



EFFECTIVENESS OF MINDFULNESS BASED STRESS REDUCTION ON QUALITY OF LIFE AMONG PERIMENOPAUSAL WOMEN AT SRI NARAYANI HOSPITAL AND RESEARCH CENTRE, VELLORE.

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ABSTRACT The aim of this study is to assess the effectiveness of mindfulness based meditation on quality of life among Perimenopausal women. A pre experimental one group pre test and post test design with non probability purposive sampling techniques was chosen for this study. The sample size consist of 40 perimenopausal women, who are coming for Sri Narayani Hospital and Research Centre, Vellore. The data was collected by means of demographic variables and Menqol scale. These tools were used to assess the quality of life for perimenopausal women. The data was analysed by descriptive and inferential statistics. The major findings of the study revealed that pre test mean value of quality of life was 28.45. After the intervention given the post test mean value of quality of life was 16.15. The paired't' value of the quality of life is 368.93. Hence there was significant effectiveness of intervention regarding quality of life. There is association between age, religion and number of children with selected demographic variables. The result shows that the mindfulness based stress reduction was effective in improving the quality of life among perimenopausal women.

KEYWORDS : Effectiveness, Mindfulness Based Stress Reduction, Quality Of Life, Perimenopausal Women.

INTRODUCTION

Menopause is normal life stage that all women undergo with advancing age. It is normal part of life, just like puberty. It is last menstrual period. The term "Menopause" is commonly used to describe any of the changes a women experience either just before or after she stops menstruating, marking the end of her reproductive period. Every women experiences her midlife years differently. The change that occurs during this period, including changes in sexual well being, are typically caused by a mix of both menopause and aging as well as by typically midlife stresses and demands.

According to the **Indian Menopause Society**, there will be a large increase in the Perimenopausal women in India also. Most women in India over the age of 45 years do not understand the changes taking place in their bodies and spend their valuable years of life battling problems and diseases associated with perimenopause. Hence it becomes very important to develop methods and treatment plans to control perimenopausal symptoms and thereby improve the quality of life of this large group of women

Lunny CA,etal (2009), Conducted a study to examine the determinants and use of complementary and alternative medicines therapies among a sample of 423 menopausal women in Canada. 91% of women reported using an average of 5 kinds of CAM therapies. The most common treatments were vitamins (61.5%), relaxation techniques (57.0%), Yoga/meditations (37.6%), soy products (37.4%), and prayer (35.7%).

STATEMENT OF THE PROBLEM:

Effectiveness of Mindfulness based stress reduction on quality of life among perimenopausal women at Sri Narayani Hospital and Research Centre, Vellore.

OBJECTIVES:

- To assess the pre test level of quality of life among perimenopausal women.
- To determine the effectiveness of Mindfulness based stress reduction regarding quality of life among perimenopausal women.
- To find out the association between post test levels of quality of life among perimenopausal women with selected demographic variables.

HYPOTHESES:

- H1- There is a significant difference between pre test and post test levels of quality of life among premenopausal women.
- H2 - There is a significant association on levels of quality of life

among premenopausal women with selected demographic variables.

CONCEPTUAL FRAMEWORK

Kolcaba Theory of comfort was used for the study.

METHODOLOGY

RESEARCH APPROACH:

The research approach used for the study is quantitative approach.

RESEARCH DESIGN:

Pre experimental with one group pre test and post test design.

O ₁	X	O ₂
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O₁ = Assess the pre test levels quality of life among perimenopausal women.

X = Mindfulness based stress reduction-Hatha yoga and meditation.

O₂ = Assess the post test levels of quality of life among perimenopausal women.

DESCRIPTION OF VARIABLES:

- Dependent variable** - quality of life
- Independent variable** - Mindfulness based stress reduction
- Extraneous variables** - Age, religion, educational status, occupational status, socio economic status, nutritional status, family status, menstrual history, marital status, health status, menopausal history.

SETTING OF THE STUDY:

The study conducted in SNHRC, Vellore. The setting is chosen on the basis of feasibility and availability of adequate sample and operation extended by authority.

POPULATION:

The population selected for this study consisted of women age between 40-55 years.

SAMPLING TECHNIQUE:

In this study purposive sampling technique was used to select the sample that is fulfilling the inclusion criteria.

