

Coping Strategies Used By Post-menopausal Women in Srinagar District of Kashmir Valley

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ABSTRACT The cyclical period of menstruation of a female ceases at the attainment of menopause. The physiological, emotional, psychological experience that every female undergoes is immeasurable. These changes are explicit well ahead of menopause. In this paper, 100 healthy post-menopausal women in and around Srinagar city were selected using simple random sampling technique to study the symptoms of menopause and the treatment options used by them. The results reveal that the majority of post-menopausal women in Srinagar district of Kashmir valley had no knowledge of HRT or FSH and they did not make use of any coping strategy to avoid post-menopausal discomforts. They did not consult anyone to seek relief from post-menopausal discomforts. Further, post-menopausal women were not making use of any stress reduction techniques like yoga, acupuncture and meditation while as only few of them relied on prayers to reduce the stress related to menopause.