

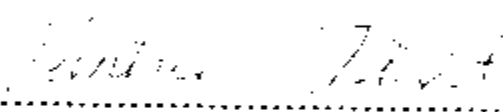
THESIS TITLE : A STUDY OF THE MENTAL HEALTH STATUS AND COPING  
DEVICES OF THE MIDDLE AGE WOMEN IN THE  
COMMUNITIES OF KHON KAEN MUNICIPALITY

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ABSTRACT

The objectives of this research were to investigate the state of mental health and the strategies in which a group of women aged 40-59 years had coped with mental health problem. A sample of 212 eligible women was drawn from the 45 communities in Khon Kaen Municipal Area. The method of systematic random sampling was employed. Data for this research were collected during the months of Decembers, 1997 and January, 1998. The questionnaire used for collecting data comprised of 3 parts. The first part was intended to collect general information. The second part elicited information purported to indicate mental health conditions, and the third indicated the strategies to cope with mental problems. The questions in the questionnaire for this study were checked against the validity by 8 experts and were tested for reliability by calculating Cronbach's Alpha Coefficient. The values of 0.82 and 0.84 were respectively derived from the questions in the second part and third part of the questionnaire. Percentage, mean, median and standard deviation were used in the analyses of data.

The results of this study are as follows :

1) According to the assessment tool, the middle aged women in Khon Kaen Municipal Area in the sample had sound mental health. But when the method of self assessment were employed, it was found that the majority (88.8%) of the studied women judged themselves as having sound mental health. Only a small proportion (22.2%) of them saw themselves as having poor or rather poor mental health. The conditions of poor or rather poor health were closely related to having a menstrual period, physical health and important events in life.

2) These middle aged ladies opted to select either a strategy to solve the mental health problem they were facing or a strategy to adjust their emotion. The facing strategy was used more frequently than the former strategy.

In general, the five most frequently used methods of coping with mental health problem among the studied women were : gaining themselves with a psychic power and keep telling themselves that they were not the only one who had that kind of problem, accepting the problems, and consulting with and requesting for some assistance from other

Among the women who assessed themselves as having poor or rather poor health, the five most frequently used methods were : gaining themselves with a psychic power and keep telling themselves that they were not the only one who had that kind of problem, consulting with and requesting for some assistance from other members of their family, studying the problem with care and objectivity, changing something in order to make it better, and contemplating for and appropriate method of problem solving.