

# Awareness and Perception of Employed Women Toward Menopausal Symptoms

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## ABSTRACT

Menopause is a major biological event or transition in the life of a woman that may affect physical, mental, as well as emotional health. Although it is a common experience for all women, this phase of life may be viewed with minimal awareness and differing perception toward the experience among women, based on socio-cultural backgrounds. To determine the awareness and perception among employed menopausal women and to identify the correlation between their awareness level and perception. The study was a cross-sectional design, which was carried out among 100 working women in the menopause stage, who were conveniently sampled from Kerbala University. The level of awareness and perception of the surveyed women regarding the symptoms of menopause was measured by a structured questionnaire, which was analyzed utilizing SPSS version 27, with a significant  $p$ -value  $< 0.05$ . The results shown that 61% of the population displayed a poor level of awareness in relation to the symptoms of menopause, whereas 39% displayed a good level of awareness. Based on the perception level, 56% displayed a moderate perception, 36% displayed a poor perception, and 8% displayed a good perception. The awareness level was found to have a statistically significant inverse relationship with the perception level ( $r = -0.227$ ,  $p = 0.012$ ). The conclusions were that most participants showed lack of awareness as well as moderate perception toward menopausal symptoms. The negative correlation between awareness and perception indicates that women with low levels of awareness tend to develop negative perception.

**Keywords:** Awareness, Perception, Employed Women, Menopausal Symptoms.

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