

Assess the Psychological Problem and Coping Strategies Adopted among Post Menopausal Women at Tribal Area of Bhandardara

Kale Kalpana Shivaji

Asst. Professor, Pravara Institute of Medical Sciences (Deemed University), College of Nursing, Loni (Bk), Tal. Rahata, Dist. Ahmednagar – 413736, Maharashtra

Abstract

Background: Menopause is Universal phenomenon and is permanent cessation of menstruation resulting to loss of ovarian follicle development. Menopause is most striking feature during the period of transition from the reproductive to the non-reproductive stage of life due to hormonal changes women experience wide range of physical, psychological and social problem. Psychological symptoms causes effect of daily life and also most often neglected. Stress due to transition includes a adjusting to the changing self, alteration in sexuality caused by hormonal changes. Coping strategies help women to overcome these problems and lead a normal lifes.¹

Aim of the study: Assess the psychological problem and coping Strategies adopted among Post menopausal women. **Methods:** A cross sectional survey of 250 post menopausal women, selected by non-probability purposive sampling technique. Survey was conducted by structure questionnaire at tribal area of Bhandardara. **Result:** Majority (30%) women from 45-55 years of age. Overall mean score for psychological problem were (60.26±14.13) whereas for coping strategies mean score was (106.79±22.60). Nearly half (50%) women under study had mild to moderate psychological problems. There is statistical significant correlation between psychological problems and coping strategies adopted by menopausal women at 0.05 level.

Conclusion: Study findings shows most of the women had mild to moderate psychological symptoms and very few women adopted the coping strategies to reduce the psychological problem.

Keywords: Assess, Psychological problems, coping strategies, Postmenopausal women.

Introduction

Continuation of the universe is centered on the female gender. Her role keep on changing, she is a daughter, wife, mother and so on. Once mother, she leads the family unit and determines its course. She has the maximum influence on the family. These changing roles constantly change her normal physic. The family support influences the mental and physical development of women. Nowadays woman participate in all activities such as social, cultural, political areas etc. Woman hood starts with menarche and this marks the beginning of

the child bearing period and continues till menopause, when there is no menstrual period for 12 consecutive months without any biological or physiological cause. It is the end of fertility, the end of the childbearing years. Menopause is inevitable for every woman.²

One of the most important stages in woman's life is Menopause. Menopause is the permanent shutting down of the female reproductive system, a considerable length of time before the end of life span². The word 'menopause' literally means the end of monthly cessation from the Greek word 'pauasis' (cessation) and the root

word 'men' (month), because the word 'menopause' was created to describe the change in human females, where the end of fertility indicated by the permanent stopping of monthly menstruation.³

Hormones are important in menstruation and in postmenopausal period, blood level of some of the hormones is decreased. There are physical, physiological, psychological and social effects due to changed hormonal level. In some women psychological changes are more prominent and may affect the mental health and social life of women. Modification in life style and adopting coping strategies during menopausal period are important.⁴

Each woman who deals with menopause may find that her typical stress-coping strategies may need to be adjusted because of the high level stress that may be occurring as a result of physical changes during menopause. It does not automatically require any kind of medical treatment at all except from mental preparation. However in those case where the physical, mental and emotional effect of menopause are strong enough that they significantly disrupt the everyday life of the women.¹

Many women arrive at their menopause transition years without knowing anything about what they might expect. Very often a woman has informed about this stage of life. So it is necessary to educate the onset and changes happen in this period, so that women should be prepared and easily cope with the situation. Women have many choices in the way menopause symptoms can be treated. Treatment can be approached in two phases, use of hormones, life style changes and use of herbs.⁵

Objectives:

1. To determine the level of Psychological problems among postmenopausal women.
2. To find out the coping strategies adopted for Psychological problem among postmenopausal women.

