



A study on coping strategies adopted by menopausal women residing in selected areas

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Abstract

Statement: A study on coping strategies adopted by menopausal women residing in selected areas.

Objectives: 1. To identify the postmenopausal symptoms in menopausal women. 2. To identify the existing coping strategies adopted among menopausal women. 3. To find an association of the coping strategies with selected demographic variables of menopausal women.

Methodology: The research design used was descriptive cross-sectional research design. Purposive non-probability sampling was used for sampling method. The sample of the study constitute of 100 postmenopausal women from selected areas.

Result: There is association between demographic variable as monthly family income is found to have statistically significant association with coping strategies adopted by menopausal women at 0.05% level of the significance.

Keywords: descriptive study, coping strategies, menopausal women

Introduction

“Post menopausal women stand at a cross road, facing the possibility of living the remainder of their lives.”

Menopause is a major turning point in the life of a woman directly related to her womanhood. Beginning of menopause marks the end of youth in a woman. It is the stage after which a woman is incapable of bearing a child. Menopause is caused when the production of estrogen hormone in the body is significantly decreased. Menopause is a stage of life not a disease. The exact age of menopause differs from woman. In normal women, menopause occurs somewhere between 45 to 50 years of age. In specific cases if there are surgical operations in the body like removal of uterus, it may occur earlier. Delay of menopause after 52 years is an indication of certain irregularities in the body. The ideal age of menopause is 50, affirms Sushruta, the great medical scientist of ancient India.

Menopause causes many changes in a women's life, both physically and psychologically. Physical complaints in order of frequency are as follows: hot flushes, night sweats or chills, disrupted sleep, vaginal dryness, loss of libido, loss of energy, mood swings, increased irritability, loss of skin tone, and urinary leakage. Psychological complaints include loss of confidence, depressed mood, irritability, forgetfulness, difficulty in concentrating, panic attacks and anxiety.

The best management of menopausal problems is accepting it with ease. Lord Krishna in Bhagavad Gita says Yoga is nothing but equanimity towards the pairs of opposites like happiness and sorrow, loss and victory etc. Accepting the unavoidable is the best way to counter it. Human life is a continuous process of changes and menopause is one of them. Accepting this fact reduces major fraction of the problems since it induces a psychological strength to combat the same. Thus a psychological adaptability along with a few yogic practices may be sufficiently helpful for a woman in facing menopause, one of the major turning points of her life.

Menopause means: M – Menses cease, E-Estrogen falls, N-Neurology disables, O- Ovaries fail, P – Palpitations disturbs, A – Amenorrhoea ensures, U – Uro urgency manifests, S – Sleep lacks, E – Eyesight deteriorates.

The coping strategies can help in dealing with menopause. Menopause is a normal process of ageing that cannot be avoid it but can control it. Thus, use of coping strategies to aid in lessening the symptoms of menopause.

Problem statement

“A study on coping strategies adopted by menopausal women residing in selected areas.”

Objectives of the study

1. To identify the postmenopausal symptoms in menopausal women.
2. To identify the existing coping strategies adopted among menopausal women.
3. To find an association of the coping strategies with selected demographic variables of menopausal women.

Inclusion criteria

1. Menopausal women in the age of 40 years and above age.
2. Menopausal women who can understand Marathi/English.
3. Menopausal women who are willing to participate in the study.
4. Menopausal women who are residing in selected areas.

Exclusion criteria

1. Women who are not experiencing menopause.
2. Women who are not willing to participate in the study.
3. Women who are having menopause & any major medical disorder.

Description of the tool

The researcher prepared a Self Administered Questionnaire

and Self Administered Rating Scale as a tool for this study. The tool for data collection has following 3 sections:

- Section I: Questionnaire for identifying the demographic data.
- Section II: Rating Scale to identify the menopausal signs and symptoms.
- Section III: Rating scale for identify existing coping strategies adopted by menopausal women.

Results

Section I: Description of Demographic Data

Table 1: Description of samples according to demographic characteristics by frequency and percentage. N=100.

Sr. No.	Demographic Variable	Category	Frequency	%
1	Age	40 to 44 yrs	3	3%
		45 to 49 yrs	25	25%
		50 to 54 yrs	42	42%
		55 yrs and above	30	30%
2	Education	Primary	44	44%
		Secondary	35	35%
		Higher secondary	13	13%
		Graduate and above	8	8%
3	Occupation	House wife	72	72%
		Laborer	5	5%
		Service	10	10%
		Private business	9	9%
4	Monthly Family Income Category	Retired person	4	4%
		Less than Rs. 3000/-	11	11%
		Rs. 3001 – Rs. 5000/-	10	10%
		Rs. 5001 – Rs. 7000/-	10	10%
		Rs. 7001 – Rs. 9000/-	17	17%
5	Family Type	More than Rs. 9000/	52	52%
		Nuclear	68	68%
6	Marital Status	Joint	32	32%
		Married	85	85%
7	Religion	Widow	15	15%
		Hindu	93	93%
		Muslim	4	4%
8	Any Personal Habits	Any other	3	3%
		None	68	68%
		Mishri	21	21%
		Tobacco Chewing	6	6%
9	Age of Menarche	Pan/ Supari	2	2%
		Any other	3	3%
		None	68	68%
10	Age of Menopause	8 – 12 yrs	27	27%
		13 – 17 yrs	68	68%
		18 yrs and above	5	5%
11	Mode of Attaining Menopause	Less than 40 yrs	17	17%
		41 to 45 yrs	26	26%
		46 to 50 yrs	45	45%
		51 to 55 yrs	12	12%
12	Health Problems Present	Natural	81	81%
		Surgical	19	19%
		Hypertension	19	19%
12	Health Problems Present	Diabetes	8	8%
		Both Hypertension and Diabetes	7	7%
		Any other	6	6%
		None	60	60%

Section II: Analysis of data related to identify the signs and symptoms of postmenopausal women.

