graph no 14: Assessment of the level of depression of working women with post-menopausal symptoms
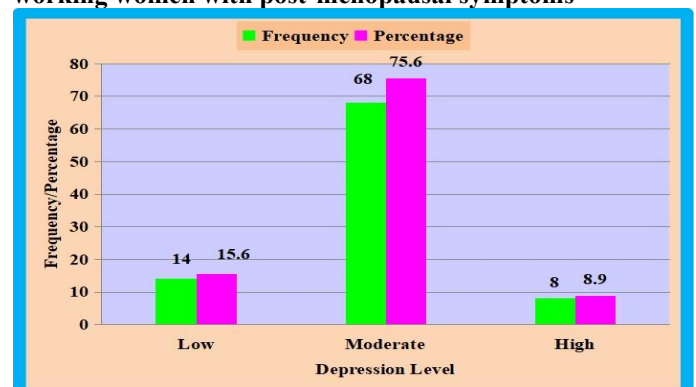
From graph no 14, it was seen that, out of 90 study participants, majority 68(75.6%) had moderate level depression, 14(15.6%) had low level depression, and only 8 (8.9%) had high level of depression

Section 4: Assessment of Quality of life of working women

Table no 15: Assessment of Quality of life of working women with post-menopausal symptoms. N=90

SINO	QOL	Frequency	Percentage
1	No effect on QOL	00	00
2	Mild decline in QOL	38	42.2
3	Moderate Decline in QOL	52	57.8
4	Severe decline in QOL	00	00
	Total	90	100.0

Graph no 15: assessment of Quality of life of working women with post-menopausal symptoms

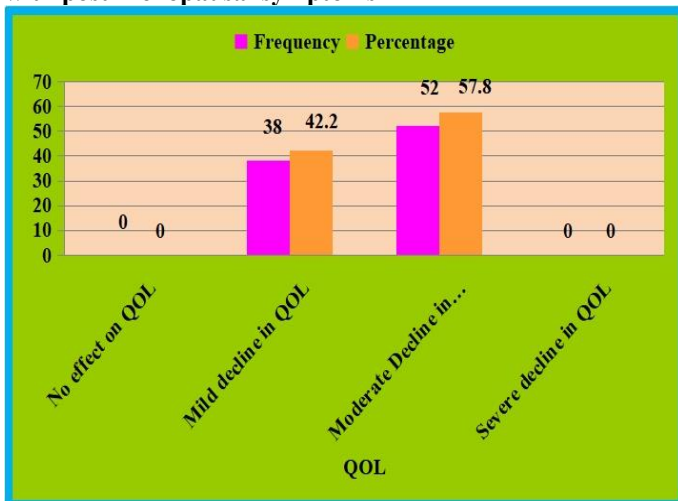From graph no 15, it was observed that, there was mild or moderate decrease in quality of life among the post-menopausal women. Majority 52(57.8%) had moderate decline in Quality of life and 38(42.2%) had mild decline in their Quality of life

Section 5: Correlate the relationship between quality of life (QOL), self-esteem and depression

Table no 16: Correlate the relationship between quality of life (QOL) and self-esteem among the post-menopausal women

		QOL	Self esteem
QOL	Pearson Correlation	1	0.109
	Sig. (2-tailed)		0.305
	N	90	90
Self esteem	Pearson Correlation	0.109	1
	Sig. (2-tailed)	0.305	
	N	90	90

Table no 16 revealed that there was possibly no correlation (small r=0.109) between QOL and self-esteem among the study participants (p-0.305 NS).

