Vol. 2, Issue 6 June 2024 ISSN: 2584-0142

A study on Life Satisfaction and Well-Being among Working Midlife Menopausal Women

Dishita Verma, Masters of Arts, Psychology, Chandigarh, India.

dishitaverma14@gmail.com

ABSTRACT

Menopause is a crucial time in a women's life. It's an adjusting period as her body and mind goes through changes which can affect her life satisfaction and well-being. Hence, it is important to focus on actions to keep their life state elevated. Women are vulnerable to physical and psychological problems at this stage and need proper care. A women might feel alone in this process of emotional and physical roller coaster of changes, thus there is a need to research more about these issues and recognise the need to be there for the women going through menopause for their betterment. The purpose of the research was to study the life satisfaction and well-being among working midlife menopausal women. Sample of 30 menopausal women aged 40-60 years was taken. Standardised scales Utian Quality of life scale (UQOL) and Greene Climacteric Scale (GCS) were used to measure the variables. The results found that there is a significant positive correlation between life satisfaction and well-being. It's important for women to focus on elevating their habits, routine and mind state in order to deal with the

Vol. 2, Issue 6 June 2024 ISSN: 2584-0142

phase of menopause in a productive and healthy way. A positive and accepting environment can really help in keeping their mental and physical health satisfactory.

Keywords: *Well-being, Life Satisfaction, Working Midlife, Menopausal, Women*

INTRODUCTION

Menopause is a point in a woman's life where she goes through major changes be it physical or psychological. It is the phase where the female does not have her menstrual cycle for 12 consecutive months. It is a testing time for females as some are able to cope up with the changes. However, few females might not be able to cope in a better way and have difficulty re-adjusting themselves according to their new phase. Menopausal women show symptoms such as having hot flashes and night sweats which affects their sleep quality and overall comfort. There are changes in the woman's body composition, metabolic rate, including joint pain and increased stiffness. Headaches and migraines increase as well.

The emotional and psychological impact of menopause can be equally challenging. Due to hormonal changes a woman can experience mood swings, irritability, even anxiety and depression. These changes can be hormonal or can also be the result of one's own perception of aging and the societal pressure attached to it. The women might find it difficult to accept the changes or she might feel alone in the struggle as open conversations about menopause is not prevalent in our society. Women are already more prone to depression than men, and the chances get doubled during the menopausal time. They are also likely to experience panic attacks during and after the menopausal transition. A women's hormones and their changes really dictate a woman's life during this time.

Hence, their life satisfaction gets affected as well. A menopausal woman is going through so many changes and simultaneously manages her personal life, interpersonal

Vol. 2, Issue 6 June 2024 ISSN: 2584-0142

relationships and her work responsibilities etc. Satisfaction comes from when one is fulfilled with their state of life and feels content. During the menopausal time, due to a woman's physical discomfort and emotional tiredness it gets difficult for her to feel content and balance everything, as she is handling the overwhelming number of issues of her own body and mind. It is important for a menopausal woman to focus on her well-being, in every aspect be it psychological or physical. If she takes an action-oriented approach and works towards her well-being by prioritising her mental and physical health she can attain a good life satisfaction level which makes her feel fulfilled. This can more easily be done with the help from family and friends as she is already in a vulnerable state. Being a woman is hard but it is also a gift, it is important to embrace and cherish it.

A cross-sectional study was conducted by Elahi et al. (2018) to determine the relationship between health-promoting lifestyle and satisfaction with life (SWL) in postmenopausal women. It was carried out on 353 postmenopausal women referred to health care centres of Ahvaz in 2016. The results showed that there was a positive correlation between the different dimensions of health-promoting lifestyle with satisfaction with life. It showed that the best SWL model includes nutrition, spiritual growth and self-actualisation, age, exercise and physical activity and interpersonal relations components.

A cross-sectional study was conducted by Brown et al. (2015) testing two models with both positive and negative well-being indices as outcomes. Self-report questionnaires were conducted on women aged 40-60 years currently experiencing hot flushes. The results found that beliefs about perceived control over menopause was the strongest predictor of well-being. In model two, self-compassion was the strongest predictor of well-being indices. Psychological aspects of the menopause appear more strongly linked to well-being than physiological aspects such as hot flush frequency. Specifically, self-compassion, feeling in control of menopause and

Vol. 2, Issue 6 June 2024 ISSN: 2584-0142

low interference ratings are three factors that are associated with well-being among mid-life women.