Material and Methods

A descriptive study with cross sectional survey approach was used for the study. Around 250 post

menopausal women above 45 years of age group from tribal area of Bhandardara village of Akole taluka, Ahmednagar, Maharashtra. Non probability; purposive sampling technique was used to select the women. *The inclusion criteria for post menopausal women:* 45 years old and above, Menopause for more than a year, Residing tribal area of Bhandardara, willing to provide written inform consent and available during data collection period. *Tools and Technique:* The structure interview schedule was used to collect the data. **Section A:** sociodemographic data of postmenopausal women (11 Items) like age, education, marital status, occupation, income, religion, type of family, duration of menopause, spend years in menopause, most supportive person in family etc. **Section B:** *Assessment of psychological problem* by using Beck's Anxiety (21 Items), Depression scale (21 Items) and BORN- STEINER Irritability scale (21 Items) **Section C:** *Assessment of coping strategies adoption* :Rating scale for coping strategy Anxiety scale (12 Items), Depression scale (14 Items) and irritability scale (11 Items). The collected data was analyzed by descriptive statistics like frequency, percentage, mean and SD.

Ethical Clearance:

- Approval from the Institutional Ethical/ Research Committee of PIMS (DU),Loni.
- Written permission sought from Sarpanch of Bhandardara village.
- The written informed consent taken from post menopausal women.

Results

Sociodemographic characteristics of post menopausal women:

Majority (30%) of the post menopausal women were from 51-55 years of age. Nearly half (46%) of the women had primary education. Most (46%) of women were housewife. A majority (29%) woman has monthly income of Rs/-6001-9000. Maximum (60%) of the women under study were from Joint family. Majority (90%) of the women under study were married. Most

(82%) of women under study from Hindu religion. Nearly half (49%) women spend 6-10 years in menopause. Majority (70%) women had achieved menopause at 46-50 years of age. Most (49%) women said that the most

supportive person in the family was Husband.

Assessment of psychological problems of post menopausal women:

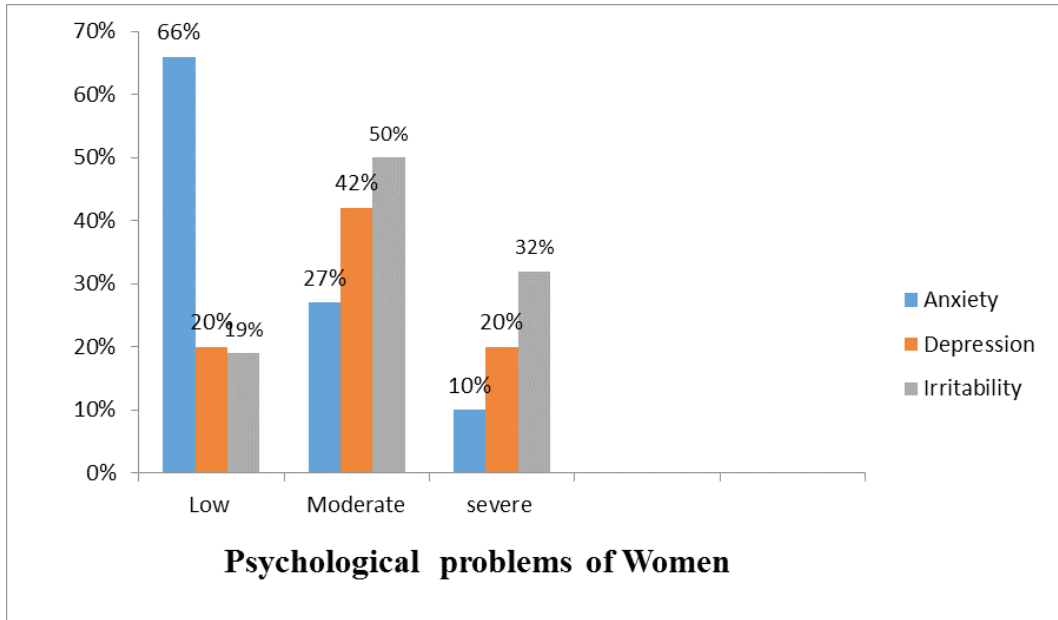


Fig No. 1

Above figure shows that majority (66%), (24%) and (10%) women had High, Moderate and low anxiety score respectively whereas, (42%), (20%) and (18%) women had mild, borderline and moderate Depression

respectively and half (50%), (30%) and (20%) women under study had moderate, severe and mild irritability respectively. It shows most of the under study had mild to moderate psychological problems.

