



1st World Congress on Healthy Ageing, Kuala Lumpur, Malaysia

ABSTRACT 143

Factors associated with quality of life and sexual satisfaction among perimenopausal and menopausal women residing in Kang Valley

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Background: Perimenopausal women are vulnerable to physiological and biological changes, due to hormone deficiency which results in various psycho somatic and vasomotor symptoms. Assessment of well being from various perspectives including sexual satisfaction during menopause warrants special attention as it is associated with quality of life.

Objective: To study the severity of menopausal symptoms associated with sexual relationship and to determine quality of life among perimenopause and menopause woman in Klang Valley.

Methods: This prospective, cross-sectional study was conducted in Obstetrics and Gynaecology Clinic, at Kuala Lumpur General Hospital for a period of six months, January to June 2010. There were total of 310 respondents among women attended the menopausal clinic were selected by random sampling. Along with collection of socio-demographic data, the Menopause rating Scale (MRS), Sexual behaviour modified questions and WHO Quality of life (WHOQOL Brief) with questionnaire were used. Data was analyzed by SPSS18, and ANOVAs and Person's product – moment correlations were used to test the associations.

Result: Result showed more physical symptoms (5.99 ± 3.08) like urogenital (5.79 ± 3.58), psychosomatic symptoms (5.54 ± 3.08), and vasomotor (3.65 ± 2.43). Two-thirds satisfied with arousal during sexual activity, and only one third considered hormone therapy to reduces the menopause symptoms. Occupational status and household incomes were significantly co related with quality of life scores ($p < 0.001$). Respondents having more menopausal symptoms which impaired quality of life ($p < 0.001$). The higher sexual behaviour score showed significant association with quality of life ($p < 0.05$). Alternative therapy is associated with better quality of life score ($p < 0.001$).

Conclusion: It is an important local finding among the aging women in terms of quality of life and sexuality, treatment modalities and the quality of life. Increased awareness of hormone replacement therapy can reduce the menopausal symptoms and thus will increase the quality of life in perimenopausal and menopausal women.