



EFFECTIVENESS OF HEALTH EDUCATION PAMPHLET ON KNOWLEDGE ON PRANAYAMA ON MANAGEMENT OF MENOPAUSAL SYMPTOMS AMONG MENOPAUSAL WOMEN AT SELECTED URBAN AREAS OF TRIPATHI, AP

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ABSTRACT

Menopause is a part of every woman's life. When a woman's reproductive system slows down and eventually stops, and this stage usually occurs between the age of 40- 60 yrs which is associated with hormonal, physical and psychological changes. Yoga keeps body and mind in sound health. Women practicing yoga from their middle age period hardly notice the onset as well as passing away of the menopause period. Yoga can help to eliminate many of the uncomfortable physical and emotional feelings associated with menopause. Objectives: To. assess the knowledge regarding management of menopausal symptoms among menopausal women, 2.To evaluate effectiveness of health education pamphlet on knowledge regarding pranayama on management of menopausal symptoms among menopausal women and 3. To elicit the post-test knowledge score regarding pranayama on management of menopausal symptoms among menopausal women. **Methodology:** Pre-experimental one group and pre and post-test (Experimental design) was adopted among 30 menopausal women by non-probability purposive sampling technique, Structured questionnaires was used for assessing the knowledge on the effectiveness of health education pamphlet knowledge regarding pranayama on management of menopausal symptoms among menopausal women. The reliability of the tool was established by inter-rater method. The correlation value $r=0.8$ was a significant association between post-test knowledge scores regarding pranayama on management of selected menopausal symptoms with age, educational status and type of work.

Key words: Menopause, pranayama, reproductive age

INTRODUCTION

A holistic approach to women's health programmes direly needs to focus on all the stages of life-cycle only by addressing distinctive concern of each stage and there can be significant improvement in women's overall being¹. Menopause is a part of every woman's life. When a woman's reproductive system slows down and eventually stops, and this stage usually occurs between the age of 40 and 60 yrs which associated with hormonal,

physical and psychological changes. This is called menopause. and occur when ovaries are removed or stopped reproductive functioning and the ovaries stop producing oestrogen by causing the reproductive system to gradually or abruptly shut down². Menopause is not an illness but it is a natural biological process. The common symptoms of it include irregular menstruation changes in sexual desire, hot flashes, profuse night sweats, insomnia, fatigue, headache, vaginal dryness and urinary problems changes in appearances, mood changes, sleep disturbances, palpitations, backache, memory loss & depression. Moreover, it may also lead to the risk for heart diseases and osteoporosis occurs after menopause. With these symptoms, the woman may also have increasingly erratic menstrual periods.³

The clinical features of menopause are caused by lessening the amounts of oestrogen, progesterone and testosterone in the woman's body⁴. Menopausal symptoms affect 80 per cent of ladies who are approaching menopause suffering with uneasiness. Some women easily adopt the changes without any comforts. Typical menopausal symptoms such as hot flushes or night sweats are caused by changing hormonal levels in the female reproductive system⁴. Hot flushes rise to a maximum of 65 per cent one to two years after cessation of menses and decline thereafter. Muscle and joint aches were reported in 30 per cent of women who were regularly menstruating and this rose to 50 per cent three years after menopause.⁵ Depression is not a feature of the menopausal years. The same is true of irritability though it increases slightly in the menopausal transition, from 28 per cent in normally menstruating women to 37 per cent during the climacteric. Yoga keeps body and mind in sound health. Women practicing yoga from their middle age period hardly notice the onset as well as passing away of the menopause period. Yoga can help to eliminate many of the uncomfortable physical and emotional feelings associates with menopause⁶. Pranayama (breath control) literal meaning of pranayama is the breath control. The aim of practising pranayama is to stimulate, regulate and harmonies vital energy of the body. Just as a bath it is required for purifying the body, so pranayama is required for purifying the mind and the body.⁷