Life Satisfaction

According to Diener et al. (2002), life satisfaction is a person's "cognitive and affective evaluations of his or her life." It is an overall assessment of a person's feelings and attitudes about their life at a given time, and can range from negative to positive. Life satisfaction is also known as subjective well-being. According to Veenhoven (1996) Life satisfaction refers to a "person's overall assessment of the quality of his or her life as a whole, based on a subjective comparison with some standard or set of standards." Life satisfaction represents a cognitive assessment of an individual's global quality of life according to his or her own chosen criteria (Sirgy, 2012).

A study was conducted by Chen et al. (2007) to evaluate the satisfaction with quality of life of menopausal women living in an urban community of China using the Menopause-specific quality of life questionnaire (MENQOL). 353 women aged 40-60 years during their menopausal transition or post menopause were assessed. The results found that most frequent symptom of the women was of 'experiencing poor memory.' Women seem to suffer from more symptoms especially in vasomotor and sexual domains.

A descriptive study was conducted by Park et al. (2010) to describe life stress, life satisfaction, and adaptation of middle-aged women in the menopause period by using the research design of self-report questionnaires. The participants were 129 middle aged women living in a city of South Korea and the data collected was analysed using SPSS/WIN program. The results showed, life satisfaction was positively correlated to menopause period adaptation and there were significant differences in life satisfaction in terms of income. Life satisfaction

Vol. 2, Issue 6 June 2024 ISSN: 2584-0142

and life stress contributed to 36.2% of the overall adaptation process of middle-aged women in the menopause period.

A cross-sectional descriptive study was conducted by Bener et al. (2014) by using an instrument, the menopause-specific quality-of-life satisfaction in the state of Qatar for the premenopausal, menopausal, and postmenopausal period. For data collection measurement-specific quality-of-life satisfaction questionnaires and face-to-face interviews were performed on 1,500 women aged 40-60 years. The results showed that the most frequent symptom was aches in the back and neck, night sweat, low backache, feeling nervous, followed by aches in the muscles/joints, hot flashes, decreased social activities, decreased leisure activities, difficulty sleeping, mood swings, decreased concentration, sexual activity, and total energy level.

Well-Being

According to Ryff (1989), well-being refers to "a state of harmony, balance, and contentment that is experienced by an individual or a group of individuals. It encompasses physical, emotional, social, and spiritual dimensions of life." According to Kahneman et al. (2010) well-being refers to the "overall quality of life that individuals experience, encompassing their physical health, emotional well-being, social relationships and sense of fulfilment and purpose." Keyes (1998) states that "well-being is a multifaceted construct that encompasses both the subjective and objective dimensions of individuals' lives, including their psychological functioning, social relationships, and physical health

A two-part study was conducted by Deeks et al. (2004) to understand the positive aspects of well-being among menopausal women. In study one, 304 women from a community were given structured questionnaires which included questions relating to demographic

Vol. 2, Issue 6 June 2024 ISSN: 2584-0142

background and psychological well-being inventory. In study two, 203 women from study one was given a follow-up structured questionnaire related to purpose in life and social role. The results found that Study one found that all women felt they would be more positive about the well-being measures in the future than they were in the past and at present. Study two found that women who were perimenopausal and postmenopausal did not feel as positive about their role/s in life as premenopausal women, irrespective of their age.

A cross-sectional study was conducted by Lee et al. (2022) among south Korean women to provide data on the health by examining the effects of psychological well-being and depression on menopausal symptoms and the necessity of exercise in middle-aged women. A structured questionnaire was used and the tool by Yang was used for psychological well-being, the Korean integrated CES-D tool was used for depression and the Menopause Symptom Index was used for menopausal symptoms. The results were analysed using descriptive statistics, t-test, and ANOVA. The results shown, the factors influencing menopausal symptoms were, in the order of depression and then psychological well-being.

A study was conducted by Li et al. (2022) among Chinese perimenopausal women to explore the mediating effect of depressive symptoms and the role of interests/hobbies as a moderator in the association between perceived life stress and subjective well-being perimenopausal women. There were 1,104 perimenopausal women at the age of 40-60, and they were asked to complete a paper-based questionnaire. The Zung Self Rating Depression Scale (SDS) and Subjective Well-being Scale for Chinese Citizens (SWBS-CC) were applied. The results shown, perceived life stress was negatively related to subjective well-being. The impact of perceived life stress on subjective well-being was mediated by depressive symptoms.

