



## ASSESSMENT OF PROBLEMS AND COPING STRATEGIES AMONG POST MENOPAUSAL WOMEN.

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### ABSTRACT

**OBJECTIVE:** The main objective of the study is to assess the psychosocial problems and coping strategies among post menopausal women. **METHODOLOGY:** The investigator utilized a descriptive survey approach by using the purposive sampling technique, a sample of 100 postmenopausal women was selected from urban areas of Hapur. The data were collected by using structured rating scale. The coefficient of internal consistency of the psychological problems and coping rating scale was checked by using Cronbach's alpha. **RESULT:** The findings of the present study revealed that majority of the postnatal women are moderately affected with psychosocial problems (68%) and majority (76%) of the sample had inadequate coping. the present study also shows a low positive correlation between the psychosocial problem and coping strategy. **CONCLUSION:** The present study suggest there is an increased need of provision of special health care for menopausal problems as many of the menopausal women are unaware of symptoms of menopause and their coping strategies and many are facing one or more psychosocial problems.

**KEYWORDS :** Post menopausal women, psychological problem, copying strategies

### INTRODUCTION

In the literature women quoted "Kshamaya Dharithri" which means women plays different roles in the entire lifespan as daughter, wife, mother and so on. During this transition, she has to go through various reproductive stages. The reproductive stages in a woman can be classified as reproductive years, menopausal transition and menopause. A woman begins her transition from reproductive years to menopause usually in her 40's. In a society that glorifies youth and beauty, the transition through menopause can cause needless anxiety and apprehension for many women.

Menopausal women undergo various changes in their body and hormonal levels causing unpredictable and wide fluctuations in mood and psychological functions. Various problems that women experience are depression, anxiety, irritability, low self esteem, lack of confidence, memory changes, and difficulty in concentration, fatigue and inferiority feeling.

The information obtained from Family Welfare Centre revealed that middle aged women do utilize the health facility to the maximum for management of general symptoms like headache, back pain and also for the problems of their children. But no women come to seek health care for menopausal problems as they do not relate these problems to symptoms of menopause. Some women are absolutely unaware of menopausal transition, which is stressful. The existing health programs cater to the needs of the antenatal, intranatal and postnatal women. Thus the investigator felt the need to assess the level of psychosocial problems and coping strategies used by postmenopausal women, that will eventually help the health care professionals especially nurses to gain an insight into the problem. This knowledge may explore new ventures to improve the health conditions of postmenopausal women and help them to lead a happy and productive life.

### MATERIALS AND METHODS

#### Objectives of the Study

1. To determine the level psychosocial problems among postmenopausal women.
2. To find out the coping strategies among postmenopausal women.
3. To find out the relationship between psychosocial problems and coping strategies among postmenopausal women.

The conceptual framework used in this study was based on Becker's Health Belief Model. The investigator utilized a descriptive survey approach in order to assess the

psychosocial problems and coping strategies in post menopausal women. By using the purposive sampling technique, a sample of 100 postmenopausal women was selected from urban areas of Hapur. Based on the objectives, baseline proforma and structured rating scale was prepared in order to assess the level of psychosocial problems and coping strategies of postmenopausal women. The coefficient of internal consistency of the psychological problems and coping rating scale was checked by using Cronbach's alpha. The reliability for psychosocial problems rating scale was 0.80 and for coping rating scale was 0.82. A pilot study was conducted among 10 samples. Institutional ethical permission obtained well in advance and participants who have signed informed consent were introduced to study tools and data were collected.

### RESULT

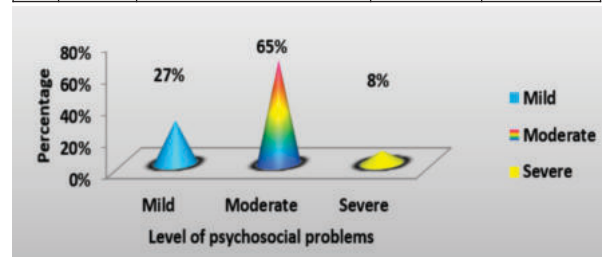
The gathered data were organized in logical systematic manner and SPSS 22 version was used to analyze. The analyzed data presented in following manner:

#### SECTION I

**Table 1: Frequency And Percentage Distribution of Level of Psychosocial Problems Among Post Menopausal Women.**

N=100

Sl. no	Score	Level of psychosocial problems	Frequency (f)	Percentage (%)
1.	1 – 22	Mild	27	27%
2.	23 – 44	Moderate	65	65%
3.	45 – 66	Severe	8	8%



