



A STUDY TO EVALUATE THE EFFECTIVENESS OF YOGA THERAPY ON PRE-MENOPAUSAL SYMPTOMS AMONG PRE-MENOPAUSAL WOMEN AT PULLIPAKAM IN KANCHIPURAM DISTRICT.

Dr. T. Komalavalli

Ph.D., Principal, Karpaga Vinayaga College of Nursing Chinnakolambakkam, Kanchipuram

Mrs. R. Prabadevi*

M.Sc(N) Assistant Professor, Karpaga Vinayaga College of Nursing , Chinnakolambakkam, Kanchipuram *Corresponding Author

ABSTRACT

Pre menopausal is recognized as stress full situation than any life changes about aging, loss of child bearing capacity, which may aggravates the pre menopausal symptoms .the investigator had adopted pre experimental one group pretest post test design .the study was conducted a many pre menopausal women with pre menopausal symptoms at Pullipakkam in kanchipuram district and purposive sampling technique was used . the descriptive analysis was used to find out the mean 2nd standard deviation in pretest was 29.17 and 2.59 respectively whereas in post test in was 8.67 and 1.69 . The study findings revealed that there was a significant difference between pre and post test pre menopausal symptoms score with in study group at level $p < 0.005$.Thus an application of yoga therapy was effective to reduce the pre menopausal symptoms among premenopausal women.

KEYWORDS : yoga therapy, premenopausal women ,premenopausal symptoms.

INTRODUCTION

Middle age in women includes the gradual winding down of the reproductive system and ending of the child bearing years. Middle age is one of the turning points in one's life as it brings many changes. It roughly starts in the early forties, when for most of the people it is the best period in their life when their achievement is at the highest point. Midway between the challenges of adulthood and despair of old age, comes the compulsory change menopause in women.

The purpose of yoga is to detach from the endless fluctuations of pleasure and pain of everyday existence, and reduce physiologic reactivity to any given external and internal stimuli. The physical postures increase control over voluntary muscles and work off stress hormone accumulated in the body Padmasana, Uttanapadasana, Sarpasana, Paschimottanasana, pranayama, improve control over the autonomic nervous system, sense withdrawal, reduce sensory stimuli, and meditation increases self-awareness and insight into thought patterns and habits.

OBJECTIVES OF THE STUDY

1. To assess the degree of pre-menopausal symptoms among the pre-menopausal women.
2. To compare the pre and post test score on pre-menopausal symptoms within study group.
3. To associate the selected demographic variables with the post test level of premenopausal symptoms among pre-menopausal women.

METHODOLOGY

Research design A Pre -Experimental design, one group pre test, post test was used

Population : The accessible population for this study was premenopausal women aged 41-50 years with premenopausal symptoms residing at Pulipakkam in Kanchipuram District.

Sample : In this study sample consisted of 30 pre menopausal women with premenopausal symptoms.

Sample size : The sample selected for this study was 30 premenopausal women who fulfilled the inclusive criteria

Sampling technique : A Non-probability purposive sampling technique was used for this study to recruit the samples.

Description of the tool

The tool consisted of 3 parts:

Part-I

It consisted of demographic variables like age, religion, education, occupation, age of menarche marital status, number of children, type of family, monthly income, source of information etc.

Part-II

It consisted of Kupperman's Menopause Rating Scale to assess the severity of the menopausal symptoms.

Menopause rating scale (MRS)

The MRS was initially developed in the early 1990s to measure the degree of menopause related symptoms by rating a profile of symptoms,

• Physiological:

Hot flushes, heart discomfort, sleep problem and muscles and joint problems.

• Psychological:

Depression, irritability, anxiety and physical and mental exhaustion.

• Urogenital:

Sexual problems, bladder problems and dryness of vagina.

Scoring points

SCORE POINTS	CATEGORY
0	Asymptomatic
1	Mild symptoms
2	Moderate symptoms
3	Marked symptoms
4	Severe symptoms

Score Interpretation

The total score was 44 and the score were classified in 5 categories.

SCORES	CATEGORY	%
below 1 (0)	Asymptomatic	0%
1- 11	Mild symptoms	1-25%
12- 22	Moderate symptoms	26-50%
13- 33	Marked symptoms	51-75%
14- 44	Severe symptoms	76-100%

Part III

It consists of Yoga Intervention Techniques. The investigator developed a planned yoga intervention technique on premenopausal symptoms among premenopausal women by

reviewing literature and obtaining content validity from subject experts. The details of the programme given are mentioned under the data collection procedure.

The method of teaching adopted was Lecture cum demonstration. The visual aids used were charts, photos and videos of selected yoga asanas like Padmasana, Uttanapadasana, Sarpasana, Pranayama. The planned teaching programme for knowledge and practice was submitted to yoga and nursing experts for establishing content validity.

RESULTS

The frequency and percentage distribution degree of premenopausal symptoms among premenopausal women in pre test among 30 subjects, in pretest, none of them had the degree of asymptomatic, mild and moderate symptoms, 28(93.3%) had marked symptoms and 2(6.7%) had severe symptoms among premenopausal women

The frequency and percentage distribution of post test degree of premenopausal symptoms among premenopausal women that among 30 subjects, in posttest, none of them had the degree of asymptomatic, marked and severe symptoms, there were 28(93.3%) premenopausal women had mild symptoms followed by 2 women (6.7%) had moderate symptoms, This table concludes that yoga therapy has reduced the degree of premenopausal symptoms from marked to mild and moderate symptoms.

This study finding revealed that there were no significant associations of selected demographic variables with post test level of premenopausal Symptoms among premenopausal women.

Table -1: Distribution of degree of premenopausal symptoms among premenopausal women in pre and post test.

