

عنوان مقاله:

Comparison of Quality of Life, Meaning of Life, Body Image and Mental Health in two Groups of Postmenopausal and Non-menopausal Women with Emphasis on Education

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نویسندگان:

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خلاصه مقاله:

Objective: The aim of this study was to compare the quality of life, meaning of life, body image and mental health in two groups of postmenopausal and non-menopausal women with emphasis on their education. Methods: The statistical population included all postmenopausal and non-menopausal women. The statistical sample included 50 people, of whom 25 were postmenopausal and 25 were non-menopausal, who were selected through women's gatherings from among women who wanted to participate in the study. The General Health Questionnaire (GHQ-28), the Women's Quality of Life Questionnaire, the 12-item Stieger and Fraser meaning of life questionnaire, the Physical Self-Description Questionnaire, and demographic characteristics were used. Data were analyzed by independent t-test and two-factor analysis of variance. Findings: indicate a significant difference between quality of life in postmenopausal and non-postmenopausal women with a diploma level, which means that the quality of life in non-postmenopausal women with a diploma is better than the quality of life in postmenopausal women with the same level of education. But the quality of life in women was not different from the level of primary and university education in these two groups (postmenopausal and non-menopausal women), so the higher the level of education of women, the better their quality of life. In this study, physical image, meaning of life and mental health were the same between postmenopausal and non-menopausal women and there was no significant difference, but the higher the level of education of both groups of women, the more desirable physical image and higher mental health.

کلمات کلیدی:

menopause, Quality of Life, Meaning of life, body image, mental health

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