FACTORS RELATED TO QUALITY OF LIFE OF POST MENOPAUSEE

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ABSTRAK : FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KUALITAS HIDUP PASCA MENOPAUSE

Latar Belakang: Menopause merupakan suatu kondisi yang akan dialami oleh setiap wanita sebagai bagian dari proses penuaan. Mengeluh Menopause dapat menimbulkan rasa tidak nyaman dan khawatir yang dapat mengganggu aktivitas sehari-hari atau bahkan dapat menurunkan kualitas hidup seorang wanita.

Tujuan: Untuk mengetahui faktor-faktor yang berhubungan dengan kualitas hidup wanita pascamenopause di Desa Bakauheni Kecamatan Bakauheni Kabupaten Lampung Selatan Tahun 2022.

Metode: Jenis penelitian kuantitatif, dengan desain cross sectional. Populasi seluruh wanita pascamenopause di Desa Bakauheni Kecamatan Bakauheni Kabupaten Lampung Selatan sebanyak 217 orang. Sampel penelitian adalah 141 responden dengan teknik random sampling. Teknik pengumpulan data menggunakan lembar angket dan analisis data univariat, analisis bivariat menggunakan uji chi square dan analisis multivariat menggunakan regresi logistik.

Hasil: Hasil penelitian menunjukkan bahwa distribusi frekuensi responden memiliki kualitas hidup buruk sebanyak 77 responden (54,6%), keluhan menopause ringan 101 responden (71,6%), menopause berisiko (≥ 5 tahun) 85 responden (60,3%), paritas tidak berisiko (< 4) 76 responden (53,9%), pendidikan rendah (SD/SMP) 92 responden (65,2%), pendapatan keluarga rendah 82 responden (58,2%),

Kesimpulan: Ada hubungan antara keluhan gejala menopause, lama menopause, paritas, pendidikan, pendapatan dengan kualitas hidup wanita menopause di Desa Bakauheni Kecamatan Bakauheni Kabupaten Lampung Selatan Tahun 2022. Paritas merupakan faktor dominan yang berhubungan dengan kualitas hidup wanita menopause di Desa Bakauheni Kecamatan Bakauheni Kabupaten Lampung Selatan tahun 2022.

Saran kepada petugas kesehatan untuk mengedukasi masyarakat khususnya wanita menopause tentang upaya peningkatan kualitas hidup wanita menopause dengan menggunakan media poster.

Kata kunci : faktor, kualitas hidup, pasca menopause

ABSTRACT

Background: Menopause is a condition that every woman will experience as part of the aging process. complainMenopause can cause discomfort and worry that can interfere with daily activities or can even reduce a woman's quality of life.

Objectives: The purpose of the study was to determine the factors related to the quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022.

Methods: This study uses a quantitative research type, with a cross sectional design. The population in this study were all postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency as many as 217. The sample was 141 respondents with random sampling technique. Data collection techniques using questionnaire sheets and univariate data analysis, bivariate analysis using chi square test and multivariate analysis using logistic regression.

Results: The results showed that the frequency distribution of respondents had poor quality of life as many as 77 respondents (54.6%), complaints of mild menopause 101 respondents (71.6%), menopause at risk (≥ 5 years) 85 respondents (60.3%), parity was not risk (< 4) 76 respondents (53.9%), low education (SD/SMP) 92 respondents (65.2%), low family income 82 respondents (58.2%),

Conclusions and suggestions: There is a relationship between complaints of menopausal symptoms, length of menopause , parity, education, income with quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022. Parity is the dominant factor related to the quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022,It is recommended for health workers to educate the public, especially menopausal women about efforts to improve the quality of life of postmenopausal women by using poster media.

Keywords : factors, post menopause, quality of life

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INTRODUCTION

Menopause is a condition that every woman will experience as part of the aging process. Menopause is a transitional phase from the reproductive to the non-reproductive period which is marked by the cessation of menstruation. Women generally experience menopause at the age range of 45-55 years. In Indonesia, the average age for women to experience menopause is 50 years.

Menopause is caused by a decrease in ovarian function due to increasing age which causes the production of the hormone estrogen to also decrease. This results in physical and psychological changes that lead to complaints of menopause. Some women (75%) consider menopause complaints as a problem or disorder, while some (25%) do not mind it (Asbar, 2018).