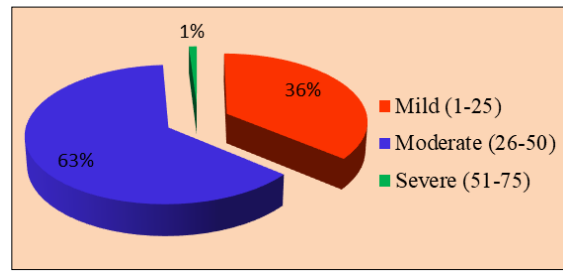


Fig 1

This figure shows that majority of 63% of the postmenopausal women had moderate (score 26 - 50) of postmenopausal signs and symptoms, 36% of them had mild (score 1 - 25) while 1 (1%) of them had severe postmenopausal signs and symptoms.

Section III: Analysis of data related to coping strategies adopted by menopausal women.

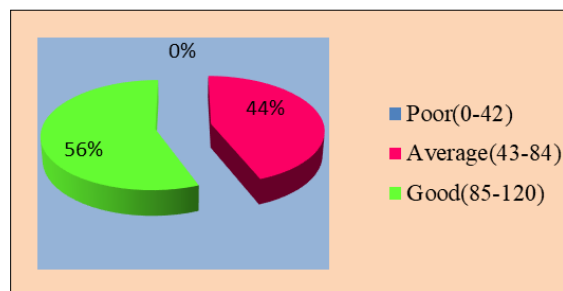


Fig 3

Pie diagram showing distribution of overall coping strategies adopted by menopausal women in frequency and percentage.

Figure shows that majority of 56% of the menopausal women had adopted good (score 85-120) coping strategies and 44% of the menopausal women had average (score 43-84) coping to menopause.

Section IV: An analysis of data to find association between coping strategies adopted and selected demographic variables of menopausal women.

Table shows Distribution of ANOVA results to find out association between coping strategies adopted and selected demographic variables of menopausal women. N = 100.

Table 2

Sr. No.	Demographic variable	F	p – value	Relation
1.	Age	2.1	0.112	No association
2.	Education	2.0	0.126	No association
3.	Occupation	2.2	0.074	No association
4.	Monthly family income	3.3	0.014	Association
5.	Family type	0.1	0.792	No association
6.	Marital status	0.2	0.688	No association
7.	Religion	0.6	0.556	No association
8.	Any personal habit	0.8	0.534	No association
9.	Age of menopause	0.8	0.476	No association
10.	Age of menarche	0.1	0.948	No association
11.	Mode of attaining menopause	0.3	0.559	No association
12.	Health problems	1.2	0.317	No association

This table shows that p- value corresponding to monthly family income is small (<0.05), null hypothesis is rejected for this demographic variable. Monthly family income is the only demographic variable which was found to have significant association with coping strategies adopted by selected postmenopausal women.

Implication of the Study

The present study findings have implications for nursing practice, nursing education, nursing administration and nursing research.

Nursing Practice

Severe menopause can be identified by the nurse and appropriate referral should be done. Nurses try to have in depth knowledge regarding physiology of menopause, signs and symptoms of menopause, its management and adoption of suitable coping strategies during perimenopause and postmenopause. When working in the clinical setting, nurses may come across many patients with menopausal symptoms. If the nurse has the knowledge regarding menopause and suitable coping strategies to be adopted during perimenopause and postmenopause, she can teach this to the clients so that they can achieve reduction in the menopausal symptoms.

Nursing Education

Educational programme regarding awareness of menopause, causes of menopause, signs and symptoms of menopause and treatment modalities of menopause can be arranged at the nursing school and college level. Interesting and client friendly learning packages including audio and video cassettes need to be prepared and widely circulated in the nursing schools and colleges.

The need for education on adoption of coping strategies among the menopausal women offers the public health nurse, the auxiliary nurse and midwife, the community health nurse and all female health workers to promote the positive attitude towards adoption of coping strategies during menopause.

Nursing Administration

As an administrator, a nurse can arrange in service education programmes for students, staff nurses and faculty members regarding adoption of suitable coping strategies during menopause. She can encourage the staff to educate the clients to use coping strategies whenever they come across the clients with menopause in hospitals, communities and other settings. Administrative support and directions need to be given to the teacher in charge of schools and colleges to implement educational programmes regarding management of menopause. Nurses as administrator, women and competent professionals have a responsibility to promote the right information regarding adoption of coping strategies during menopausal women.

Nursing Research

Menopause is the most common gynaecological problem among middle aged group. Therefore it is necessary to conduct extensive research in this field, using variety of settings and population. Research can be done to find out more coping strategies among the postmenopausal women. It will be helpful in reducing the menopausal symptoms and may improve the physical as well as psychological health of

the postmenopausal women.

There is an increased need of studies regarding menopause at Master's and Post Master's level in various settings in India. Research studies can be conducted on various other aspects of menopause like knowledge related to menopause, attitude towards menopause. Baseline data of this study will be used to educate the menopausal women for adopting the suitable coping strategies during menopause.

Recommendation

- A similar study may be replicated on large samples; thereby findings can be generalized for a large population.
- A comparative study may be conducted using urban and rural population.
- A similar study may be conducted to investigate more coping strategies adopted during menopause.

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