

**MENOPAUSAL SYMPTOMS, BODY ESTEEM, AND QUALITY
OF MARITAL RELATIONSHIP: AN EXPLORATORY STUDY**



BY

SUNDAS SHAKOOR

SUPERVISOR

DR. NOSHI IRAM ZAMAN

DEPARTMENT OF PROFESSIONAL PSYCHOLOGY

BAHRIA UNIVERSITY

ISLAMABAD, PAKISTAN

2019

**MENOPAUSAL SYMPTOMS, BODY ESTEEM, AND QUALITY OF
MARITAL RELATIONSHIP: AN EXPLORATORY STUDY**

Approved

By

Supervisor

External Examiner

Dr. Noshi Iram Zaman

HOD, DPP

THIS THESIS SUBMITTED

BY

SUNDAS SHAKOOR

IS ACCEPTED BY THE BAHRIA UNIVERSITY ISLAMABAD

**IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE
DEGREE OF MASTERS OF SCIENCE IN CLINICAL PSYCHOLOGY**

2019

APPROVED BY

DR. NOSHI IRAM ZAMAN

HEAD OF DEPARTMENT

DEPARTMENT OF PROFESSIONAL PSYCHOLOGY

BAHRIA UNIVERSITY, ISLAMABAD CAMPUS

Dated: _____

**ALL THE PROCEDURES FOLLOWED AND MATERIAL USED
WERE REVIEWED AND APPROVED BY THE HIGHER
EDUCATION RESEARCH COMMITTEE (HERC), BAHRIA
UNIVERSITY, ISLAMABAD**

THIS THESIS SUBMITTED

BY

SUNDAS SHAKOOR

IS ACCEPTED BY THE BAHRIA UNIVERSITY ISLAMABAD

**IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE
DEGREE OF MASTERS OF SCIENCE IN CLINICAL PSYCHOLOGY**

2019

EXAMINER

Dated: _____

CERTIFICATE OF ORIGINALITY

This is certify that the intellectual contents of the thesis

“MENOPAUSAL SYMPTOMS, BODY ESTEEM, AND QUALITY OF MARITAL RELATIONSHIP: AN EXPLORATORY STUDY”

are the product of my own research work except, as cited property and accurately in the acknowledgements and references, the material taken from such sources as research journals, books, internet, etc. solely to support, elaborate, compare and extend the earlier work. Further, this work has not been submitted by me previously for any degree, nor it shall be submitted by me in the future for obtaining any degree from this University, or any other university or institution. The incorrectness of this information, if proved at any stage, shall authorities the University to cancel my degree.

Signature: _____

Date: _____

Name of the Research Student: Sundas Shakoor



Bahria University

**Discovering
Knowledge
MS17**

Thesis Completion Certificate

Scholar's Name **Sundas Shakoor**

Registration No. **53504**

Programme of Study: **MS Clinical Psychology**

Thesis Title:

“Menopausal Symptoms, Body Esteem, and Quality of Marital Relationship: An Exploratory Study”

It is to certify that the above student's thesis has been completed to my satisfaction and, to my belief, its standard is appropriate for submission for Evaluation. I have also conducted plagiarism test of this thesis using HEC prescribed software and found similarity index at 10% that is within the permissible limit set by the HEC for the MS degree thesis. I have also found the thesis in a format recognized by the BU for the MS thesis.

Supervisor's Signature: _____

Name: Dr. Noshi Iram Zaman

Date: _____



Bahria University
Discovering Knowledge
MS17

Author's Declaration

I, **Sundas Shakoor** hereby state that my MS thesis titled

“Menopausal Symptoms, Body Esteem, and Quality of Marital Relationship: An Exploratory Study”

is my own work and has not been submitted previously by me for taking any degree from **Bahria University**, Islamabad or anywhere else in the country/world. At any time if my statement is found to be incorrect even after my Graduate the university has the right to withdraw/cancel my MS degree.

Name of scholar: **Sundas Shakoor**

Date: _____



Bahria University

Discovering
Knowledge
MS-17

Plagiarism Undertaking

I, **Sundas Shakoor** solemnly declare that my research work presented in the thesis titled

“Menopausal Symptoms, Body Esteem, and Quality of Marital Relationship: An Exploratory Study”

is solely my research work with no significant contribution from any other person. Small contribution / help wherever taken has been duly acknowledged and that complete thesis has been written by me.

I understand the zero-tolerance policy of the HEC and Bahria University towards plagiarism. Therefore, I as an Author of the above titled thesis declare that no portion of my thesis has been plagiarized and any material used as reference is properly referred / cited.

I undertake that if I am found guilty of any formal plagiarism in the above titled thesis even after award of MS degree, the university reserves the right to withdraw/revoke my MS degree and that HEC and the University has the right to publish my name on the HEC / University website on which names of students are placed who submitted plagiarized thesis.

