

Menopause Cultural Research: A Comparative Study of National and Diasporic Chinese Menopausal Women's Perceptions and Lived Experience of Menopause

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Abstract : Although most females will experience menopause due to social value habits of cultural factors, some Chinese women may lack the confidence to talk about the problems they are experiencing while going through menopause. Also, sometimes the inappropriateness of medical terminology leads to panic when women face the symptoms associated with menopause. On top of that, when women avoid discussing menopause as a topic, others are less likely to pay attention to the needs of menopausal women as their bodies change. This research will compare the experience of Chinese menopausal women and diasporic Chinese women's perceptions of menopause. A qualitative study will be conducted by collecting and analyzing experiences and perceptions to compare differences in women's perceptions of menopause, considering cultural and social factors. In addition, the study will gather information on the differences in the conceptualization of menopause between the Chinese and Canadian medical fields. Co-design sessions will be held to establish how to bring menopause to the attention of people other than women. Furthermore, a support network for menopause women will be created through these co-design sessions. It is hoped that this research will contribute to a proper understanding of menopause and provide support for Chinese women. This research is built upon feminist standpoint theory and inclusive design theory. The results of this study will be presented in this paper.

Keywords : menopause, feminist standpoint theory, Chinese national & diasporic women, inclusive design

Conference Title : ICHM 2023 : International Conference on Hormones and Menopause

Conference Location : Toronto, Canada

Conference Dates : June 19-20, 2023