The life expectancy of women in the world is increasing every year to reach 74.2 years in 2019 (WHO, 2019). An increase in life expectancy means an increase in the number of women who have the opportunity to experience menopause (Suazini, 2018). The World Health Organization (WHO), estimates that in 2030 there will be around 1.2 billion women over the age of 50. As many as 80% of them live in developing countries and the population of postmenopausal women increases by three percent every year (Nurlina, 2021).

Complain Menopause can cause discomfort and worry that can interfere with daily activities or can even reduce a woman's quality of life (Maita et al., 2013). Research by Widjayanti (2016), said the majority of menopausal women (90.32%) complained of discomfort in the bones, joints, and muscles. Other complaints in the form of hot flashes (83.87%), excessive sweating at night (57.69%), and physical and mental fatigue (74.19%) even though they are not experiencing problems that trigger stress or anxiety. As many as 37% of menopausal women have poor sleep quality due to hot flashes that often wake them up from their sleep (Widjayanti, 2017). In addition, postmenopausal women are more susceptible to cardiovascular disease and osteoporosis (Waluyo & Putra, 2010).

Complainn Every woman's menopause is individual and not the same (Juliana et al, 2021). Some women may experience complaints that are mild, moderate, severe, or no complaints at all. This is caused by different characteristics of each woman. These characteristics can be in the form of education level, occupation, income, lifestyle, environment or genetics (Juliana et al, 2021). Research by Juliana et al. (2021), said that there was a relationship between menopause age and menopausal complaints. Most of the women with normal menopause age (87.4%)

experienced mild menopause complaints, on the other hand, women with abnormal menopause age (44.4%) experienced severe menopause complaints. Research by Chontessa et al. (2012), said that postmenopausal women who had low education, did not work, and had low income experienced more severe anxiety complaints.

Pratiwi (2015) said there was a relationship between work and menopause complaints. Most of menopausal women who worked (56.2%) had complaints of moderate menopause, while most of menopausal women who did not work (55.8%) had complaints of mild menopause. In contrast, research by Runiari and Santiningsih (2013) said that menopausal women who worked had a better quality of life than those who did not. In addition, the longer a woman experiences menopause, the better the quality of her life (Tarigan et al., 2016). Janata et al. (2003) in Runiari and Santiningsih (2013), said that menopause complaints affect the quality of life. If the complaints or symptoms of menopause are felt to be mild or absent, the woman's quality of life is in the good category and vice versa.

Quality of life is something that leads to the physical, emotional, and social well-being of individuals and activities in daily life (Rubbyana, 2012). A good quality of life is very important for postmenopausal women. If menopausal women have a good quality of life, their lives can lead to a state of well-being (Arica, 2019).

WHO defines quality of life as an individual's perception of his life in society in the context of existing cultural and norms, and related to goals, expectations, standards and concerns during his life. Several factors determine the quality of life, namely age, duration of menopause, menopause symptoms, marital status, education level, income, occupation, health status, health insurance, parity (Trisetiyaningsih, 2016).

Based on the results of a study by Nazarpour et al (2020) on factors related to the quality of life of postmenopausal women living in Iran, it is known that a negative correlation was found between the QoL score (total and all subscales) and the total MRS score. Total QoL score was negatively correlated with menopause duration ($r = 0.127$, $P = 0.010$), gravida ($r = 0.177$, $P < 0.001$), parity ($r = 0.165$, $P = 0.001$), stillbirth frequency ($r = 0.104$, $P = 0.037$), vaginal delivery ($r = 0.161$, $P = 0.001$), and waist-to-hip ratio ($r = 0.195$, $P < 0.001$). The total QoL score was positively correlated with the educational level of participants ($r = 0.207$, $P < 0.001$) and their partners ($r = 0.160$, $P = 0.001$) along with the level of monthly family income ($r = 0.218$, $P < 0.001$). The difference

between this research and previous research is from the variables studied.

