

Self-care behaviors in menopausal women attended in a public hospital, Peru

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Introduction

The progress of the demographic transition is affecting several countries in Latin America. In Peru, during the last year, some health conditions have improved and this has resulted in an increase in life expectancy among women.

Objective

To describe self-care behaviors in menopausal women who were attended in a public hospital in Lima-Peru during the year 2021.

Materials and methods

Descriptive cross-sectional study, women between 40 and 59 years of age attended in gynecology outpatient clinics participated. A simple random probability sample of 263 women was used. A questionnaire made up of 30 questions with dichotomous answers (absent and present) was used, divided into four dimensions; somatic, psychological, cognitive and sexual. It was considered as effective if it performed $\geq 50\%$ of the activities for each dimension and for the overall score. It has a content validity according to Kappa index of 0.79 and a reliability of 0.638 according to Kuder Richardson coefficient.

Results

The mean age was 47.7 ± 5.4 . 46% were between 47 and 53 years old, 79.5% had a stable partner, 43% performed household activities.

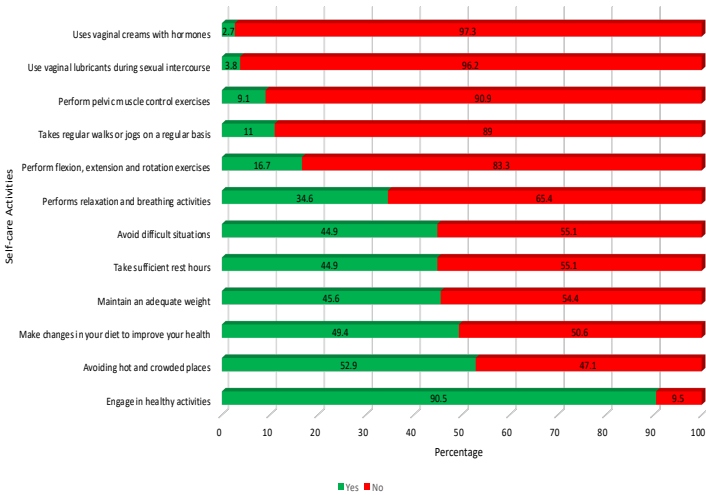


Figure 1. Results of self-care behaviors in the somatic dimension.

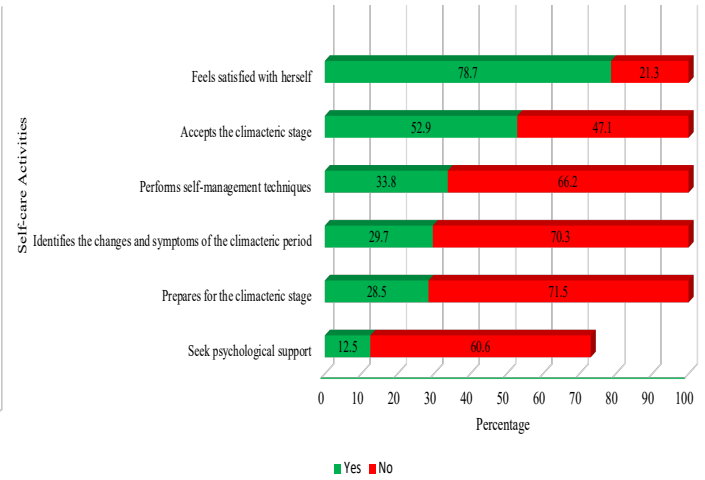


Figure 2. Results of self-care behaviors in the psychological dimension.

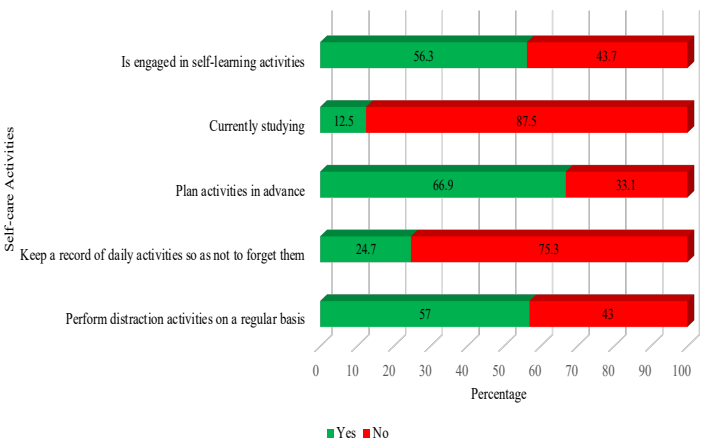


Figure 3. Results of self-care behaviors in the cognitive dimension.

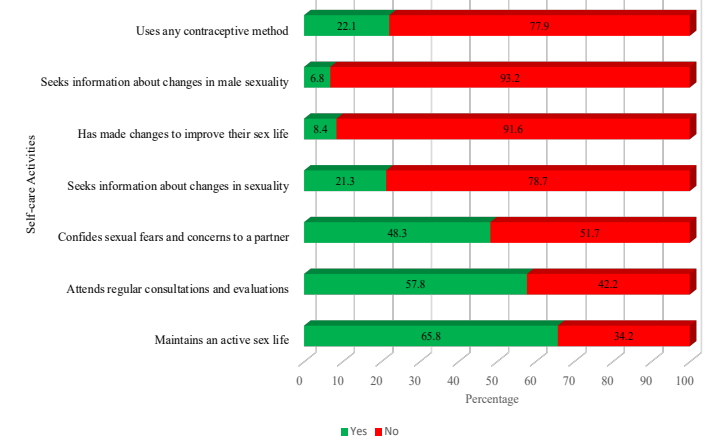


Figure 4. Results of self-care behaviors in the sexual dimension.

The analysis of results by dimensions allowed us to observe: In the somatic dimension was ineffective in 93.2%, psychological dimension was ineffective in 81.4%, sexual dimension was ineffective in 78.7%, cognitive dimension was ineffective in 60.5%.

Conclusion

The somatic dimension obtained higher scores as ineffective, while the cognitive dimension obtained favorable results, all dimensions were considered ineffective. The overall result showed that self-care behaviors were ineffective in 90.5%.