


LITERATURE REVIEW: INFLUENCING FACTORS OF QUALITY OF LIFE OF MENOPAUSE WOMEN

Marni¹, Domingos Soares², Siti Farida³, Elfia Riandani⁴, Erlina⁵

Faculty of Health Sciences^{1, 3, 4, 5}, Duta Bangsa Surakarta University^{1, 3, 4, 5}

Instituto Superior Cristal², Timor Leste²

Email: marni@udb.ac.id¹, domingoss.ins@gmail.com², Siti_farida@udb.ac.id³, aisyerlinaputri@gmail.com

ARTICLE INFO	ABSTRACT
Received: Revised: Approved:	<p><i>Introduction : An elderly woman will experience menopause. This condition must immediately get good treatment so that the quality of life of these women is good or improved. For this reason, it is necessary to know the factors that affect the quality of life of post-menopausal women.</i></p> <p><i>Objectives: The purpose of this study was to determine the factors that affect the quality of life of postmenopausal women.</i></p> <p><i>Method: Literature Review, by searching the Pubmed, ProQuest, Science Direct and Google scholar databases. Obtained 7 articles to be included in the review.</i></p> <p><i>Results: The factors that affect the quality of life of postmenopausal women are the use of hormonal supplements in the form of phytoestrogens, active in sexual activity, physical exercise, class activities and counseling.</i></p> <p><i>Conclusion: Good sexual activity will improve the quality of life of postmenopausal women, in addition to attending counseling classes, adding phytoestrogen supplements and using lubricants or liquid lubricants to prevent infection.</i></p>
KEYWORDS	Influencing factors, Menopause, Quality of Life, Woman
	This work is licensed under a Creative Commons Attribution-ShareAlike 4.0 International

INTRODUCTION

The population of Indonesia at the end of the 21st century is estimated to be 8-10% elderly, and there are more elderly women than men. According to WHO, it is estimated that in 2030 there will be an explosion of menopause, around 1.2 billion women aged over 50 years (Evanurul Maretih, 2012), (Evanurul Maretih, 2012), some of them live in developing countries and every year there is an increase of about 3 percent. Older women will experience menopause. Menopause is a physiological change where there is a permanent cessation of menstruation for 12 months, usually occurring at an average age of 51 years. (Porter & Varacallo, 2020) . Menopause in a woman's life is a natural process and every woman will experience menopause. Women who are already in the menopause phase experience sexual dysfunction associated with the development or worsening of psychological conditions, decreased mental health and quality of life of

women, training related to pelvic floor muscle exercises, and physical exercise as a strategy to improve sexual function and quality of sexual life. When a woman enters menopause, which generally occurs at the age of around 50 years, there will be biological changes in her body, one of which is the decline in the function of the reproductive organs, namely the ovaries. In addition, women will experience physical complaints that can cause psychological changes such as memory loss, irritability or emotions, stress, and anxiety that lead to the quality of life of postmenopausal women. The existence of various complaints when women experience menopause can reduce the quality of life in women who are in the menopausal phase (Sari, 2021).

Quality of life can be interpreted as an individual's assessment of their position in life, in the context of the culture and value system in which they live in relation to individual goals, expectations, standards and what is of individual concern (Noorma, 2017). If postmenopausal women have a good quality of life, their lives can lead to a state of well-being.

According to the World Health Organization (WHO), every year about 25 million women worldwide are estimated to experience menopause. WHO also said that in 1990, about 467 million women aged 50 years and over spent their lives in a postmenopausal state, and 40% of these postmenopausal women lived in developing countries with an average age of experiencing menopause at the age of 51 years. WHO estimates that the number of women aged 50 years and over is expected to increase from 500 million today to more than 1 billion in 2030. In Asia, according to WHO data, by 2025 the number of women who are menopausal will jump from 107 million to 373 million people. Rough estimates show that there will be around 30-40 million women out of the total population of Indonesia, which is 240-250 million in 2010. During that time (over 60 years of age) almost 100% have experienced menopause with all the consequences and impacts. join him (Syafina, 2017). The World Health Organization (WHO) has defined QOL as people's insight into their life status in the values and cultural systems in which they live and documents their expectations, goals, concerns, and standards. Multidimensional QOL has been accepted today. Changes in life expectancy have led to an increase in postmenopausal life expectancy in women. Every woman spends at least a third of her life during menopause. Statistics show the number of postmenopausal women worldwide. According to some more recent statistics in the US, 6000 people reach menopause age each day, and about 50 million will be menopausal over the next decade. Iran is also expected to have around 5 million women with menopause by 2021, leading to demographic changes and aging of the population.

