

# Evaluating Coping Strategies for Menopausal Symptoms Among Perimenopausal Women In Urban Community Coimbatore, Tamilnadu.

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## *Abstract*

*Background of the Study:* Perimenopause is a transitional stage to menopause. Women may experience greater severity of perimenopausal symptoms associated with an increased level of symptoms. Especially in menopausal symptoms, where lack of services has been huge issues and where most of the women of this group are expected to reside. *Objectives:* 1) assess the menopausal symptoms and coping strategies among perimenopausal women 2) correlate between menopausal symptoms and coping strategies among perimenopausal women 3) determine the association between menopausal symptoms and coping strategies with their selected demographic variables. *Methodology:* A descriptive study was conducted and a house-to-house survey was done. A total of 100 perimenopausal women were selected by the purposive sampling technique. By using menopausal rating scales to assess menopausal symptoms. Coping strategies and skills to reduce severity of menopausal symptoms. *Result:* The age ranged from 40 to 55 years of 100 perimenopausal women. They complained of having Menopausal symptoms, i.e., hot flushes (80%), mental & physical exhaustion (76%), joint and muscle pain (70%), sleep disturbance (46%), and backache (36%). Coping strategies most of the women nearly (65%) following a diet and weight control. *Correlation between menopausal symptoms and coping strategies among menopausal women,  $r = 0.230$ .* In menopausal symptoms Statistically no association was found between age, religion, occupation, marital status, types of family, age at menarche, number of children, dietary pattern except education, and family income. *Coping strategies:* statistically, no association was found between age, religion, occupation, family income, marital status, types of family, age at menarche, number of children, or dietary pattern except education. *Discussion:* Majority 62% of women between the age groups of 46 and 50 years, 64% belong to the Hindu religion, 31% have higher secondary education, 46% are homemakers, 89% are non-vegetarian, 73% are living in nuclear families, and 87% are married. *Conclusion:* The study concluded that most of the women suffer from menopausal symptoms but adopt poor coping strategies.

***Keywords:*** Coping strategies, Menopausal symptoms, Menopausal rating scale, Perimenopausal women, Perimenopause.

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## INTRODUCTION

### **Background of the study:**

Menopause is a natural biological process that signifies the permanent cessation of menstruation due to the loss of ovarian follicular activity. The transition phase leading up to menopause, known as **perimenopause**, is often accompanied by a variety of physical, psychological, and emotional symptoms due to fluctuating levels of oestrogen and progesterone hormones [1]. Common symptoms include hot flashes, sleep disturbances, mood swings, irritability, vaginal dryness, fatigue, and memory issues. [2].

Menopause is emerging as a major health problem in India, with an alarming 18% of women in the 30-49 age group attaining the non-reproductive age prematurely. Around 25.1% of the Indian population belongs to the middle age group, out of which 12.89% belong to the menopausal group. The proportion of menopausal women has significantly increased in life expectancy. The Population Projection overview in India uncover that the number of women aged 45 years and over is anticipated to reach 401 million in 2026 from 96 million at present. [3]. some of the menopause experienced by these women can be severe enough to affect their normal daily activities.

Natural menopause in midlife of stage; menopausal symptoms may be overcome easily or can make a woman's life miserable. Earlier recognition of symptoms can alleviate the distressing condition of many women. Menopausal health demands high priority in India. The majority of the population resides in rural areas where the healthcare system is less available and menopausal complaints are likely to be ignored. [4].

Globally, the average age of menopause ranges between 45 and 55 years, and in India, it tends to occur earlier, often

between 40 and 48 years [5]. With increasing urbanization, lifestyle changes, and stress, the intensity and frequency of menopausal symptoms are reportedly higher in urban women as compared to their rural counterparts [6]. Urban women in Indian cities like Coimbatore juggle multiple roles, including family responsibilities, employment demands, and social expectations, which can influence both the perception and impact of menopausal symptoms. [7].

Coping strategies during perimenopause vary from woman to woman and are shaped by cultural, social, psychological, and individual health factors. While some adopt positive coping mechanisms such as physical activity, meditation, and healthy diet, others may resort to denial, withdrawal, or neglect of their symptoms due to lack of awareness or support [8]. Studies have shown that social support, education, and access to healthcare services significantly affect how women manage the menopausal transition [9].

Despite the growing middle-aged female population in India, menopause and its related health concerns remain under-recognized in community health planning [10]. Women's experiences during perimenopause are rarely addressed in routine health consultations, and misconceptions often lead to underreporting or mismanagement of symptoms [11].

### **Significance of the Study**

This study is crucial as it aims to assess the prevalence and severity of menopausal symptoms and the coping strategies adopted by perimenopausal women in an urban community of Coimbatore, Tamil Nadu. The findings will help identify specific health challenges faced by this demographic and contribute to the understanding of how cultural, environmental, and socio-economic factors influence coping mechanisms.