Table no 17: Correlate the relationship between quality of life (QOL) and depression among the post-menopausal women

		QOL	Self esteem
QOL	Pearson Correlation	1	-0.507**
	Sig. (2-tailed)		< 0.0001(S)
	N	90	90
Depression	Pearson Correlation	-0.507**	1
	Sig. (2-tailed)	< 0.0001(S)	
	N	90	90

It was seen from table no 17 that there was negative correlation between QOL and depression among the study participants with correlation coefficient (0.507) and with p-value < 0.0001. Hence correlation between depressions is highly significant

Section 6: Association between self-esteem and socio demographic variables

Table no 18: Association between self-esteem and socio demographic variables of the study participants N=90

Variables	Self esteem		Chi-square	df	p-value
	≤M	>M			
Age					
42-46	9	3			
46-50	22	6			
50-54	14	7	2.11	3	0.551NS)
54-58	18	11			
Education					
No formal	22	6			
Primary	6	13			
Secondary	21	6			
PUC	12	1			
Graduation & above	2	1	18.21	4	0.001(S)

Variables	Self esteem		Chi-square	df	p-value
	≤M	>M			
Religion					
Hindu	33	19	5.74	3	0.125
Muslim	20	4			
Christian	1	2			
Others	9	2			
Types of family					
Nuclear	34	18	1.57	2	0.45(NS)
Joint	16	6			
Extended	13	3			
Age at menopause					
Below 45	5	4	6.06	3	0.109(NS)
45-50	29	6			
50-55	24	16			
Above 55	5	1			
No.Of.Pregnancy					
One	0	1	3.87	4	0.42(NS)
Two	13	7			
Three	29	13			
Four & above	14	5			
NA	7	1			
no of living children					
One	0	4	13.38	4	0.01(NS)
Two	13	5			
Three	30	14			
Four & above	11	4			
NA	9	0			
Diet					
Vegetarian	17	11	2.14	2	0.34(NS)
Non-Vegetarian	16	4			
Mixed	30	12			
Habit of relaxation technique					
Yes	25	13	1.42	2	0.49(NS)
No	22	6			
Sometimes	16	8			
Source					
Don't know	8	8	6.24	4	0.18(NS)
Media	18	5			
Family members	18	8			
Friends	14	2			
Health personnel	2	1			
Hubby knows					
Yes	43	16	0.77	2	0.68(NS)
No	12	6			
NA	8	5			

Variables	Self esteem		Chi-square	df	p-value
	≤M	>M			
Level of satisfaction with married life					
High	16	7			
Moderate	22	10	0.08	3	0.99(NS)
Poor	22	9			
Not applicable	3	1			

From table no 18, it was seen that there was no Association between self-esteem and socio demographic variables of the study participants such as age, religion, types of family, age at menopause, no of pregnancies, no of living children, diet, performing relaxation technique, source on menopause, Husband aware of your menopausal status, and Level of satisfaction with married life, but it was highly associated with education with chi-sqaure p-value < 0.0001

Section 7: Association between depression and socio demographic variables

Table no 19: Association between depression and socio demographic variables of the study participants   N=90

Variables	Depression			Chi-square	df	p-value
	High	Low	Moderate			
Age						
42-46	3	2	7			
46-50	2	7	19	7.92	6	0.24(NS)
50-54	1	2	18			
54-58	2	3	24			
Education						
No formal	1	5	22			
Primary	2	2	15			
Secondary	1	5	21			
PUC	2	2	9			
Graduation &above	2	0	1	16.0	8	**0.04(S)**
Religion						
Hindu	2	11	39			
Muslim	2	1	21	12.8	5	**0.04(S)**
Christian	1	0	2			
Others	3	2	6			
Types of family						
Nuclear	4	9	39			
Joint	1	4	17	3.40	4	0.49(NS)
Extended	3	1	12			
Age at menopause						
Below 45	2	0	7			
45-50	1	9	25			
50-55	3	5	32	12.50	6	0.056(NS)
Above 55	2	0	4			
No.Of.Pregnancy						
One	0	0	1			
Two	0	3	17			
Three	2	9	31	11.12	8	0.19(NS)
Four & Above	4	1	14			
NA	2	1	5			

