



Research Article

EFFECTIVENESS OF YOGA THERAPY ON LEVEL OF PHYSICAL AND MENTAL EXHAUSTION AMONG MENOPAUSAL WOMEN RESIDING IN SELECTED VILLAGES AT NAMAKKAL DISTRICT

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ABSTRACT

Menopause, the universal and unavoidable physiological change in a women's reproductive life. It may be a smooth experience for some women with only symptoms of cessation of menstrual flow while for others it is bothersome phase with lots of troubles. Objectives: To assess the effectiveness of Yoga therapy on level of Physical and Mental exhaustion among menopausal women. Materials and Methods: A True experimental research design where pre and post test with control group was used. Samples: Menopausal women with menopausal symptoms at Namakkal (Dt). Multistage sampling technique was used to select the sample. MRS (Menopause Rating Scale) was used to assess the level of menopausal symptoms. Results: The post test mean score for yoga was 18.24 % in experimental group whereas in control group 49.56% showing the difference of 31%. Paired't' test score was 14.73 in experimental group showing the significant effectiveness of yoga therapy. Unpaired't' test score was 7.31 for yoga therapy. Conclusion: There was no significant association between post test physical and mental exhaustion symptoms scores in both groups. It concluded that Yoga therapy was effective in reducing the physical and mental exhaustion among menopausal women.

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INTRODUCTION

Menopause is not a disease or a disorder, and therefore it does not automatically require any kind of medical treatment. However, the physical, mental, and emotional effects of perimenopause are strong enough that they significantly disrupt the everyday life of the woman experiencing them.

Menopause happens in the critical period of women's life when there is a lot of social transition and it coincides with the 'Empty nest syndrome', when children leave home and women find themselves alone with increased incidence of psychosomatic symptoms. Every woman's experience of menopause is unique. She may experience all of the symptoms or none of them. (Pathak V *et al.* (2017).

Shilpa K, Amit R. Ugargol (2015), concluded that about 68.4% of post-menopausal women were in the rural areas of Assam and 55.4% of them had complaints of easy fatigability.

Marya Ahsan, Ayaz Khurram Mallick (2016), conducted a study to assess the menopausal symptoms among peri and post menopausal women in Bihar and the results concluded that

Fatigue, depression, anxiety, hot flashes, and sexual disturbances were the common symptoms that appeared first during the perimenopausal phase. As the age advanced and women progressed in the postmenopausal stage, the urogenital symptoms, fatigue, and generalized body ache became more prominent.

Nayak, *et al* (2016), conducted a study to assess the QOL in perimenopausal women and the findings showed that the menopausal women had experienced the symptoms like Feeling tired or worn out 141 (67.5%), decrease in physical strength and stamina 134 (64.1%) and muscles and joint pain 115 (55.0%).

Being it is a common problem, researcher showed much interest in treating the menopausal symptoms. Even in literature yoga was found to be safe and effective to treat the menopausal symptoms. So, Researcher would like to undertake this project.

Objectives

- To assess the level of physical and mental exhaustion among experimental and control group of menopausal women before and after Yoga therapy.

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- To assess the effectiveness of Yoga therapy on level of physical and mental exhaustion among experimental and control group of menopausal women.
- To find out the association between post test score on level of physical and mental exhaustion among menopausal women in experimental and control group with their demographic variables.

MATERIALS AND METHODS

Research Approach and Design

It is an Evaluative research approach with True experimental research where pre and post test with control group design. The setting for study was Muthu Nagar and Raman Nagar, Namakkal (Dt). The samples for the present study were menopausal women residing in Muthu Nagar and Raman Nagar, Namakkal (Dt), who fulfill the sampling criteria. The sample size was 40 menopausal women, out of which 20 were experimental group and 20 were control group. The “Multistage sampling technique” was used to select the sample.

The inclusion criteria for the study were

Menopausal women with,

- Age group between 45- 60 years
- Who were in normal physiological process
- With menopausal symptoms.
- Who scored more than 22 in MRS.
- Who gave consent to participate in this study
- Who were able to understand and speak Tamil

Along with Demographic variables, MRS (Menopause Rating Scale) was used to identify the level of physical and mental exhaustion among menopausal women.

- Pre test was conducted by using MRS (Menopause Rating Scale) to assess the level of physical and mental exhaustion
- The yoga therapy (Duration of 40 minutes once in a day for 1 week) was demonstrated to experimental group
- Posttest was conducted with same pretest tool after 1 week.