By exploring these aspects, the study will aid healthcare professionals, community health workers, and policymakers in developing targeted interventions, such as awareness campaigns, counseling programs, and community-based support services. Early recognition and proper management of menopausal symptoms can greatly enhance quality of life, reduce long-term complications, and promote psychological well-being [12]. Moreover, the study will contribute to bridging the knowledge gap and strengthening women's health programs at the grassroots level in urban India.

In the present study, menopausal symptoms by menopausal rating scale and explore the status of coping strategies adopted for relieving menopausal symptoms. We conducted this study to assess the menopausal symptoms and coping strategies adopted by peri-menopausal women.

### **Problem Statement**

Assess the Menopausal Symptoms and Coping Strategies among Perimenopausal Women in Urban Community, Coimbatore, Tamilnadu

### **Objectives**

- 1) To assess the menopausal symptoms and coping strategies among perimenopausal women.
- 2) To correlate between menopausal symptoms and coping strategies among perimenopausal women
- 3) To determine the association between menopausal symptoms and coping strategies with their selected demographic variables

### **Assumptions**

- Perimenopause women may have menopausal symptoms
- They may have some strategies to cope up with the symptoms.

## **METHODOLOGY**

A descriptive research design was used for this study. The study was conducted among 100 perimenopausal women in Urban Community. The non-probability purposive sampling technique was used for this study. The inclusion criteria for this study were women who belong to the age group of 40–55 years, women who have irregular periods, women who are available at the time of data collection, and women who had given consent to participate in this study. The exclusion criteria include those who are not cooperative well during data collection and who are practicing any of the coping strategies. The menopausal symptoms was assessed by the Menopausal Rating Scale to assess the severity of menopausal symptoms. In coping strategies to reduce menopausal symptoms, each participant was interviewed for 20–25 minutes to complete the menopausal rating scale to assess menopausal symptoms and Coping Strategies on Menopausal Symptoms. The result was analysed Descriptive statistics and inferential statistics. Chi-square test was used to determine the association between the menopausal symptoms and coping strategies with

their selected demographic variables. The tool was used for data collection

**Section A:** Demographic Variables

**Section B:** Menopausal Rating Scale to Assess Menopausal Symptoms

**Section C:** Coping Strategies on Menopausal Symptoms

## RESULTS & DISCUSSION

**Table 1: Description of frequency and percentage of Distribution based on Demographic Variables of Perimenopausal Women**

S.No	Variables	Frequency	Percentage (%)
1.	Age in Years a)40-45 years b)46-50 years c)51-55 years	21 62 17	21% 62% 17%
2.	Religion a)Hindu b)Christian c)Muslim	64 21 14	64% 21% 14%
3.	Education a)Illiterate b)Primary education c)Secondary education d)Higher Education C) Graduate	19 11 12 31 27	19% 11% 12% 31% 27%
4.	Occupation a) Home makers b) Working	46 54	46% 54%
5.	Monthly Income a)> 10000 b)10001- 15000 c)15001-20000 d)< 20000	12 30 36 22	12% 30% 36% 22 %
6.	Marital status a)Married B) widow	89 11	89% 11%
7.	Types of Family a)Nuclear family b)Joint family	73 27	73% 27%
8.	Age at Menarche a)10 years b)11-15 years C)16 years	9 80 11	9% 80% 11%

9.	Dietary Pattern		
	a) Vegetarian	11	11%
	b) Non vegetarian	89	89%

The table 1 showed that the frequency and percentage of the demographic variable of the perimenopausal women. The mean age of the women in this study was 50 + 4.11 years; the mean age of menarche was 14.8 + 1.22 according to demographic variables. In the subjects, the majority 62% of women between the ages of 46-50 years and 64% belong to the Hindu religion, 31% have higher education, 54% are working, 89% are non-vegetarian, 73% are living in nuclear families, and 89% are married. These findings were congruent with the Sophia et al. study on menopausal symptoms and coping strategies among menopausal women in selected hospitals. Results show that the mean age of the women was 51.47 + 4.11, the mean age at menarche was 13.80 + 1.25 years, and the mean age at menopause was 45.75 + 3.53 years according to their baseline characteristics. (13)

**Table 2: Menopausal Rating Scale to Assess Menopausal Symptoms in Perimenopausal Women**

Menopausal Symptoms	No (%)
<b>Somatic Symptoms</b>	
Hot flushes	80 (80%)
Insomnia	58 (58%)
Joint & Muscle pain	70 (70%)
Palpitation	38 (38%)
Back ache	36 (36%)
Head ache	20 (20%)
<b>Urogenital Symptoms</b>	
Vaginal Dryness	40 (40%)
Bladder Problem	78 (78%)
<b>Psychological Symptoms</b>	
Mood swing	36 (36%)
Sleep Disturbance	46 (46%)
Sadness	60 (60%)
Irritability	73 (73%)
Anxiety	68 (68%)
Mental & Physical exhaustion	76 (76%)

