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## Assess the Level of Stress and Coping Abilities among Menopausal Women

M.Saranya, Prof.V.Hemavathy

Lecturer, Sree Balaji College of Nursing, Chromepet, Chennai, India

Principal, Sree Balaji College of Nursing, Chromepet, Chennai, India

**ABSTRACT:** Menopause is a period of “change of life” in women, because it marks the end of their ability to bear children and the beginning of a new phase of life. The menopause is derived from Latin words “meno” and “pausia” which means “month”and “stop”respectively.

### I. INTRODUCTION

Menopause is a period of “change of life” in women, because it marks the end of their ability to bear children and the beginning of a new phase of life. The menopause is derived from Latin words “meno” and “pausia” which means “month”and “stop”respectively.

### STATEMENT OF THE PROBLEM

“A study to assess the level of stress and coping abilities among menopausal women residing in selected village

### OBJECTIVES:-

1. To assess the level of stress among menopausal women.
2. To assess the level of coping abilities among menopausal women.
3. To correlate the level of stress and coping abilities among menopausal women.
4. To associate the level of stress among menopausal women with their demographic variables.
5. To associate the level of coping abilities among menopausal women with their demographic variables.

### II. METHODOLOGY

Research approach	: Quantitative approach
Research Design	: Non-Experimental descriptive research design
Setting	: The study was conducted at selected villages Ambur namely Sanrorkuppam, Alangkuppam, Periyangkuppam and Ayyanur.
Population	: All the women who had attained menopause & within the duration of 1 year to 4 years.
Sample & sample size	: 60 menopausal women who attained menopause, who fulfils the inclusion criteria.
Tool for the study	: Structured questionnaire to assess the demographic variables, Modified Cohen’s & Williamson Perceived stress scale to assess the level of stress and Modified Jalowie’s & Power Rating scale to assess the level of coping abilities.

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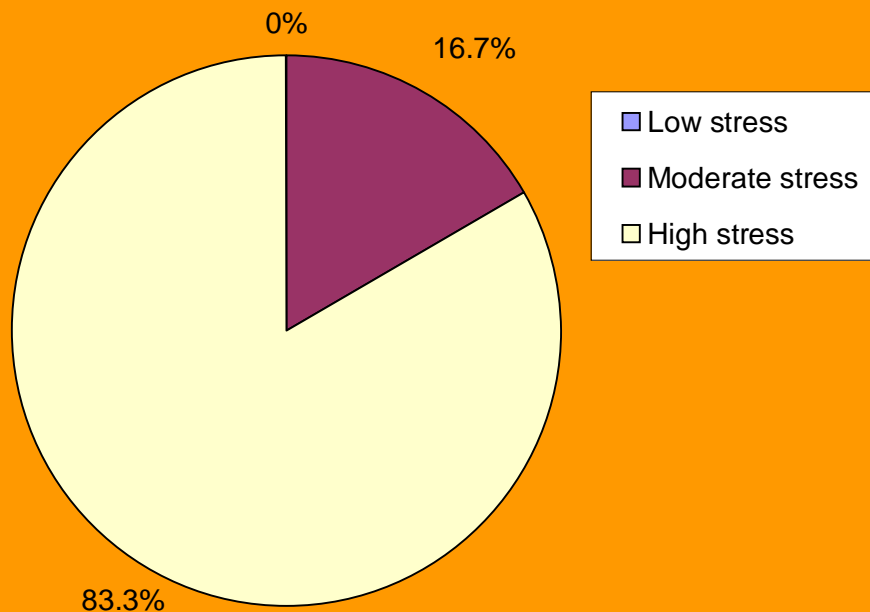
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## 1.ASSESSMENT OF THE LEVEL OF STRESS EXPERIENCED BY THE MENOPAUSAL WOMEN:

Level of Stress	Stress	
	Frequency	Percentage
Low Stress	0	0
Moderate Stress	10	16.7
High Stress	50	83.3

The analysis depicted that regarding stress none of the menopausal women have low stress; 10 (16.7%) women have moderate stress and 50 (83.3%) menopausal women have high level of stress.