Due to decreased blood estrogen levels, menopause causes several symptoms and complications in women, including cessation of reproductive capacity resulting in complete cessation of ovarian function, vasomotor instability, decreased psychological function, forgetfulness, and vaginal and urinary tract infections. Regarding cultural and ethnic differences, the severity and frequency of these symptoms vary in different countries. Factors such as genetics, diet, activity level, and daily exercise cause differences in the natural age of menopause in different communities (Barati, (2021).

This study aims to analyze the factors that affect the quality of life of postmenopausal women.

RESEARCH METHOD

Search using literature review with data search sources using several databases such as Google Scholar, PubMed, Science Direct, and ProQuest. Searching journals in this literature review with the keywords "influencing factors" AND "Quality Of Life" And

"Menopause" After getting the topic, the researchers determined research questions related to the topic "What are the factors that affect the quality of life of postmenopausal women". From the research topic questions, the researchers conducted a literature search according to the PICO:

P : Menopausal Woman

I : Quality of Life for Post Menopause Women

C :-

O : Quality of Life for Post Menopause Women

Using the PRISMA checklist for articles published in 2018 - 2022. The databases used are Pudmed, Science direct, ProQuest, and Google Scholar. Additional articles were identified from the reference lists and gray literature. Additional articles identified from reference lists and gray literature (Saleh, Syahrul, Hadju, Andriani, & Restika, 2021)

