

The Psychological Impact of Familial Support on Menopausal Stress among Government Executives in Kerala

Abstract:

This study examines the impact of familial support on menopausal stress among female government executives in Kerala. Menopausal symptoms affect physical and psychological well-being; familial support mitigates stress severity. Using validated scales, strong family bonds correlated with less symptom severity. Family-centred support programs are recommended.

Keywords: Menopause, familial support, menopausal stress, government executives, Kerala

Introduction

Menopause is a significant biological transition resulting in symptoms that can impair women's quality of life and work performance. Kerala's female government executives uniquely struggle balancing career and menopausal stressors. This study investigates familial support's role in reducing menopausal stress in this group.

Problem Statement

Despite Kerala's health advances, menopausal stress remains under-recognised among working women, with inadequate workplace and familial support measures.

Research Questions

1. What is the prevalence and severity of menopausal stress among Kerala government executives?
2. What level and type of familial support is provided, and what is its relation to menopausal stress?
3. How effectively does familial support reduce menopausal stress?
4. How do age, marital status, and education influence menopausal stress and family support?

Objectives

- Assess menopausal stress prevalence and severity.
- Evaluate familial support levels.
- Analyse familial support impact on menopausal stress.
- Explore demographic influences.

1.Literature Review

Menopause induces physical and psychological symptoms influencing women's wellbeing. Working women face stress balancing career and menopause. Families offer crucial emotional and practical support, buffering stress. Demographic factors affect coping styles. However, workplace-focused Kerala-centric research is lacking.

2.Methodology

A descriptive cross-sectional study involved female government executives aged 45-56 in Kerala. Participants completed online surveys using the Menopause Rating Scale and Familial Support Questionnaire. Data analysed with descriptive statistics and multiple regression.

5. Results

High occurrence of menopausal symptoms was reported, prominently psychological and somatic types. Familial support demonstrated a significant negative correlation with menopausal stress scores. Age, marital status, and education were significantly associated with stress and support measures.

6. DiscussionandConclusion

Resultsconfirmtheprotectiveroleoffamilialsupportinreducingmenopausalstressamong workingwomen.Recommendationsincludeworkplacepoliciesintegratedwithfamilysupport mechanisms and awareness initiatives. Limitations include self-reports and cross-sectional design. Further investigative and intervention research is needed.

References

(Seedetailedcitationsinthefulloriginal document.)