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**(MEDICAL AND HEALTH SOCIAL SCIENCE)**

**KEY WORD : PREPARATION/ MENOPAUSE/ KNOWLEDGE/ PERCEPTION**

**WASANA SANSRIKAEW : SELF-PREPARATION FOR MENOPAUSE  
AMONG RURAL WOMEN IN NAKORN RACHSIMA PROVINCE. THESIS  
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Women undergoing menopause have to encounter many physical and mental changes caused by it. The sample in the study consisted of 350 rural women between 40-45 in Nakornrachshima province. The research method used in the study was the interview. The statistic analysis included one-way analysis of variance, Pearson's Product Moment Correlation coefficient and Stepwise Multiple Regression.

The results indicate that level of education and size of family income had a positive relationship with preparation for menopause. Findings also indicate that knowledge about menopause also had a positive relationship with women's menopause preparation, whereas a negative perception of menopause was directly related to menopause preparation. Knowledge of menopause and size of family income were the best predictors of menopause preparation. Those two factors accounted for 23.36% of the variance of menopause preparation.