67 - BUILDING THE MEANING OF CLIMACTERIC: THE TESTIMONY OF MENOPAUSAL WOMEN UNIT BASIC HEALTH CAMPINA GRANDE-PB

THAISY SARMENTO BATISTA DE OLIVEIRA
THALINY BATISTA SARMENTO DE OLIVEIRA
ROGÉRIA MÁXIMO DE LAVÔR
PAULO CESAR LIMA DE SOUSA JUNIOR
UNIVERSIDADE FEDERAL DE CAMPINA GRANDE, CAMPINA GRANDE – PB, BRASIL
thaisysarmento@hotmail.com

INTRODUCTION

The Climacteric, a term derived from the word Klimater (critical point), involves the stage of middle age ranging from 35 to 60 years for women. It is the transition between the reproductive and non-reproductive women, including a long period that begins with the passage of the ovulatory cycle potentially fertile ground for a period of ovarian failure, including therefore the pre-menopausal and post-menopausal, so menopause is characterized only by the last menstrual period, which is diagnosed after a period of one year of amenorrhea (LIMA, 2002).

As stressed by the Ministry of Health, the climacteric phase corresponds to a woman's life in which occurs the transition from the reproductive period to old age, ranging from 40 to 65 years old (BRAZIL, 2006).

The perimenopause and menopause are very confused terminology, quite often being used interchangeably, even in scientific articles, but it is worth noting that the first refers to a relatively undefined, while the second is used to denote the last period.

For many authors, as the etymology portrays, menopause is considered a critical period, because many factors act simultaneously in a positive and negative, favoring major changes in these women (FERREIRA, 1999).

Thus, one must appreciate the need to develop health promotion programs aimed at prevention, promotion and assistance to full physical and mental health of women at the stage of maturity, proposing interventions character group, which provides support in coping with adverse situations, sharing experiences, emotional support, knowledge about the issues related to menopause and the aging process, among others (BARREIRA, 2007).

Studies have shown that symptoms related to changes in sexuality, depression and anxiety are common in cases of negative expectations of menopause. In fact, the view that women have of this period will determine their behavior (MILANEZ, 1999).

Menopause represents an important aspect to be considered a woman's life, in view of the need to deconstruct preconceptions, rebuild concepts and build a new image of women in menopause, based on personal values, social and aesthetic, from the perspective this new century and millennium. In this light the present work aims to identify the meanings attributed to menopause from the testimony of menopausal women.

METHODOLOGY

Because it is a study whose object are the meanings attributed to menopause for women who experience it, a qualitative approach was adopted with the subsidized research method phenomenology, which allows capturing the reality of each person in the uniqueness and complexity of the circumstances of world in which both are involved and whose goal is the meanings attributed to menopause for women who experience it.

Phenomenology is a descriptive science, rigorous, concrete, that shows and explains the being in itself, which is concerned with the essence of living. Seeks to know the meanings attributed to experience, which appear from the descriptions of the subjects. It seeks to examine the experience and meaning that the subject assigns, focusing on the subject-object-world.

To understand the living expression of a person is necessary to try to grasp intuitively, his life, as is experienced by itself, or, in other words, we must seek to penetrate the person in there to discover, beyond words and gestures the meaning that is contained in your communication.

Data were collected between May to October 2010, the basic unit of family health New Cruise located in the district in Campina Grande - PB after the consent of the municipal health department. Research with the participation of 12 women randomly selected among those who were aged 45 to 60 and five years and who agreed to participate in the study, which were informed about the research and its goals. The interviews were conducted after signing the consent form being assured of anonymity regarding the preservation of their identities, according to Resolution No. 196/96 of the CNS.

It was noticed that most of them stared at us as an opportunity for reflection and openness really wanting to talk about their feelings, as in everyday life do not, especially in outpatient care where the goals are very fast and .

The interview was developed from the following questions: What do you menopausal? How is your daily routine at this stage? What changes in your life do you attribute to menopause? What mechanisms do you use / used for coping with menopause?

In the conduct of the phenomenological method, the researcher/ observer put to sleep any theory, belief, concept, prior knowledge about the study to go in search of pre-understanding, called the previous position. The reports should not be targeted by the amount of interviews, but the pursuit of quality in which the testimony might lead to empathic understanding of the phenomenon experienced and not its explanation. Phenomenology leads to a reflection and an opportunity for change.

RESULTS AND DISCUSSION

After transcribing the speech, of reading and rereading, emerged four meaning units that represent the understanding of what women think, how they feel, perceive, behave and express the experience of menopause in everyday life.

Understanding is a vague and median pre-reflective understanding that takes place in everyday life, as we are first of all and most of the time and makes no distinction between what is mere repetition and what has been achieved, but understands everything. Thus, for women who took part in this study the experience of the first moments of the climacteric occurs with unpleasant symptoms such as heat, sweating, insomnia, leg pain, vaginal bleeding, weight gain, depression, immediately changing the daily lives of same.