Study selection

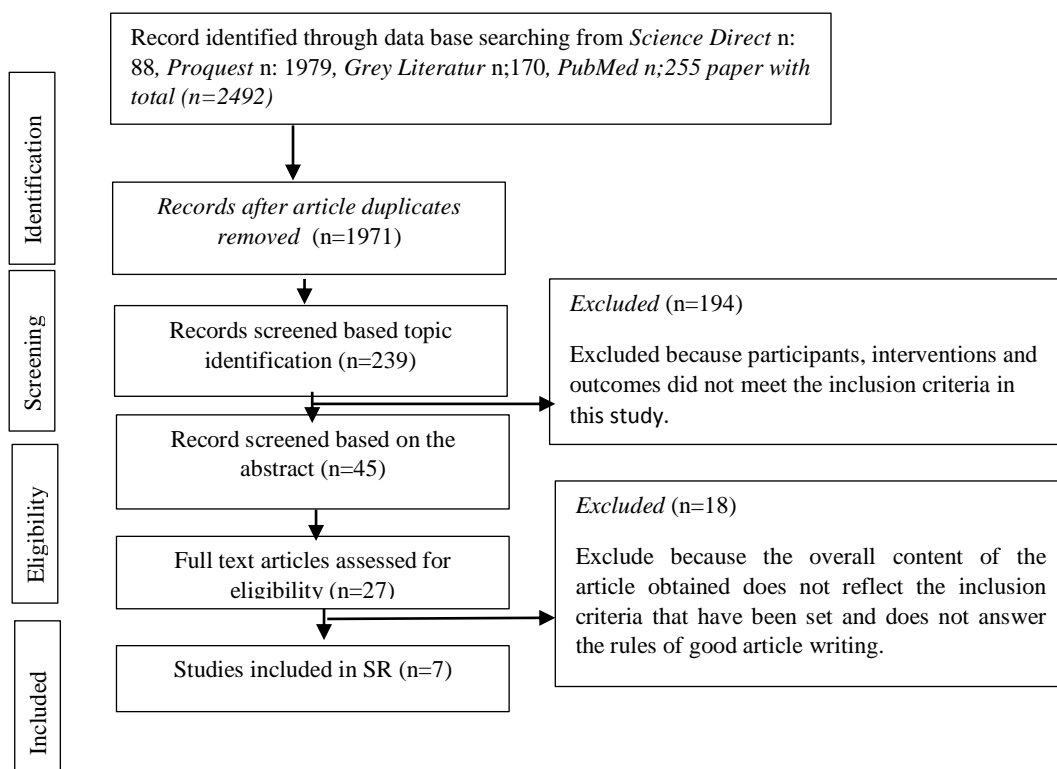


Figure 1. The Flowchart for selecting and enrolling the articles in the study

RESULT AND DISCUSSION

Author (year)	Title	Method	Results
Mahboubeh Taebi . et.al. (2018)	Strategies to Improve Menopausal Quality of Life : A Systematic Review	Systematic Review: published articles in national and international databases; Iranian Registry of Clinical Trials, Magiran , SID, Google Scholar, Scopus, PubMed,	Strategy carried out for increase quality life woman with menopause use product phytoestrogens and isoflavones together practice physical , participate in

			Proquest , Science Direct, and Web of Science databases were searched.	Education and counseling classes , advice Aerobic exercise and continuing class education
Ragasudha A, Minnu Skaria , Sambath Kumar, (2021)	Menopause Induced Depression, Anxiety, Quality of Life, Lack Of Sleep In Woman: An Overview		The recent studies related to the aim of the review were undertaken through a literature search to evaluate the effects in women how menopause inducing depression, anxiety, quality of life and lack of sleep.	Menopausal women don't need medicine , however moment occur quality bad life _ where woman the experience depression , disturbance sleep so need drug selective serotonin reuptake inhibitors (SSRI) and antidepressants
Jinyi Wang, Yezhe Lin, (2022).	Menopause-Related Symptoms and Influencing Factors in Mosuo , Yi, and Ham Middle -Aged Women in China This study aims to explore the characteristics of menopause-related symptoms and the factors that influence them in Mosuo, Yi, and Han women in the Yongning area of Yunnan province, China.		This study used SPSS 20.0 for statistical analyses. ANOVA and 2 -tests were used to compare sociodemographic characteristics, and scores of MSPSS and MRS among Mosuo , Yi, and Han women. Multiple linear regression was used to determine potential factors associated with menopause symptoms, and $p < 0.05$ two-sided was considered to be statistically significant . For all analyses, partial η^2 and Cramer's V were used as measures of effect size for ANOVA and 2 -tests, respectively. Cohen's criteria to classify the effect sizes was used; small effect : partial	Ethnicity , age, family support, and family decision-making patterns are associated with severity menopausal symptoms . Women with high status and get Support good family and social _ will get quality more life _ good . Women who live with women and do discussion will increase quality live .

			2 = 0.01; medium effect : partial 2 = 0.06; and large effect : partial 2 = 0.14	
Christian Jackisch . et. Al. (2019)	Assessment of Quality of Life in Postmenopausal Women with Early Breast Cancer Participating in the PACT Trial: The Impact of Additional Patient Information Material Packages and Patient Compliance	The Patient's Anastrozole Compliance to Therapy (PACT) program, a prospective, randomized study, investigated the effect of additional patient information packages on compliance with adjuvant aromatase inhibitor (AI) therapy in postmenopausal women with hormone receptor-positive early breast cancer.		Postmenopausal women with _ cancer obedient breasts _ to gift therapy Adjuvant endocrine undergo quality more life _ good ., while IM (information material) packets are not take effect by significant to quality life
María del Carmen Carcelen-Fraile et.al. (2020).	Effects of Physical Exercise on Sexual Function and Quality of Sexual Life Related to Menopausal Symptoms in Peri- and Postmenopausal Women: A Systematic Review	A systematic literature search was conducted in the PubMed, CINAHL, Scopus, Web of Science, and Cochrane Plus databases without limiting the publication date. We searched (in the title and abstract fields) for the free terms “sexuality” OR “sexual function” OR “sexual activity” OR “sexual health” AND “physical exercise” OR “exercise” OR “training” OR “physical activity” AND “ menopause *”		11 articles that were reviewed resulted in that practice muscle base pelvis beneficial to function sexual , while the most traditional practice , practice aerobics give results that are not consistent

