

STUDYING THE INDIVIDUAL PSYCHOLOGICAL CHARACTERISTICS OF MODERN WOMEN DURING THE CLIMAX PERIOD

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Changes in the demographic structure of society in recent years have led to an increase in the proportion of mature women. According to the WHO, at the beginning of the century, the average life expectancy of a woman after 50 years ranged from 27 to 32 years [1].

Female hormones play a central role in women's life. Their rise trigger puberty, allow them to experience the joy of motherhood and insure cardioprotective functions and bone health. However, after mid-forties, almost all women, irrespective of their cultural background and health conditions, begin to experience physical, psychological and emotional disturbances. Those turmoils coincide with a progressive decline of female hormones, estrogen and progesterone, culminating to a total shutdown from the ovaries, diagnosed as menopause. During this period, women present difficulties in accurately describing physical, psychosocial or sexual disturbances and report mainly hot flashes, nervousness, depression, insomnia, and general fatigue [2]. These vast arrays of symptoms progressively worsen the well-being of women, and affect, consequently, their quality of life (QOL) on a daily basis. Since the definition presented by the World Health Organization (WHO), in 1947, QOL refers to the "state of complete physical, mental and social well-being, and not merely the absence of disease and infirmity" of individuals, irrespective of their age, race and socio-economic status [3].

The article is devoted to the study of the relevance of individual psychological characteristics of a person in the climacteric period. the article undertakes a detailed study of the problem of the influence of factors that arise in menopause on the quality of life of women the study of coping strategies.

The investigation concerns the study of the influence on the somatic and psychological health of those factors with which women meet in menopause

Women's mental health largely determines the health of society. Therefore, the question of studying the factors that affect the psychological health and well-being of a mature woman is very relevant and important.

The research is aimed at revealing the all factors and how they effect on women.

The investigation is designed to simplify the procedure of passing the period of age changing.

The novelty lies in the fact that coping strategies of women in menopause have not been studied by psychologists before me and this problem was previously considered only from a medical point of view.

In our research we gonna uze four types of research methods such as theorytical, methodological, empirical and mathematical.

Theoretical method will help us to study and summarize the information available at the moment on our topic.

Methodological method - to determine the methodological principles of studying life orientations as systemic factors of women's vital activity, to substantiate psychological models, to substantiate a theoretical model of their implementation, to form a toolkit for research.

Empirical method is a set of tests required to conduct a study.

Mathematical method will consist in processing the results obtained by the empirical method.

We expect to identify, describe some patterns between periods of menopause and specific symptoms, between the use of different coping strategies and the quality of life of women.

The essential merit of our work is that we will develop a program through which women can improve the quality of life in menopause.

This program will consist of several loops: 1st – theoretical; 2nd - practical.

In the theoretical cycle, women will be able to learn about physiological age-related changes, how these changes affect psychological well-being, and how coping strategies affect the quality of life.

In the second cycle, there will be practical classes and trainings where women will learn to apply in practice the knowledge gained in the first cycle.

By improving women's health, we are improving the health of the nation.

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