

The relationship between peri-menopausal symptoms, sociodemographic factors, and health-related quality of life during menopausal transition among Jaffna Zonal Education school teachers

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Introduction and Objectives: Peri-menopause is the time when the ovary begins to make less estrogen. Biological changes associated with menopause will cause menopausal symptoms. These symptoms affect the pre and postmenopausal women's wellbeing and quality of life and are influenced by many factors. This study aimed to investigate the relationship between peri-menopausal symptoms, socio-demographic factors, and the health-related quality of life of female teachers of Jaffna Education Zone.

Methods: This descriptive cross-sectional study among school teachers of Jaffna education zone was carried out considering our target population (45 to 65 years). Menopausal Rating Scale (MRS) was used to assess menopause related symptoms even through this was not validated among our population. SF 36 survey was used to assess the health-related quality of life. T test, Chi square test, analysis of variance and correlation coefficient were used to determine the relationship between menopausal symptoms, quality of life and sociodemographic factors.

Results: The mean age of total population (n=368) was 51.15 years. Most of them (86.1%) were married and living with their partner. The highest mean score of MRS was found in joint and muscular discomfort domain (22.8%-severely and 8.7%- extremely suffering) followed by urinary problem domain. Marital status was significantly ($p < 0.05$) associated with peri-menopausal symptoms, while other factors such as age ($p = 0.814$), education ($p = 0.856$) and children ($p = 0.895$) had no significant association. Among the teachers 13.9% had affected quality of life (QoL). The most affected domain of QoL was emotional functioning (41.0%). Socio-demographic factors such as age ($p = 0.840$), marital status ($p = 0.302$), education ($p = 0.686$), and children ($p = 0.431$) had no significance with QoL. Health related QoL is indirectly proportional to peri-menopausal symptoms ($r = -0.5000$).

Conclusion: Most of the women, around the peri-menopausal stage are affected with peri-menopausal symptoms. Marital status has positive influence on the peri-menopausal symptoms. The presence of menopausal symptoms was significantly associated with a decreased health-related quality of life in the women.

Keywords: Peri-menopause, Marital-status, Factors, Wellbeing