Coping strategies adopted by women:

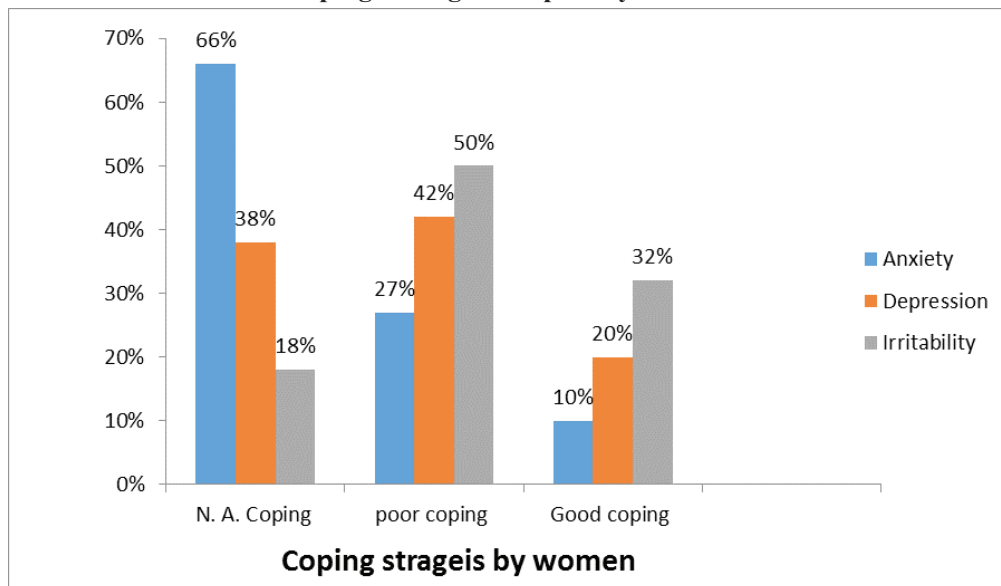


Fig no: 2

Above figure shows that the majority (64%) of women in tribal area were not adopted any coping for anxiety, (26%) of them poor coping and only (10%) of them used good coping for anxiety. Whereas in

depression most (42%), (38%) and (20%) of women had poor, good and not adopted any coping respectively. It shows that very few women under study coping strategies and most of them were not adopt any kind of coping strategies for psychological problem.

Table No: I Area wise comparison of mean, SD for psychological problem and coping strategies adopted by Post-Menopausal women

N =250

SN	Area	Psychological problem		Coping strategies	
		Mean	SD	Mean	SD
1	Anxiety	23.42	3.75	15.96	5.64
2	Depression	14.97	5.92	12.92	3.59
3	Irritability	21.86	4.79	13.94	2.76
	Overall	60.26	14.13	42.82	10.60

Above table shows in psychological problems the overall mean score was (60.26±14.13) whereas in coping strategies overall mean score was (42.82± 10.60). In psychological problem the highest mean score (23.42± 3.75) in area of Anxiety and lowest score (14.97± 5.92) in Depression. It depicts that most of women under study were suffering from psychological problem in area with Anxiety whereas, in coping the highest mean score (15.96± 5.64) and lowest mean score in (12.92± 3.59) in area with Anxiety and Depression respectively. It shows that women under study used highest coping in area Anxiety and lowest in Depression.

It interprets that women under study used coping strategies rarely. There is statistical significant correlation between psychological problems and coping strategies adopted by menopausal women at 0.05 levels.

