

Coping Strategies in Menopause Women: A Review

Jayashri.G. Itti¹, Deelip. S. Natekar²

¹Professor, Department of Community Health Nursing, B.V.V.Sangha's Sajjalashree Institute of Nursing Sciences Navanagar Bagalkot, ²Principal and H O D Department of Community Health Nursing, B.V.V.Sangha's Sajjalashree Institute of Nursing Sciences Navanagar Bagalkot

Abstract

Menopause is one of the stages of life for women that cause a wide variety of symptoms, effects and limitations. Menopause is described as a period of psychological difficulties that changes the life style of women in multiple ways. Menopausal women require more information regarding different coping strategies. The aim of this study was to review the coping strategies in menopause women. **Method and Materials:** Menopausal women experiences the different symptoms. These symptoms can be subicided by practising the healthy diet, healthy behaviour and through the exercise and yoga. **Result:** According to research studies most interventions for menopause women have focused on educational intervention, exercise, healthy diet, healthy behaviour and yoga. Health education intervention strategy is one of the alternative strategies for improving women's coping with menopause symptoms. **Conclusion:** Menopausal women face physiological and psychological problems, they also adopt coping strategies to overcome these problems.

Keywords: Menopause, Menopausal symptoms, Quality of life.

Introduction

Menopause is the permanent cessation of menstruation results in the loss of ovarian follicle development. Age at menopause appears to be genetically determined and is unaffected by race, socioeconomic status, age at menarche or number of prior ovulations¹.

The average menopause age worldwide is 51yrs, ranging from 45 to 55yrs. Where as in India it is 50 yrs².

Classification

According to the world health organization (WHO) classification, premenopausal women are those who have experienced regular menstrual bleeding within the last 12 months, perimenopausal women are defined as those women who have experienced regular menopause within the last 12months or the absence of menstrual bleeding for more than 3 months but less than 12 months,& postmenopausal women are those who have not experienced menstrual bleeding for 12months or more³.

Symptoms and Consequences of Menopause

Women with iatrogenic menopause are those for whom periods have stopped as a result of medical or surgical intervention, for e.g., due to chemotherapy or radiation of ovaries, hysterectomy or oophorectomy or both. Post-menopausal women experience so many psychological problems like depressive disorders, anxiety, poor self-image fatigue due to insomnia reduction in self-confidence faced by postmenopausal women⁴.

Natural menopause is part of natural aging process that causes a variety of physiological symptoms and various complaints. The main symptoms are flushing ,mobility, memory loss, sleep problems, urogenital & psychological symptoms as well as sexual dysfunction⁴.

COPING STRATAGIES TO OVERCOME MENOPAUSAL SYMPTOMS.

Ø EXERCISE

There are different ways to overcome these

problems. The coping strategies to overcome these problem is exercise. The crucial way to control these conditions is exercise. Due to exercise bones, joints, osteoporosis and arthritis. It reduces the risk of heart disease by stimulating circulation, controls weight & increases emotional wellbeing⁵.

Kirsi mansikamali et al (2016) conducted a study on physical training & quality of life among women during menopause suggest that, the exercise like brisk walking, jogging, aerobics, swimming, cycling at least three times per week. This can lower the somatic symptoms sleep problems & anxiety. Exercise will reduce the hot flushes & night sweats. However regular exercise reduces the risk of osteoporosis and cardiovascular disease & improves the muscle strength⁶. Another study conducted by Ahn s, (2007) on effects of walking on cardiovascular risk factors & psychological outcomes in postmenopausal obese women. The study suggested that 3 months of moderate-intensity exercise training can improve psychosocial outcomes & walking exercise improves psychological variables among post menopausal obese women⁵.

Ø HEALTH EDUCATION

Health education intervention strategy is one of the alternative strategies for improving women's attitudes & coping with menopause symptoms. Understanding the physical, psychosocial, & lifestyle changes that arise following menopause is a way to accommodate to the psychological event⁷.

Parisa parsa et al (2017) conducted a study on effect of group counselling on QOL among postmenopausal women. & The study findings suggested that consulting & training may improve QOL in menopause period. Considering the necessity for menopausal care, it is recommended that consulting methods are used in health care centres as a routine care for menopausal women⁷.

Shoberi F conducted a study on the effect of educational program on QOL in menopausal woman. & The study suggested that there was a significant difference in the mean of QOL scores between the two groups in immediately after the intervention and 3 months after the intervention in dimension of vasomotor, psychosocial, sexual & physical. The study recommended that a unit in health and treatment centres

be established for training menopausal women about health care by holding didactic classes⁹.

An efficient method called support group assists groups in objective based decision making by creating positive & constructive relationships among them. It also changes the attitudes & beliefs of the participants, increases their knowledge, & promotes their critical thinking & verbal skills. Fahimeh sehhatie shafaie et al found that education through support group was effective in reducing the early symptoms of menopause. Thus, this educational method can be used as an appropriate strategy for enhancing women's health and their dealing with annoying symptoms of menopause⁷.

Ø HEALTHY DIET

Maintaining a healthy diet is an way for postmenopausal women to remain problem free. Can dyce H hroehe et al. concluded that weight loss as part of a healthy dietary modification may help to eliminate vasomotor symptoms among postmenopausal women⁵.