The results of the presurvey on January 4, 2022 in Bakauheni Village, Bakauheni District, South Lampung Regency, it is known that the number of menopausal women is 217 people, the results of interviews with 10 women aged 45-55 years who have menopause, data obtained that three of these women experienced complaints when entering menopause. menopause. They complain that they have felt heat that radiates from the face to the neck, get tired more quickly after doing work than before menopause and complain that their sexual arousal has decreased and have experienced itching in the female area, thus affecting their quality of life. Meanwhile, one woman said she was afraid, if it turned out that she was suffering from a disease so that she did not menstruate anymore.

Based on the above background, the researcher is interested in conducting a study with the title "Factors Relating to the Quality of Life of Post-Menopausal Women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022"

RESEARCH METHODS

This type of research is a quantitative research. The study was conducted in Bakauheni Village, Bakauheni District, Lampung Regency on July 1-5 2022. The type of research used in this study was an analytical study using a cross-sectional design. The population in this study were all postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency, with a total of 217 people. The sample used is 141 people. Sample Criteria: Still have a husband and live with family, Can read and write, Willing to be an informant, Not using hormone replacement therapy (TSH), Not accompanied by disease, sick or under the supervision and treatment of a doctor because of an illness certain, no history of uterine surgery (hysterectomy), or removal of ovaries. The independent variables in this study were: complaints of menopausal symptoms, duration of menopause, parity, education and family income. The dependent variable in this study is the quality of life. Data collection was done by using a questionnaire. Data analysis using chi square test

RESEARCH RESULTS
Univariate Analysis

Table 1
Univariate Analysis Results

Variabel	Total (n)	Percentage (%)
Quality of Life		
Bad	77	54.6
Well	64	45.4
Menopause Complaints		
Heavy	40	28.4
Light	101	71.6
Long Menopause		
Risky (≥ 5 Years)	85	60.3
No Risk (< 5 Years)	56	39.7
parity		
Risky (≥ 4)	65	46.1
No Risk (< 4)	76	53.9
Education		
Low (elementary/junior high)	92	65.2
High (SMA/PT)	49	34.8
Family income		
Low	82	58.2
Tall	59	41.8

Based on table 1, it is known that most of the respondents have a poor quality of life as many as 77 respondents (54.6%), with complaints of mild menopause as many as 101 respondents (71.6%), duration of menopause at risk (≥ 5 years) as many

as 85 respondents (60, 3%), parity is not at risk (< 4) as many as 76 respondents (53.9%), low education (SD/SMP) as many as 92 respondents (65.2%), low family income as many as 82 respondents (58, 2%),

while those with high family income were 59 respondents (41.8%).

Bivariate Analysis
The Relationship between Menopause Symptoms Complaints and Quality of Life for Post-Menopausal Women
The results showed that from 40 respondents with complaints of severe menopausal symptoms, 32 respondents (80.0%) had poor quality of life, while from 101 respondents with complaints of mild menopausal symptoms, 45 respondents (44.6%) had

poor quality of life. The results of the chi square test obtained a p value of 0.000, meaning that it is smaller than the alpha value (0.000 < 0.05). Thus, it can be concluded statistically with a 95% confidence level, it is believed that there is a relationship between complaints of menopausal symptoms and the quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022. While the OR test results obtained a value of 4.9 (95% CI 2, 1-11.9), meaning that respondents with complaints of severe menopausal symptoms are at risk of 4.

Table 2
Relationship between Menopause Symptoms Complaints and Quality of Life for Post-Menopausal Women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022

Complaints of Menopause Symptoms	Quality of Life				Total	P Value	OR (CI 95%)
	Bad		Well				
	n	%	n	%			
Heavy	32	80.0	8	20.0	40	0.000	4.9 (2.1-11.9)
Light	45	44.6	56	55.4	101		

Long Menopause Relationship With Post-Menopausal Women's Quality of Life
Table 3
The Relationship of Long Menopause with Quality of Life of Post-Menopausal Women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022

Long Menopause	Quality of Life				Total	P Value	OR (CI 95%)
	Bad		Well				
	n	%	n	%			
Risky (≥ 5 Years)	57	67.1	28	32.9	85	0.000	3.7 (1.8-7.4)
No Risk (< 5 Years)	20	35.7	36	64.3	56		

The results showed that from 40 respondents with menopause duration 5 years, 57 respondents (67.1%) had poor quality of life, while from 56 respondents with menopause duration < 5 years, 20 respondents (35.7%) had poor quality of life. The results of the chi square test obtained a p value of 0.000, meaning that it is smaller than the alpha value (0.000 < 0.05). Thus, it can be concluded statistically with a 95% confidence level, it is believed that there is a relationship between the length of menopause and the quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022. While the OR test results obtained a value of 3.7 (95% CI 1.7 -7.4), meaning that respondents with menopause duration 5 years have a 3.7 times greater risk for poor quality of life than those with menopause < 5 years.