SAMPLE SIZE:

In this study sample consist of 40 perimenopausal women.

CRITERIA FOR SAMPLE SELECTION:

Inclusion criteria:

- Perimenopausal women age between 40-55 years.

- Who are willing to participate in this study.
- Women with perimenopausal symptoms.

Exclusion criteria:

- Who are not available at the time of data collection.
- Women under mindfulness meditation practice.
- Who have known mental illness.

DESCRIPTION OF TOOL:

The tool design for this study consists of two sections in order to achieve the objectives.

SECTION-A:

It deals with demographic variables like age, religion, educational status, occupational status, socio economic status, nutritional status, family status, menstrual history, marital status, health status, menopausal history

SECTION-B:

It has Menqol (Menopause Quality of life) scale related to quality of life.

SCORE INTERPRETATION:

The resulting score will be interpreted as follows,

Quality of life

- Mild perimenopausal symptoms - <50%
- Moderate perimenopausal symptoms - 51-75%
- Severe perimenopausal symptoms - >75%

DATA COLLECTION PROCEDURE:

The investigator self introduced and obtained consent from women, who are fulfilling the inclusion criteria of the study at SNHRC, Vellore.

The necessary information about the study was given to them. Then the demographic variable was assessed and quality of life was measured by using Menqol scale. All items in the questionnaire were completed. Hatha yoga and Mindfulness meditation was demonstrated to the perimenopausal women on the first day and the following days return demonstration was done by the samples which are supervised by the researcher. On the seventh day post test was done. This investigator ensured the privacy and dignity of the women during the study process.

PLAN FOR DATA ANALYSIS:

The data obtained and planned to be analyzed as follows,

Table:1

S.no	STATISTICS	METHODS	DESCRIPTION
1	Descriptive statistics	Frequency, Percent age, Mean, Standard deviation	To assess the quality of life
2	Inferential statistics	Chi-square, "t"-paired test	To associate the quality of life with selected demographic variable

RESULTS AND DISCUSSION:

TABLE -2

To assess the levels of quality of life among perimenopausal women.

n = 40

S.NO	QUALITY OF LIFE	PRE - TEST		POST - TEST	
		n	%	n	%
1)	<50%	9	22.5%	31	77.5%
2)	51-75%	15	37.5%	7	17.5%
3)	76-100%	16	40%	2	5%

Table -2 shows that 9 (22.5%) of the perimenopausal women had mild symptoms, 15 (37.5%) had moderate symptoms, 16 (40%) had severe symptoms regarding the quality of life.

The post test result shows that 31 (77.5%) had mild symptoms, 7 (17.5%) had moderate symptoms, 2 (5%) had severe symptoms regarding the quality of life.

Effectiveness of mindfulness based stress reduction regarding quality of life among perimenopausal women

Table: 3 comparisons of pre test and post test mean score regarding quality of life among perimenopausal women.

n = 40

TEST	MEAN	MEAN DIFFERENCE	STANDARD DEVIATION	STANDARD DIFFERENCE	PAIRED 't' TEST
Pre test	28.45	12.3	6.519	2.519	368.93
Post test	16.15		4		

Table.3 shows pretest mean value of quality of life is 28.45, mean difference is 12.3 standard deviation is 6.519, standard difference is 2.519. The post test value of quality of mean is 16.15, mean difference is 12.3 standard deviation is 4 standard difference is 2.519 and paired 't' test value is 368.93. This shows that Mindfulness based stress reduction was effective in improving the quality of life among perimenopausal women. Hence the **hypothesis H₁ was accepted.**

The 'chi' square analysis to find out the association between post test knowledge regarding quality of life among perimenopausal women and selected demographic variables. The results reveals that occupation, income, educational status, marital status, menstrual cycle, sleep hours, type of living home and food pattern are not statistically significant. Age, religion, number of children is statistically significant. Hence the **hypothesis H₂ was partially accepted.**

CONCLUSION:

Menopause is a part of every women life. This menopause will occur between the age of 40 to 60 years associated with hormonal, physical, psychological changes. So the researcher concluded that the Mindfulness based stress reduction was effective in improving quality of life among perimenopausal women.

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