

# To Find Relationship Between Resilience on Menopausal Symptoms Among Women Residing in Bengaluru

**Dr Asha. H**

Assistant Professor, Department of Psychology, NMKRV College for Women, Bengaluru.

## **Abstract**

Resilience is defined as the process and outcome of successfully adapting to difficult or challenging life experiences, Behavioural, Cognitive and Emotionally flexibility, adjusting to internal and external demands. Menopause, the convergence of biological dimension marks the cessation of a women's productive phase. The term "Menopause" means stop of menstruation. The hormonal changes starts 2 years before which is termed as premenopausal phase and it extends to 32 to 40 years of menopause which is termed as post –menopausal phase extends from 48 to 55 years .Menopausal transition is characterized by hormonal fluctuations, decline in the production of estrogen. Symptoms during this transition can disrupt personal and professional life, highlighting the importance of premenopausal care in healthy aging. To study the influence of resilience on menopausal symptoms in women residing in Bengaluru. Menopause rating scale by K Heinemann (2004) Resilience scale developed by Gail M.Wagnild and Heather M . Young(1987) questionnaire were used as the participants resilience and menopausal symptoms. Pearson correlation was computed to find the relationship. The obtained value is -0.24 which is interpreted as having moderate relationship, which indicates that individual high on Resilience and low menopausal symptoms. It's Conclude that women need to be educated, improve skills required to adopt, family support etc to experience and recovery from menopausal.

## **Introduction**

Resilience is defined as the process and outcome of successfully adapting to difficult or challenging life experiences, Behavioural, Cognitive and Emotionally flexibility, adjusting to internal and external demands. The word Resilience is derived from Latin word (To spring back)Resilience is the Capacity to adopt positively or regain levels of functioning after difficult life experience .Resilience is just not mere recovery but growth and strengthening after adversity.

Menopause, the convergence of biological dimension. Marks the cessation of a women's productive phase. The term "Menopause" means stop of menstruation. The hormonal changes starts 2 years before which is termed as premenopausal phase and it extends to 32 to 40 years of menopause which is termed as post –menopausal phase extends from 48 to 55 years .Menopausal transition is characterized by hormonal fluctuations, decline in the production of estrogen. Symptoms during this transition can disrupt personal and professional life, highlighting the importance of premenopausal care in healthy aging. Resilience scale developed by Gail M.Wagnild and Heather M . Young(1987)consists of 25 statements with seven options ranging from strongly agree Menopause rating scale by K Heinemann (2004)it consists of 11 items with 4 options for each item to strongly disagree .was used to assess their resilience

levels and menopause symptoms Purposive random sampling techniques was adopted for the present study .Snow ball sampling technique was used for the present study. Sample consisted of 60 women residing in Bengaluru age range between 38 to 52 years.

**The objectives of the study :**

To find relationship between resilience and menopausal symptoms in women residing in Bengaluru  
To examine the various other factors that contributed for the experience of menopause symptoms

**Methodology**

**Problem:** To study relationship between resilience and menopausal symptoms among women residing in Bengaluru

**Hypotheses:**

1. “There is a significant relationship between Resilience score and experience of premenopausal symptoms and post-menopausal symptoms”

**Operational definition:**

- Resilience: it is the ability to come back after a significant life challenge and adopt or develop.
- perimenopausal: The time around menopause when your ovaries gradually stops working.
- Post menopause: symptoms which an women experiences and complete cessation or menstruation(12 months after)

**Variables**

- Independent variable: Resilience.
- Dependent Variable: peri and post-menopausal symptoms

**Materials**

- Menopause rating scale by K Heinemann (2004) it consists of 11 items with 4 options for each item. based on the severity of the symptom
- Resilience scale developed by Gail M.Wagnild and Heather M . Young(1987)consists of 25 statements with seven options ranging from strongly agree to strongly disagree .

**Sampling technique**

- Purposive random sampling techniques was adopted for the present study
- Snow ball sampling technique was used for the present study.
- Sample consisted of 60 women residing in Bengaluru age range between 38 to 52 years.

