

Effect of Aerobic Exercises on Quality of Life in Perimenopausal Women

Miss. Samruddhi Dhananjay Patange, Intern, Department of Physiotherapy, St. Andrews College of Physiotherapy, Pune, Maharashtra, India

Dr. Vijaya Bagade, Professor, Department of Physiotherapy, St. Andrews College of Physiotherapy, Pune, Maharashtra, India

Dr. Albin Jerome, Principal, Department of Physiotherapy, St. Andrews College of Physiotherapy, Pune, Maharashtra, India.

ABSTRACT

Background: Perimenopause is a transitional phase characterised by fluctuating hormone levels that often lead to symptoms such as hot flashes, mood disturbances, sleep irregularities, and reduced physical functioning. These changes can significantly affect a woman's quality of life. Non-pharmacological approaches, especially aerobic exercise, may play a valuable role in alleviating these symptoms.

Material and Methodology: The sample of this experimental study was composed of 22 perimenopausal women between the ages of 40 and 49 years chosen using the convenience sampling method and randomly allocated to experimental and control group. Quality of life baseline estimation was done through the MENQOL questionnaire. The experimental group was subjected to an aerobic exercise programme of 45 minutes per day, five days per week, and a period of four weeks followed by a control group that went about with their normal undertakings. The same tool was used to assess the post-intervention outcomes. Paired and unpaired t-tests, Chi-square tests, Wilcoxon signed-rank tests, and Mann-Whitney U tests were all used as statistical analysis.

Results: The vasomotor, psychological and physical domains of the MENQOL had significant improvements in the experimental group ($p < 0.05$) whereas no meaningful improvement was observed in the control group. Non-significant progress was shown in the sexual domain. Statistically significant decrease in the total MENQOL scores was also seen in the exercise group which suggests improvement in the overall quality of life.

Conclusion: Frequent aerobic work significantly improves the stability of the vasomotor system, emotional state, and physical comfort of perimenopausal women. It is an effective, inexpensive and easily available intervention to enhance quality of life in menopausal transition.

Keywords: Perimenopause, Aerobic exercise, Quality of life, MENQOL, Hormonal transition.