Student/Author's Sign:

Name of the Student: Sundas Shakoor

ACKNOWLEDGEMENT

All praises is for **Almighty Allah**, Lord of all worlds, the most affectionate, the merciful, who taught writing by the pen, taught men when he knew not. After Almighty Allah, all praises and thanks to the **Holy Prophet Muhammad (PBUH)** who is forever a model of guidance and knowledge for humanity.

This process has been quite a journey, and there are several people I would like to thank who have helped to make all of this possible. I would like to thank my honorable supervisor **Dr. Noshi Iram Zaman**, Head of Department, Department of Professional Psychology, Bahria University Islamabad who has spent numerous hours assisting and providing helpful guidance and making it possible for me to complete this study. I would also like the thank **Miss Shazia Yusuf**, for her kind cooperation, scholastic criticism and moral support. I would like to thank all the faculty members of **DPP, BUIC** for their cooperation. I would like to thank all the participants of my study for allowing me to use their data for this research.

I would also like to thank my respected **Parents and Siblings**, each of you have shaped me into the person that I am today. You have all taught me so much and have instilled in me my values and beliefs. I know I never would have made it here if it weren't for each of you. Thank you so much for your loving sacrifices and continual support.

I would like to thank my incredible friends **Kanwal Zahra, Maria Mukhtar, Hafsa Aziz and Batool Baqir** who has been such a great source of support and encouragement throughout this process.

Sundas Shakoor

DEDICATION

I dedicate this humble effort to my beloved father **Muhammad Shakoor**, mother **Naeema Bibi** and **siblings** without whom I am nothing, their love, prayers, support and guidance have made me able to reach this stage.

TABLE OF CONTENTS

Topic	Page No.
CHAPTER I	
Introduction	1-11
CHAPTER II	
Literature Review	13-35
Rationale of the Study	36
CHAPTER III	
Method	37
Objectives	37
Hypotheses	37-38
Sample	38
Inclusion and Exclusion Criteria	38
Instruments	38-42
Operational Definitions	42-43
Research Design	43

Research Plan	43
Ethical Considerations	44
Procedure	44
Statistical Analysis	44-45

CHAPTER III

Pilot Study	46-47
Results	48-65
Discussion	66-70

CHAPTER IV

Main Study	71-73
Results	74-127
Discussion	128-136
Additional Findings	137
Limitations	138
Recommendations for Future Research	138
Practical Implications	138-139

Conclusion	139
References	140-174

LIST OF TABLES

Table 1	Descriptive Statistics of Participants (N=50)	48-49
Table 2	Psychometric Properties of Study Variables (N=50)	50-51
Table 3	Inter scale correlations of Menopause Rating Scale, Body Esteem Scale-Revised and ENRICH Marital Satisfaction Scale (N=50)	52-53
Table 4	Multiple Regression Analysis to predict Sexual attractiveness by Menopausal symptoms (N=50)	54
Table 5	Multiple Regression Analysis to predict Weight concern by Menopausal symptoms (N=50)	55
Table 6	Multiple Regression Analysis to predict Physical condition by Menopausal symptoms (N=50)	56
Table 7	Multiple Regression Analysis to predict Marital satisfaction of wives by Menopausal symptoms (N=50)	57
Table 8	Multiple Regression Analysis to predict Idealistic distortion of wives by Menopausal symptoms (N=50)	58
Table 9	Analysis of variance between Menopausal status on variables of Menopausal Symptoms, Body Esteem and Quality of Marital Relationship (N=50)	59-60
Table 10	Post Hoc Test across Menopausal status on variables of Body Esteem (N=50)	61-62
Table 11	Chi Square between Menopausal status among Categories of	63

Psychological subscale of Menopause Rating Scale (N=50)

Table 12	Chi Square between Menopausal status among Categories of Somato-vegetative subscale of Menopause Rating Scale (N=50)	64
Table 13	Chi Square between Menopausal status among Categories of Urogenital subscale of Menopause Rating Scale (N=50)	65
Table 14	Descriptive Statistics of Participants (N=180)	74-76
Table 15	Psychometric Properties of Study Variables (N=180)	77-78
Table 16	Inter scale correlations of Menopause Rating Scale, Body Esteem Scale-Revised and ENRICH Marital Satisfaction Scale (N=180)	79-81
Table 17	Multiple Regression Analysis to predict Sexual attractiveness by Menopausal symptoms (N=180)	82
Table 18	Multiple Regression Analysis to predict Weight concern by Menopausal symptoms (N=180)	83
Table 19	Multiple Regression Analysis to predict Physical condition by Menopausal symptoms (N=180)	84
Table 20	Multiple Regression Analysis to predict Marital satisfaction of wives by Menopausal symptoms (N=180)	85
Table 21	Multiple Regression Analysis to predict Idealistic distortion of wives by Menopausal symptoms (N=180)	86
Table 22	Multiple Regression Analysis to predict Marital satisfaction of	87

husbands by Menopausal symptoms (N=180)