NEED FOR STUDY

Yoga is an ancient Indian science and way of life that includes the practice of specific regulated breathing and meditation. The word 'yoga' derived from Sanskrit root 'yuj' meaning to bind the yoke. It is the true union of our will with the will of God. Yoga makes the functioning organs and has good effect on internal functioning of the human body. Yoga changes man with good views and attitude towards life. Yoga Sana and pranayama all today recognized as techniques that can improve muscle strength, flexibility, blood circulation and oxygen uptake as well as hormone function at the gross level. Pranayama practice facilitates integrated approach of yoga that combines physical postures meditation together with the national, correction based on Philosophy of yoga was found to improve both cognitive and motor functions. This improvement was believed to be due to coordination, attention, concentration and relaxation with these promising benefits of yoga, we could yoga may be effective in treating the clinical symptoms of menopause

STATEMENT OF THE PROBLEM

Effectiveness of health education pamphlet on knowledge regarding pranayama on Management of menopausal symptoms among menopausal women at selected urban areas Tripathi, Andhra Pradesh.

OBJECTIVES

1. To assess the knowledge regarding management of menopausal symptoms among menopausal women
2. To evaluate effectiveness of health education pamphlet on knowledge regarding pranayama on management of menopausal symptoms among menopausal women
3. To elicit the post-test knowledge score regarding pranayama on management of menopausal symptoms among menopausal women

OPERATIONAL DEFINITIONS

Health Education Pamphlet

It refers to a paper folded into three which consists of information regarding pranayama on management of menopausal symptoms among menopausal women.

Pranayama

The process of inhale and exhale the breath through right nose by closing the left nose, repeat the same for left nose by closing the right nose and these can be repeated for 10 to 15 times twice a day for 4 weeks in morning and evening before food.

Menopausal Symptoms

It refers to symptoms such as hot flushes, profuse night sweating, fatigue, head ache and insomnia. Menopausal Women It refers to the women aged 40-50 years with the cessation of menses. A natural decline in reproductive hormone is noticed when a woman reaches 40-50 years of age.

METHODOLOGY

Quantitative research approach has been harnessed. The research design is pre experimental one group and pre and post-test was adopted (experimental design). Independent Variable: Health education pamphlet knowledge regarding pranayama on management of menopausal symptoms among menopausal women. Dependent Variable: Knowledge regarding management of Menopausal symptoms among the menopausal women on pranayama. Demographic Variables Age in years, education, occupation, type of work, type of food, mode of delivery, number of deliveries. The study was conducted in urban area at Chennareddy Colony for experimental group in Tirupathi. The urban area was selected on the basis of 1) Geographical proximity, 2)Availability of subjects and 3)Feasibility in conducting the study. Population includes all menopausal women who are aged above 40-50 years and willing to participate. The sample size comprises 30 menopausal women who fulfilled the inclusion criteria and samples were selected by non-probability purposive sampling technique

RESULTS AND DISCUSSION

Analysis and interpretation were done with the help of descriptive and inferential statistics to meet the objectives of the study.

Knowledge score of Menopausal women

The frequency and percentage of distribution of knowledge score of menopausal women according to level in pre-test and post-test on Pranayama on management among menopausal women were presented in the Table 1.

Table 1
knowledge score of Menopausal Management among menopausal women

Sl. No.	Categorization	Pre-test		Post-test	
		Frequency	%	Frequency	%
1	Below average	11	36.7	0	0%
2	Average	18	60.0	6	20%
3	Above average	1	3.30	24	80%

Table 1 portrays that 11 women (36.7%) have below average knowledge level in pre-test whereas non found in post-test, 18 women (60%) have an average knowledge level in pre-test whereas in post-test 6 women (20%) have an average knowledge level. In case of above average knowledge level only 1 woman (3.3%) found in pre-test whereas in post-test 24 women (80%) have above average knowledge level. These differences indicate that the health education pamphlet has highly influenced menopausal women.

Knowledge Score of Menopausal Women on Pranayama

The frequency and percentage of distribution of knowledge score of Menopausal women according to level in pre-test and post-test on Pranayama (n=30) have been elicited and the results are dovetailed in the Table 2.