Vol. 2, Issue 6 June 2024 ISSN: 2584-0142

METHODOLOGY

Purpose

The purpose is to study the life satisfaction and well-being among working midlife menopausal women.

Hypothesis

There will be significant relationship of Life Satisfaction and Well-Being among working midlife menopausal women.

Methods

Sample

A sample of 30 working midlife menopausal women in the age of 40-60 years was collected from Chandigarh and Panchkula.

Measures

The following standardised tools were used to measure well-being and life satisfaction among working midlife menopausal women.

- ***Utian Quality of Life Scale (UQOL):***

The scale as developed by Utian et al. (2002) consisted of 23 items in a self-report questionnaire, and was used to measure quality of life (QOL) in four domains. The four

Vol. 2, Issue 6 June 2024 ISSN: 2584-0142

subscales included, Health QOL, Occupational QOL, Emotional QOL and Sexual QOL. The items were measured on a five-point Likert scale ranging from 1 (true) to 5 (not true).

- ***Greene Climacteric Scale (GCS***):

The scale as developed by Greene (1998) consisted of 21 items in a self-report questionnaire and was used to measure menopause symptoms. Three main subscales were, Psychological, physical, and vasomotor. The items were measured on a four-point Likert scale ranging from 0 (not at all) to 3 (extremely).

Procedures

The participants were informed about the purpose of the research and the questionnaires were filled through Google forms; each participant was thanked for their cooperation. Standardised psychological tests were administered to the participants.

Analysis of Data

Results

The responses of the participants were analysed using Pearson' Correlation to see the relationship between Life satisfaction and Well-being.

Vol. 2, Issue 6 June 2024 ISSN: 2584-0142

Table 1

N, Mean and Standard Deviation of Variables

	Life Satisfaction	Well-Being	Psychological well-being	Physical well-being	Vasomotor well-being
N	30	30	30	30	30
Mean	51.1	20.1	11.8	5.43	1.43
Standard deviation	13.7	10.6	6.48	3.69	1.45

Table 2

Correlation between Life Satisfaction and Well-being

	Life Satisfaction		Well-Being		Psychological well-being		Physical well-being		Vasomotor well-being	
Life Satisfaction	—									
Well-Being	0.664	***	—							
Psychological well-being	0.621	***	0.889	***	—					
Physical well-being	0.382	*	0.804	***	0.543	**	—			
Vasomotor well-being	0.062		0.391	*	0.212		0.253		—	
Note. * p < .05, ** p < .01, *** p < .001										

Discussion of Results

Vol. 2, Issue 6 June 2024 ISSN: 2584-0142

The results found out that there is a significant positive correlation between Life Satisfaction and Well-Being (r=0.664, p<.001) and there is significant positive correlation between Life Satisfaction and Psychological Well-Being as well (r=0.621, p<.001). Further, the results found that there is significant positive correlation between Overall Well-Being and Psychological Well-Being (r=0.889, p<.001) and as well as between Overall Well-Being and Physical Well-Being (r=0.804, p<.001). Positive Correlation also was seen between Psychological Well-Being and Physical Well-Being (r=0.543, p<.01). Life Satisfaction and Physical Well-Being showed positive correlation between them (r=0.382, p<.05) and Overall Well-Being and Vasomotor Well-Being showed positive correlation between each other as well (0.391, p<.05).

No significant correlation was seen between Life Satisfaction and Vasomotor Well-Being (r=0.062) as well as between Psychological Well-Being and Vasomotor Well-Being (r=0.212). Further, there was no significant correlation between Physical Well-Being and Vasomotor Well-Being as well (r=0.253).

A global cross-sectional survey was conducted by Nappi et al. (2021) to determine the prevalence and health-related quality of life (HRQOL) of moderate-to-severe vasomotor symptoms (VMS) in postmenopausal residing in Europe, US, and Japan and among subgroups of women not taking hormone therapy (HT). Questionnaires were sent to random sample of 40-65 years age of women, questionnaires included were the Menopause-Specific QOL (MENQOL) and Work Productivity and Activity Impairment (WPAI). The results showed that a high proportion of women experienced moderate-to-severe VMS, with associated symptoms impacting the QOL.

