

Menopause and Femininity: Qualitative Enquiry into Menopause of Urban Women from Pune, Maharashtra

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ABSTRACT The purpose of the study was to explore the experiences of postmenopausal women with specific reference to perceived effect of menopause on femininity and subjective description of feeling about attaining menopause. This was a cross-sectional study based on indepth interviews of the purposively selected 52 postmenopausal urban women from four different sites from city of Pune, Maharashtra, India. Average age at menopause was 47.6 years. Majority of them had a traumatic menopausal phase hence final relief was appreciated positively. Sixteen respondents thought their femininity was affected because of menopause. Opinions expressed about loss of femininity were all part of individual's perceptions, changing notions about social role and own circumstances but majority urban women viewed menopausal transition from socio-cultural perspective and dissociate reproduction from femininity. This calls for widespread awareness generation among women however literate they may be.