

Menopause, Culture and Sex among Rural Women

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ABSTRACT The study intended to explore and describe culture, sex and menopause among rural women of Vhembe District Limpopo Province, South Africa. The study was a qualitative and explorative, using phenomenological approach. Purposive sampling was used to select the four villages and to select participants for the focus groups. Sample size was determined by data saturation. Four focus groups interviews were conducted to collect data guided by one central question which was "Please tell me about menopause, culture and sex in the villages". Tesch's open coding methods of qualitative data analysis were used. Measures to ensure trustworthiness and ethical issues were observed. The study findings were that at the girls' initiation schools and high schools as part of culture, topics such as menstruation and sex formed part of the teaching and were emphasised while menopause and sex were not mentioned anywhere and were not given a priority even amongst villagers. Recommendations were that menopausal topics should be emphasised and receive priority at the girls initiation schools, high schools, churches and in the communities so that when women reach menopause they should be aware and be able to effectively cope with menopause from midlife.