

Comparing the Life Quality in Postmenopausal and Premenopausal Female Teachers in Gorgan, Iran

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ABSTRACT: life quality is one of the signs that are used for health measurement, the life quality in postmenopausal females in terms of public health is very important. This study aimed to compare the life quality in postmenopausal and premenopausal female teachers in Gorgan, Iran. The research method was causal-comparative and descriptive, the statistical population consisted of all female teachers in Gorgan, Iran. Samples were selected using simple random sampling which were 120 individuals using questionnaires of life quality in postmenopausal and premenopausal females and they were analyzed using t-tests at the level of 0.05. The results showed that there was a significant difference between postmenopausal and premenopausal female in vasomotor and physical aspects but there was no significant difference between these two groups in terms of socio-psychological and sexual dimensions. There was no significant difference of life quality in terms of education. Also, there was a significant difference in life in terms of sexuality of postmenopausal females based on education but there was no significant difference among socio- psychological, physical and vasomotor of premenopausal females.

Keywords: Life Quality, Postmenopausal Female, Teachers.

INTRODUCTION

menopause among old women occurred by physiological changes resulting from the loss of ovarian activity and causes symptoms associated with aging which can affect the women's lives (Ryan and Barbieri, 1999). The most common and most obvious symptoms of menopause are described as a period of disorder, the sudden incandescence with chills and sweats, palpitations, anxiety, feeling of pressure in the head and chest, a burning sensation, nausea, choking and decentralization (Speroff, 2005). Studies showed that hot flushes influenced the work, social activities, leisure, sleep, mood, concentration, communication with others, sexual activities and overall life quality (Carpenter, 2001).

According to analysts, the growth of the elderly population compared to youth is about 25 million women in the world to reach to the age of menopause, while the number of postmenopausal women in 2020 will be to one billion and 200 thousand with an annual increase of 47 million new cases per year (Speroff, 2005). This period for most women in different societies is followed by some anxiety and confusion (Soleimanpanah, 2008). During this period, the body experience hormonal changes, fertility decreased and risk of physical and socio-psychological changes increased, the average age of menopause in the world is 51.2 years old (Gibbs et al, 2008). Since, the life expectancy has come from 48.3 years in 1900 to 81 years in 2011, women spend more than a third of their lives in postmenopausal (Chen and Wei, 2008). Due to this, the life quality in postmenopausal females in terms of public health

is very important (Fallah Zadeh et al, 2010). Life quality is a mental well-being and one of the signs which arises for determination of health (Testa, 1996). The World Health Organization defined the life quality as "people's perception of their position in life, in the context of culture and value systems in which they live in relation to the targets, expectations, needs and communication".

One of the major concerns is the life quality of health experts known as indicators to measure health status in public health and medical research (Guggenmoos-Holzmann et al, 1995). Life quality information not only paving the way for more effective treatments and but also is effective for future developments in the promotion of effective rehabilitation and supportive programs (Park, 2002). Researchers disagree with the relationship between life quality and menopause. Some studies have shown a positive relationship between life quality and different stages of menopause, the women that the frequency and severity of symptoms in them are high, their life quality is lower. The study suggested that hormonal interventions in methods and processes that minimize estrogen deficiency may increase the person's lifespan and improve life quality which leads to physical, emotional and sexual improvement (Jacobs, 2000). Research results in 2008 and 2009 indicated that menopausal has a negative effect on life quality (Chen and Wei, 2008). Hence, this study compared the life quality in postmenopausal and premenopausal of female teachers in Gorgan, Iran

MATERIALS AND METHODS

The method of this study was causal-comparative. The population consisted all female teachers in Gorgan who were 120 individuals (60 postmenopausal, 60 premenopausal). Simple random sampling was used and data was measured using tools included:

Life quality of postmenopausal female questionnaire

Life quality of postmenopausal female questionnaire has 29 questions which has been set in four vasomotor, psychosocial, physical and sexual dysfunctions. Questions 1 to 3 referred to the vasomotor, 4 to 10 psychosocial questions, 11 to 26 physical and 27 to 29 sexual questions. Answers were on a rating scale of 1 to 7, 1 was equaled to never and 7 was equaled to very much. The validity of this questionnaire has been confirmed by experts and its reliability was calculated by correlation 0.95, in Noruzi's research this validity was 0.76.

RESULTS

The life quality was different in postmenopausal and premenopausal female teachers in Gorgan, Iran.

Table1. The mean difference of life quality in postmenopausal and premenopausal females.

Clinical Scale	Groups	Numbers	Mean	Mean deviation	t	d.f	p-value																																
Vasomotor	Postmenopausal females	60	2.022	0.878	8.172	118	0.000																																
	Premenopausal females	60	1.061	0.241				Socio-psychological	Postmenopausal females	60	1.557	0.909	0.523	118	0.602	Premenopausal females	60	1.476	0.782	Physical	Postmenopausal females	60	1.827	1.061	2.422	118	0.017	Premenopausal females	60	1.472	0.394	Sexual	Postmenopausal females	60	2.033	1.376	1.317	118	0.190
Socio-psychological	Postmenopausal females	60	1.557	0.909	0.523	118	0.602																																
	Premenopausal females	60	1.476	0.782				Physical	Postmenopausal females	60	1.827	1.061	2.422	118	0.017	Premenopausal females	60	1.472	0.394	Sexual	Postmenopausal females	60	2.033	1.376	1.317	118	0.190	Premenopausal females	60	1.750	0.940								
Physical	Postmenopausal females	60	1.827	1.061	2.422	118	0.017																																
	Premenopausal females	60	1.472	0.394				Sexual	Postmenopausal females	60	2.033	1.376	1.317	118	0.190	Premenopausal females	60	1.750	0.940																				
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As the significance level was calculated 0.000 on scale of vasomotor and significance level was calculated 0.017 in physical quality of life in significance level of 0.05 was smaller, it means that there was a significant difference in vasomotor and physical dimension of postmenopausal and premenopausal female in Gorgan, Iran. In physiological and sexual dimensions with the achieved significant level, it can be said that there was no difference between postmenopausal and premenopausal female in Gorgan, Iran.