Table 2
Knowledge Score of Menopausal Women on Pranayama

Sl. No.	Categorization	Pre-test		Post-test	
		Frequency	%	Frequency	%
1	Below average	9	30.00	0	0.00
2	Average	20	66.70	11	36.70
3	Above average	1	3.39	19	63.30

The above Table depicts that knowledge regarding Pranayama among Menopausal women, 9 (30%) were with below average knowledge level in pre-test whereas in post-test were found nil, 20 (66.7%) were with average knowledge level in pre-test whereas 11 (36.7%) were average knowledge level in post-test, above average knowledge level in pre-test were found only 1 (3.3%) whereas 19 (63.3%) were with above average knowledge level in post-test. These differences indicate that health education pamphlet highly influenced in

menopausal women regarding knowledge on Pranayama.

Paired t-test

The mean knowledge scores of pre-test and post-test and the results of paired t-test on pranayama on management of the selected among menopausal women were presented in the Table 3.

Table 3
Knowledge scores of pre-test and post-test

Test Statistic	Pre-Test	Post-Test	Df
Mean	16.53	23.67	29
Standard Deviation	4.05	2.40	29
Paired t-test	13.60*		2.27

The table 3 explicitly presents that the mean scores in pre-test were at 16.53 while in post-test the mean scores were at 23.67 and show major difference in mean scores. The standard deviation in pre-test was 4.05 and it is 2.40 in post-test and shows decrease in deviation. The paired 't' value is 13.60 and significant at 5 per cent level and thus it can be inferred that there is substantial mean difference in knowledge scores between pre-test and post-test. So also there is substantial difference in standard deviation in knowledge scores between pre-test and post-test.

Knowledge scores and paired t-test on Menopause and Pranayama

The pre-test and post-test mean knowledge scores and paired t-test on both the areas of knowledge on pranayama on management of selected menopausal symptoms among menopausal women have been computed and the results are dovetailed in the Table 4.

Table 4
Knowledge scores and paired t-test on Menopause and Pranayama

Sl. No.	Areas of Knowledge	Test statistic	Pre-test	Post-test
1	Knowledge on Menopause	Mean	11.30	16.10
		Standard Deviation	3.30	2.02
		Paired 't' value	9.99*	
2	Knowledge on Pranayama	Mean	5.23	7.57
		Standard Deviation	1.30	1.22
		Paired 't'- test	11.69*	
29df		Tablet-value 2.75	P<0.01	

The table 4 depicts that the mean knowledge on pranayama in the pre-test was at 5.23 with standard deviation of 1.30. The the mean knowledge and standard deviation in the post-test were 7.57 and 1.22. It shows that the mean knowledge on pranayama increased from pre-test to post-test. Similarly the standard deviation shows that the deviation on knowledge on pranayama has been decreased from pre-test to post-test. The

calculated 't' value was 11.69, which is higher than the table 't' value of 2.75 at 29df and thus significant at 5 per cent. It can be inferred that the man knowledge of women on menopause significantly improved.

Regarding the knowledge on Pranayama, the mean knowledge score in the pre-test was at 11.30 and it was with standard deviation of 3.30 and the mean knowledge and standard deviation in the post-test were 16.10 with 2.02. It shows that the mean knowledge on menopause was increased from pre-test to post-test. Similarly the standard deviation shows that the deviation on knowledge has been decreased from pre-test to post-test. The calculated 't' value was 9.99, which is higher than the table 't' value of 2.75 at 29df and thus significant at 1 per cent. It can be inferred that the man knowledge of women on pranayama significantly improved.

CONCLUSION

Menopause is a part of every woman's life and occurs between the age of 40 and 60 yrs. It causes irregular menstruation changes in sexual desire, hot flashes, profuse night sweats, insomnia, fatigue, headache, vaginal dryness and urinary problems. Yoga keeps body and mind in sound health. Women practicing yoga from their middle age period hardly notice the onset as well as passing away of the menopause period. The aim of practising pranayama is to stimulate, regulate and harmonies vital energy of the body. The impact of health education pamphlet on pranayama on management of selected menopausal symptoms, the knowledge scores of the menopausal women has been increased. The health education pamphlet has highly influenced menopausal women and their knowledge on Pranayama. The results indicated that there is substantial difference in standard deviation in knowledge scores on menopause of women between pre-test and post-test. Moreover, the man knowledge of women on menopause knowledge of women on pranayama significantly improved.

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