

Effectiveness of Yoga Therapy on Menopausal Challenges Faced Among Post Menopausal Women

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Abstract- The aim of study was to assess the effectiveness of yoga therapy on Menopausal challenges faced among Postmenopausal Women. The data were collected for the experimental (yoga) group and then for the (non- yoga) group. Non probability convenience sampling techniques was used to select 40 samples. For the demographic data, open ended questions were framed to analyze the taboos associated with menopause. Menopausal rating scale was used to assess the level of postmenopausal symptoms, level of satisfaction on yoga therapy. WHO -5- wellbeing scales were used to assess the wellbeing among postmenopausal women. Video assisted yoga intervention was administered to experimental group by the researcher after two weeks followed by which the subjects performed the yoga techniques for a period of 6 weeks, yoga intervention showed statistically reduction scores for menopausal symptoms.

Key words: Effectiveness, Yoga therapy, Menopausal challenges.

INTRODUCTION

Women can bring the changes and build a happier life, when health team is ready to support them in every step of their way. Menopause is the time in your life when you stop having periods because of hormonal changes. This usually happens in your late 40s or early 50s. Projected figures in 2026 have estimated the population in India will be 1.4 billion, people over 60 years 173 million, and the menopausal population 103 million, average age of menopause is 47.5 years in Indian women an average expectancy of 71 years. To improve the quality of life and to decrease the menopausal symptoms a holistic approach in the form lifestyle and behavioral modification are required.

According to experts, Yoga is the most important alternative therapy available to the menopausal women. Yoga is a complementary therapy which is proved to be effective in reducing the menopausal symptoms. The different Asanas help to strengthens and stretch every muscle in the body. Deep breathing exercise and Yoga works on improving blood circulation by maintaining water and air circulation and increasing muscle tone and flexibility. It also massages the internal organs, strengthens the bones, makes heart work efficiently and turns the interior, exterior muscles thus increasing the mood regulating chemicals to the brain. Yoga is increasingly popular throughout the world as a form of physical exercise. Modern form of yoga promotes positive psycho physiological changes in postmenopausal women and may be applied as a complementary therapy towards this population.

Statement of the problem

A study to assess the effectiveness of yoga therapy on menopausal challenges faced among women between the age group of 40-60 years in selected rural area, Allapuzha DT, Kerala.

Objectives

- To assess the pretest level of menopausal challenges among postmenopausal women in the experimental and control group
- To assess the posttest level of menopausal challenges among postmenopausal woman in the experimental and control group
- To find out the correlation between the posttest level on menopausal challenges and wellbeing among women.

HYPOTHESIS

H1=The menopausal problem of women is significantly related with yoga therapy.

H2=There is a significant association between the menopausal problems and the demographic variables among the women.

H3= Menopausal problems and well -being among women are related

METHODOLOGY

The research design selected for the study was quasi experimental research design. Nonprobability

convenient sampling technique was followed to obtain a sample of 400 postmenopausal women, 200 each in yoga and Non yoga group who met the inclusion criteria. Pre assessment done before the intervention in yoga and Non yoga group. Video assisted yoga intervention was administered to experimental group by the researcher after 2 weeks followed by which the subjects performed the yoga techniques for a period of 6 weeks. The posttest done by using the same tool and level of satisfaction, wellbeing index were assessed after intervention. Data were analyzed by analytical and inferential statistics.

Table-1: ASSESSMENT OF PRE TEST LEVEL OF MENOPAUSAL CHALLENGS AMONG MENOPAUSAL WOMEN IN CONTROL AND EXPERIMENTAL GROUP

TEST VARIABLES	t	df	p-value	INFERENCE
Pretest Level of Menopausal Rating Scale of Somatic Domain	-.543	38	.590	NS
Pretest Level of Menopausal Rating Scale of Psychological Domain	-.384	38	.703	NS
Pretest Level of Menopausal Rating Scale of Urogenital Domain	.000	26.590	1.000	NS

*NS = Not Significant S=Significant

The present study shows that the pretest mean score of menopausal symptoms was calculated paired t test value of somatic domain t=-.543, psychological domain t=-.384, urogenital domain t=.000. The calculated p value is P>1, thus it is not significant.

Table -2: ASSESSMENT OF POST TEST LEVEL OF MENOPAUSAL CHALLENGS AMONG MENOPAUSAL WOMEN IN CONTROL AND EXPERIMENTAL GROUP

TEST VARIABLES	t	df	p-value	INFERENCE
Posttest Level of Menopausal Rating Scale of Somatic Domain	10.456	38	.000	S
Post - test Level of Menopausal Rating Scale of Psychological Domain	17.330	38	.000	S
Posttest Level of Menopausal Rating Scale of Urogenital Domain	7.797	38	.000	S

*NS = Not Significant S=Significant

The present study shows that the pretest mean score of menopausal symptom was calculated paired t test value of somatic domain t=10.456, psychological domain t=17.330, urogenital domain t=7.797. The calculated p value is P<1, thus it is significant.

Table-3: ASSESSMENT OF LEVEL OF SATISFACTION ON YOGA INTERVENTION AMONG EXPERIMENTAL GROUP OF MENOPAUSAL WOMEN

TEST VARIABLES	t	df	p-value	INFERENCE
Scale on Satisfaction Regarding Yoga on Researcher Interaction	-11.048	38	.000	S
Scale on Satisfaction Regarding Administration of Yoga	17.750	38	.000	S
Scale on Satisfaction Regarding Effects of Yoga	17.029	38	.000	S

*NS= Not Significant S=Significant

The present study shows that the mean score of level of satisfaction on Yoga intervention among experimental group of menopausal women was calculated by paired t test value of researcher interaction t=-11.048, administration of yoga t=17.750, regarding effects of yoga t=7.797. The calculated p value is P<1 thus it is significant.

CONCLUSION

Wellness and well-being can be achieved. Much evidence showing that yoga as a complementary health approach is effective in improving physical and mental symptoms of menopause has been presented in studies on menopausal women who practice yoga. However, the effect that yoga has on women's health

may not only be limited to healing. In the future, we will investigate the holistic effects of yoga beyond the improvement of symptoms in menopausal women who practice yoga. These results suggest that yoga promotes positive reduction of menopause symptoms in post-menopausal women and may be applied as complimentary therapy towards this population.

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