

BIOPSYCHOSOCIAL FACTORS AND MENOPAUSE AFFECTING WOMEN'S QUALITY OF LIFE IN SURAKARTA, CENTRAL JAVA

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ABSTRACT

Background: Women spend a third of life during menopause. The number of women entering menopause worldwide is estimated at 25 million annually. Women of menopausal age have decreased estrogen hormone which can decrease the quality of life. This study aimed to analyze the biopsychosocial factors and menopause affecting the women's quality of life.

Subjects and Method: This was an analytic observational study with a cross-sectional design. The study was conducted in Surakarta, from January to February 2018. A sample of 200 women was selected by cluster sampling. The dependent variable was quality of life. The independent variables were self-efficacy, healthy behavior, menopause, and social support. The data were collected by questionnaire and analyzed by path analysis.

Results: Women's quality of life increased with healthy behavior ($b= 0.96$; 95% CI= 0.35 to 1.56; $p=0.002$) and decreased by menopause ($b= -0.96$; 95% CI= -1.56 to -0.35; $p= 0.002$). Women's quality of life was indirectly affected by self-efficacy and social support.

Conclusion: Women's quality of life is affected by menopause, healthy behaviour, self-efficacy, and social support.

Keywords: quality of life, women, biopsychosocial, menopause

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