

Effect of Emotional Maturity on Menopausal Stress and Coping Style

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ABSTRACT

Women represent the foundation of a family's overall health, ensuring they've access to quality care also can lead to bettered health for children and families. Thus, a renewed focus on the representation of women's issues in the clinical field is the need of the hour. Menopause is considered one of the corner phases in a woman's life. It isn't just a natural biological phenomenon but rather represents a complex web of a women's socio-artistic standing. Menopause is predominant in the mid-life age group of 45- 55 in India. With adding medical advancements, people have shifted their once station and comprehension about engagement with medical marvels. Still, a complex web of factors affects the representation of natural marvels, from occupational stress, social support, emotional maturity, and the managing medium of an existent. Hence, the present study is an attempt to understand the impact of menopausal stress on various cerebral parameters. The current study is aimed at exploring the impact of emotional maturity on menopausal stress and coping style. The study was conducted on 106 women with age ranging between 45- 55 abiding in colorful metropolises of Uttar Pradesh. Keeping the Emotional Maturity Scale developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava, Menopausal Stress Scale developed by Dr. Gaytri Tiwari and Dr. Krushnapriya Sahoo and the managing Style Scale by Dr. Manju Mishra as a basis for assessment, the aim was to assess the women's engagement with the variables at hand. The administered questionnaires delved into women's understanding of the process of menopause in the present script and its impact later. Pearson's correlation and One- way analysis of variance (ANOVA) was performed to examine the relationship and differences in the group independently. A non-significant positive relationship was found between the three variables of emotional maturity, menopausal stress and managing style. A highly significant positive relationship was found for coping style with the other two variables. The study aims to give precious sapience into the world of women, individual and clinical psychology.

Keywords: *Coping Style, Emotional Maturity, Menstrual Stress*

Women refer to the adult female sex of the human race. They are important stakeholders in the world's population and an important family ecosystem cornerstone. One of the physical milestones that they undergo that severely

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impacts their livelihood is the stage of menopause which is a natural biological process; defined as the natural end of the menstrual cycle, due to abrupt disruption and cessation of key female reproductive hormones resulting in various physiological and psychological symptomatology. This stage is thus characterized by a heavily significant presence of a constant stress which has been labelled as the menopausal stress. When individuals find themselves in stressful situations, experiencing any kind of stress, they tend to respond to it in some way or the other. Different individuals tend to respond differently to stress. These different strategies that individuals adopt to deal with stressful situations reflect what is called 'coping'. The most widely accepted and applied classification of coping strategies is that of emotion-focused coping, and problem-focused coping given by Lazarus and Folkman (1984,1989) which include coping strategies that are employed in the management of stress by focusing on the regulation of their negative emotional reactions to a particular stressor or by targeting the stressful problem itself respectively. Other classification of the coping styles includes approach and avoidance coping style which usually include an identification of the stressor and thus focused attempts to reduce its impact such as problem solving, support etc. or trying to avoid stressors rather than dealing with them by alleviating the immediate experiences of stress respectively such as denial, procrastination etc.

Emotional Maturity focuses on understanding of oneself, the world and realities of life by showing restraint and control over one's emotions rather than letting them get the better of us. It shows a person's capacity to manage and check emotions to evaluate emotional state of those around them and to convince their judgment and actions and is highly influenced by their emotional and relationship history.

As women are increasingly entering the workforce, the existing job environments are not adept to deal with these sensitive issues. Despite repeated addressal of these issues via unions, feminists, and other non-government entities, the current legislature is still unable to cater to these issues at the grassroot level. Although various organizations have started the conversation on these issues to remove stigma and generate awareness, there is still a long way to go before a significant impact can be felt. Although women have started being a part of clinical and scientific studies only a few decades ago, negligence and trivializing the medical phenomenon experienced by women have been a common trend in the clinical settings. Thus, as the need for equality and representation of diverse communities across scientific domains increases, it becomes imperative to study these previously ignored physiological processes in depth and detail to better aid the scientific community. It will help in the holistic development of the field and the treatment options.

