

**A HEALTH PROMOTION MODEL FOR FACILITATION OF SELF-CARE
OF WOMEN IN MIDLIFE TO SUPPORT THEM IN THE ATTAINMENT
OF WHOLENESS**

by

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submitted in accordance with the requirements
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at the

University of South Africa

**PROMOTER: PROF TR MAVUNDLA
JOINT PROMOTER: PROF I BRUDENELL**

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DECLARATION

I declare that **A HEALTH PROMOTION MODEL, FOR FACILITATION OF SELF-CARE OF WOMEN IN MIDLIFE TO SUPPORT THEM IN THE ATTAINMENT OF WHOLENESS** is my own work and that all the sources that I have used or quoted have been indicated and acknowledged by means of complete references.

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SIGNATURE
(Mrs B Lester)

.....
Date

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ABSTRACT

This phenomenological study examined the experiences of women in midlife. The primary purpose of the study was to develop and describe a model of health promotion that will facilitate self-care of women in midlife to support them in the attainment of wholeness.

A theory-generative, qualitative, explorative, descriptive and contextual design was utilized to achieve the objectives of the study, namely to explore and describe women's experience of midlife transition; classify concepts of the model; describe the structure and process of a model for support of women during midlife transition, and develop guidelines for operationalization of the model.

The study was undertaken in one of the northwest states of the United States of America. Purposive sampling of eight women included women between the ages of 40 and 55 years of age. Women who had undergone surgical menopause were excluded as the influence of prolonged hormone replacement therapy was seen as a bias. Data was collected by using an unstructured interview technique. Data was analyzed according to Tesch's protocol (in Cresswell, 1994:155).

Guba's model (in Krefting 1991:215) was utilized to ensure the trustworthiness of the study. Ethical issues were considered throughout and these are reflected in chapter one of the thesis.

The study identified two themes: (1) how the women experienced midlife and (2) how they managed it. The experiences of midlife were expressed in physical, psychosocial and spiritual changes while the management of the process was accomplished in two ways, namely self-care and the services of healthcare professionals. The researcher identified that health promotion was essential to facilitate the self-care practices of women in midlife.

Essential and related attributes of health promotion were identified, analyzed and synthesized to define health promotion. The process of health promotion was then defined with a description of the structure and process of the model. Concepts identified were classified, defined and placed into relationship statements

after which the model was described and evaluated. Guidelines to operationalize the model were then formulated to assist health professionals to support women in self-care for the attainment of wholeness.

KEY CONCEPTS

Health promotion, midlife, phenomenology, qualitative research, self-care, women

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DEDICATION

**This study is dedicated to my husband,
Errol for his unfailing love,
support and encouragement**