The Relationship between Parity and Quality of Life for Post-Menopausal Women
The results showed that from 40 respondents with parity 4, 50 respondents (76.9%) had poor quality of life, while from 76 respondents with parity < 4, 27 respondents (35.5%) had poor quality of life. The results of the chi square test obtained a p value of 0.000, meaning that it is smaller than the alpha value (0.000 < 0.05). Thus it can be concluded statistically with a 95% confidence level, it is believed that there is a parity relationship with the quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022. While the OR test results obtained a value of 6.05 (95% CI 2.9- 12,7), meaning that respondents with parity 4 have a 6.05 times greater risk for poor quality of life than those with parity < 4.

Table 4

The Relationship between Parity and Quality of Life for Post-Menopausal Women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022

Parity	Quality of Life				Total	P Value	OR (CI 95%)
	Bad		Well				
	n	%	n	%			
Risky (≥ 4)	50	76.9	15	23.1	65	0.000	6.05
No Risk (< 4)	27	35.5	49	64.5	76		(2.9-12.7)

The Relationship between Education and Quality of Life for Post-Menopausal Women

Table 5
The Relationship between Education and Quality of Life for Post-Menopausal Women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022

Education	Quality of Life				Total	P Value	OR (CI 95%)
	Bad		Well				
	n	%	n	%			
Low	61	66.3	31	33.7	92	0.000	4.05
Tall	16	32.7	33	67.3	49		(1.9-8.5)

The results showed that from 92 respondents with low education, 61 respondents (66.3%) had poor quality of life, while from 49 respondents with higher education, 16 respondents (32.7%) had poor quality of life. The results of the chi square test obtained a p value of 0.000, meaning that it is smaller than the alpha value (0.000 < 0.05). Thus, it can be concluded statistically with a 95% confidence level, it is believed that there is a relationship between education and the quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022. While the OR test results obtained a value of 4.05 (95% CI 2.9- 12,7), meaning that respondents with low education have a 4.05 times greater risk for poor quality of life than those with higher education.

Relationship between family income and quality of life for post-menopausal women

Table 6
Relationship between family income and quality of life for post-menopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022

Family Income	Quality of Life				Total	P Value	OR (CI 95%)
	Bad		Well				
	n	%	n	%			
Low	57	69.5	25	30.5	82	0.000	4.4
Tall	20	33.9	39	66.1	59		(2.2-9.1)

The results showed that from 82 respondents with low family income, 57 respondents (69.5%) had poor quality of life, while from 59 respondents with high income, 20 respondents (33.9%) had poor quality of life. The results of the chi square test obtained a p value of 0.000, meaning that it is smaller than the alpha value (0.000 < 0.05). Thus, it can be concluded statistically with a 95% confidence level, it is believed that there is a relationship between education and the quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022. While the OR test results obtained a value of 4.4 (95% CI 2.2- 9.1), meaning that respondents with low family incomes have a 4.4 times greater risk for poor quality of life than those with high family incomes.

Multivariate Analysis
Bivariate Selection

Bivariate selection was carried out for all independent variables, which was useful for knowing which variables could be candidates in multivariate modeling. After the bivariate selection test was conducted, all variables were included as candidates

because the p value < 0.25. The results of this analysis are listed in the table below:

Based on the table above, the variables that are considered candidates that are suspected to be

related to the quality of life of postmenopausal women are complaints of menopausal symptoms, menopause duration, parity, education and family income because they have a p value < 0.25.