The following studies were reviewed as part of literature on the existing variables:

Prasad, Tyagi and Verma (2021) carried out a study with the objective to calculate the reliable estimates of age at menopause for India, and also highlight the changing trends of menopause across the country over time. Over two hundred studies examining age for menopause, carried out between the time period of 11 years (2009-2020), were accessed using PubMed database and Google. However, only ten studies met the selection criteria for the study. The average age ranged between a minimum of 44.69 years to a maximum of 48.95 years which significantly lower than in some developed countries. Also, the age for menopause did not depict any significant variation by age at menarche, despite positive association.

OK-Hee and Jong-Mi (2021) examined the mediating effect of menopausal symptoms in the relationship between occupational stress and quality of life in middle-aged working women.

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This study consists of 130 samples of middle-aged working women recruited in three cities in Korea. The results depicted that quality of life was negatively correlated with occupational stress and menopausal symptoms but occupational stress and menopausal symptoms were positively correlated with each other.

Chaudhari, Mazumdar and Mehta (2018) explored to study the type of coping skills used by the patients of PCOS, to evaluate any difference in coping skills and to study any correlation between coping skills, quality of life and body-mass index. Females in the reproductive age group diagnosed with PCOS as per Rotterdam's Criteria without any pre-existing psychiatric illness were clinically interviewed for presence of anxiety and depression. Brief Cope Scale and World Health Organization Quality of Life –BREF Scale questionnaires were used for data collection. The scores were compared using t test and ANOVA revealed that patients used both adaptive and maladaptive coping skills but scores on adaptive coping skills were higher than those on maladaptive coping. Problem focused coping style was observed in results to be significantly higher than both emotional and dysfunction coping style. There was no significant correlation between coping and quality of life and body-mass index and they do not have a significant impact on the psychiatric morbidity or quality of life or body-mass index among patient with PCOS.

Ghosh, Singha and Parida (2017) aimed at understanding the present scenario regarding the health status of postmenopausal Indian women by conducting a literature review article. The results stated that the changes that occur in a woman's body following menopause were deteriorative, and could lead to several health issues such as amenorrhea, night sweats, frequent mood swings, cramp pains etc. which may gradually decrease as postmenopausal days progress, yet some new detrimental gradual changes could occur in physiological system during the postmenopausal periods. Improved diet and changes in self-care and lifestyle along with regular medication could help to minimize the ailments.

In an empirical study conducted by Ismail et al (2009), the relationship between Occupational stress, Emotional intelligence, and Job Performance was studied in Malaysia to examine the effect of EI and its relation with occupational stress and job performance using 104 usable questionnaires that studied on academic employees working in private higher learning institutes. The outcomes depicted the relationship between occupational stress and emotional intelligence which significantly correlated with job performance. Statistically, the result confirmed that the inclusion of emotional intelligence in the analysis mediated the effect of occupational stress on job performance in the organizational sector sample.

Objectives:

- To examine the relationship between menopausal stress, coping style and emotional maturity.
- To examine the effect of emotional maturity on menopausal stress.
- To examine the effect of emotional maturity on coping style.
- To examine the effect of menopausal stress on coping style.

Hypotheses

- Menopausal stress and coping style will positively correlate with emotional maturity.
- Emotional maturity will positively correlate with menopausal stress.
- Emotional maturity will positively correlate with coping style.

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- Menopausal Stress will positively correlate with coping style.

METHODOLOGY

Keeping in view the objectives and nature of variables under study, descriptive survey method has been employed.

Sample:

A sample containing 106 women living in different cities in Uttar Pradesh was selected for the study. The age range of the participants ranged from 45-55 years of age. Purposive sampling was carried out.

