

**Personality traits, coping and psychosocial problems of women with
menopause**



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DECLARATION

I, Ms. **Hafiza Neelam Younas** ID: **15006146006** Student of **MS Clinical Psychology** in the subject of **Clinical Psychology session 2015-2017** hereby declare that the matter printed in the thesis **Personality Traits, Coping and Psychosocial Problems of Women with Menopause** is my own work and has not been printed, published and submitted as research work thesis or publication in any form in any university, research institution etc in Pakistan or abroad.

Dated: 19-06-2017

Signature of Deponent

Certificate of Approval

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“THEN WHICH OF THE FAVOURS OF YOUR LORD WILL YOU DENY”

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Abstract

The current study is about a sensitive journey of women: Menopause and aimed for knowing the relationship between Personality, Coping and Psychosocial Problems of Women with Menopause ($N=100$), selected through snow ball sampling. The core objective was to measure the psychosocial problems, personality traits and coping strategies of those women who had reached to their menopause phase and developing distinct indigenous scale for these objectives via following four step model of scale development i.e. Exploring phenomenology, Expert validation, Pilot study and finally Main study. The measures of the current study comprised of Psychosocial Problems of Women with Menopause Scale (PSP-MP), Brief Cope Scale Urdu Version (B.Cope), Big Five Personality Inventory and a demographic Performa. The results revealed that women with neuroticism personality trait use ineffective coping strategies and are more likely to have psychosocial problems of menopause. Women with openness to experience personality trait use effective coping strategies and less vulnerable to psychosocial problems of menopause.

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Introduction

The midlife period of lifetime of a woman is followed by a complex interaction of numerous responsibilities and roles. Midlife, which is beautifully called “the afternoon of life” depending upon all the deteriorations it encompasses, is surrounded by multiple and drastic changes and transitions. The most adverse transition women face in the afternoon of their life is the M word which is known as a dreaded word, Menopause (Siddiqui, 2013).