Discussion

Study finding shows in this study (21%) women under study was from 45-50 years of age where as similar findings noted by Mali N and Shinde M (2014)⁶ that (22%) women were from 45-49 years

of age. In this study (94%) women were married and (8%) women were widow. The study was parallel with study conducted by Kiranpreet K, Manupreet K(2016) reported that (90%) women were married and (10%) women were widow. In this study (82%) of women had Hindu religion similarly Agarwal AK, Kiron N(2018)⁷. Et.al too noted that in their study (82%) of women had Hindu religion. In this study (82%) women achieved menopause at 45-50 years of age and (49%) women told that most supportive person in the family was Husband similarly study by V.M Siji, T Tessa(2011)¹ too noted that (88%) women achieved menopause at 45-50 years of age .(51%) women responded that Husband was most supportive person in the family.

In this study nearly (50%) of women under study had mild to moderate and (30%) women had severe psychological problem and (10%) of them often use coping strategies (17%) of them used coping strategies for psychological problem Similarly the findings study by Karandikar V,Potdar N (2020)⁸ that in their study (50%) women had mild to moderate and (23%) of them had severe Psychological problem and (10%) women

adopted coping for Anxiety, (20%) for depression and (10%) for irritability respectively. Similarly Kiranpreet K, Manupreet K(2016)⁹ too noted that (26%) women had mild and (74%) women reported moderate psychological problem and (26%) women had adequate coping and (74%) women had inadequate coping respectively.

Most of the women under study adopted coping strategies reported that they sharing their problem with others, crying and relax, some of them told that they are praying to god, visit to temple or keeping busy themselves in religious activity, some of them they told, when any anxiety or tension are not taking meal, some of them keeping busy themselves in work, doing meditation, taking sleep when had anxiety. As all women are staying in tribal area no one take medical help and not taken any medication like anti-depressant or anti-anxiety medication or perform any activity like yoga.

Conclusion:

Study findings shows that the most the women under study had mild to severe psychological problem and most of the women neglect psychological problem. As this study was conducted in tribal area and most of them were not adopted any coping strategies to overcome the problem. considering the importance of mental health of post menopausal women, there is need to help the post menopausal to overcome the problems related to menopause along with emphasis on the importance by policy makers recommended through the use of problem oriented strategies . The role of health professional in field of education use of coping strategies to women in premenopausal women ages is emphasized to prepare them before entering the vulnerable period of menopause and improve QOL of the post menopausal women.

Conflict of Interest: Nil

Source of Funding: self-funded.

References

1. V.M Siji, T Tessa , Linu S. Perceived Psychological Problems and Coping Strategies Adopted by the Post Menopausal Women Among the Age Group of 45–55 Years. *International Journal of Nursing Education* 2011;3:118-20.
2. Jyothiunni. Third consensus meeting of Indian menopause society (2008). A summary of midlife health 2010;1:43-7.
3. Gopinathan K. For a women's wellbeing. *Frontline Indian National Magazine*. 2002 June Volume19,issue 12,page no:8-21
4. Doyel Dasgupta, Subha Ray, Menopausal problems among rural and urban women from Eastern India, *Journal of social behaviour and health sciences* 2009,Volume 3, Issue 1, Pages 20-33
5. Parveen A, Paras W, Mohammed J. Evaluation of knowledge of perception and coping strategies of menopausal women through a self instructional module. *Journal of Scientific and Technology Research* 2012;1:87-92.
6. Potdar N, Shinde M. Psychological problems and coping strategies adopted by post-menopausal woman, *International Journal of science and research*2014; 3(2):293-99.
7. Agarwal AK. Kiron N . A study of assessment menopausal symptoms and coping strategies among middle age women of North Central India .*Int J Community Med Public Health*. 2018;5(10):4470-4477.
8. Karandikar V, Nutan J. To assess the psychological problems and coping strategies adopted by post menopausal women. *Journal of critical review*.2020;7(17):971-975.
9. Kiranpreet K, Manupreet K. Assessment of Psychosocial Problems and Coping Strategies among Postmenopausal Women in a Selected Rural and Urban Area at Ludhiana. *International Journal or Nursing education and Research*.2016;4(3):313-2-326./