Validity and Reliability: The content validity of the demographic variables and MRS (Menopause Rating Scale) was validated in consultation with guide and field of experts. The tool was modified according to the suggestions and recommendations of the experts

- Split Half method (Cronbach's Alpha) was used to find out the reliability of the MRS (Menopause Rating Scale). ($r^1 = 0.83$)
- The stastical analysis was done by Descriptive Statistics: Frequency & Percentage. Mean and Standard Deviation and Inferential Statistics by Mean and Standard Deviation, ‘t’ test and Chi – square test

RESULTS

Table 1

Section A: Frequency and percentage distribution of samples according to their demographic variables

Demographic Variables	Experimental group (N ₁ =20)		Control group (N ₂ =20)	
	Frequency	Percentage	Frequency	Percentage
Age in Years				
a. 45 – 48	6	30	5	25
b. 49 – 52	5	25	7	35
c. 53 – 56	5	25	4	20
d. 57 – 60	4	20	4	20
Education				
a. No formal education	5	25	5	25
b. Primary education	7	35	8	40
c. Secondary education	7	35	6	30
d. Higher secondary education	1	5	1	5
e. Graduate	-	-	-	-
Occupation				
a. Housewife	6	30	3	15
b. Sedentary workers	6	30	6	30
c. Moderate workers	5	25	7	35
d. Heavy workers	3	15	4	20
Religion				
a. Hindu	14	70	12	60
b. Muslim	4	20	5	25
c. Christians	2	10	3	15
d. Others	-	-	-	-
Source of information				
a. Neighbours	8	40	9	45
b. Relations	9	45	7	35
c. Mass media	3	15	3	15
d. Health professionals	-	-	1	5

Table 2 Section B: Frequency and percentage distribution of pre & post test scores of level of physical and mental exhaustion among menopausal women in experimental group and control group after yoga therapy.

Level of physical & mental exhaustion symptoms	Experimental group (N ₁ = 20)				Control group (N ₂ = 20)			
	Pre test score		Post test score		Pre test score		Post test score	
	Frequency (N)	Percentage (%)	Frequency (N)	Percentage (%)	Frequency (N)	Percentage (%)	Frequency (N)	Percentage (%)
No symptoms	-	-	-	-	-	-	-	-
Mild	-	-	6	30	-	-	-	-
Moderate	7	35	14	70	12	60	11	55
Severe	13	65	-	-	8	40	9	45
Very severe	-	-	-	-	-	-	-	-

In pre & post test scores on level of physical and mental exhaustion among menopausal women depicts that in experimental group, in pretest majority 13(65%) of them had severe symptoms and 7 (35%) of them had moderate symptoms whereas in post test 14 (70%) of them had moderate symptoms and 6(30%) of them had mild symptoms, whereas in control group, in pretest majority 12 (60%) of them had moderate symptoms and 8 (40%) of menopausal women had severe symptoms whereas in posttest also 11 (55%) of them had moderate symptoms and 9 (45%) of them had severe symptoms. It seems that the yoga therapy was effective in reducing the physical and mental exhaustion among menopausal women in experimental group than control group. *The result was similar to a study conducted by Hoda Abdel-Azim Mohamed (2015), The most consistent symptom in the study group was physical and mental exhaustion. It was observed that Physical and mental exhaustion (86.96%) was also found to be one of the commonest findings in the Indian population.*

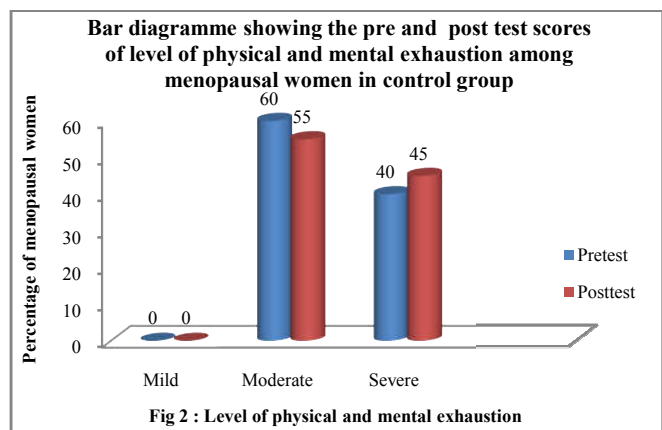
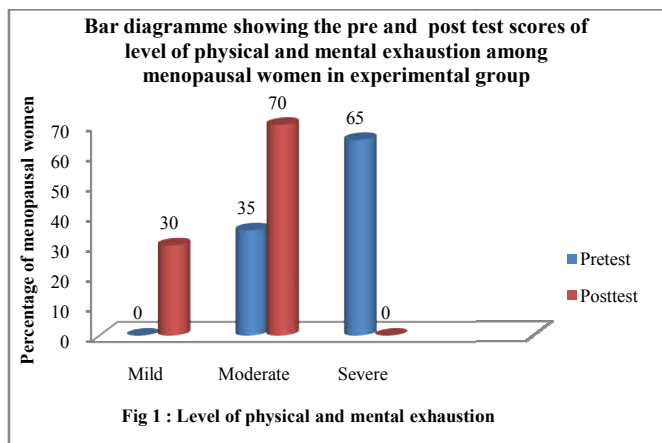


