

LAGASCA, R. M. (2012). Menopausal Stages and Coping Mechanisms: Basis of A Health Management Kit. Lorma Colleges, City of San Fernando, La Union.

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Abstract:

The study dealt on the menopausal stages and coping mechanisms, the profile, level of awareness, degree of experience on the signs and symptoms of the four stages of menopause in selected Barangays of San Fernando City, La Union. The research design used was descriptive method. A questionnaire was used to gather data where T-test, Anova were used to analyze data, interpret data were done.

It was found out that majority of the menopausal women are married, high school graduates, Ilocano, belong to a nuclear family and have normal ovaries. They are moderately aware on the different stages of menopause. The degree of experience on the signs and symptoms of the four stages of menopause is moderate. Coping mechanism during menopause is sometimes utilized. There is significant difference on the extent of utilization of the different coping mechanism according to their profile except socio-cultural and family system. The extent of utilization of roles, relationship, sex and body image on menopause is moderate. Significant difference exists on the extent of influence of menopause along the profile except socio-cultural, family system. A Health Management Kit was proposed based on the survey.