Graph 11 shows the level of stress of menopausal women



## 2.ASSESSMENT OF THE LEVEL OF COPING EXPERIENCED BY THE MENOPAUSAL WOMEN:

Level of Coping	Coping	
	Frequency	Percentage
Mild	0	0
Moderate	49	81.7
Good	11	18.3

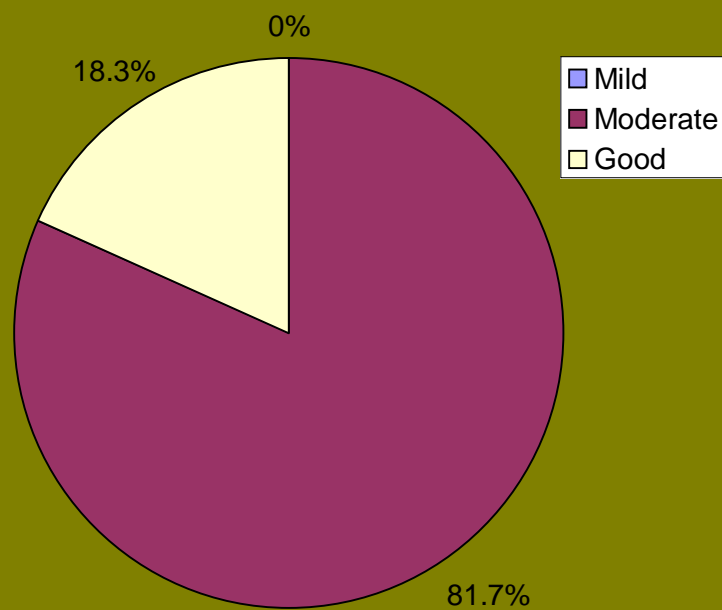
The analysis depicted that regarding coping abilities none of the menopausal women have mild coping; 49 (81.7%) women have moderate and 11 (18.3%) menopausal women have good coping.

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Graph 12 shows coping abilities of menopausal women



### 3. CORRELATION BETWEEN STRESS AND COPING ABILITIES AMONG MENOPAUSAL WOMEN: N = 60

Type	Mean	SD	Correlation test
	Stress	56.20	
Coping	70.08	7.56	$r = 0.37$ $P = 0.01$

The analysis reveals that there is poor correlation between stress and coping among menopausal women.

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### 4.ASSOCIATION BETWEEN STRESS AND DEMOGRAPHIC VARIABLES WITH RESPECT TO THE MENOPAUSAL WOMEN:

N=60

Demographic variables	Stress							Chi square test
	Low		Moderate		High			
	n	%	n	%	n	%		
Age	48-50	0	0	5	50	25	50	X <sup>2</sup> = 0.00 P = 1.00 NS
	51-53	0	0	5	50	25	50	
Education	NFE	0	0	3	30	12	24	X <sup>2</sup> = 0.34 P = 0.95 NS
	Primary	0	0	4	40	19	38	
	Secondary	0	0	2	20	11	22	
	HSS	0	0	1	10	8	16	
Religion	Hindus	0	0	4	40	21	42	X <sup>2</sup> = 2.81 P = 0.25 NS
	Christians	0	0	3	30	22	44	
	Muslims	0	0	3	30	7	14	
Occupation	Self Employed	0	0	4	40	23	46	X <sup>2</sup> = 2.96 P = 0.23 NS
	Government	0	0	3	30	5	10	
	Private	0	0	3	30	22	44	
Type of Family	Nuclear	0	0	6	60	26	52	X <sup>2</sup> = 0.21 P = 0.64 NS
	Joint	0	0	4	40	24	48	
	College	2	11.8	4	30.8	0	0	
Type of work	Sedentary	0	0	7	70	17	34	X <sup>2</sup> = 5.97 P = 0.05 <b>Significant</b>
	Moderate	0	0	1	10	24	48	
	Heavy	0	0	2	20	9	18	
Income	1001-3000	0	0	5	50	20	40	X <sup>2</sup> = 0.34 P = 0.56 NS
	3001-6000	0	0	5	50	30	60	
	>6000	0	0	0	0	0	0	
Age at Menarche	10-13	0	0	6	60	22	44	X <sup>2</sup> = 1.10 P = 0.58 NS
	14-16	0	0	3	30	24	48	
	>16	0	0	1	10	4	8	
Marital status	Married	0	0	10	100	43	86	X <sup>2</sup> = 1.58 P = 0.21 NS
	Un married	0	0	0	0	7	14	
No. of children	1	0	0	1	10	17	34	X <sup>2</sup> = 2.27 P = 0.32 NS
	2 and above	0	0	7	70	26	52	
	None	0	0	2	20	7	14	
Duration of Menopause Home	0-1 Year	0	0	1	10	11	22	X <sup>2</sup> = 1.21 P = 0.55 NS
	2-3 Years	0	0	4	40	22	44	
	4-5 Years	0	0	5	50	17	34	

The analysis reveals that there is significant association between type of work and stress. There is no association with respect to other demographic variables.

