A STUDY TO ASSESS THE LEVEL OF STRESS AND COPING ABILITIES AMONG MENOPAUSAL WOMEN

*M. Saranya

Assistant Professor, Sree Balaji College of Nursing Bharath University Chrompet Chennai-44.

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.

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 & coping abilities among menopausal women with their demographic variables.
5. To associate the level of coping abilities among menopausal women with their demographic variables.

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

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.
Shows The Level of Coping Abilities Among Menopausal Women

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.

REFERENCES