A cross-sectional survey was conducted by Richard-Davis et al. (2022) to understand women's perspectives, attitudes, and beliefs surrounding menopause transition and increase

Vol. 2, Issue 6 June 2024 ISSN: 2584-0142

the understanding of digital technology use for symptom management. Sociodemographic sample of 40-65 years old women experiencing menopause transition symptoms representative of the US population was taken. The survey included 1045 participants and the results shown, that the participants preferred to discuss the menopause transition with health care providers who were experts in the area. Convenience, ease of use, and accessibility were the most common reasons for pursuing digital health technology. Factors such as cultural beliefs, values, and attitudes towards menopause determine personal experiences.

Conclusion

The purpose of the study was to examine the Life Satisfaction and Well-being among working midlife menopausal women. Sample of 30 menopausal women the age range of 40-60 years was taken. Standardised scales were used to measure life satisfaction and well-being. The results found that there was a positive correlation between Life Satisfaction and Well-being. Therefore, showing the significant relationship between the two. As menopausal working women go through so many changes physically and psychologically, so to cope with them they should focus on their well-being for the best outcomes. Life satisfaction comes when one can balance all the spheres of their life hence, it is important for them to prioritise their health while finding balance between work and things they love to do for enhancement of their life. Creating a positive and productive environment around them can really elevate their way of living.

References

Bener, A., & Falah, A. (2014). A measurement-specific quality-of-life satisfaction during premenopause, perimenopause and postmenopause in Arabian Qatari women. *Journal of mid-life health*, *5*(3), 126-134.

Brown, L., Bryant, C., Brown, V., Bei, B., & Judd, F. (2015). Investigating how menopausal factors and self-compassion shape well-being: An exploratory path analysis. *Maturitas*, *81*(2), 293-299.

Chen, Y., Lin, S. Q., Wei, Y., Gao, H. L., & Wu, Z. L. (2007). Menopause-specific quality of life satisfaction in community-dwelling menopausal women in China. *Gynecological endocrinology*, *23*(3), 166-172.

Deeks, A. A., & McCabe, M. P. (2004). Well-being and menopause: an investigation of purpose in life, self-acceptance and social role in premenopausal, perimenopausal and postmenopausal women. *Quality of Life Research*, *13*, 389-398.

Elahi, N., Ghannad, N., & Haghighizadeh, M. H. (2018). The relationship between health promoting lifestyle with life satisfaction in postmenopausal women. *J Res Med Dent Sci*, *6*(5), 139-44.

Harvard Health. (2020, March 1). *Menopause and mental health*. https://www.health.harvard.edu/womens-health/menopause-and-mental-health

Lee, S., Jeong, S., & Choi, Y. (2022). [Retracted] Effects of Psychological Well-Being and Depression on Menopausal Symptoms in Middle-Aged South Korean Women and the Necessity of Exercise. *Journal of Environmental and Public Health*, *2022*(1), 6529393.

Vol. 2, Issue 6 June 2024 ISSN: 2584-0142

Li, X., Ren, Z., Ji, T., Shi, H., Zhao, H., He, M., ... & Zhang, X. (2022). Association between perceived life stress and subjective well-being among Chinese perimenopausal women: a moderated mediation analysis. *PeerJ*, *10*, e12787.

Nappi, R. E., Kroll, R., Siddiqui, E., Stoykova, B., Rea, C., Gemmen, E., & Schultz, N. M. (2021). Global cross-sectional survey of women with vasomotor symptoms associated with menopause: prevalence and quality of life burden. *Menopause*, *28*(8), 875–882. https://doi.org/10.1097/gme.0000000000001793

Park, H. S., Kim, A. J., & Bae, K. E. (2010). Life stress, life satisfaction, and adaptation of middle-aged women in the menopause period. *Korean Parent-Child Health Journal*, *13*(2), 55-62

Richard-Davis, G., Singer, A., King, D. D., & Mattle, L. (2022). Understanding Attitudes, Beliefs, and Behaviors Surrounding Menopause Transition: Results from Three Surveys. *Patient Related Outcome Measures*, *Volume 13*, 273–286. https://doi.org/10.2147/prom.s375144

Professional, C.. C. M. (n.d.). *Menopause*. Cleveland Clinic. https://my.clevelandclinic.org/health/diseases/21841-menopause