



# A QUASI EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF YOGA THERAPY ON THE REDUCTION OF MENOPAUSAL SYMPTOMS AMONG POST MENOPAUSAL WOMEN IN SELECTED RURAL AREAS, PATIALA, PUNJAB, 2020.

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**Abstract :** A study to assess the effectiveness of yoga therapy on reduction of menopausal symptoms among post-menopausal women in selected rural areas, Jalandhar, Punjab. An experimental research approach and non randomized control group design was used. The findings of the study revealed that Yoga therapy was effective in reducing menopausal symptoms of experimental group i.e  $14.6 \pm 8.03$  of pre interventional menopausal symptoms and post interventional menopausal symptoms  $7.46 \pm 4.44$  were significant with  $t = 4.2537^{***}$  at  $p < 0.001$  level .

**Key words:** Menopausal symptoms and Yoga therapy.

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## Introduction

Women are the vital set up and heart of the family. When women have been tired, family function would be altered. Women are facing lot more problems through their life. One of most common problem they are facing is menopause and hormonal changes during their middle adulthood. The menopausal problems of women always make them so tired. So they need treatment and health

education regarding menopausal care and prevention of problems. Menopause is defined as the permanent cessation of ovarian function and is thereby the end of a woman's reproductive phase<sup>1</sup>. Menopause begins around the age of 50 years<sup>2</sup> and is characterized by at least 12 months of amenorrhea<sup>3</sup>. The most common menopausal symptoms include hot flashes, night sweats, fatigue, pain, decreased libido, and mood changes.<sup>4,5</sup> These symptoms often persist for several years post menopause<sup>6</sup>.

C. P. van der Sluijs, A. Bensoussan, L. Liyanage, S. Shah, Y. A. Bair, E. B. Gold, G. Zhang et al (2010)<sup>7-12</sup> Many menopausal women use complementary therapies to cope with their

symptoms, and yoga is among the most commonly used

complementary therapies for menopausal symptoms.

## Materials and Method

An experimental research approach and non randomized control group design was used. The study setting was in CHC Kartarpur, Jalandhar, Punjab. The study sample comprised of 60 post menopausal women i.e. (30) experimental group and (30) control group. Purposive sampling technique was used to collect the data. The tool consists of three parts: Part A: Socio Demographic Variables to obtain information on aspects like age, religion, education, occupation, occurrence of menopause and type of diet. Part B: Modified

Greene Climetric (Rating Scale) to assess the level of menopausal symptoms. Part C: It consists of yoga therapy provided to post menopausal women of experimental group in selected rural area. Modified Greene Climetric (Rating scale) was used to check the level of symptoms. The dependent variable was menopausal symptoms of post menopausal women. The independent variable was Yoga therapy. Yoga therapy for 1 hour for 7 days / week for 2 weeks to the experimental group.

## Results

Yoga therapy was effective in reducing menopausal symptoms of experimental group. Yoga therapy improves the psychological and physiological symptoms of post menopausal women of experimental group and improves the daily activities.

**Comparison of pre test and post test interventional menopausal symptoms among post menopausal women in experimental and control group**

	Post menopausal women							Df	t
	Experimental Group(30)			Control Group(30)			N=60		
	Mean	Mean difference	SD	Mean	Mean difference	SD			
Pre interventional menopausal symptoms	14.6		8.03	17.96		6	58	1.84 <sup>NS</sup>	
Post interventional menopausal symptoms t = 4.2537***	7.46	-7.14	4.44	18.96	1	4.83	58	9.58***	
							t = 0.71 <sup>NS</sup>		
Maximum Score = 60							NS = Non Significant		
Minimum Score = 0							*** Significant at p<0.001 level		

There was a significant difference between the pre interventional and post interventional mean score of post menopausal women which is statistically significant at  $p < 0.001$  level.

Hence it was inferred that there was decrease in the menopausal symptoms of experimental group after receiving yoga therapy, so the research hypothesis ( $H_1$ ) was accepted.

## Discussion

Pre-interventional menopausal symptoms among postmenopausal women in Experimental group shows that 80% (24) post menopausal women were having mild symptoms and in Control group shows that (22) 73.33% post menopausal women were having mild symptoms .

Post-interventional menopausal symptoms among postmenopausal women in Experimental group shows that (30) 100% post menopausal women were having mild symptoms. In control group shows that (22) 73.33% post menopausal women were having mild symptoms.

Hence it was inferred that after receiving yoga therapy, there was decrease in post interventional menopausal symptoms among post menopausal women was significant at  $p < 0.001$  level. These findings are supported by a study conducted by Telang M, Chakaravarty D. (2004)<sup>13</sup> study was conducted on effectiveness of yoga on reduction of menopausal symptoms among post menopausal women, that there was decrease in menopausal symptoms how adopted the yoga therapy and significant at  $p < 0.001$  level.

## Conclusion

The findings of the study revealed that most of the post menopausal women had mild symptoms. Yoga therapy was effective in reducing menopausal symptoms among post menopausal women as measured by Modified Greene Climetric Scale.

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