

Thesis Title Factors Associating with Menopausal
 Symptoms of Women in Nonthaburi Province
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ABSTRACT

Menopause is a natural transition, encountered by all women in the middle age, heralding the reproductive era in life and bringing an end to it. Literally menopause means the pause in menstruation, while scientifically it means the last menstruation. Menopause is accompanied by several distressing symptoms and has increasingly been implicated in some major age related diseases in women.

This study was conducted in the Pakret district of the Nonthaburi province from 15th March 1994 until 15th April 1994. The sample consisted of 261 women, selected purposively, of peri menopausal to post menopausal age groups, ranging between 40 to 59 years. The data was collected by interview method, using a structured, pre-tested questionnaire. Factors associating with

menopausal symptoms like socio demographic status, knowledge, perception, health habits and life style of these women was examined and their association was seen in context with the presence of the menopausal symptoms. The results obtained indicate the mean age of menopause as 51 years. About 94.6% of the respondents were literate of which 47.9% had at least obtained compulsory education.

The women who were in pre, peri and post menopausal stages comprised 51.4%, 8% and 40.6% respectively.

Dizziness, tiredness, joint pains, headaches and backaches were experienced by more than 50% of the respondents. Vaginal dryness and urinary complaints were the least experienced symptoms (26.4%).

The socio-economic and demographic factors were found to have an association with the symptoms experienced. Marital status, parity, educational, economic and occupational status showed influence over the number of symptoms experienced during the transitional period of attaining the menopause.

Knowledge on the menopause, life style and health habits also showed an association with symptom experience. However no association could be found between perception on menopause and the symptomatology experienced. It was interesting to see that cigarette smoking had significant association with the experience of menopausal symptoms.

Further research is recommended on women's health in the post reproductive era. Provision of health education, counselling services, setting up menopausal clinics are amongst other suggestions. Also an assessment of the risk benefit ratio of various forms of fertility regulation methods for women in the pre-and peri menopausal stages should be sought. Hormone replacement therapy has added further impetus to the study of menopause, so its indications should be clarified. Screening programs for individuals at risk of development of coronary heart disease and osteoporosis must be established.