



▼ POST GRADUATES ABSTRACTS

PG - 87 : A STUDY TO ASSESS THE EFFECTIVENESS OF SELECTED YOGASANAS ON MENOPAUSAL SYMPTOMS AMONG MENOPAUSAL WOMEN AT KIRUMAMPAKKAM, PUDUCHERRY

Parameshwar P, M.Sc (N) II Yr,
Department of Community Health Nursing,

Kasturba Gandhi Nursing College, Puducherry

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. The limbs of yoga therapy namely asana, pranayama and dhyana promote positive health, vitality, sense of wellbeing and increased quality of life. They are also effective in controlling and managing stress related, chronic degenerative, age and life style related disorders.

Objectives: To assess the menopausal symptoms among menopausal women. To evaluate the effectiveness of selected yogasanas on menopausal symptoms among menopausal women. To associate the menopausal symptoms with the selected demographic variables of menopausal women.

Methodology: Pre-Experimental design was adopted for the study. The population of the study was Menopausal women with the age group of 40-55 years who are all having the menopausal symptoms. 60 samples were selected by purposive sampling technique. Pretest and posttest done for both groups by using menopausal rating scale. Yogasanas was given at the interval of one hour daily for 4 weeks and posttest level of menopausal symptoms assessed by using Menopausal Rating Scale.

Results: The finding reveals that the posttest score is significantly lesser than the pretest score of menopausal symptoms and also there was a significant reduction in the posttest group and the p' value 0.002 level. It indicate reduction in the symptoms due to the effect of intervention of yoga.

Conclusion: Thus the study concludes that yogasanas is effective in reducing menopausal symptoms and should be considered as alternative therapy for the management of menopausal symptoms.