

## Abstract

Menopause is an important time in a women's life, her going through changes that affect the quality of life (QOL). The present study aimed to estimating the quality of life among the climacteric females working at Banha University. Through assessing quality of life among the studied females and assessing the impact the counseling program on quality of life among the studied females. The study was carried out in ten faculties of Banha University.

The sample size was 159 women for each group (studied and control) it was selected randomly. Data were collected through a structured interviewing questionnaire consisting of four parts. First part; included socio demographic data, menstrual, obstetrical, gynecological history, medical and surgical history. Second part; assesses the menopausal symptoms and severity. Third part; assesses the different practices used by the menopausal women to relive menopausal symptoms and their effects. Fourth part; assesses the quality of life for menopausal women.

The results of this study concluded that, psychological stress had improved after counseling, counseling had increased women's awareness and developed positive reaction toward menopausal changes. There were positive statistically significant relations between after and marital status with quality of life. More researches are needed to assess women's knowledge about need problems during menopausal period and ways to overcome menopausal problems to improve QOL.