Variables	Depression			Chi-square	df	p-value
	High	Low	Moderate			
no of living children						
One	2	0	2	14.02	8	0.81(NS)
Two	2	2	14			
Three	3	10	31			
Four & Above	0	2	13			
NA	1	0	8			
Diet						
Vegetarian	2	3	23	3.45	4	0.48(NS)
Non-Vegetarian	1	2	17			
Mixed	5	9	28			
Habit of relaxation technique						
Yes	3	6	29	2.02	4	0.73(NS)
No	2	6	20			
Sometimes	3	2	19			
Source						
Don't know	1	1	9	5.32	8	0.72(NS)
Media	4	11	41			
Family members	2	2	12			
Friends	0	0	4			
Health personnel	1	0	2			
Hubby knows						
Yes	2	11	46	8.81	4	0.06(NS)
No	3	3	12			
NA	3	0	10			
Level of satisfaction with married life						
High	2	5	16	11.5	6	0.07(NS)
Moderate	1	6	25			
Poor	3	3	25			
Not applicable	2	0	2			

From table no 19, it was seen that there was no Association between depression level and socio demographic variables of the study participants such as age, types of family, age at menopause, no of pregnancies, no of living children, diet, performing relaxation technique, source on menopause, Husband aware of your menopausal status, and Level of satisfaction with married life, But it was highly associated with education and religion with chi-square p-value < 0.0

Section 8: Association between quality of life and socio demographic variables

Table no 20: Association between quality of life and socio demographic variables of the study participants   **N=90**

Variables	QOL		Chi-square	df	p-value
	Mild decline in QOL	Moderate Decline in QOL			
Age					
42-46	4	8	0.47	3	0.92 (NS)
46-50	12	16			
50-54	9	12			
54-58	13	16			

Variables	QOL		Chi-square	df	p-value
	Mild decline in QOL	Moderate Decline in QOL			
Education					
No formal	7	21	6.18	4	0.18 (NS)
Primary	11	8			
Secondary	12	15			
PUC	7	6			
Graduation & above	1	2			
Religion					
Hindu	23	29	1.64	3	0.64 (NS)
Muslim	8	16			
Christian	2	1			
Others	5	6			
Types of family					
Nuclear	19	33	2.07	2	0.35 (NS)
Joint	10	12			
Extended	9	7			
Age at menopause					
Below 45	4	5	0.46	3	0.92 (NS)
45-50	16	19			
50-55	16	24			
Above 55	2	4			
No.Of.Pregnancy					
One	1	0	3.27	4	0.51 (NS)
Two	7	13			
Three	20	22			
Four & Above	8	11			
NA	2	6			
no of living children					
One	1	3	1.21	4	0.87 (NS)
Two	8	10			
Three	20	24			
Four & Above	5	10			
NA	4	5			
Diet					
Vegetarian	10	18	1.02	2	0.59 (NS)
Non-Vegetarian	8	12			
Mixed	20	22			
Habit of relaxation technique					
Yes	15	23	0.32	2	0.85 (NS)
No	13	15			
Sometimes	10	14			
Source					
Don't know	2	14	6.98	4	0.13 (NS)
Media	11	12			

Variables	QOL		Chi-square	df	p-value
	Mild decline in QOL	Moderate Decline in QOL			
Family members	12	14			
Friends	7	9			
Health personnel	2	1			
Hubby knows					
Yes	26	33	2.48	2	0.28 (NS)
No	9	9			
NA	3	10			
Level of satisfaction with married life					
High	7	16	8.45	8	**0.03 (S)**
Moderate	20	12			
Poor	10	21			
Not applicable	1	3			

From table no 20, it was seen that there was no Association between QOL and socio demographic variables of the study participants such as age, religion, education, types of family, age at menopause, no of pregnancies, no of living children, diet, performing relaxation technique, source on menopause, and Husband aware of your menopausal status But it was highly associated with Level of satisfaction with married life with chi-sqaure p-value < 0.05