Another study conducted by mahshid soleymani et al on dietary patterns and their association with menopausal symptoms. The study demonstrated that there is an inverse association between vegetable & fruits dietary pattern and menopausal symptoms. In contrast, the mayonnaise, liquid oils, sweets, & desserts (MLSD) & solid fats & snacks (SFS) dietary patterns were correlated to an increased risk of menopausal symptoms¹⁰. phytoestrogens are plant substances functionally similar to 17 β -estradiol or that produce estrogen effects. Soy food is an important contributor of the isoflavones which play beneficial role in prevention of peri menopausal symptoms & have positive health effects on plasma lipid concentrations. Soy foods are also often used for treating the climacteric syndrome¹¹.

Ø YOGA

Yoga, exercise meditation & life style modification have relieved stress & enhanced the quality of life. Sudarshan Kriya (SK) is a rhythmic breathing technique with 4 breath components. It has varied effects on body essentially acting by relief of stress. The study conducted by Jacobs, R on yoga relaxation techniques for sleep disturbances & activities of daily living for the elderly & the study revealed that, small improvements

in some areas of quality of sleep & activities of daily life for participants over 55 who presented with sleep disturbances following participation on yoga relaxation techniques.

Another study conducted by Rajeshree tukaram patil et. al on study of effects of Sudarshan kriya postmenopausal symptoms among women term central India .The study found that women doing SK were found to be happier & content as compared to controls SK with vegetarian diet was found effective in lowering the scores . Combining SK with exercises & yoga together can reduce the score to the lowest level & concluded that initiating SK into the lives of postmenopausal women at the right time can assure a less morbid, more comfortable and a better quality of post menopausal life¹².

Another comparative study was conducted by H. Geetha et .al on QOL after menopause, Effects of hormone replacement therapy ,vit E & Sudharshan Kriya Yoga practice, suggest that ,a high significant increase in SOD & GSHpx level with a corresponding decrease in serum MDA were evident in the subjects who were exposed to SKY compared to the subjects who had HRT or vitamin E, The study demonstrated that practice of SKY could be beneficial to the menopausal women by increasing in vivo levels of antioxidant¹³.

Ø Ethical clearance is obtained from the institution BVVS Sajjalashri institute of nursing sciences Bagalkot

Conflict of Interest: None

Budget: Self.

References

1. Dalal.P. k., Agarwal M., Postmenopausal syndrome . Indian Journal of Psychiatry. 2015 Jul; 57[Suppl 2]; S222-S232.
2. Ozcan H., Healthy Life Style Behaviours and Quality of Life at Menopause. International Journal of Caring Sciences. 2019 January-April. Vol 12 (1): 492-500.
3. Aldughaiter A., Almutairy H., Alateeq M., Menopausal Symptoms and Quality of Life among Saudi women visiting Primary Care Clinics in Riyadh, Saudi Arabia. International Journal of Womens Health. 2015 Jun; 29(7): 645-653.
4. R., Mahboubeh V., Psychological Experiences of Women Regarding Menopause. International Journal of Educational and Psychological Researches. 2018 Sep 19; 3:1-5.
5. Potdar N., Shinde M., Psychological Problems and Coping Strategies Adopted By Post Menopausal Women. International Journal of science and Research. 2014 Feb; Vol 3(2): 293-300.
6. Mansikkmski K., Physical Training and Quality of Life among Women during Menopause. Academic Dissertation University of Tampere. 2016 June.
7. Yazdkhasti M., Simbar M., Abdi F., Empowerment and Coping Strategies in Menopause Women: A Review. Iranian Red Crescent Medical Journal. 2015 March; 17(3):1-5.
8. Parsa P., Tabesh R., Farzaneh S., Karami M., Effect of Group Counselling on Quality of Life among Post menopausal Women in Hamadan, Iran. Journal of Menopausal Medicine. 2017 Apr; Vol 23(1): 49-55.
9. Shoeiri F., Jenabi E., Khatiban M., Hazavehei SMM., Roshaneii., G. The Effect of Educational Program on Quality of Life among Menopausal Women: A Clinical Trial. J Menopausal Med 2017 Aug; 23(2):91-95.
10. Rotem M., Kushnir., T., Levine R., Ebreinfeld M., A Psycho-Educational Program for Improving Women's Attitudes and Coping With Menopause Symptoms. Journal of Obstetric Gynecologic & Neonatal Nursing. 2005 March; 34(2):233-240.
11. Kothiyal P., Sharma M., Post Menopausal Quality of Life and Associated Factors-A Review. Journal of Scientific and Innovative Research. 2013; 2(4):814-823.
12. Patil R T., Patil R V., Ughade S N., Hatwar M S., Study of Effects of Sudarshan Kriya on Post Menopausal Symptoms Among Women from Central India: A Preliminary Study. Asian Journal of Medical Sciences. 2017 Sep:1-9.
13. H Geetha., H Chiatra., Kubera NS., Pranathi M., Quality of Life After Menopause: Effects of Hormone Replacement Therapy, Vitamin E and Sudarshan Kriya Yoga Practice: A Comparative Study. Biomedical Research. 2014; 25(2):240-242.