			OR “ perimenopause *” OR “ postmenopausal *”. An iterative process was used to ensure that all relevant articles were obtained. The search was conducted from January 10, 2020 to March 10, 2020.	
Agustin Dwi Syafina , (2017)	Body Mass Index (Bmi) And Long Menopause Effect On Menopause's Quality Of Life	This study was designed with a cross-sectional design. Samples are taken at simple random example. The sample of this study was 105 respondents who were menopausal mothers, reading, good communication and cooperative. The variables in this study are age, education, occupation, body mass index, number of children, stage of menopause. The dependent variable is menopausal quality of life. Data were collected by interview and MQOL (Menopause Specific Quality Of Life) instrument.	The results showed that all respondents were of normal menopause age, and the majority are poorly educated, unemployed and have 2 to 5 children. body mass index and menopausal stages have the same proportion to each other. Bivariate analysis showed that the significant relationship between education, occupation, body mass index, menopausal stage with menopausal quality of life. Using logistic regression, The results showed that body mass index had an effect on the quality of life of menopause. Health workers must carry out early detection or screening should be continued menopausal quality of life assessment. It reduces menopausal symptoms and improve menopausal quality of life.	
Nilam Noorma , (2017)	Factors Related To Quality Of Life Menopause Women		Activities sexual take effect to quality life woman post	

At National Pension
Savings Bank
Clinic , Makassar
City

menopause. Activities
low sex _ so will make
it worse quality live ,
while activity high sex
_ will increase quality
life / quality life
Becomes more good .

A total of 7 articles that meet the inclusion criteria of the literature review are divided into 6 article sections as follows:

1. Use product phytoestrogens and isoflavones (Taebi, Somayah Abdolahian, Ozgoli, Ebadi, & Kariman, 2018) , in addition to it's also a gift adjuvant endorphin therapy can increase quality life woman postmenopausal (Jackisch et al., 2020) , Use drug antidepressants selective serotonin reuptake inhibitors (SSRI) and antidepressants (Ragasudha, Minnu, & Sambath Kumar, 2021) .
2. Physical / aerobic exercise (Taebi et al., 2018) , exercise muscle base most useful pelvis for function sexual (del Carmen Carcelén-Fraile et al., 2020)
3. Follow and be active in class education and counselling . Suggestion: continue practice physique aerobic / and active follow class education (Taebi et al., 2018)
4. Group Support peers , women who live with women and do discussion will lower menopausal symptoms and improve quality life the (Wang et al., 2022) .
5. Invasion of uterine tumors becomes factor significant risk _ influence quality life (Singh, Al-Ruwaisan, Batra, Itani, & Ghatage, 2020)
6. Body Mass Index is influential to quality of life woman post menopause (Syafina, 2017) .

In this study, it was found that menopausal women who had higher levels of education and work experienced fewer menopause symptoms. and mild sexual symptoms were associated with lower levels of education (Fallahzadeh, 2010; Gold et al., 2004; Williams et al., 2009). Symptoms that are often seen in women who have low family income status are urogenital symptoms . Post- menopausal women will also boost quality his life after follow Education class for 12 weeks compared only 8 weeks (Wang et al., 2022) . Give knowledge to menopausal women related Introduction to menopause and its problems, coping strategies, diet and relaxation techniques, (Wang et al., 2022) . So that capable prepare woman in facing menopause, and looking for solution from every pain that is experienced besides it's also for change mindset and attitude woman that .

