

Thesis Title Age at Menopause and Associated Factors among
Menopausal Women in Suratthani Province

Name Sommai Kochanam

Degree Master of Science (Human Reproduction and
Population Planning)

Thesis Supervisory Committee

Aram Rojanasakul, M.D., Thai Board of Ob-Gyn
Somsak Suthatvoravut, M.D., Thai Board of Ob-Gyn
Suwat Srisorrachatr, B.Ed., M.A.

Date of Graduation 17 December B.E. 2535 (1992)

ABSTRACT

The objectives of this study are to survey the age at menopause of women in Suratthani province and to identify the affecting factors including gravidity, nutritional status, pill usage, smoking and socio - economic status. The additional objective is to study the health problems of postmenopausal women (physical, mental and sexual health). Multi-stage sampling technique was used for population sampling. Survey of 405 postmenopausal women aged between 41 to 60 years old from 24 villages in 8 tambols and 8 districts were carried out. Relevant data were collected from interviewing these women by using previously prepared questionnaires during July 1, 1992 to August 31, 1992. Data were analysed by descriptive statistics, Pearson's Product Moment Correlation Coefficient and Chi-Square. The results were as follows :

1. The mean age at menopause.

The mean age at menopause is 48.35 years, standard deviation 3.52 years and range 40 to 58 years.

2. Factors associated with age at menopause.

Factors, which had statistically significant correlation with age at menopause ($P\text{-Value} < 0.05$) were gravidity ($r = 0.10$), nutritional status ($r = 0.14$), smoking ($C = 0.16$) and occupation ($C = 0.20$).

3. Postmenopausal Health problems (physical, mental and sexual health).

About 72.3 % of postmenopausal women had health problems such as dizziness (41.0 %), weakness (41.0 %), irritability (40.0 %), insomnia (31.6 %), palpitation (30.9 %), hot flushes (29.4 %), headache (22.7 %), night sweats (13.6 %), depression (8.1 %) and dyspnea (6.2 %). As for sexual desire of postmenopausal women, there were decrease in 59.5 %, no sexual desire in 27.4 %, the same sexual desire in 12.3 % and increase in 0.7 %. However 23.7 % of postmenopausal women had problems during sexual intercourse such as dyspareunia (45.9 %) and no orgasm (39.5 %).

The results of this study can be used as a baseline data for further study about menopausal problems. The data are also useful in planning of medical and health care services for perimenopausal women.