

Title:

Understanding Menopausal Experiences of Dumagat Women: A Qualitative Study

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Abstract

Around the time of transition to menopausal period, women experience mental, and psychological disorders that require adequate attention to these symptoms. Women have different experiences around menopause and after it due to physiological, emotional, and psychological changes. This study is an attempt to make a significant contribution to the MENSESC project at the University of Lincoln which aims to determine how women live and understand the menopause in low SES settings across cultural contexts; ascertain what factors may shape women's experience of the menopause in these contexts; identify what aspects of women's lives, if any, are impacted during menopausal time and determine what women themselves need in these contexts to have quality of life during and beyond the menopause.

This research will utilize a qualitative research design involving the conduct of interviews and focus group discussions with a sample of Dumagat menopausal women. The study will recruit 15 menopausal Dumagat women in Rizal, where the Dumagats live until the data have all been saturated. FGDs will be done and a set of questions were prepared for the discussion and interviews. The study shall serve as assessment for future research on menopausal women coordinated with different countries.

Keywords

Menopause, Low-SES, Dumagat Women, Menopausal experiences