

INDIVIDUAL PSYCHOLOGICAL TRAITS OF WOMEN IN THE PERIOD OF AGE-RELATED CHANGES: STRUCTURAL ANALYSIS

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Abstract. 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 aim of research is to reveal all factor that influence women`s psychological health and how they affect on them. In the paper four types of methods are used (theoretical, methodological, empirical and mathematical). Some patterns between periods of menopause and specific symptoms, between the use of different coping strategies and the quality of life of women were described and identified.

Key words: women well-being, psychological traits of well-being, age-related changes menopause, coping.

INTRODUCTION. 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 lives. 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 [2].

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.

In the paper four types of methods are used (theoretical, 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.

RESULTS. The essential merit of the 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 and 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, being improved the health of the nation is also.

CONCLUSIONS. Some patterns between periods of menopause and specific symptoms, between the use of different coping strategies and the quality of life of women were described and identified.

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