Table 7
Results of the Analysis of Identification of Variables related to the quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022

Variable	*p-value*	Information
Complaints of Menopause Symptoms	0.000	Candidate
Long Menopause	0.000	Candidate
parity	0.000	Candidate
Education	0.000	Candidate
Family income	0.000	Candidate

Multivariate Modeling
Phase I Modeling

Table 8
Results of Multivariate Analysis with Logistic Regression Test Between complaints of menopausal symptoms, menopause duration, parity, education and family income

Variable	OR	P value	95.0% CI	
			Lower	Upper
Complaints of Menopause Symptoms	4.499	.005	1,583	12,788
Long Menopause	3.837	.003	1.574	9,354
parity	5.041	.001	1992	12,757
Education	2.828	.032	1.094	7.312
Family Income	3.936	.002	1,645	9,419
Constant	.000	.000		

From the table above, it can be seen that parity is the most dominant factor related toquality of life of postmenopausal women, which has the highest OR value of 5.041.

Discussion
The Relationship between Menopause Symptoms Complaints and Quality of Life for Post-Menopausal Women

The results of the chi square test obtained a p value of 0.000, meaning that it is smaller than the alpha value (0.000 < 0.05). Thus, it can be concluded statistically with a 95% confidence level, it is believed that there is a relationship between complaints of menopausal symptoms and the quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022. While the OR test results obtained a value of 4.9 (95% CI 2, 1-11.9), meaning that respondents with complaints of severe menopausal symptoms have a 4.9 times greater risk for poor quality of life than those with mild menopausal symptoms.

The results of this study are in line with the theory that quality of life is influenced by various

factors including the symptoms of menopause experienced (Janata, JW et al, 2003). Menopausal symptoms experienced depend on emotional stability. Stress levels of rural women tend to be low (Tri Agusti Sholikah, 2013) because socio-cultural values, social relations and environmental conditions tend to be better in rural areas. Strong social relationships, good cultural and environmental factors will reduce women's stress levels in dealing with menopause so that their quality of life will be good too.

The results of this study are in line with Astari's (2014) research on the Relationship Between Menopause Syndrome and Quality of Life for Menopausal Women at the Sukahaji Health Center, Majalengka Regency, which shows that there is a relationship between menopausal syndrome from physiological and psychological aspects and quality of life. The physiological complaints that are felt the most are inability to concentrate, forgetfulness and confusion, indigestion, flatulence, nausea and frequent urination, decreased in physical mental energy, sweating profusely and experiencing fatigue. The

most common psychological complaints are irritability, restlessness and impatience, increased allergies and changes in body odor, feeling tired, lethargic or tired and experiencing dizziness, heavy head and loss of balance.

According to researchers, the most common symptoms of severe menopause are vaginal dryness and sexual changes. According to the theory, sexual symptoms are characterized by vaginal dryness, resulting in discomfort during sexual intercourse and decreased libido. Research in Korea shows that the frequency of intercourse after menopause decreases in most postmenopausal women. The frequency of sexual activity was higher among women who did physical activity, did not smoke, had higher educational status, middle socioeconomic status, without sleep disturbances, with lower body mass index, and good health status.

Symptoms of severe menopause according to the results, namely vaginal dryness, are related to recent studies which found only 22% of women who wanted to consult discussing sexual problems with doctors since the age of 50 years. Cultural problems in some countries that are taboo to talk about sexual problems, unsatisfactory sexual experiences, and vaginal atrophy, are factors that influence them not to consult a doctor directly. Some menopausal women prefer to stop sexual activity with their husbands, because vaginal dryness is associated with a decrease in the hormone estrogen. Vaginal atrophy is associated with problems of sexual dysfunction and emotional distress. These menopausal symptoms are of concern to all health workers for the comfort and quality of life of menopausal women because in some menopausal women,

Long Menopause Relationship With Post-Menopausal Women's Quality of Life

The results of the chi square test obtained a p value of 0.000, meaning that it is smaller than the alpha value (0.000 < 0.05). Thus, it can be concluded statistically with a 95% confidence level, it is believed that there is a relationship between the length of menopause and the quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022. While the OR test results obtained a value of 3.7 (95% CI 1.7 -7.4), meaning that respondents with menopause duration 5 years have a 3.7 times greater risk for poor quality of life than those with menopause < 5 years.

In theory, the duration of menopause has an impact on a woman's adjustment to the changes that occur during menopause. At a period of less than 5 years, a woman is adapting to the symptoms that appear during menopause so that it can affect the

quality of life of climacteric women. Meanwhile, if menopause is more than 5 years, a woman has gone through a period of adjustment so that she will feel a situation that she is used to. Success in the adjustment process will also affect attitudes, daily behavior which will have an effect on the quality of life. However, there are other factors that play a role in the process of adjusting to changes during menopause, including income, social support, work.