Tools and Procedure:

The following tools were used in the study:

- **Personal data sheet:** A personal data sheet was used to record the demographic details of the participants such as Name, Age, Educational Qualification, Email, Marital Status, Occupation, etc. and consent sought for being a part of the study.
- **Emotional Maturity Scale (EMS):** Emotional Maturity was measured through the Emotional Maturity Scale developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava in the year 1991. It includes 48 items to measure 5 broad factors of emotional immaturity- emotional instability (10 items), emotional regression (10 items), social maladjustment (10 items), personality disintegration (10 items), and lack of independence (8 items).
- **Menopausal Stress Scale:** Menopausal Stress was measured through Menopausal Stress Scale by Dr. Gayatri Tiwari and Dr. Krushnapriya Sahoo which includes 42 items that measure menopause and stress accompanied as a whole.
- **Coping Style Scale:** The level of coping style was measured through Dr. Manju Mishra which consists of 30 items that measure diverse areas involved in coping style.
- The participants were given a set of questionnaires individually that contained all necessary instructions, test items, and response sheets. The subjects were briefly told about the purpose of the study. All the test materials were self-administered and the confidentiality of their responses was assured.

RESULTS

Table 1: Pearson correlation coefficient between all three variables of coping style, menopausal stress and emotional maturity

Variables	Emotional Maturity	Menopausal Stress	Approach Coping Style	Avoidant Coping Style
Emotional Maturity	1	0.42	0.108	0.22
Menopausal Stress		1	0.125	0.127
Approach Coping Style			1	0.779**
Avoidant Coping Style				1

***Correlation is significant at the 0.01 level (2-tailed).*

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The above table depicts the results of Pearson's correlation for the variables of emotional maturity, menopausal stress, and coping style. It contains the analysis of 106 responses and the values for correlation coefficient are 0.42, 0.108 and 0.125 for the three. The resultant depicts a positive relationship for the three variables, emotional maturity, coping style, and menopausal stress, though it is not significant. A highly significant positive relationship was found for the two types of coping styles- approach and avoidant.

Table 2: One-way ANOVA for the variables of Emotional Maturity and Menopausal Stress

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	9510.418	59	161.194	1.711	.030*
Within Groups	4334.233	46	94.222		
Total	13844.651	105			

*Correlation is significant at the 0.05 level (2-tailed).

The above table depicts the results of one-way ANOVA for the variables of menopausal stress and emotional maturity. It contains analysis of 106 responses and the values of $SS_{B/W}$, SS_W , and SS_T are 9510.418, 4334.233 and 13844.651 respectively. The mean square for between and within the groups is 161.194 and 94.222 respectively. The resultant F ratio is 1.711 which is significant at 0.05 level*.

Table 3: One-way ANOVA between the variables of emotional maturity and menopausal stress

		Sum of Squares	df	Mean Square	F	Sig.
Approach Coping Style	Between Groups	3997.087	59	67.747	3.105	.000
	Within Groups	1003.517	46	21.816		
	Total	5000.604	105			
Avoidant Coping Style	Between Groups	2979.116	59	50.493	3.059	.000
	Within Groups	759.233	46	16.505		
	Total	3738.349	105			

**Correlation is significant at the 0.01 level (2-tailed).

The above table depicts the results of ANOVA for the variables of emotional maturity and coping style. It contains the analysis of 106 responses and the values of $SS_{B/W}$, SS_W , and SS_T are 3997.087, 1003.517 and 5000.604 and 2979.116, 759.233 and 3738.349 respectively for approach and avoidant coping style. The mean square for between and within the groups is 67.747, 21.816 and 50.493 and 16.505 respectively. The resultant F ratio is 3.105 and 3.059 which is highly significant for both approach and avoidant coping style at 0.01 level**.

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Table 4: One-way ANOVA between the variables of Menopausal stress and Coping style

		Sum of Squares	df	Mean Square	F	Sig.
Avoidant Coping style	Between Groups	2422.087	38	63.739	3.244	.000
	Within Groups	1316.262	67	19.646		
	Total	3738.349	105			
Approach Coping style	Between Groups	2982.139	38	78.477	2.605	.000
	Within Groups	2018.464	67	30.126		
	Total	5000.604	105			

***Correlation is significant at the 0.01 level (2-tailed).*

The above table depicts the results of ANOVA for the variables of menopausal stress and coping style. It contains analysis of 106 responses and the values of $SS_{B/W}$, SS_W , and SS_T are 2982.139, 2018.464 and 5000.604 for approach coping style. The mean square for between and within the groups is 78.477, 30.126 respectively. The resultant F ratio is 3.244 which is highly significant for both approach and avoidant coping styles at 0.01 level** although comparatively a stronger relationship is interpreted for approach coping style than avoidant.

