

COPING PATTERNS AMONG PRE-MENOPAUSAL WOMEN

Thesis

Submitted for Partial Fulfillment of the Requirement of
The Master Science in Nursing
(**Maternity and Neonatal Health Nursing**)

Under Supervision

Prof. Kamilia Ragab Abo Shabana

*Professor of Maternal and Neonatal Nursing Department
Faculty of Nursing Ain-Shams University*

Dr. Nevein Samir Metwaly

*Lecturer of Maternal and Neonatal Nursing Department
Faculty of Nursing Ain-Shams University*

**Faculty of Nursing
Ain-Shams University**

2012

ABSTRACT

The aim of this study is evaluate the coping patterns among pre-menopausal women. Study was conducted at outpatient clinic in Ain-Shams Maternity University Hospital during 2010; study design was descriptive study. **Tools** of data collection include Arabic structured interviewing questionnaire, and a knowledge assessment sheet related to women's knowledge of pre-menopausal symptoms. **Sample type** was a simple random sample. **Hypothesis** there are a lot of not coping patterns among pre-menopausal women. This study involved 150 women. **The main results** of the study showed that the majority of women in the study sample had incorrect knowledge about pre-menopause. It also revealed that the majority of women with pre-menopausal symptoms had physical manifestations and (44.7%) only of studied women used different methods for coping with pre-menopausal symptoms. **Conclusions** show that the majority of the sample has incorrect knowledge about pre-menopause. **Recommendations** are enhancement of women's coping patterns through program regarding pre-menopause coping patterns utilizing booklets or brochures.

Key words: pre-menopause - Coping