In addition to physical complaints, menopause can also cause psychological changes such as memory loss, irritability or emotions, stress, and anxiety that lead to the quality of life of menopausal women. In general, working women may have better access to health care services and adapt to postmenopausal symptoms. experts say that menopause is not only a bio-psychological problem but also a bio-psycho-socio-cultural problem of women. be low sexual activity in menopausal women is a risk factor that will cause a decrease in the quality of life of menopausal women. As Strenfeld said that by doing physical activity it can make menopausal women feel better. Besides reducing menopausal symptoms, physical activity can also improve menopausal women's health . Research conducted _ by ,, that the woman who did activity physical ($p < 0.05$) indicates quality more life _ good . Based on regression model logistics , factor predictive of normal QOL in menopausal status is age , education husband , score Charison Comorbidity Index (CCI) and BMI (Mirhaghjou, Niknami, Moridi, Pakseresht, & Kazemnejad, 2016) . Nicotine dependence and smoking may contribute to the severity of

menopausal symptoms among postmenopausal women who smoke. Based on the results obtained, the physical domain had the highest physical activity, and having a higher CCI score resulted in lower QOL in many MENQOL domains. These findings suggest that Mindfulness-Based Stress Reduction (MBSR) improves women's quality of life in terms of vasomotor, psychosocial, physical partner participation in treatment approaches related to their relationship-related sexuality and shared sexual difficulties. It is recommended for healthcare professionals to add MBSR to their interventions, provide information regarding Mindfulness-Based Stress Reduction (MBSR) and encourage women to participate in training program as they practice menopause-related approaches to women. Urogenital symptoms are less common in postmenopausal women who have a low level of female education, namely 65.1%.

DISCUSSION

Physical exercise or aerobics have great benefit for the circulatory system blood as well as increase a number of human organ function by physiology. One example is activity sexual will increase quality system of related organs. This thing confirmed by research conducted by Nilam Noorma 2017 affirmed that if activity sexual take effect to quality life woman post menopause. Activities low sex so will make it worse quality live, while activity high sex will increase quality life / quality life becomes more good. So activity physique this proven that will permanent give profit big for human organ systems.

Activity education or regular learning will also give impact positive for delay menopause for human. Activity this bring something pleasure and satisfaction alone for everyone so all permanent organ function walk with good and active. Understanding this strengthened by researchers Mahboubeh Taebi. et.al. (2018), results the research said that strategies are carried out for increase quality life woman with menopause i.e use product phytoestrogens and isoflavones together practice physical, participate in Education and counseling classes, advice Aerobic exercise and continuing class education. So if a woman pursue activity education, counseling will delay menopause. Someone woman by general usually need friend same age, they will each other complement each other communicate, tell stories together, do activity daily they by together. Situation this will give profit big to a women and can lower symptom from that menopause alone. Understanding this reinforced by the concept from study (Wang et al., 2022) who stated that that group Support peers, women who live with women and do discussion will lower menopausal symptoms and improve quality life that. Besides that they feel permanent young and motivated so that permanent awaken spirit activity.

CONCLUSION

Study this, got results that postmenopausal women who have level education high and work, experience symptom more menopause little. Besides there is complaint Menopausal physical can also cause change psychological such as, decrease power remember, it's easy offended or emotions, stress, and anxiety that lead to quality life menopausal women. By general, working woman possible have more access good to service care health and adapt with symptom postmenopausal.

Good sexuality with partner capable increase quality life woman post menopause. So need education to the women related method overcoming pain moment To do sex that is with administration of the hormone phytoestrogens taken by mouth, and the use of lubricant made from bottom of the water, because lubricant / lubricant made from more water base safe use and easy absorbed by the skin, besides it's also necessary

education to spouse / family to give Support to woman post menopause so that more enthusiastic in undergo pattern life healthy to be increase quality women 's life post menopause.