DISCUSSION

The present study aimed at exploring the relationship between the variables of menopausal stress, emotional maturity, and coping style. The first objective of the study was to ascertain the interconnecting relationship between all three variables of emotional maturity, coping style and menopausal stress. On the analysis of results obtained in Table 1, it can be observed that there is a positive non-significant relationship between the three variables - emotional maturity, approach coping style and menopausal stress observed both for working and non-working women. A highly significant positive relationship was found for the two types of coping styles- approach and avoidant. This can be interpreted as that both the coping styles were used in an eclectic fashion as in the Indian context, both the coping styles are heavily interlinked and are used depending upon a need-to-need basis. Both coping approaches are displayed in behavior of majority of women regularly which can explain the inability to distinguish the two styles via responses. Analysis of the results also revealed that the majority of menopausal stress range being in the fairly often range which can explain the variety of coping styles adopted.

The second objective of the study was aimed so as to examine the effect of emotional maturity on menopausal stress. With reference to Table 2, there is a significant positive correlation between the two variables menopausal stress and emotional maturity at 0.05 level*. Thus, it can be interpreted from the above results that with increasing score on the Emotional Maturity Scale which indicates higher emotional instability, there is a corresponding increase in the level of menopausal stress experienced. This is because, with the increasing level of emotional instability, there is an increase in factors such as emotional instability, emotional regression, social maladjustment, personality disintegration and lack of independence. This is lead to a promotion in the levels of menopausal stress and vicious cycle of stress and its negative effects would begin.

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The third objective of the study was to examine the effect of emotional maturity on coping style. Referencing results obtained in Table 3, the resultant F ratio is highly significant for both approach and avoidant coping style at 0.01 level**, however it is slightly more significant for the approach coping style than avoidant. It can be interpreted that there is a highly significant positive relationship between the two variables, coping style and emotional maturity, at 0.01 level**. Thus, both share a highly interconnected relationship and influence each other immensely. The above results can also be interpreted for our sample as the mixed eclectic approach of using approach and avoidant coping mechanisms simultaneously and extensively such that there is deep interconnection between them and the two coping styles are no longer viewed as separate processes as obtained again in results in Table 1.

The final objective of the study was to examine the relationship between the remaining variables of menopausal stress and coping styles. From the results obtained in Table 4, it can be interpreted that variables of menopausal stress and the approach coping style share a highly positive and significant relationship. The resultant F ratio obtained is highly significant for both approach and avoidant coping styles at 0.01 level** although a comparatively stronger relationship is interpreted for approach coping style than avoidant.

CONCLUSION

The above study was aimed at studying the interconnections between the components of emotional maturity and its implications on menopause and coping style. The study sought responses from women in the age group of 45-55 living in the Indian state of Uttar Pradesh who are either currently undergoing menopause or are experiencing pre-menopausal symptoms. The data for the study was collected via questionnaires such as the Emotional Maturity Scale developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava, Menopausal Stress Scale developed by Dr. Gaytri Tiwari and Dr. Krushnapriya Sahoo and the Coping Style Scale by Dr. Manju Mishra. Data was collected for 106 employed and unemployed women and was analyzed using one way ANOVA and Pearson's correlation. The results indicated a significant relationship for the variables menopausal stress and emotional maturity and a highly significant relationship of coping style with both the variables while all three variables simultaneously share a positive non-significant relationship. The study plays a small role in beginning of research of psychological correlates in biological processes.

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Conflict of Interest

The author(s) declared no conflict of interest.

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