Table 2. ANOVA test to evaluate differences in life quality according to education level.

Variable		Total square	d.f	MS	F	p-value
Vasomotor	Intergroup	3.351	4	0.838	1.092	0.369
	Between groups	42.175	55	0.767		
	Total	45.526	59			
Socio- psychological	Intergroup	3.295	4	0.824	0.995	0.418
	Outgroup	45.550	55	0.828		
	Total	48.845	59			
Physical	Intergroup	2.419	4	0.605	0.519	0.722
	Between groups	64.060	55	1.165		
	Total	66.479	59			
Sexual	Intergroup	7.826	4	1.957	1.036	0.397
	Between groups	103.885	55	1.889		
	Total	111.711	59			

Since a significant levels calculated in all scales were higher than 0.05, this means that there was no significant difference in terms of life quality based on education level among postmenopausal female in Gorgan, Iran.

Table 3. ANOVA test for non-menopausal women's quality of life differences according to education level.

Variable		Total square	df	MS	F	p-value
Vasomotor	Intergroup	0.105	2	0.052	0.869	0.414
	Between groups	3.338	52	0.059		
	Total	3.443	59			
Socio- psychological	Intergroup	1.675	2	0.838	1.386	0.258
	Between groups	34.434	52	0.504		
	Total	36.190	59			
Physical	Intergroup	0.813	2	0.604	2.762	0.072
	Between groups	8.286	52	0.147		
	Total	9.198	59			
Sexual	Intergroup	5.631	2	2.815	3.451	0.038
	Between groups	46.508	57	0.816		
	Total	52.139	59			

As the significant level was calculated 0.038 in sexual level was lower than the significance level of 0.05, this means that there was a significant difference in life quality among non-menopausal female in terms of education in Gorgan, Iran. In socio-psychological and vasomotor due to their significant level we can say that there was no significant difference in the dimensions of life quality in terms of education among non-menopausal female in Gorgan, Iran.

DISCUSSION AND CONCLUSION

The findings of this study showed that the life quality in postmenopausal and premenopausal female teachers were different. This means that there was a significant difference in vasomotor and physical dimension among postmenopausal and premenopausal female in Gorgan, Iran. In the socio-psychological and sexual dimensions based on the significant level, we can say that there was no difference among postmenopausal and premenopausal females in Gorgan, Iran. The results were consistent with the previous research results. Abedzadeh et al, in their study showed that education, sports activities and economic status are the related results with life quality (Abedzadeh et al, 2009). They also measured the mean of life quality in four dimension of vasomotor, socio-psychosocial, physical and sexual dimensions in postmenopausal female was more than premenopausal females, there was a significant difference in terms of life quality in these four dimensions between these two groups (Abedzadeh and Saberi, 2012). Lorenzi et al, in their study showed that premenopausal females had higher life quality compared to of postmenopausal females (Lorenzi et al, 2009).

Also, the results of Yeo, Özkan et al, revealed that there was no difference between the life quality in both groups before and after menopause (Yeo, 2002; Ozkan et al, 2005). In the study hypothesis of life quality in terms of education level among postmenopausal females was different. The results showed a significant difference of life quality in terms of education among postmenopausal females in Gorgan, Iran. This result was no consistent with the previous findings of Abedzadeh et al which examined the relationship between life quality and education ($P=0.004$), satisfaction of the economic situation ($P=0.01$) and sport ($P=0.0001$) which was a significant relationship (Abedzadeh et al, 2009). Khaledian declared that there was no significant relationship between life quality and education (Khaledian, 2001). Also, there was a significant difference in life quality in terms of education among non-menopausal females in Gorgan, Iran.

In socio-psychological, physical and vasomotor dimension due to the achieved significant levels, we can say that there was no significant difference in the dimensions of life quality in terms of education among the non-menopausal females in Gorgan, Iran. This was not consistent with the previous results. Fritzella in a correlation study on mental health status of mothers showed that less education will followed the increased mortality, poverty, unemployment, poor health behaviors and life quality (Fritzelle et al, 2007). Safi zadeh in his research revealed in all domains except general health and mental health that there was a significant difference between the groups and those with a university education had better life quality (Safi Zadeh and Pour Afshar, 2005). Vahdani also reached to the similar result and declared that mainly women with the Diploma and higher education had better life quality (Vahdani and Montazeri, 2005). The results showed a significant difference between postmenopausal and premenopausal females in vasomotor and physical dimensions, but there was no significant difference between the two groups in terms of socio-psychological and sexual dimensions. There was no significant difference of life quality in terms of education. Although, there was a significant difference of life quality in sexual dimension among premenopausal females and there was no significant difference in terms of socio-psychological, physical and vasomotor among postmenopausal females.

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Conflict of Interest

The authors declare no conflict of interest.

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