REFERENCES

Barati, M. ((2021)). The Factors Associated With The Quality Of Life . Barati et al. *Bmc Women's Health* , 2-8.

del Carmen Carcelén-Fraile, María, Aibar-Almazán, Agustín, Martínez-Amat, Antonio, Cruz-Díaz, David, Díaz-Mohedo, Esther, Redecillas-Peiró, María Teresa, & Hita-Contreras, Fidel. (2020). Effects of physical exercise on sexual function and quality of sexual life related to menopausal symptoms in peri- and postmenopausal women: A systematic review. *International Journal of Environmental Research and Public Health* , 17 (8). <https://doi.org/10.3390/ijerph17082680>

Evanurul Marettih, Anggia Kargenti. (2012). Quality of Life for Menopausal Women. *Marwah: Journal of Women, Religion and Gender* , 11 (2), 1. <https://doi.org/10.24014/marwah.v11i2.506>

Jackisch, Christian, Kreienberg, Rolf, Blettner, Maria, Harbeck, Nadia, Lück, Hans Joachim, Haidinger, Renate, Schmitt, Doris C., Schulte, Hilde, Windemuth-Kieselbach, Christine, Zaun, Silke, & Hadji, Peyman. (2020). Assessment of Quality of Life in Postmenopausal Women with Early Breast Cancer Participating in the PACT Trial: The Impact of Additional Patient Information Material Packages and Patient Compliance. *Breast Care* , 15 (3), 236–245. <https://doi.org/10.1159/000500771>

Mirhaghjou, Seyedeh Nooshaz, Niknami, Maryam, Moridi, Maryam, Pakseresht, Sedigheh, & Kazemnejad, Ehsan. (2016). Quality of life and its determinants in postmenopausal women: A population-based study. *Applied Nursing Research* , 30 (May 2016), 252–256. <https://doi.org/10.1016/j.apnr.2015.10.004>

Porter, Joann L., & Varacallo, Matthew. (2020). *Pathophysiology Histopathology Toxicokinetics* . 1–7.

Ragasudha, Arivazhagan, Minnu, Skaria, & Sambath Kumar, R. (2021). Menopause Induced Depression, Anxiety, Quality of Life, Lack of Sleep in Women: An Overview. *Journal of Drug Delivery and Therapeutics* , 11 (6), 319–323. <https://doi.org/10.22270/jddt.v11i6.5169>

Saleh, Ariyanti, Syahrul, Syahrul, Hadju, Veni, Andriani, Irma, & Restika, Indah. (2021). Role of Maternal in Preventing Stunting: a Systematic Review. *Gaceta Sanitaria* , 35 , S576–S582. <https://doi.org/10.1016/j.gaceta.2021.10.087>

Singh, Nilanchali, Al-Ruwaisan, Mohammed, Batra, Atul, Itani, Doha, & Ghatage, Prafull. (2020). Factors Affecting Overall Survival in Premenopausal Women With Uterine Leiomyosarcoma: A Retrospective Analysis With Long-Term Follow-Up. *Journal of Obstetrics and Gynecology Canada* , 42 (12), 1483–1488. <https://doi.org/10.1016/j.jogc.2020.05.016>

Syafina, Agustin Dwi. (2017). BODY MASS INDEX (BMI) AND DURATION OF MENOPAUSE EFFECT ON THE QUALITY OF LIFE OF MENOPAUSE (Study in Karang Jeruk Village, Jatirejo District, Mojokerto Regency). *Hospital Majapahit* , 9 (1), 28–42. Retrieved from <http://ejournal.stikesmajapahit.ac.id/index.php/HM/article/view/138>

Taebi, Mahboubeh, Somayah Abdollahian, Ozgoli, Gity, Ebadi, Abas, & Kariman, Nourossadat. (2018). Strategies to Improve menopausal quality of life: A systematic review . (January), 1–6. <https://doi.org/10.4103/jehp.jehp>

Wang, Jinyi, Lin, Yezhe, Gao, Limin, Li, Xingjun, He, Chunhua, Ran, Maosheng, & Zhao, Xudong. (2022). Menopause-Related Symptoms and Influencing Factors in Mosuo, Yi, and Han Middle-Aged Women in China. *Frontiers in Psychology* , 13 (June), 1–9. <https://doi.org/10.3389/fpsyg.2022.763596>