



**ABSTRACT**

**Name of the Institution:** De La Salle University-Dasmariñas  
**Address:** Dasmariñas, Cavite  
**Title:** “The Menopausal Syndrome Affecting the Interpersonal relationship among Selected Midlifers Faculty”  
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**Funding Source:** Parents **Cost:** Php9, 000  
**Date Started:** October, 2004 **Date Completed:** February, 2005

**Objectives:**

**A. General**

To determine the effect of the menopausal syndrome in areas such as physiological, social and psychological to their interpersonal relationships.

**B. Specific**

1. To know the demographic profile of the respondents including their age, civil status, religion, age married, and no. of children (if married)
2. To know the symptoms experienced by the mid – lifer respondents associated with physiological, social and psychological aspects.



3. To know what are the common menopausal symptoms mostly experienced by the respondents that affect their interpersonal relationship.
4. To know what are the implication of the Menopausal Syndrome that affects the interpersonal relationship of the respondents.

**Methodology:**

**Major Findings:**

- Based on the data gathered and information resulting from the research, the respondents were between ages 40-60, and have 2-3 children. Most of them are married and catholic. Married respondents got married mostly between ages 21-25.
- The symptoms associated with the physiological aspect are drying of the skin, increase and decrease in weight which modifies their physique, sudden vaginal dryness, and different body aches and pains. For the social aspect, irritability, hot flashes, dizziness and tiredness were experienced by the respondents. Lastly, the symptoms such as trouble sleeping and nervous tension, to name a few, were associated with the psychological aspect.
- There were ten (10) major or most common signs and symptoms that the respondents were experiencing. Out of



the twenty-four (24) given usual symptoms that mid-lifers might experience during menopause, ten (10) of which are found common to them. The first one is backaches, followed by hot flashes, joint pains, increased weight, dizziness, trouble sleeping, tiredness, headaches, irritability and nervous tension.

- Areas such as *physiological*, *social* and *psychological* were seen to have an impact to menopausal syndrome and affect their interpersonal relationships.

**Conclusion:**

Based on the careful analysis of the gathered data, the researchers concluded that the menopausal syndrome such as hot flushes, irritability, vaginal dryness, mood swings, night sweats, joint pains, backaches, upset stomach, cough, nervous tension, dizziness, pins and needles, shortness of breath, and increased weight were experienced by the respondents; though hot flashes, joint pains, increased weight, dizziness, trouble sleeping, tiredness, headaches, irritability and nervous tension were the most common of these syndromes that were experienced by the majority of the respondents. Menopausal syndrome affects the physiological, psychological and social dimension of the respondents. It has positive and negative effects which are manageable, while others were not. The preventive measure to help the mid-lifer respondents is also a big contribution to lessen the agony of the confused and troubled mid-lifer respondents in the midst of an ageing transition.



**Recommendations:**

Aside professors from universities, the researchers suggest to widen the research respondents to other working individuals like government workers, working mothers and the like that can spare more time and also those who work busy but still has the time for recreation and leisure.

Participants such as males can also be included in the study to know if there is a gender-bias in terms of changes that occur during the transition which can also be integrated to socio-anthropology and social psychology.

Find a common time to collaborate all the respondents in one working area conducive in administering surveys which may elicit more responses. A token of thanks must also be given prior to the administration as a form of gratitude and reinforcement.

In addition, it is recommended to organize programs (seminars, trainings, books) that would cater information touching the social, psychological and physiological areas of menopause that will help mid-lifers and adolescents as well as for them to anticipate the event and be well equipped by heart.