

A MODEL TO FACILITATE WOMEN'S COPING WITH MENOPAUSE.

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Submitted in fulfillment of the requirements for the degree of

DOCTOR OF PHILOSOPHY

in the

Department of Advanced Nursing Science

University of Venda

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August 2012

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ABSTRACT

Over the past decades, there have been several comprehensive surveys on the subject of menopause, many of which have focused on menopausal symptoms and symptoms reporting. However, a focus on Vha Venda women and their menopausal experiences, reporting and challenges they face, seem to remain silent and often receive little or no attention or may be equated in an unproblematic way, probably because menopause seems to be still a taboo and or an embarrassing situation and/ or they are exposed to mixed feelings about menopause and lack the information and skills to cope effectively with their own menopausal experiences. This study focuses on the experiences of Vha-Venda menopausal women in Hamakuya villages.

The purpose of this study is to develop a model to facilitate women's' coping with menopausal challenges at Hamakuya in Vhembe District in the Limpopo Province, South Africa. The study design will be triangulated to the use of qualitative and the cross sectional descriptive survey. Purposive sample of 500 women of menopausal age between the ages of 40 years and above will be included in the study. Instruments for data collection will be 4 unstructured focus group interviews and a self-administered questionnaire collected by the researchers after permission has been granted.

The study will be guided by Dorethea Orem's theory of self-care deficit. A frame work will be developed as indicated by (Dickoff, James & Wiedenbach 1968:415) which will incorporate themes and subthemes which will emanate from the results of the phases 1 and 2. This frame work will serve as a guideline for developing the model which will be based on literature review, focus group interviews and questionnaires. Before the model can be developed an analysis of concepts will be adopted incorporating the methods advocated by Walker and Avant (2008: 65). Model evaluation will be done by means of critical reflections essentially as described by Chin and Krammer (1999:110). Critical evaluation will involve evaluating the model for simplicity, clarity, accessibility and importance.

Key words: Model, coping, experiences, menopause, self-care deficits, concept analysis and model evaluation.