**Ethical issues:**

- Confidentiality was assured to the participants before administering Resilience scale and Menopause rating scale.
- **Analysis of the Results and Discussion**

**Table 1 – Shows Total and Mean scores and interpretation women participants on Resilience scale.**

Total	Mean	Interpretation
6329	105	Average Resilience

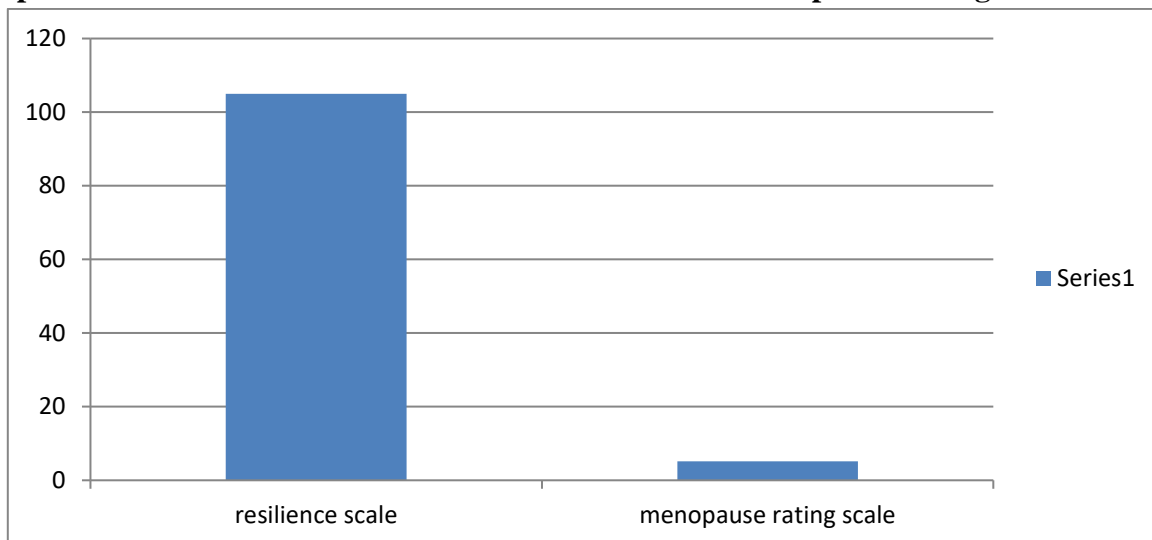
**Table 1:** Women participants had a total score of 6329 and a mean score of 105 which is interpreted as having average Resilience .most of the participants are able to come back from a difficulty and other need the knowledge to recover from difficulties, handle the situation better.

**The Table 2– Shows Total and Mean scores and interpretation women participants on Menopause Rating Scale**

Total	Mean	Interpretation
307	5.11	Moderate menopausal symptoms

**Table 2:** Women participants had a total score of 307 and a mean score of 5.11 which is interpreted as having Moderate Menopausal Symptoms. Few women experience severs menopausal symptoms wherein they consult doctor and take medications.