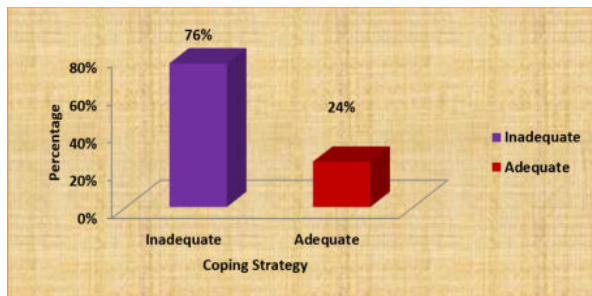
**Figure 1: cone Diagram Representing The Percentage Distribution Of The Level Of Psychosocial Problems According To Their Scores**

The data presented in Table 1 and Figure 1 shows that 27% of the postmenopausal women had mild level of psychosocial problems, 65% had moderate level of psychosocial problems and 8% had severe psychosocial problems.

**SECTION II**

**Table 2 : Frequency And Percentage Distribution Of Coping Strategy Among Post Menopausal Women N=100**

Sl.no	Score	Coping	Frequency	Percentage
1	1 - 20	Inadequate coping	76	76%
2	21 - 40	Adequate coping	24	24%

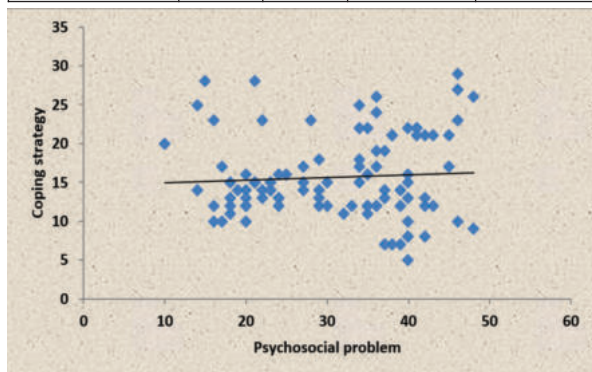


**Figure 2: Bar diagram representing the percentage distribution of coping strategy according to their coping scores**

The data presented in Table 2 and Figure 2 shows that majority (76%) of the sample had inadequate coping whereas (24%) had adequate coping for menopausal problems.

**Table 3: Correlation between the psychosocial problems and coping strategies among postmenopausal women N=100**

	Range	Mean	Standard Deviation	Correlation
Psychosocial problem	10-48	31.01	9.727	0.06
Coping strategy	5-29	15.66	5.303	



**Figure 3: Scatter diagram showing the positive correlation between psychosocial problems and coping strategy**

Karl Pearson's correlation coefficient was computed in order to find the correlation between the psychosocial problem and coping strategy among postmenopausal women. The data presented in table 3 and figure 3 shows that there is a low positive correlation between the psychosocial problem and coping strategy. Thus null hypothesis  $H_0$ , was rejected at 0.05 level of significance.

**DISCUSSION**

The findings of the present study revealed that majority of the postnatal women are moderately affected with psychosocial problems (68%) and majority (76%) of the sample had inadequate coping, the present study also shows a low positive correlation between the psychosocial problem and coping strategy.

The study findings are also similar to a study conducted in Udupi to assess the health problems of menopausal women that showed majority (50%) of the subjects had moderate symptoms which included forgetfulness (74%), difficulty in

concentration, nervousness, anger, loneliness, mood disturbance, irritability (72%)and worthlessness (70%) in urban women and forgetfulness (86%), difficulty in concentration, nervousness, anger, loneliness, mood disturbance, irritability (84%)and worthlessness (74%) respectively in rural women.

The findings of this study also can be compared to a study conducted in New Delhi to assess the knowledge of perception and coping strategies of menopausal women through self instructional module. The coping strategy score results before intervention was no coping (35%), average coping (2%) and good coping (1%).

**CONCLUSION**

Menopause is one of the most dramatic changes which occur around the age of 45- 50 years during which the reproductive capabilities in women begin to taper. The present study suggest there is an increased need of provision of special health care for menopausal problems as many of the menopausal women are unaware of symptoms of menopause and their coping strategies and many are facing one or more psychosocial problems.

**Conflict Of Interest: None**

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