The table 2 showed that the prevalence of menopausal symptoms among perimenopausal women. Most of the women experienced somatic symptoms, with 80% having hot flushes and 58% having insomnia. Joint and muscle pain (70%) Palpitation (38%) Backache (36%). Head ache (20%). Urogenital symptoms were experienced by women. Vaginal dryness (40%). Bladder Problem (78%). Psychological symptoms such as mood swing (36%), sleep disturbance (46%), and sadness (60%) Irritability (73%) Anxiety (68%) Mental and physical exhaustion (76%), A similar study assessed menopausal symptoms and coping strategies among middle-aged women in north-central India. Joint and muscular discomfort: 70.6%, 61.3% had physical and mental exhaustion, and 38.6% had hot flushing and sweating. (14)

**Table 3: Frequency and percentage distribution of coping Scores among Perimenopausal women**

N=100

S.No	Coping Strategies	Frequency	Percentage
1	Self –calming Skills (Exercise, yoga, Meditation)	46	46%
2	Awareness about Diet and Weight Control	65	65%

3	Medical Treatment	45	45%
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The table 3 shows that the frequency and percentage distribution of coping Strategies Scores (46% using self-calming skills and awareness about diet and weight control and 45% of perimenopausal women seek medical treatment. These findings were Similar to another study, 58% use self-calming skills, 82% maintain social relationships, and 42% take medical treatment. (15)

**Table 4: Correlation between menopausal Symptoms and coping Strategies among perimenopausal women**

S.No	Variable	Mean	SD	'r'
1.	Menopausal symptom	8.49	2.362	0.230
2.	Coping Strategies	2.59	1.506	

The above table shows the correlation value for the Menopausal Symptoms and Coping Strategies score is 0.230. It is an evident that there is a low positive correlation.

**Table: 5 Association of Menopausal symptoms among Perimenopausal women with selected demographic variable**

S.No	Variables	$\chi^2$	df	P
1.	Age in Years	6.972	3	0.068(NS)
2.	Religion	1.879	2	0.698 (NS)
3.	Education	2.279	2	0.002(S)
4.	Occupation	2.252	2	0.324 (NS)
5.	Monthly Income	0.981	3	0.003(S)
6.	Marital status	25.453	3	0.411(NS)
7.	Types of Family	13.008	3	0.321 (NS)
8.	Age at Menarche	3.223	4	0.521 (NS)
9.	Dietary Pattern	4.543	2	0.432(NS)

Note: S-significant, NS-not significant

**Table 6: Association of coping strategies among Perimenopausal women with selected demographic variable**

S.No	Variables	$\chi^2$	df	P
1.	Age in Years	11.481	3	0.211(NS)
2.	Religion	0.594	3	0.567(NS)
3.	Education	1.366	4	0.003(S)
4.	Occupation	1.848	2	0.665(NS)
5.	Monthly Income	0.445	3	0.543(NS)
6.	Marital status	21.389	2	0.234(NS)
7.	Types of Family	1.321	2	0.331(NS)
8.	Age at Menarche	3.176	3	0.521(NS)
9.	Dietary Pattern	6.523	2	0.651(NS)

Note: S-significant, NS-not significant

The association of menopausal symptoms among perimenopausal women with selected demographic variables the present study shows that, the findings revealed that there is no significant association between menopausal symptoms among perimenopausal women with selected demographic variables like age, religion, occupation, marital status, type of family, age at menarche, and dietary pattern. There is a significant association between education and monthly income. The findings revealed that there is no significant association between menopausal symptoms among perimenopausal women with selected demographic variables like age, religion, occupation, monthly income, marital status, type of family, age at menarche, and dietary pattern. There is a significant association between educations. Another study was conducted by the association between the menopausal symptoms and selected baseline variables among menopausal women, such as education and marital status.  $p < 0.003$  (16)

## CONCLUSION

In the study, it showed that the commonest menopausal symptoms were hot flashes and joint and muscular discomfort. Most of the women suffer from severe menopausal symptoms but adopt poor coping strategies. Educated women and women in the age group 40-45 years adopt good coping strategies. Most of the menopausal women suffer severe symptoms that profoundly affect their personal and social functioning and quality of life. Women spend 1/3 of life in this phase, so it cannot be ignored and may require counselling and care at the primary level to provide a healthy life for all.

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## Conflict of Interest

The authors declare that they do not have conflict of interest.

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