**Graph 1- shows the Mean scores on Resilience scale and Menopause Rating Scale of women**

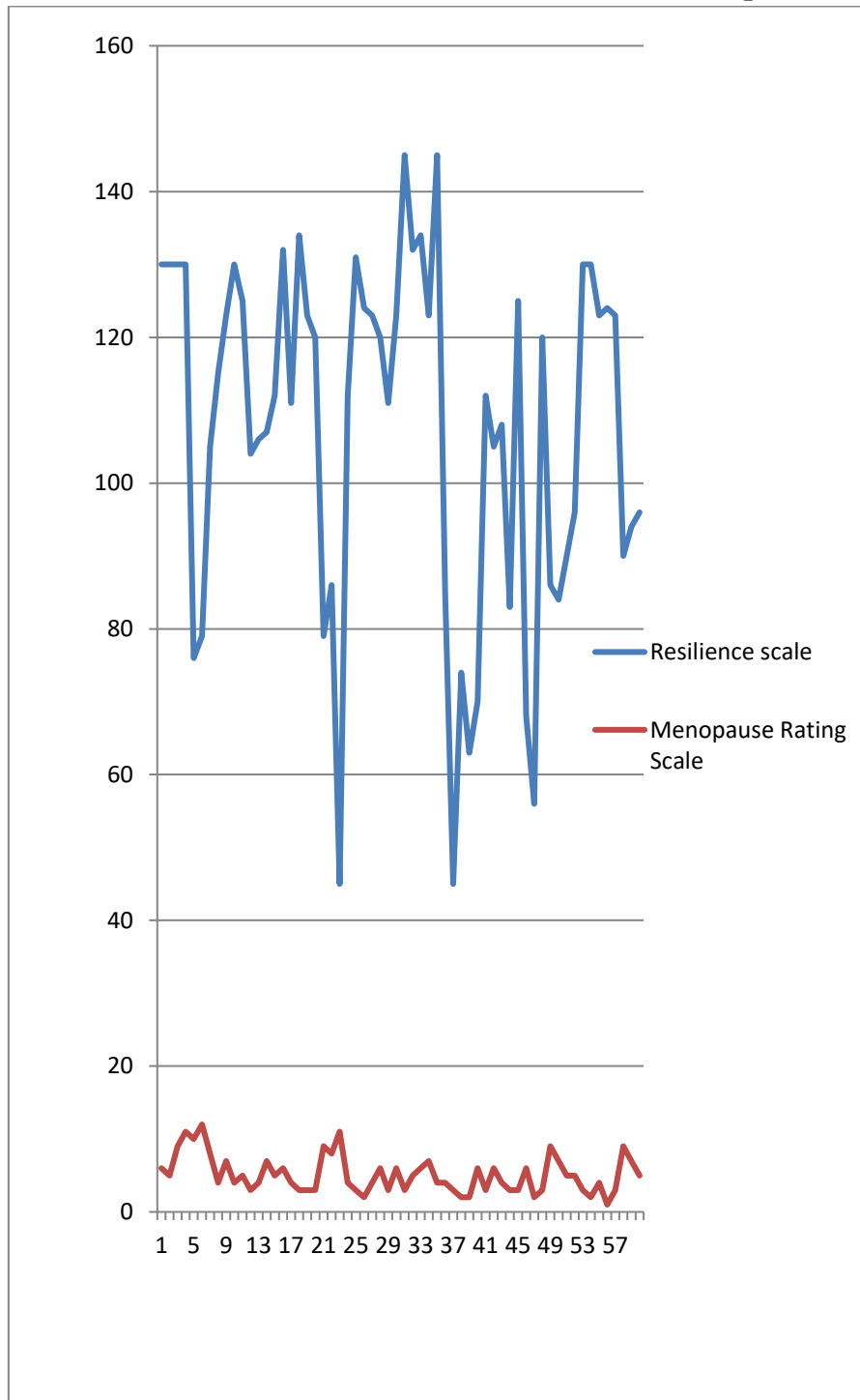


**Table 4: shows the correlation score of Resilience Scale and Menopause Rating Scale**

CORELATION SCORE	INTERPRATATION
-0.24	MODERATE RELATIOSHIP

Table 4- shows the correlation score of Resilience Scale and Menopause Rating Scale. The correlational value of -0.24 which indicates that as the resilience of individual is high and experience of menopausal symptoms is less. Hence the obtained results are inaccordance to the Hypotheses 1 which states that “There is a significant relationship between Resilience score and experience of premenopausal symptoms and post-menopausal symptoms”

**Graph 2: shows the score of women on resilience scale and menopausal rating scale**



**Conclusion:**

1. There exist a significant relationship between resilience and experience of menopausal symptoms.
2. Individuals high on resilience experience less menopausal symptoms since they are able to come back of it.
3. Menopausal symptoms vary from individual to individual and within the same individual from time to time in relation to age.
4. Family support plays a major role in recovering from menopausal symptoms.