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### 5. ASSOCIATION BETWEEN COPING ABILITIES AND DEMOGRAPHIC VARIABLES WITH RESPECT TO THE MENOPAUSAL WOMEN:

Demographic variables	Coping abilities							Chi square test
	Mild		Moderate		Good			
	n	%	n	%	n	%		
Age	48-50	0	0	23	46.9	7	63.6	X <sup>2</sup> = 1.000 P = 0.32 NS
	51-53	0	0	26	53.1	4	36.4	
Education	NFE	0	0	14	28.6	1	9.1	X <sup>2</sup> = 2.81 P = 0.42 NS
	Primary	0	0	19	38.8	4	36.4	
	Secondary	0	0	9	18.4	4	36.4	
	HSS	0	0	7	14.3	2	18.2	
Religion	Hindus	0	0	22	44.9	3	27.3	X <sup>2</sup> = 1.22 P = 0.54 NS
	Christians	0	0	19	38.8	6	54.6	
	Muslims	0	0	8	16.3	2	18.2	
Occupation	Self Employed	0	0	21	42.9	6	54.6	X <sup>2</sup> = 0.55 P = 0.76 NS
	Government	0	0	7	14.3	1	9.1	
	Private	0	0	21	42.9	4	36.4	
Type of Family	Nuclear	0	0	27	55.1	5	45.5	X <sup>2</sup> = 0.34 P = 0.56 NS
	Joint	0	0	22	44.9	6	54.5	
Type of work	Sedentary	0	0	21	42.9	3	27.3	X <sup>2</sup> = 1.08 P = 0.58 NS
	Moderate	0	0	19	38.8	6	54.6	
	Heavy	0	0	9	18.4	2	18.2	
Income	1001-3000	0	0	21	42.9	4	36.4	X <sup>2</sup> = 0.16 P = 0.69 NS
	3001-6000	0	0	28	57.1	7	63.6	
	>6000	0	0	0	0	0	0	
Age at Menarche	10-13	0	0	24	49	4	36.4	X <sup>2</sup> = 2.47 P = 0.29 NS
	14-16	0	0	20	40.8	7	63.6	
	>16	0	0	5	10.2	0	0	
Marital status	Married	0	0	44	89.8	9	81.9	X <sup>2</sup> = 0.55  P=0.47 NS
	Un married	0	0	5	10.1	2	18.1	
No. of children	1	0	0	12	24.5	6	54.6	X <sup>2</sup> = 5.98 P = 0.05 <b>Significant</b>
	2 and above	0	0	28	57.1	5	45.5	
	None	0	0	9	18.4	0	0	
Duration of Menopause Home	0-1 Year	0	0	9	18.4	3	27.3	X <sup>2</sup> = 0.69 P = 0.71 NS
	2-3 Years	0	0	21	42.9	5	45.5	
	4-5 Years	0	0	19	38.8	3	27.3	

Table 5 shows the association between coping abilities and demographic variables with respect to menopausal women. The analysis reveals that there is significant association between coping abilities and number of children. There is no association with respect to other demographic variables.

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## III. FINDINGS

The study findings revealed that, maximum number of menopausal women 50(83.3%) had high level of stress, 10(16.7%) had moderate level of stress. The level of coping abilities of menopausal women 49(81.7%) had moderate level of coping & only 11(18.3%) had good level of coping abilities.

There was a significant association found between level of stress among menopausal women with demographic variable like type of work and there was a significant association found between level of coping abilities among menopausal women with demographic variable like number of children.

## IV. CONCLUSION

Menopausal symptoms have an important impact in the day today activities, social and sexual life of menopausal women. Besides apparent physiological changes in the menopausal years, women in midlife often go through a social transition with increased level of stress that may require additional coping mechanisms.

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