"... Malaise, I had no heart, just wanted to lie, I could not get up, I started taking medicine and gain more ..."(E1)
"... When it started to stop menstruation felt anxiety, sweating shortness of breath ..." (E6)

"... I think it was a situation not very pleasant because there was much bleeding, leg pain ..."(E4)

The experience of menopause associated with decreased libido, a denial of sexuality, loss of reproductive capacity and the beginning of the aging process are also reported by women as:

"... What I noticed was some difficulty about the sexual relationship, it takes more care, more a comfort to you to really be ..." (E7)

"... When you discover that this process (referring to menopause) is part of your age you will be replaced by another head, you see that you change multiple values, psychologically, is an extremely complex ..." (E3)

"... People think I'm lying, but it is not true, I do not feel an ounce of will (referring to sex)..." (E11)

"... I felt a sense of a flower that was withering, it was the feeling that I felt I was fading away ..." (E12)

It is observed that the experience of women in menopause are shown in the inauthenticity that is the way of being understanding and presence.

It is in daily life, we are born and live most of the time, there is a cast in a world that was already there and that will be there after him. Thus, the presence of a given there, is always be a situation: a woman living in the climacteric.

The woman in menopause is in daily life, exposed to the talk of all that is said about the menopause, which is not restricted to the oral repetition of speech, he takes an authoritarian character and expands in the writing. The speech merges in that reads and hears that. The impersonal provision prescribes and determines what and how you see.

"... I do not know to what extent these heat waves, which everyone attributes to menopause, was more intense in me or not. I talked with the midwife and she said no, if you're not feeling anything and everything, because you do not have to think that is different ... "(E9)

"... There are people who lack sleep, pain in the legs. Sometimes that even if internal, vomit, have those dizzy ... "(E10)

The time for the man has peculiar significance: human temporality is not a sum of moments, but a comprehensive extension of the past, present and future. Thus, it is possible to realize the transformation movement that women perform this study, the inauthenticity to authenticity, in a proper time, when they are released from imprisonment and the concealment of themselves through the signs and symptoms of menopause, and forget the signs and symptoms that initially reported as experience of the first moments of arrival of the climacteric period and spoken often as expected, and seek alternatives to face and overcome their problems and difficulties, through the resources available, their means, taking his way of being more appropriate, a power-being and redirecting their lives. The experience of the climacteric opens new possibilities of life for women.

"... To my surprise the climacteric brought other solutions because it seems like fun, but I have never accepted the idea of menstruation, menstrual periods for me has always been a problem to begin with was painful menstruation was an illness for me ... (E5)

"... My day to day is very good" (laughs), now I'm even just at home, no longer young son, is very good ... "(E2)

"Now ... I became more proud, more vain too. Even with the house, changed everything, I started to take care of myself more, my body, my skin, the house, everything after 40 ... "(E4)

FINAL THOGHTS

Women who participated in this study express the experience of menopause as a reminder of the rescue of menarche, as existential possibility of disease, as has historically happened with menstruation, previously interpreted as illness, when the women referred to this period, too hedged with restrictions and preconceptions, but that is now viewed from other perspectives.

Despite the reality of the longevity of women and the evolution of science and technology today, the women of this study show the experience of menopause initially dominated by advertising, listing a series of unpleasant events, spoken and presented by others, not always recognized and taken their own.

Women refer to the change in body image as a problem can overthrow them, when they see your body changing and have a negative expectation regarding decreased libido, while seeking to adapt to the peculiarities of this period.

For coping with menopause, a woman makes use of several alternatives: hormones, diet, exercise, and even Bach flower life together as an alternative to face it better. Health professionals must seek to understand women at this stage of life to better guide their actions in order to give help and support to meet their needs, encouraging their potential.

Being a human being of the possibilities, it is considered that the climacteric women is open to new possibilities, like the idea of no longer menstruate, become more vain and recognizing it more quiet. The acceptance of our personal limits and is the secret of human existence full, harmonious and serene.

The aging process is not an occasional event, but sequential and continuous from birth, who, like the other phases of life, need to be understood existentially, assumed by all of us. Thus, understanding the lived of postmenopausal women to guide the professionals involved, opens up new horizons for assistance to such women in programs of health care and promoting quality of life.

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Autor principal:
THAISY SARMENTO BATISTA DE OLIVEIRA
Rua Augusto dos Anjos, n. 06, Bairro: Maria de Lourdes Sarmento Meira,
Sousa – PB, CEP: 58.802-740
Telefone: 0(83) 3521-2979; 0(83)9904-6199
Email: thaisysarmento@hotmail.com

BUILDING THE MEANING OF CLIMACTERIC: THE TESTIMONY OF MENOPAUSAL WOMEN UNITBASIC HEALTH CAMPINA GRANDE-PB

ABSTRACT

The Climacteric and menopause are part of the experience of one phase of life of women, silenced, permeated with prejudices, taboos, with demonstrations of physical, psycho-emotional and social. This study aimed to identify the meanings attributed to menopause for women who experience this experience. We used a qualitative approach in the phenomenological perspective. Participants 12 women aged between 45 and 60 users of the Basic Health Unit New Cross, located in the district Cruise in Campina Grande - PB in the period from May to October 2010. The results show that the woman experiences the menopause with unpleasant symptoms that change their daily life: decreased libido, loss of reproductive capacity, denial of sexuality and the beginning of the aging process. It is considered that postmenopausal women are in inauthenticity, dominated by talk, curiosity and ambiguity, and lead to the authenticity, opening up to new possibilities, free of menses, with availability of care and time to be able to develop new relationships for the achievement of a better life.