The results of this study are in line with Tarigan's research (2019) on the Relationship of Education, Parity, Employment and Length of Menopause With Quality of Life for Menopausal Women at the Kabanjahe Health Center, Karo Regency which showed there was a significant relationship between the length of menopause and the quality of life of postmenopausal women. The results of this study are in line with research conducted by Syalfina (2017) in Karang Jeruk Village, Jatirejo District, Mojokerto Regency, that there is a significant relationship between the length of menopause and the quality of life of postmenopausal women.

According to researchers, long experience of menopause affects psychological adaptation to changes that occur in menopause which have an impact on the quality of life of menopause. The longer they experience menopause, the better their quality of life is because menopausal women are able to adapt to the changes that occur during menopause. A new hormonal balance has been achieved, so that you are able to get used to vegetative disorders and psychological disorders during menopause.

The Relationship between Parity and Quality of Life for Post-Menopausal Women

The results of the chi square test obtained a p value of 0.000, meaning that it is smaller than the alpha value (0.000 < 0.05). Thus it can be concluded statistically with a 95% confidence level, it is believed that there is a parity relationship with the quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022. While the OR test results obtained a value of 6.05 (95% CI 2.9- 12,7), meaning that respondents with parity 4 have a 6.05 times greater risk for poor quality of life than those with parity < 4.

Parity is often associated with reproductive problems, one of which is the age of menopause. Pathak's research states that women with less parity tend to experience menopause at an early age compared to women with more parity (Pathak et al, 2010). This is supported by Delavar research that

women who do not have children will experience menopause earlier (Delavar, 2010).

The results of this study are in line with Meschia's research which states the same thing that the more women give birth to children, the longer the woman will experience menopause. This may be due to the number of ovarian reserves or high levels of Anti-Mullerian Hormone in adulthood. However, the results of the Bragg study, which was conducted on women from birth to young adulthood, stated that women with higher parity had lower levels of Anti-Mullerian Hormone than those with low parity (Bragg, 2012).

Women with high parity have a lower cumulative number of menstrual cycles than women who do not have children. Thus, it can affect a greater number of oocyte reserves and a longer exposure to the hormone estrogen so that women who have multiple parity tend to experience menopause at a later age (Dorjgochoo et al., 2008).

Parity will affect the quality of life in the sexual domain (Kalarhoudi, 2011). The social support obtained by respondents does not only come from their husbands, but can also come from other family members such as children. The existence of children in a household will provide social support for parents. The existence of good social support will help climacteric women in adapting to the changes and symptoms during menopause so as to improve the quality of life.

According to researchers parity will affect the quality of life in the sexual domain. The social support obtained by respondents does not only come from their husbands, but can also come from other family members such as children. The existence of children in a household will provide social support for parents. The existence of good social support will help climacteric women in adapting to the changes and symptoms during menopause so as to improve the quality of life.

The Relationship between Education and Quality of Life for Post-Menopausal Women

The results of the chi square test obtained a p value of 0.000, meaning that it is smaller than the alpha value (0.000 < 0.05). Thus, it can be concluded statistically with a 95% confidence level, it is believed that there is a relationship between education and the quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022. While the OR test results obtained a value of 4.05 (95% CI 2.9- 12,7), meaning that respondents with low education have a 4.05 times greater risk for poor quality of life than those with higher education.

Education is one of the factors that can affect the subjective quality of life (Nofitri, 2009). A person with higher education is more often able to enjoy life and feel safe in everyday life, and is more satisfied with access to health services and transportation.

According to Setiyorini (2017), education is an important factor in understanding disease, self-care, DM management and KGD control, overcoming symptoms that arise with appropriate treatment and preventing complications. Education is related to knowledge. In addition, higher education enables individuals to develop coping mechanisms and a good understanding of information. Higher education is deemed necessary for women, because a high level of education enables them to improve their standard of living and make decisions regarding problems. their own health. The higher the education of a woman, the easier it is to accept new things and adapt to new problems. Education will affect a person's knowledge,

Wahl, et al, 2004 (in Nofitri, 2009) found that the quality of life will increase along with the higher level of education obtained by individuals.

