

A Study to Assess Menopausal Symptoms and Health-promoting Behaviour among Women Residing in Selected Rural Community of Ambala, Haryana

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ABSTRACT

Introduction: Menopause is a natural biological process characterised by the permanent cessation of menstruation due to declining ovarian activity. Women during the menopausal transition experience various physical, psychological, and social changes that can affect their quality of life. Health-promoting behaviours play an important role in reducing menopausal symptoms and improving overall well-being.

Aim: The study aimed to assess menopausal symptoms and health-promoting behaviours among women residing in a selected rural community of Ambala, Haryana, determine the relationship between menopausal symptoms and health-promoting behaviours, and identify the association of menopausal symptoms with selected socio-demographic variables.

Materials and Methods: A descriptive research design was adopted for the study. The study was conducted in the rural community of Mullana, Ambala, Haryana. A total of 162 women aged 40-60 years were selected through a convenience sampling technique. Data were collected using a socio-demographic questionnaire, Menopausal Rating Scale (MRS), and Health Promoting Lifestyle

Profile-II (HPLP-II) through a self-interview method using Google Forms. Data analysis was performed using SPSS version 16.

Results: The majority of women were aged 50-60 years (56.1%), Hindu (78.3%), married (84.5%), and postmenopausal (76.5%). Most participants had mild (52.4%) to moderate (37%) menopausal symptoms. Regarding health-promoting behaviour, 72.8% demonstrated moderate, 16% good, and 11.1% poor behaviour. A negative correlation was found between menopausal symptoms and health-promoting lifestyle behaviour. Menopausal stage was significantly associated with menopausal symptoms ($p < 0.05$).

Conclusion: Menopausal symptoms significantly affect women's daily lives. Health-promoting behaviours may help reduce these symptoms and improve quality of life. The study highlights the need for health education, awareness programmes, and supportive interventions to encourage healthy lifestyle practices among menopausal women.

Keywords: Lifestyle behaviour, Menopause, Postmenopausal women, Rural women.

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