



Vaginal Dryness, its Related Health Problems and Coping Strategies of Menopausal Women in The Urban Community .

MS. MERCY. P F

MSC NURSING, DEPARTMENT OF OBSTERICS AND GYNECOLOGICAL NURSING, FATHER MULLER COLLEGE OF NURSING, MANGALORE.

REV. ANGELINE (SR. AILEEN) MATHIAS

PROFESSOR, DEPARTMENT OF OBSTERICS AND GYNECOLOGICAL NURSING, FATHER MULLER COLLEGE OF NURSING, MANGALORE - 575002

ABSTRACT

Aim: To determine the vaginal dryness, its related health problems and coping strategies of menopausal women in the urban community. **Materials and methods:** A descriptive survey approach was used and it was conducted in the urban community with the sample size of 100 menopausal women with in the age group of 45-60 yrs. convenient sampling technique was used. The numerical rating scale was used on vaginal dryness, its related health problems and checklist on coping strategies adopted for it. **Result:** The study result revealed that 73 % of the subjects had mild vaginal dryness, 22 % had moderate and remaining 5 % had severe vaginal dryness. Coping strategies adopted by majority of menopausal women was average (90%). And there was no association between the coping strategies adopted for vaginal dryness, its related health problems and selected baseline variables. **Conclusion:** The study concluded saying that the most of the menopausal women have vaginal dryness, its related health problems and they adopt various coping strategies to manage the vaginal dryness, its related health problems.

KEYWORDS

Menopause, coping strategies.

Introduction

Menopause is a natural event which affects all women at same stage of their lives. To some women it is simply an explanation of physiological changes taking place in their body. Menopause is a crucial period in women's life. When women permanently stop having menstrual periods, she has reached the stage of life called menopause. Quality of life declines during this period due to various problems associated with oestrogen deficiency and ageing. During this time menopausal women may experience wide range physical, psychological, social problems. But sexual problems in the menopause may cause more damage to daily life and are also most often neglected.¹ vaginal dryness associated with postmenopausal oestrogen deficiency is a common but under-recognized and undertreated disorder. Because the vagina and surrounding tissues require oestrogen stimulation to maintain normal structure and function, declines in oestrogen level can result in vaginal dryness and its associated symptoms, such as vaginal discomfort, itching, burning, and inadequate lubrication during sexual activity.² Together, these symptoms can lead to dyspareunia, vaginitis. keeping in mind the above knowledge the present study was carried out to determine the vaginal dryness, its related health problems and coping strategies of menopausal women.

Objectives of the study

1. To determine the level of vaginal dryness, its related health problems among menopausal women.
2. To determine the coping strategies adopted for vaginal dryness, its related health problems among menopausal women.
3. To find out association between coping strategies and selected baseline variables like age, age attained menopause, type of menopause, medical illness, and sexual activity.

Hypothesis

Hypothesis will be tested at 0.05 level of significance.

H₁: There is a significant association between coping strategies

and selected variable like age, age at menopause, type of menopause, medical illness and sexual activity.

Materials and methods

A descriptive study was conducted among menopausal women in the urban community. The convenient sampling was used. The inclusion criteria for the study were menopausal women in the age group of 45-60 yrs and who are able to communicate in Kannada, English. The exclusion criteria were menopausal women who are widows and unmarried. The data collection instrument used were baseline proforma, numerical rating scale on vaginal dryness, its related health problems (vaginal discomfort, vaginal itching, vaginal burning, painful sexual intercourse) and checklist on coping strategies adopted for it. The investigator visited the urban community. The purpose of the study was explained to the respondents before administering the tool and an informed consent taken from the same and confidentiality were assured. The tool was administered to the participants with proper explanation. The data collection was ended by thanking the subjects for their participation and cooperation. The data collected was compiled for analysis by using SPSS16 version.

Results

In the present study, 73 % of the subjects had mild vaginal dryness, 22 % had moderate and remaining 5 % had severe vaginal dryness (table1). Majority (73 %) of the subjects had mild vaginal discomfort. Most of the subjects (72 %) had mild vaginal itching and 72% of the subjects reported that they had mild vaginal burning. Among 82% of sexually active menopausal women, 67% had mild pain during intercourse, 1 % had severe pain during sexual intercourse. In the present study majority of 90 percent of subjects had adopted average and 10percent of subjects had adopted good coping strategy for vaginal dryness, its related health problems. The chi-square value computed between coping strategies adopted for vaginal dryness, related health problems and baseline variables showed there is no association between coping strategies and selected base line variables such as age in years ($p = .230$), age

at menopause (p= .594), type of menopause (p=.644), medical illness (p=.263), sexual activity (p=.479).(table3)

Discussion

In the present study most of subject's attained menopause at the age of 45-50 years (64%) and least were between the age group of 51-55 years (36%).In the present study majority of 82% of the subjects were sexually active and 18% of subjects were not sexually active. Most of the subjects had experienced vaginal dryness, its related health problems and adopted both average and good coping strategy to cope up with the menopausal sexual problems.

Conclusion

The present study concluded that the most of the menopausal women have vaginal dryness, its related health problems and coping strategies adopted by majority of the menopausal women was average.

Table 1: Level of vaginal dryness among menopausal women. N=100

Range	Level	Frequency	Percentage (%)
1-3	Mild	73	73
4-6	Moderate	22	22
7-10	Severe	5	5

The data presented in table 1 show that 73% of menopausal women had mild vaginal dryness, 22% had moderate vaginal dryness and remaining 5% had severe vaginal dryness.

Table 2: Determination of coping strategies adopted for vaginal dryness, its related health problems. N=100

Range	Level	Frequency	Percentage (%)
1-38	Poor		
39-77	Average	90	90
78-116	Good	10	10

The data presented in table 2 depicts that majority of the menopausal women had moderate coping strategy for vaginal dryness, its related health problems (90%) whereas only 10% had good coping strategy.

TABLE3
Table 3: To determine the association between coping strategies adopted for vaginal dryness, its related health problems and demographic variables. N=100

Sl. No	Baseline variable	Coping strategy		χ2	P value
		≤93	≥93		
1	Age in years				
	45-50	28	23		
	51-55	20	28		.230
	56-60	0	1		
2	Age at menopause				
	45-50	32	32		
	51-55	16	20	.285	.594
	56-60	0	0		
3	Type of menopause				
	Natural	35	40	.214	.644
	Surgical	13	12		
4	Medical illness				
	DM	22	24		
	HTN	10	17	2.6	.263
	Both DM and HTN	16	10		
	Other diseases	0	1		
5	Sexual activity				
	YES	38	44	.502	.479
	NO	10	8		

P>0.05

The data in the table shows P value computed between coping strategy score and selected baseline variables such as age in years (P=.230), age at menopause (P=.594), type of menopause(p=.644), medical illness (p=.263), sexual activity(0.479) was not significant at 0.05 level. Therefore the null hypothesis is accepted and the research hypothesis H₁ is rejected. Thus it concludes that there is no significant association between coping strategies and selected baseline variables.