

**THE CORRELATION BETWEEN PHYSICAL ACTIVITY AND
VASOMOTOR, PSYCHOLOGICAL, AND SOMATIC SYMPTOMS IN
MENOPAUSAL WOMEN IN THE POSYANDU LANSIA OF PEGANDAN
VILLAGE, PATI DISTRICT, CENTRAL JAWA**

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ABSTRACT

Background: Menopausal women may experience vasomotor, psychological and somatic symptoms that reduce their quality of life. Physical activity can improve a person's quality of life. Menopausal women in Pegandan village have varying physical activity and menopausal symptoms but it is currently unknown whether they are correlated. **Objective:** To investigate the correlation between physical activity and vasomotor, psychological and somatic symptoms in menopausal women. **Methods:** Observational analytical cross-sectional study design was conducted among 47 menopausal women from Posyandu Lansia in Pegandan village, Kecamatan Margorejo, Pati district. Participant measurements for physical activity using the Physical Activity Scale for the Elderly questionnaire and for menopausal symptoms using the Menopause-Specific Quality of Life questionnaire. Statistical analysis were the correlation of physical activity with vasomotor symptoms, with psychological symptoms and with somatic symptoms using the Spearman's rho correlation with a significance limit of $\alpha = 0.05$. **Results:** Participants mean age were 60.3 (SD \pm 6.4) years old. Physical activity scores did not correlate with vasomotor symptoms scores and did not correlate with psychological symptoms scores. Physical activity scores were significantly and negatively correlated with somatic symptoms scores ($p = 0.005$ and $r = -0.401$). **Conclusion:** Physical activity does not correlate with vasomotor symptoms or psychological symptoms. Higher physical activity related to lower somatic symptoms. Physical activity can be recommended to reduce somatic symptoms in menopausal women.

Keywords: Menopause, physical activity, vasomotor, psychological, somatic