### Limitations of the study

- The study was conducted only on 60 individuals.
- Study was confined to participants from Bengaluru only.
- There are numerous factors which influence the experience of menopausal symptoms.

### Suggestions for further study

- Assess other factors which influence the experience of menopausal symptoms
- Assess various components of work life balance.

### References:

1. John .W.Santrock Essentials 2,II Edition(updated)2006,Tata McGraw Hill Publication.
2. John W Newstrom-Organisational Behaviour-Human Behaviour at Work.Twelfth Edition Tata McGraw-Hill Publishing Company limited.New Delhi.Nagina women in hyderabad city.The journal of Professional psychology Jan 2009,5,21- 30
3. Parveen (2009).Investigating occupational stress among married and unmarried Working.
4. Saundra K Ciccarelli and Glenn E Meyer,Psychology,South Asian Edition,Dorling Kindersley(India)pvt ltd.
5. Schutz D.P and Schultz F.S-Psychology and work today Eight Edition ,Pearson Education.Inc And Dorling,Kindersley Publishing Inc.
6. Wang, L., & Liu, Q. (2023). Association between Depressive Mood, Body Image, Menopausal Symptoms, and Sexual Function in Perimenopausal Women. \*Frontiers in Psychiatry, 12\*, Article ID: 9277682. [<https://doi.org/10.3389/fpsyt.2021.9277682>]
7. Verdonk, P., Bendien, E., & Appelman, Y. (2022). Menopause and work: A narrative literature review about menopause, work, and health. \*Work (Reading, Mass.), 72\*(2), 483–496. [<https://doi.org/10.3233/WOR-205214>](<https://doi.org/10.3233/WOR-205214>)
8. Mastrangelo, A. M., Conway, D., Legendre, D., House, L., Canella, C., Kondos, L., Suydam, A., & Galantino, M. L. (2007). Menopause Transition: A Literature Review. \*Journal of Women's Health Physical Therapy, 31\*(1), 20–21.
9. Thomas, A. J., Mitchell, E. S., Pike, K. C., & Woods, N. F. (2023). Stressful life events during the perimenopause: longitudinal observations from the Seattle Midlife Women’s Health Study. \*Women's Midlife Health, 9\*(6). [<https://doi.org/10.1186/s40695-023-00089-y>](<https://doi.org/10.1186/s40695-023-00089-y>)
10. Tiwari, V., & Sharma, A. K. (2017). Perspectives on Women's Menopausal Health in India: A Review. \*Asian Journal of Social Science, 45\*(1/2), 93-125. [<https://www.jstor.org/stable/44508279>](<https://www.jstor.org/stable/44508279>)
11. Rathnayake, N., Lenora, J., Alwis, G., & Lekamwasam, S. (2019). Prevalence and Severity of Menopausal Symptoms and the Quality of Life in Middle-aged Women: A Study from Sri Lanka. \*Volume 2019, Article ID 2081507\*. [<https://doi.org/10.1155/2019/2081507>](<https://doi.org/10.1155/2019/2081507>)
12. Armo, M., & Sainik, S. (2020). Assessment of Menopausal Symptom Using Modified Menopause Rating Scale among Rural Women of Rajnandgaon in Chhattisgarh, a Central India Region. \*Journal

of South Asian Federation of Obstetrics and Gynaecology, 17 | P a g e 12\*(4),209–214.  
[<https://doi.org/10.5005/jp-journals-10006-1797>](<https://doi.org/10.5005/jp-journals10006-1797>)

14. Patangia, B., Sathiyaseelan, A., & Chaudhury, S. (2022). Cognitive and Biological Challenges of Menopausal Women in India. \*Life Research, 5\*(3), 8. DOI: 10.53388/2022-0622-401
15. World Health Organization (WHO). (n.d.). Menopause. [<https://www.who.int/newsroom/fact-sheets/detail/menopause>](<https://www.who.int/news-room/fact-sheets/detail/menopause>)