(n =30)

S. No	Degree of pre menopause symptoms	Pre Test Score		Post Test Score	
		N	%	N	%
1	Asymptomatic	-	-	-	-
2	Mild	-	-	28	93.3
3	Moderate	-	-	2	6.7
4	Marked	28	93.3	-	-
5	Severe	2	6.7	-	-
	Total	30	100	30	100

Table -2: Mean and standard deviation of pre and post test on degree of premenopausal symptoms among premenopausal women

(n=30)

Sl. No	Study Group	Degree of premenopausal symptoms	
		Mean	SD
1	Pre test	29.17	2.59
2	Post test	8.67	1.69

The above table discloses that mean and standard deviation in pre test was 29.17 and 2.59 respectively whereas in post test it was 8.67 and 1.69.

Table -3: Comparison of pre and post test scores of premenopausal symptoms within study group by using paired t test.

(n=30)

Sl.No	Observation	Mean	SD	Paired "t" test	P value
1	Pretest	3.07	0.28	41.7*	0.05
2	Post test	1.07	0.25		

*Significant at P<0.05

The above table 5 unveils that there was a statistically significant difference between pre and post test scores on pre menopausal symptoms among pre menopausal women at level P <0.05.

DISCUSSION :

The first objective of the study was to assess the degree of premenopausal symptoms among premenopausal women.

This study findings revealed that there were 28(93.3%) and 2(6.7%) pre menopausal women in pre test had marked and severe premenopausal symptoms respectively. In post test 28(93.3%) and 2(6.7%) pre menopausal women had mild and moderate premenopausal symptoms respectively.

To compare the pre and post test score on pre-menopausal symptoms within study group.

This study findings revealed that there was a statistically significant difference between pre and post test scores on pre menopausal symptoms among pre menopausal women at level P <0.05.

To associate the selected demographic variables with the post test level of pre- menopausal symptoms among premenopausal women.

This study finding revealed that there were no significant associations of selected demographic variables with post test level of premenopausal Symptoms among premenopausal women

Recommendations

- A similar study can be replicated on a large sample for wider generalization.
- A comparative study can be done to compare the effectiveness of yoga therapy and other relaxation technique.
- The same study can be conducted in different settings like hospital, old age home and so on.
- The study can be conducted to menopausal common with symptoms.
- An experimental study can be carried out on the effectiveness of yoga therapy on premenopausal symptoms among premenopausal women with a control group.
- A time series design can be conducted with the post test at an interval of 2, 4, 6, months to assess the administration of yoga therapy and its effectiveness in reducing the degree of premenopausal symptoms.

CONCLUSION

Thus the investigator conducted the study with a great satisfaction in determining that yoga, which was a non-pharmacologic cost effective and an easy approach in beneficial in reduction of premenopausal symptoms among premenopausal women. So yoga can be incorporated as a regular nursing care in the gynaecological practice and enable the women in the premenopausal period to lead a normal like free of premenopausal symptoms.

REFERENCES

1. Basavanthappa, B.T. (2001). Nursing Research, 1st edition. Bangalore, Jaypee brothers.
2. Burns. S. (1993). The practice of nursing Research, Exercise to reduce vasomotor menopausal symptoms 4th edition. Philadelphia, W.14 Saunders company.
3. David M. Luesley et al. (2004), Obstetrics and Gynecology, 1st edition. New Delhi, Arnold Publishers.
4. Gupta S.P (2000). Statistical Method, 5th edition. New Delhi, sultan chand and sons.
5. Helen varney, et al. (2005) Varney's text book of Midwifery, 4th edition. New Delhi, All India Publishers.
6. Joffe. H,et al. (2003). Assessment and treatment of hot flushes and menopausal mood disturbance, Psychiatric clinics North America.
7. Jonathan S Beret, (2007). Berak and Novak's Gynecology, 2 edition, Philadelphia Lipincott company.
8. Padubidri G et al. (2008), Hawkins and Borne Shaw's Text book of

Gynecology, 14th edition, India, Elsevier Publishers.

9. Pankaj Desai et al. (2008), Principles and Practices of Obstetrics and Gynecology for Post Graduates, 3rd edition. New Delhi, Jaypee brothers. Patna.
10. Polit D.F and Hungler, B.P. (1991) Nursing Research principles and methods, 6th edition. Philadelphia Lippincott company.
11. Shifren J.I Schiff, (2007). Menopause, in JS Berek and Novak's Gynecology, 14th edition. Philadelphia Lippincott Williams and Wilkin.
12. Speroff L, Fritz M.A, (2005). Menopause and the premenopausal transmission in clinical gynecologic endocrinology and infertility, 7th edition. Philadelphia; Lippincott, Williams and Wilkins.

JOURNALS

13. Avanie Pal, et al. (2013). Assessment of menopausal symptoms in perimenopause and postmenopause women above 40 years in rural area, International J. of Healthcare & Biomedical Research, Volume: 1, Issue: 3, April 2013, Pages 166-174 .
14. Nisar, Nusrat; Soho, Nisar Ahmed, (2010). To determine the quality of life of menopausal women from rural area, International Journal of Collaborative Research on Internal Medicine & Public Health (IJCRIMPH) . May 2010, Vol. 2 Issue 5, p118-130. 13p. 4 Charts.
15. Sai Meng Pong (2013) Menopause-related quality of life (QOL), especially using the Menopausal Rating Scale (MRS), in Asian women are scarce,
16. Mohammed Elsabagh, (2012). Menopausal symptoms and the quality of life among pre/post menopausal women from rural area in Zagazig city Obstetrics and Gynecology Nursing, Faculty of Nursing, Zagazig University, Egypt.