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A Comparative Study on Self Esteem, Social Adjustment and Psychological Wellbeing In Relation To Menopause

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Abstract

Menopause is one of the most important event of biological cycle in any woman's life. Menopause refers to the cessation of menses in the women's body. Menopause is basically a stepwise event that occur in phasal manner, that is pre-menopause, perimenopause and post-menopause. The present study precisely sought to compare and contrast the self-esteem, Social Adjustment and Psychological wellbeing of pre and post-menopausal women belonging from different socio-cultural and socioeconomic background.

Four hundred women participated in the present study. The eight group of subjects represented Exp.Group 1 – Pre menopausal women residing in rural areas belonging from low socioeconomic status (N=50). Exp.Group 2 - Pre menopausal women residing in rural areas belonging from high socioeconomic status N=50). Exp.Group 3 - Pre menopausal women residing in urban areas belonging from low socioeconomic status N=50). Exp.Group 4- Pre menopausal women residing in urban areas belonging from high socioeconomic status (N=50). Exp.Group 5 – Post menopausal women residing in rural areas belonging from low socioeconomic status (N=50). Exp.Group 6 - Post menopausal women residing in rural areas belonging from high socioeconomic status (N=50). Exp.Group 7 - Post menopausal women residing in urban areas belonging from low socioeconomic status (N=50). Exp.Group 8- Post menopausal women residing in urban areas belonging from high socioeconomic status (N=50). Personal information schedule enquiring about some basis details such as demographics, family income and date of last menstrual cycle, Rosenberg Self Esteem Scale, Social Adjustment Inventory and Psychological wellbeing scale were used in the study. The objectives of the present study were to :

1. To study and compare the Self Esteem of Pre- menopausal and Post-menopausal women.
2. To study and compare the Social Adjustment of Pre- menopausal and Post-menopausal women.
3. To study and compare the Psychological Wellbeing of Pre- menopausal and Post-menopausal women.
4. To study and compare the Self Esteem of Pre-menopausal and Post-menopausal women residing in rural areas belonging from low socioeconomic status.

5. To study and compare the Social Adjustment of Pre-menopausal and Post-menopausal women residing in rural areas belonging from low socioeconomic status.
6. To study and compare the Psychological Wellbeing of Pre-menopausal and Post-menopausal women residing in rural areas belonging from low socioeconomic status.
7. To study and compare the Self Esteem of Pre-menopausal and Post-menopausal women residing in rural areas belonging from high socioeconomic status.
8. To study and compare the Social Adjustment of Pre-menopausal and Post-menopausal women residing in rural areas belonging from high socioeconomic status.
9. To study and compare the Psychological Wellbeing of Pre-menopausal and Post-menopausal women residing in rural areas belonging from high socioeconomic status.
10. To study and compare the Self Esteem of Pre-menopausal and Post-menopausal women residing in urban areas belonging from low socioeconomic status.
11. To study and compare the Social Adjustment of Pre-menopausal and Post-menopausal women residing in urban areas belonging from low socioeconomic status.
12. To study and compare the Psychological Wellbeing of Pre-menopausal and Post-menopausal women residing in urban areas belonging from low socioeconomic status
13. To study and compare the Self Esteem of Pre-menopausal and Post-menopausal women residing in urban areas belonging from high socioeconomic status.
14. To study and compare the Social Adjustment of Pre-menopausal and Post-menopausal women residing in urban areas belonging from high socioeconomic status.
15. To study and compare the Psychological Wellbeing of Pre-menopausal and Post-menopausal women residing in urban areas belonging from high socioeconomic status.

It was hypothesised that :

1. There will be no significant difference between the Self Esteem of Pre- menopausal and Post-menopausal women.
2. There will be no significant difference between the Social Adjustment of Pre-menopausal and Post-menopausal women.