Table 3 Section C: Area – wise Mean and SD and Mean percentage pre and post test score on Physical and mental exhaustion symptoms among experimental group before and after yoga therapy

Area-wise Level of Physical and mental exhaustion	Max score	Pretest			Post test			Effectiveness in Mean %
		Mean	SD	Mean %	Mean	SD	Mean %	
General decrease in performance	4	1.21	0.42	42	0.27	0.46	36	6
Impaired memory	4	1.47	0.66	60	1.26	0.72	38	22
Decrease in concentration	4	1.62	0.64	59	1.56	0.65	42	17
Forgetfulness	4	1.02	0.69	58	1.05	0.46	37	21
Overall	16	13.9	0.82	56.73	10.64	0.91	38.25	18.48

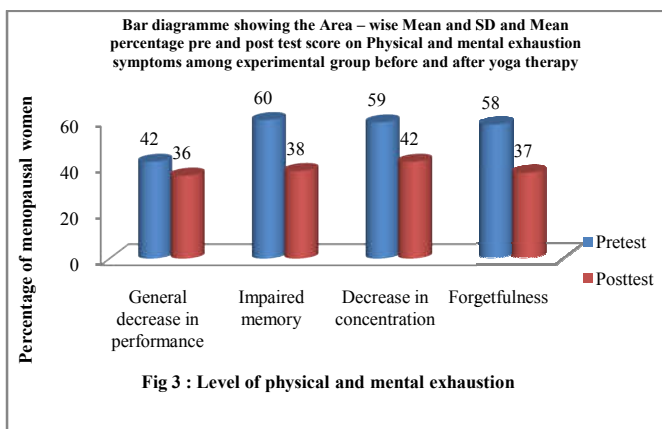


Table 4 Paired ‘t’ values of Physical and mental exhaustion symptoms of experimental group and control group after yoga therapy

S.No	Menopausal Symptoms	Paired ‘t’ Value			
		Experimental Group	Level of Significant	Control Group	Level of Significant
1	Physical and mental exhaustion symptoms	14.73	Significant	0.327	Not Significant

df – 19 (n-1) Table Value = 2.093 ($P < 0.05$ Significant)

Paired ‘t’ test Physical and mental exhaustion symptoms score was 14.73 in experimental group and 0.327 in control group. It was high when compared to table value (2.093) and shows that yoga therapy was effective in reducing the physical and mental exhaustion symptoms among menopausal women in experimental group than control group.

Table 5 Unpaired ‘t’ test value of post test scores of level of Physical and mental exhaustion symptoms among experimental group and control group of menopausal women after Yoga therapy

S. No	Level of Menopausal symptoms	Unpaired ‘t’ value	Level of significant
1.	Physical and Mental exhaustion symptoms	7.31	$P < 0.05$ Significant

df=38 Table Value=2.021 Significant at $P < 0.05$

Unpaired ‘t’ test to analyze the effectiveness between post test scores of experimental group and control group on level of Physical and mental exhaustion symptoms and it shows that moderately significant difference and the score was 7.31. It was high when compared to table value (2.021). It revealed that the yoga therapy was effective in reducing the Physical and mental exhaustion symptoms among menopausal women.

CONCLUSION

- Prior to implementation of yoga therapy, menopausal women had moderate and severe Physical and mental exhaustion symptoms. The effectiveness was evaluated by post test scores; the mean score on level of Physical and mental exhaustion symptoms was reduced from 57 to 38 after yoga therapy with the difference in mean % of (18%). The study results shows that menopausal women showed highly significant reduction in Physical and mental exhaustion symptoms ($P < 0.05$).
- No significant association was found between post test Physical and mental exhaustion symptoms scores and their demographic variables.

DISCUSSION

Highest percentage (30%) of women were in the age group of 45-48 years in experimental group whereas (35%) of women in control group were in the age group of 49- 53 years, in both the groups, (35% & 40%) of them had primary education, (30%) of them were sedentary workers in experimental group and 35% of them were moderate workers in control group. In both group, the menopausal women were Hindus (70% and 60%) respectively. The study findings reveals that the post test scores on Physical and mental exhaustion symptoms after Yoga therapy in experimental group shows that 70% of the menopausal women had moderate symptoms and 30% of menopausal women had mild symptoms and in control group,

45% of the menopausal women had severe symptoms and 55% of menopausal women had moderate symptoms. Paired 't' test scores on level of Physical and mental exhaustion symptoms among experimental group of menopausal women after yoga therapy shows significant difference (14.73, TV = 2.093). Unpaired 't' test score on level of Physical and mental exhaustion symptoms shows that moderately significant difference (7.31, TV= 2.021) and it revealed that the yoga therapy was effective in reducing the Physical and mental exhaustion symptoms among menopausal women. There was no significant association between post test level of Physical and mental exhaustion symptoms scores when compared to demographic variables in both experimental and control group.

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