

**MENOPAUSAL WOMEN: KNOWLEDGE, EXPERIENCES, HEALTH PRACTICES
AND COPING STRATEGIES**

By:

MARY JULIEBEL B. ARZAGA

VALERIE S. PALMA

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ABSTRACT

This study was conducted to evaluate the knowledge and beliefs of menopausal women, experiences, health practices, and their coping strategies on menopausal stage. Fifty (50) menopausal women whose age ranges from 35 to 55 were purposively selected to participate in the study.

An Open-ended questionnaire on knowledge, experiences, health practices, and coping strategies scale were developed. Results showed that menopausal women entered menopause at about 46 to 50 years of age. It is also revealed that they were knowledgeable and well-informed about the process of menopause. They relied on herbal medicine both internal and external use. During the difficult periods of menopausal, they resorted to self-help and develop a closer relationship with God.