ABSTRACT

1.1 Background of the study

Menopause is a crucial spontaneously occurring physiology event in women’s life. It generally happen uniformly in all females attaining middle age across the globe. It is a vital process which takes place in wide process of menopausal change, it is marked by period immediately prior to menopause and minimum of one year to post menopause during which a female is transformed from stage of fertility to non-fertility.

Although menopause is universal process, but there are profound differences are found among females such as age of acquiring menopause. It is estimated that, globally the median age of attaining menopause ranges from 45 to 55 years, menopausal age is higher among women of western countries when compared with women of other part of the world.

Due to average life expectancy of women has increased rapidly, the incidence of medical diseases specific to postmenopausal women have increased. Decreased estrogen secretion from the ovaries induces vasomotor symptoms including hot flushes (flashes), abnormal sweating, and vertigo. With estrogen deficiency, osteoporosis due to increased bone resorption, hypercholesterolemia due to decreased LDL receptors, and atherosclerosis may progress. These diseases are also associated with lifestyle habits and call for active intervention.

1.2 Statement of the problem

“A study to assess Bio-Psycho-Social problems, coping strategies and quality life among post menopausal women in selected rural community in Dharwad District, Karnataka”

1.3 Scope of Research Work

The present study is undertaken to find out the biological, psychological and social problems arise and experienced by the women when they attend the menopause at the age of 40 to 45 years. Due this change in their body leads to changes in hormones and this intact leads too many biological, psychological and social problems in their life. Because of all these problems women’s day to day life is disturbed. Some women may take professional help to minimize these problems and some may follow different techniques to
control these. By knowing exactly what changes takes place by conducting survey helps to plan appropriate health related programs that helps to these women’s. so a faculty of nursing the results of this study gives more knowledge about the women’s menopausal health and take appropriate measures to help these women.

1.4 Methods

An quantitative approach and descriptive survey design was adopted, Rosenstock’s Health Belief Model was used as a conceptual framework for the study. A total of 500 post menopausal woman residing at selected rural areas of Dharwad district were selected by using probability cluster sampling (3 stage) technique. Structured Interview technique was used to assess the Bio-Psycho-Social problems, coping strategies and life quality of post-menopausal women. The results were described by using descriptive and inferential statistics.

1.5 Results

Majority 253 (50.6%) of subjects were in the age group of 45 - 50 years, majority of subjects 419 (83.8%) were Hindus, majority of subjects 346 (69.2%) were not had formal education, majority 299 (59.8%) of subjects occupation was House wife/agriculture, majority 452 (90.4%) of subjects were married, majority 293(58.6%) of subjects were belonged to nuclear family, majority 402 (80.4%) of the subjects dietary pattern was vegetarian, majority 158(31.6%) of post subjects belonged to category of 3-4 years after menopause, majority 314(62.4%) of subjects were had below Rs.5000 family income per month, majority 417(83.4%) of subjects were not suffering with any chronic disorders and majority 449 (89.8%) of subjects menopause was natural.

Most of the women experienced different types of biological, psychological and social problems. The frequency varies for each problem in different areas.

The frequency of problems in biological areas was more than the psychological and social areas. Most of the samples experienced muscular and joint related problem in biological domain and mental and physical exhaustion in psychological and social domain.
Women’s used different types of coping strategies to cope with the situation and most of the women tried to being with people for coping with the situation.

Most of the women experienced quite well quality of life and there was significant relationship found between bio-psycho-social problem and quality of life scores.

The calculated chi square score between quality of life score of women and their socio demographic variables is found statistically significant for the some of the socio demographic variables like family type, suffering with chronic disorders and menopausal type.

The chi square value between level of coping and socio demographic variables was found significant for the age, educational level of women, occupational status, marital status, family type, time after menopause, income of the family and any chronic disorders.

1.6 Interpretation and Conclusion

The overall findings of the study revealed that the Majority of post menopausal women were having one or other bio-psycho-social problem after their menopause. Thus the study concluded that

1.7 Key words:
Assess, Bio-Psycho-Social problems, coping strategies, quality of life, post-menopausal women, Rural community.