SUMMARY
In this study various literature was reviewed which includes, literature related to self-esteem, Depression and Quality of life. Research approach used is the Cross-sectional research design which is non-experimental design. The target population for the study was working women with post-menopausal symptoms. This population was selected by convenient sampling technique. The total sample under the study is 90 Working women with post-menopausal symptoms.
Data was collected through Socio demographic Data, Assessment of self-esteem level by using Rosenberg self – esteem scale, Assessment of depression by using BIRLESON depression scale, Assessment tool for Quality of Life of post menopause working women. The questionnaire was conducted on 90 samples after validating the tool with 10 experts. The reliability of the co-efficient of the tool proved to be reliable. The reliability of the tool was established by using Split half method r = 0.89.

CONCLUSION
Findings revealed that there was possibly no correlation (small r=0.109) between QOL and self-esteem among the study participants (p-0.305 NS).
There was negative correlation between QOL and depression among the study participants with correlation coefficient (0.507) and with p-value < 0.0001. Hence correlation between depressions is highly significant.
It was seen that there was no Association between self-esteem and socio demographic variables of the study participants such as age, religion, types of family, age at menopause, no of pregnancies, no of living children, diet, performing relaxation technique, source on menopause, Husband aware of your menopausal status, and Level of satisfaction with married life,
but it was Highly associated with education with chi-sqaure p-value < 0.0001.
It was seen that there was no Association between depression level and socio demographic variables of the study participants such as age, types of family, age at menopause, no of pregnancies, no of living children, diet, performing relaxation technique, source on menopause, Husband aware of your menopausal status, and Level of satisfaction with married life, but it was highly associated with education and religion with chi-square p-value < 0.05.
It was seen that there was no Association between QOL and socio demographic variables of the study participants such as age, religion, education, types of family, age at menopause, no of pregnancies, no of living children, diet, performing relaxation technique, source on menopause, and Husband aware of your menopausal status but it was highly associated with Level of satisfaction with married life with chi-square p-value < 0.05.

References
1. *Dr Heidi D Nelson M DMenopause The Lancet 2008 Mar 1;371(9614):760-70.Doi:10.1016/S0140-6736(08)60346-3.https://pubmed.ncbi.nlm.nih.gov/18313505/*
2. *Thi Mai Nguyen , Thi Thanh Toan Do , Tho Nhi Tran , Jin Hee Kim Exercise and Quality of Life in Women with Menopausal Symptoms International Journal Environment Residence Public Health 2020 Sep 26;17(19):7049 https://pubmed.ncbi.nlm.nih.gov/32993147/*
3. *Iqbal Afridi psychological and social aspects of menopause. A multi-disciplinary look at menopause. December ISBN978-953-51-3406-0 2016.DOI:10.5772/intechopen.69078 http://www.intechopen.com/chapters/56181.*
4. *Marta makar-studzinsk Karolina. The influence of selected socio demographic variables on symptoms occurring during the menopause: 2015/2/13 vol.14. DOI: https://doi.org/10.5114/pm.2015.48637.*
5. *Jyothi UnniThird consensus meeting of Indian Menopause Society National Library ofMedicine. (2011): Jan-Jun 2011doi: 10.4103/0976-7800.66987: .*
6. *M Abedzadeh Kalarhoudi, M Taebi, Z Sadat, and F SaberiAssessment of Quality of Life in Menopausal Periods: A Population Study in Kashan, Iran.Iran Red Crescent Med*

Journal . 2011 Nov; 13(11): 811–817.https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3371893/

7. *Nirmala Rathnayake , Janaka Lenora , Gayani Alwis, Sarath Lekamwasam Prevalence and Severity of Menopausal Symptoms and the Quality of Life in Middle-aged Women 2019 Jul DOI: 10.1155/2019/2081507https://pubmed.ncbi.nlm.nih.gov/31354992/*