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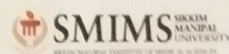
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**WOMEN'S MENOPAUSAL EXPERIENCES: A QUALITATIVE STUDY AMONG
WOMEN IN SRI LANKA**

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ABSTRACT

Menopause is an important health transition for women, which varies in onset, length, and expression through symptoms among women. Women's understanding of their menopausal experience and the way they manage the menopausal symptoms can be different among different communities. The aim of this study was to explore and describe menopausal experiences among women in Sri Lanka

This study was carried out in Boralasgamuwa MOH area, Colombo District in the western province of Sri Lanka. An explorative and descriptive design based on qualitative approach was used by using semi- structured interviews with a purposive sample of 20 women. Data interpretation and analysis were done using manifest and latent content analysis.

An overriding theme "Menopause is a natural change in life" was emerged from three categories: "Entering menopause", "Managing menopause" and "Not the end of life". Women perceived menopausal changes as a natural change in life with health problems which are normal for this change. Women viewed as there is no difference of life, even in case of womb removal and were positive towards the life after menopause. Women had different self-care practices towards menopausal symptoms but mainly they engage with religious activities in order to avoid problems during menopause.

The women perceived menopause as a natural change and managed these changes by mainly engaging religious activities and some self-care practices. It would be beneficial to have an educational programme for women in menopause in order to make them aware about the changes and challenges associated with menopause. This can be integrated to primary health care services in the Sri Lankan health care system as a health promotion activity towards menopausal women.

Keywords: Menopause, experience, qualitative study, Sri Lankan women