Table 23	Multiple Regression Analysis to predict Idealistic distortion of husbands by Menopausal symptoms (N=180)	88
Table 24	Analysis of variance between Menopausal status on variables of Menopausal Symptoms, Body Esteem and Quality of Marital Relationship (N=180)	89-90
Table 25	Post Hoc Test across Menopausal status on variables of Menopausal Symptoms and Body Esteem (N=180)	91-94
Table 26	Analysis of variance between Wives education on variables of Menopausal Symptoms, Body Esteem and Quality of Marital Relationship (N=180)	95-96
Table 27	Post Hoc Test across Wives education on variables of Menopausal Symptoms and Quality of Marital Relationship (N=180)	97-104
Table 28	Analysis of variance between Wives occupation on variables of Menopausal Symptoms, Body Esteem and Quality of Marital Relationship (N=180)	105-106
Table 29	Post Hoc Test across Wives occupation on variables of Menopausal Symptoms and Body Esteem (N=180)	107-108
Table 30	Analysis of variance between Wives income group on variables of Menopausal Symptoms, Body Esteem and Quality of Marital Relationship (N=180)	109-110

Table 31	Post Hoc Test across Wives income group on variables of Menopausal Symptoms (N=180)	111-112
Table 32	Analysis of variance between Husbands education on variables of Menopausal Symptoms, Body Esteem and Quality of Marital Relationship (N=180)	113-114
Table 33	Post Hoc Test across Husbands education on variables of Menopausal Symptoms and Quality of Marital Relationship (N=180)	115-120
Table 34	Chi Square between Menopausal status among Categories of Psychological subscale of Menopause Rating Scale (N=180)	121
Table 35	Chi Square between Menopausal status among Categories of Somato-vegetative subscale of Menopause Rating Scale (N=180)	122
Table 36	Chi Square between Menopausal status among Categories of Urogenital subscale of Menopause Rating Scale (N=180)	123
Table 37	Chi Square between Research question among Categories of Menopausal status (N=180)	124-127

LIST OF FIGURES

Figure 1	Self- developed model of the current study.	12
Figure 2	A sketch of research plan of the study.	43
Figure 3	Categories of psychological symptoms among menopausal status.	63
Figure 4	Categories of somato-vegetative symptoms among menopausal status.	64
Figure 5	Categories of urogenital symptoms among menopausal status.	65
Figure 6	Categories of psychological symptoms among menopausal status.	121
Figure 7	Categories of somato-vegetative symptoms among menopausal status.	122
Figure 8	Categories of urogenital symptoms among menopausal status.	123
Figure 9	Categories of menopausal status among the research question.	125

LIST OF ANNEXURES

Annexures A	Permission for Data Collection
Annexures B	Informed Consent Form (For Wives)
Annexures C	Demographic Information Form (For Wives)
Annexures D	Menopause Rating Scale- MRS
Annexures E	Body Esteem Scale-Revised- BES-R
Annexures F	ENRICH (Evaluation and Nurturing Relationship Issues, Communication and Happiness) Marital Satisfaction Scale- EMS
Annexures G	Informed Consent Form (For Husbands)
Annexures H	Demographic Information Form (For Husbands)
Annexures I	ENRICH (Evaluation and Nurturing Relationship Issues, Communication and Happiness) Marital Satisfaction Scale- EMS
Annexures J	Research Question (For Husbands)
Annexures K	Email Permission For Scales

ABBREVIATIONS

MSs	Menopausal Symptoms
BE	Body Esteem
QMR	Quality of Marital Relationship
MT	Menopausal Transition
HF _s	Hot Flushes
NS _s	Night Sweats
DS _s	Depressive Symptoms
VD	Vaginal Dryness
BMI	Body Mass Index
WHO	World Health Organization

ABSTRACT

The current study was intended to explore the impact of Menopausal Symptoms on Body Esteem and Quality of Marital Relationship. Sample comprised of couples (N=180). Wives experiencing premenopause, perimenopause, and postmenopause with an age range of 35 to 60 years (M=45.21 & SD=7.47) were selected. The data was collected from Islamabad and Rawalpindi. Purposive sampling was used for the collection of data. Three instruments were used to measure study variables i.e., Menopause Rating Scale (MRS) for menopausal symptoms, Body Esteem Scale-Revised (BES-R) for body esteem, and ENRICH (Evaluation and Nurturing Relationship Issues, Communication and Happiness) Marital Satisfaction Scale (EMS) for quality of marital relationship. Results indicated that there was a negative relationship between menopausal symptoms and body esteem and quality of marital relationship. Menopausal symptoms predicted body esteem. There was a significant difference among menopausal status and study variables. There were significant difference between menopausal symptoms, body esteem, and quality of marital relationship along demographic variables. Different perspectives of husbands on the menopausal status of their wives and quality of their marital relationship were also discussed. Additional findings, limitations and recommendations for future studies were also discussed.

Keywords: *Menopausal Symptoms, Premenopause, Perimenopause, Postmenopause, Body Esteem, Quality of Marital Relationship.*