

English summary for research No.2

Coping Strategies to the Problems Associated With the Postmenopausal Women

Introduction:

All post-menopausal women go through estrogen deficient years, which can manifest in both physical and emotional ways.

Aim of study:

The aim of our study is to assess the problems of postmenopausal women and detect the coping strategies used.

Subjects and methods:

In this descriptive study, a total of 100 post-menopausal women were randomly recruited from postmenopausal women attending outpatient clinic of Sohag Public Hospital and outpatient clinic of Awlad - Elyas Health Unit in Assiut. A well designed questionnaire was prepared and test of reliability showed its validity. The participants were asked to fill in a questionnaire of 5 domains; domain 1 included socio-demographic data, domains 2 and 3 included prevalence of physical menopausal symptoms and coping strategies adopted and finally domains 4 and 5 included sexual and psychological menopausal symptoms and the adopted coping strategies to relieve these symptoms.

Results:

Majority of women experienced Bones pain, headache and hot flushes came on top of menopausal symptoms. On the other hand, sexual and urinary symptoms were the least likely to be reported. Coping strategies were relatively successful for relieving headache, fatigue and night sweating.

- the socio-demographic characteristics of the participating women. The age of subjects ranged between 45 and 55 years with a mean age 50.0 ± 2.7 years, distributed in two groups; 36% between 45 and 49 years and 64% between 50 and 55 years. Of our sample, 72% could not read or write while the remaining portion was distributed among

- the different educational level. Only 3% of the women were working by the time of the study. Also, 79% of the women were residing rural areas compared to 21% living in urban suburbs. 70% of the women were still married by that time while 30% were widows or divorced.
- the strategies adopted by women to cope with the physical symptoms of menopause. Generally, coping strategies were relatively successful for relieving headache 82.6%, fatigue 70.9% and night sweating 69%. For headache, drinking a cup of tea was the most likely strategy to relieve headache. Taking rest was stated by most females who could cope with fatigue while wearing light clothes was the first choice of women for combating night sweating. The women found difficulty coping with skin dryness, hot flushes, insomnia and bones pain. However, women suffering from hot flushes resorted to wearing light clothes and taking cool showers and those with skin dryness thought about medications and drinking water while taking drugs was the choice number one for women with bones pain. Women who could cope with insomnia said that they tried to have a fixed time of sleeping, avoided afternoon sleeping or had drugs.
 - the strategies women usually use to cope with psychological and sexual symptoms of menopause. Surprisingly, apart from relieving tensions and concentration difficulties.

Recommendations:

We recommend putting educational programs in action to raise women's awareness about menopause problems and coping with them.