3. There will be no significant difference between the Psychological Wellbeing of Pre-menopausal and Post-menopausal women.
4. There will be no significant difference between the Self Esteem of Pre-menopausal and Post-menopausal women residing in rural areas belonging from low socioeconomic status.
5. There will be no significant difference between the Social Adjustment of Pre-menopausal and Post-menopausal women residing in rural areas belonging from low socioeconomic status.
6. There will be no significant difference between the Psychological Wellbeing of Pre-menopausal and Post-menopausal women residing in rural areas belonging from low socioeconomic status.
7. There will be no significant difference between the Self Esteem of Pre-menopausal and Post-menopausal women residing in rural areas belonging from high socioeconomic status.
8. There will be no significant difference between the Social Adjustment of Pre-menopausal and Post-menopausal women residing in rural areas belonging from high socioeconomic status.
9. There will be no significant difference between the Psychological Wellbeing of Pre-menopausal and Post-menopausal women residing in rural areas belonging from high socioeconomic status.
10. There will be no significant difference between the Self Esteem of Pre-menopausal and Post-menopausal women residing in urban areas belonging from low socioeconomic status.
11. There will be no significant difference between the Social Adjustment of Pre-menopausal and Post-menopausal women residing in urban areas belonging from low socioeconomic status.
12. There will be no significant difference between the Psychological Wellbeing of Pre-menopausal and Post-menopausal women residing in urban areas belonging from low socioeconomic status.

13. There will be no significant difference between the Self Esteem of Pre-menopausal and Post-menopausal women residing in urban areas belonging from high socioeconomic status.
14. There will be no significant difference between the Social Adjustment of Pre-menopausal and Post-menopausal women residing in urban areas belonging from high socioeconomic status.
15. There will be no significant difference between the Psychological Wellbeing of Pre-menopausal and Post-menopausal women residing in urban areas belonging from high socioeconomic status.

To test the above hypothesis the data was administered through various statistical procedures namely – Correlation, regression analysis, student t-test and Analysis of variance.

Upon analysing the data the following results were obtained:

1. There is a positive and significant relationship between Self Esteem and Social Adjustment
2. The correlation of Self Esteem and Psychological Wellbeing in the analysis found to be statistically meaningless and insignificant.
3. Social Adjustment and Psychological Wellbeing as two different variables are significantly and positively correlated to each other.
4. A significant difference was found between the self-esteem of pre- menopausal and post-menopausal women.
5. A significant difference was found between the social adjustment of pre- menopausal and post-menopausal women.
6. A significant difference was found between the psychological wellbeing of pre-menopausal and post-menopausal women.
7. A significant difference was found between the self-esteem of pre-menopausal and post-menopausal women residing in rural areas belonging from low socioeconomic status.
8. A significant difference was found between the self-esteem of pre-menopausal and post-menopausal women residing in rural areas belonging from high socioeconomic status.

9. No significant difference was found between the self-esteem of pre-menopausal and post-menopausal women residing in urban areas belonging from low socioeconomic status.
10. No significant difference was found between the self-esteem of pre-menopausal and post-menopausal women residing in urban areas belonging from high socioeconomic status.
11. A significant difference was found between the social adjustment of pre-menopausal and post-menopausal women residing in rural areas belonging from low socioeconomic status
12. A significant difference was found between the social adjustment of pre-menopausal and post-menopausal women residing in rural areas belonging from high socioeconomic status.
13. A significant difference was found between the social adjustment of pre-menopausal and post-menopausal women residing in urban areas belonging from low socioeconomic status.
14. A significant difference was found between the social adjustment of pre-menopausal and post-menopausal women residing in urban areas belonging from high socioeconomic status.
15. A significant difference was found between the psychological wellbeing of pre-menopausal and post-menopausal women residing in rural areas belonging from low socioeconomic status
16. A significant difference was found between the psychological wellbeing of pre-menopausal and post-menopausal women residing in rural areas belonging from high socioeconomic status.
17. A significant difference was found between the psychological wellbeing of pre-menopausal and post-menopausal women residing in urban areas belonging from low socioeconomic status.
18. A significant difference was found between the psychological wellbeing of pre-menopausal and post-menopausal women residing in urban areas belonging from high socioeconomic status.