The results of this study are in line with the results of previous research by Putri, et al, 2014 regarding the quality of life of menopausal women at the Sumbersari Health Center, Jember Regency which stated that subjective quality of life tended to be better in postmenopausal women with higher education. Education is one of the factors that can affect the subjective quality of life (Nofitri, 2019).

According to researchers, people with higher education are more often able to enjoy life and feel safe in everyday life, and are more satisfied with access to health services and transportation.

Relationship between family income and quality of life for post-menopausal women

The results of the chi square test obtained a p value of 0.000, meaning that it is smaller than the alpha value (0.000 < 0.05). Thus, it can be concluded statistically with a 95% confidence level, it is believed that there is a relationship between education and the quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022. While the OR test results obtained a value of 4.4 (95% CI 2.2- 9.1), meaning that respondents with low family incomes have a 4.4 times greater risk for poor quality of life than those with high family incomes.

Low income is related to the quality of life of postmenopausal women. This socio-economic situation will affect a person's physical, health and

educational factors, if these factors are good enough it will be able to reduce the physiological and psychological burden. This is in line with research in America which reported that a woman with less socioeconomic status was associated with a lower quality of life.

Kargenti (2014) which states that low income is related to the quality of life of postmenopausal women. This socio-economic situation will affect a person's physical, health and educational factors, if these factors are good enough it will be able to reduce the physiological and psychological burden.

The results of this study are in line with Runiari's research (2016) on the Quality of Life of Menopausal Women which shows that the quality of life of menopausal women is based on income, most respondents earn less than Rp. 1,542,600,00 with quality of life the majority are good as many as 47 people (40.2%).

According to researchers, income affects the quality of life of postmenopausal women. Socio-economic conditions will affect a person's physical factors, health and education. If these factors are good enough, it can reduce the physiological and psychological burden.

Multivariate Discussion

From the table above, it can be seen that parity is the most dominant factor related toquality of life of postmenopausal women, which has the highest OR value of 5.041.

On parity, women with parity of four or more children were associated with an increased number of hot flushes. This is according to Lubis' theory of 2016 pregnancy. The more often a woman gives birth, the older or longer the woman enters menopause.

This is because pregnancy and childbirth will slow down the work system of the female reproductive organs and can also slow down the aging of the body. In a cohort study, the effect of parity on menopausal age was associated with progesterone activity and its effect on the Anti-Mullerian Hormone (AMH) receptor. Along with hormonal changes during pregnancy, very high levels of progesterone have been shown to increase the expression of these AMH receptors in tissues. The high number of AMH receptors will ultimately strengthen the inhibitory effect of the initial recruitment process from primordial follicles, thereby slowing the incidence of menopause.

A woman who gives birth frequently will experience a significant increase in progesterone so that the inhibition of follicle release will occur more frequently. The more often a woman gives birth, the

longer (slower) she goes through menopause, another cohort study stated that the difference in age at menopause between nulliparas and multiparas ranged from 0.4 to 4.8 years earlier for nulliparous women.

However, the results of a study in the Philippines on Age at Menarche and Parity are Independently Associated with Anti-Mullerian Hormone, a Marker of Ovarian Reserve, which was conducted on women from birth to young adulthood, stated that women with higher parity had higher levels of Anti-Mullerian Hormone. -Mullerian Hormone which is low compared to low parity.

The same thing was also reported from the research of Reynold and Obermeyer and Dvornyk et al. The average number of children born to a woman has been shown to influence the onset of menopause. High parity is said to delay the onset of menopause

CONCLUSION

There is a relationship between complaints life of menopausal symptoms, the length of menopause, parity, education and the quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022. Parity is the dominant factor related to the quality of life of postmenopausal women in Bakauheni Village, Bakauheni District, South Lampung Regency in 2022.

SUGGESTION

The results of the study suggestto the government and health workers to further improve education to the public, especially menopausal women about efforts to improve the quality of life of postmenopausal women by using poster media. To the public, especially postmenopausal women, to take supplements that can relieve complaints of menopausal symptoms with hormone replacement therapy or use of hormonal drugs taken by mouth (phytoestrogen supplements).

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