

Manipal Academy of Higher Education

Impressions@MAHE

Manipal College of Nursing, Manipal Theses
and Dissertations

MAHE Student Work

Winter 8-1-2019

A study to assess the post-menopausal symptoms, stress and coping strategies among women in selected villages of Udupi taluk, Karnataka

SOWMYA NAIK

Follow this and additional works at: <https://impressions.manipal.edu/mcon>



Part of the [Nursing Commons](#)

"ABSTRACT

Background: Menopause is one of the most significant events in a woman's life, resulting in a series of physiological changes that eventually impact a woman's life and can be influenced by various socio-demographic influences and coping behaviours. The present study is aimed at assessing the post-menopausal symptoms, stress level and coping strategies adopted by women. A community-based cross-sectional descriptive survey was carried out.

Methods: Selected 400 post-menopausal women within three years of amenorrhea aged between 45 and 55 years residing in the rural villages of Udupi taluk through purposive sampling technique. Menopausal symptoms were assessed by using menopausal rating scale. Menopausal stress and coping strategies were evaluated by using menopausal stress scale and Likert rating scale.

Results: The mean age of the study population was 49.5 (SD± 2.34) with a range of 45 to 55 years. Among women, 80% experienced moderate level of post-menopausal symptoms, 75.5% experienced mild stress, and 94.2% used adopting coping behavior. The common problems women faced were hot flushes and sweating (60.5%), heart discomfort (46%), irritability (49%) and sleep problems (45.8%). Furthermore, 166 (41.5%) practiced exercises, in that 164 (98.8%) had a practice of walking and 255 (63%) women had previous information about menopause. There was a significant relationship between post-menopausal symptoms and stress ($\rho=.204$, $p<.001$), stress and coping strategies ($\rho= -0.328$, $p<.001$).

Conclusion: The majority of South India midlife women have been experiencing one or the other post-menopausal symptoms, and because of these symptoms and other environmental factors, women are under stress. The coping strategies would help the women to cope with the situations and can lead a healthy life.

Keywords: Postmenopausal symptoms, climacteric, stress, coping strategies and women

"