

Abstract

Original Paper

Sexual Quality of Life in Women during the Climacteric Period

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Abstract

Background: Climacteric period including premenopausal, menopausal, post-menopausal periods is a phase that marks transition from woman's reproductive age into the era of post-reproductive age. The climacteric complaints and the severity of menopause are associated with how these symptoms affect a woman's quality of life not only physically but also psychologically and socially. Studies have shown sexuality to have been affected significantly especially during menopause

Aims: This study was designed to evaluate the quality of the women's sexual life in climacteric period. To determine sexual quality of life the women during the climacteric period.

Methodology: A questionnaire, and sexual quality of life scale- female form (SQLQ-F) were used to collect data. The research was carried out on the women admitted to the gynecology and obstetrics clinic between 5 November and 31 December 2012. The sample size of the study was determined as 268. Parametric tests were used in the analysis of the data.

Results, and Conclusions: It was found that there was statistically significant difference ($p < 0.05$) between the mean score of SQLQ-F of women and having trouble in menopausal period, experiencing hot flashes, and experiencing bone and joint pain in the women who lived in restlessness, who had insomnia and who had night sweats, and who experienced tiredness / weakness, and women suffering from urinary incontinence. It has been determined in the women participating the study that the quality of women's sexual life in the climacteric period is negatively affected. It can be suggested that health professionals should establish the problems of the women in climacteric period and propose solutions to the problem while they follow up the women during this period.

Keywords Sexuality, quality of life, women's health, climacterium.