

DIFFERENCE IN DEPRESSION AND QUALITY OF LIFE BETWEEN MENOPAUSAL WOMEN IN RURAL AND URBAN AREAS

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ABSTRACT

Background: Menopause is a permanent cessation of menstrual period, along with total absence of ovarian follicular function. It is a common myth that as women enter the menopausal years, it is “normal” to feel depressed. Serious depression, however, should never be viewed as a “normal” event, and women who suffer from it at any time in life should receive the same attention as for any other medical illness. This study aimed to analyze the difference in depression and quality of life between menopausal women in rural and urban areas.

Subjects and Method: This was a cross-sectional study conducted at Dr. Moewardi hospital, Surakarta, Central Java. A total of 200 menopausal women visiting Dr. Moewardi hospital, consisting of those who resided in rural and urban areas, were selected for this study. The dependent variables were depression and quality of life (QoL). The QoL consisted of occupational, health, sexual, and emotional aspects of QoL. The independent variable was place of residence (rural vs. urban). The data were collected by questionnaire and analyzed by chi-square and odds ratio as the measure of association.

Results: Rural menopausal women had higher risk of depression than urban menopausal women, but it was statistically non-significant (OR= 2.02; 95%CI= 0.18 to 22.64; p=0.561). The difference in odds between rural and urban residents with respect to occupational QoL (OR= 0.83; 95%CI= 0.46 to 1.51; p= 0.544), health QoL (OR= 1.13; 95% CI= 0.65 to 1.12; p= 0.670), sexual QoL (OR= 0.64; 95%CI= 0.30 to 1.37; p= 0.247), and emotional QoL (OR=0.91; 95% CI= 0.49 to 1.68; p= 0.753), were not statistically significant.

Conclusion: There is no difference in depression and quality of life among menopausal women who reside in rural and urban areas.

Keywords: depression, quality of life, menopausal women, rural, urban

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