

EFFECT OF MENOPAUSE DURATION AND BIOPSYCHOSOCIAL FACTORS ON QUALITY OF LIFE OF WOMEN IN KEDIRI DISTRICT, EAST JAVA

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ABSTRACT

Background: Menopause is defined as the point in time when menstrual cycles permanently cease due to the natural depletion of ovarian oocytes from aging. Studies have shown, menopause causes decrease in quality of life and a positive correlation between menopausal symptoms and quality of life. This study aimed to determine the effect of menopause duration and biopsychosocial factors on quality of life of women.

Subjects and Method: This study was an analytic study using cross-sectional design. The study was conducted in Bendo Community Health Center, Kediri District, East Java, from 8–31 March 2017. A sample of 105 menopausal women were selected for this study by proportionate random sampling. The dependent variable was quality of life. Quality of life encompassed several constructs including physical, functional, emotional, social, and cognitive variables. The independent variables were duration of menopause, Body Mass Index (BMI), education, family support, and family income. The data were collected by pre-tested questionnaire, and analyzed by path analysis.

Results: Quality of life was affected by menopause duration ($b = 2.19$; $SE = 0.38$; $p < 0.001$), education ($b = 6.72$; $SE = 1.72$; $p < 0.001$), family support ($b = 0.42$; $SE = 0.17$; $p = 0.011$), BMI ($b = 0.71$; $SE = 0.27$; $p = 0.010$), and family income ($b = 0.13$; $SE = 1.60$; $p = 0.936$). BMI was affected by education ($b = 1.87$; $SE = 0.50$; $p < 0.001$).

Conclusion: Quality of life is directly affected by menopause duration, education, family support, BMI, and family income. Quality of life is indirectly affected by education.

Keywords: menopause duration, biopsychosocial factors, quality of life, path analysis

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