

**SEXUALITY OF MENOPAUSAL WOMEN AT MANAMAIJU
VILLAGE DEVELOPMENT COMMITTEE (VDC), NEPAL**



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NEPAL**

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M.A. (HEALTH SOCIAL SCIENCE)

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ABSTRACT

This research tries to understand the social, medical and moral discourse of sexuality and menopause among menopausal women at Manamaiju Village development Committee (VDC), Nepal. This research used a postmodern perspective and ethnographic approach utilizing non participant observation and in-depth interviews with six menopausal women and fourteen key informants. Main findings regarding menopause indicate that for women post menopause means freedom. Additionally, after menopause women are able to enjoy a sexual life. In relation to this, policy makers and society need actions based upon a positive attitude and counseling services to menopausal women's health in order to create and develop better quality of life. Menopause does not decrease sexual desire. However, people and policy do not pay adequate attention to the sexual health and quality of life of menopausal women. Most women are regulated under the Hindu caste system that influences their sexual life. Moral discourse on menopausal women's sexuality tries to limit women's sexuality. Hindu rites and moral values regulate the sexuality of menopausal women because they are considered a moral and disciplined woman and expected to visit temples and participate in religious rites and social activities.

KEY WORDS: SEXUALITY/ MENOPAUSE/ WOMEN/ NEPAL

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