KEYWORDS: Menopause, menopause, women's health; phenomenology.

CONSTRUIRE LE SENS DE CLIMATÉRIQUE: LE TÉMOIGNAGE DE LA MÉNOPAUSE LES FEMMESCAMPINA UNITÉS SANITAIRES DE BASE DE LA GRANDE-PB

SOMMAIRE

Le climatère et la ménopause sont une partie de l'expérience d'une phase de vie des femmes, réduites au silence, imprégné de préjugés, les tabous, avec des démonstrations de physique, psycho-affectif et social. Cette étude visait à identifier les significations attribuées à la ménopause pour les femmes qui vivent cette expérience. Nous avons utilisé une approche qualitative dans la perspective phénoménologique. Les participantsâgés de 12 femmes entre 45 et 60 utilisateurs de l'Unité de santé de base New Cross,situé dans le quartier de croisière à Campina Grande - PB dans la période de Mai à Octobre 2010. Les résultats montrent que la femme éprouve de la ménopause avec des symptômes désagréables qui changent leur vie quotidienne: baisse de la libido, perte dela capacité de reproduction, le déni de la sexualité et le début du processus de vieillissement. Il est considéré que les femmes ménopausées sont dans l'inauthenticité, dominé par le discours, la curiosité et l'ambiguïté, et conduire à l'authenticité, l'ouverture àde nouvelles possibilités, sans règles, avec la disponibilité des soins et de temps pour être en mesure de développer de nouvelles relations pour la réalisation d'une vie meilleure.

MOTS-CLÉS: Ménopause, la ménopause, la santé des femmes; phénoménologie.

LA CONSTRUCCIÓN DEL SIGNIFICADO DEL CLIMATERIO: EL TESTIMONIO DE LA MENOPAUSIALAS MUJERES UNIDAD DE SALUD DE BASE CAMPINA GRANDE-PB

RESUMEN

El climaterio y la menopausia son parte de la experiencia de una etapa de la vida de las mujeres, silenciadas, impregnada de prejuicios, tabúes, con demostraciones de física, psíquica, emocional y social. Este estudio tuvo como objetivo identificar los significados atribuidos a la menopausia para las mujeres que sufren esta experiencia. Se utilizó un enfoque cualitativo en la perspectiva fenomenológica. Los participantes de 12 mujeres con edades comprendidas entre 45 y 60 usuarios de la Unidad Básica de Salud de New Cross, situado en el distrito de Crucero en Campina Grande - PB en el período de mayo a octubre de 2010. Los resultados muestran que la mujer experimenta la menopausia de los síntomas desagradables que cambian su vida cotidiana: disminución de la libido, pérdida de la capacidad reproductiva, la negación de la sexualidad y el inicio del proceso de envejecimiento. Se considera que las mujeres posmenopáusicas están en la falta de autenticidad, dominado por hablar, la curiosidad y la ambigüedad, y conducen a la autenticidad, la apertura a nuevas posibilidades, libre de la menstruación, con ladisponibilidad de la atención y el tiempo para poder desarrollar nuevas relaciones para el logro de una vida mejor.

PALABRAS CLAVE: menopausia, menopausia, salud de la mujer, la fenomenología.

CONSTRUINDO O SIGNIFICADO DO CLIMATÉRIO: O DEPOIMENTO DE MULHERES MENOPAUSADAS DE UMA UNIDADE BÁSICA DE SAÚDE DO MUNICÍPIO DE CAMPINA GRANDE-PB

RESUMO

O Climatério e menopausa fazem parte da vivência de uma fase da vida da mulher, silenciada, permeada de preconceitos, tabus, com manifestações de alterações físicas, psicoemocionais e sociais. Esse estudo teve como objetivo identificar os significados atribuídos ao climatério por mulheres que vivenciam essa experiência. Utilizou-se uma abordagem qualitativa na perspectiva fenomenológica. Participaram 12 mulheres entre 45 e 60 anos usuárias da Unidade Básica de Saúde Novo Cruzeiro, localizado no bairro Cruzeiro em Campina Grande - PB, no período de maio a outubro de 2010. Os resultados mostram que a mulher vivencia o climatério com sintomas desagradáveis que modificam seu cotidiano: diminuição da libido, perda da capacidade reprodutiva, negação da sexualidade e início do processo de envelhecimento. Considera-se que as mulheres no climatério se encontram na inautenticidade, dominadas pelo falatório, curiosidade e ambiguidade, e se conduzem para a autenticidade, abrindo-se para novas possibilidades, livres das menstruações, com disponibilidade de tempo para se autocuidar e capazes de desenvolver novas relações para a conquista de uma vida melhor.

PALAVRAS CHAVE: Climatério; menopausa; saúde da mulher; fenomenologia.