

# A Study To Assess The Knowledge Of Yoga Therapy On Menopausal Symptoms Among Women Residing In Rural Areas Of Shimoga

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## Abstract

Menopause is the complete cessation of menstrual cycle for 12 consecutive months without undergoing any surgical measures is considered as menopause for women. Women experiences lots of physical discomforts during menopause due to the changes in the physiological and psychological state. Certain poses of yoga are rewarding in reducing the difficulties causing by menopause. As the body experiences menopausal changes such as degeneration of joints and muscle loss can be reduced by certain yoga poses. Yoga also reduces the emotional symptoms. The study was done to enhance the knowledge of yoga therapy on menopausal problems among the women with the age group of 40 to 55 years by educating them with the help of pamphlet and videos. Researcher used non experimental approach and descriptive survey method for this study. Data collection was done from 60 women residing in the villages of Shimoga by using the tool contains social demographic data and questionnaire to assess the knowledge on yoga theory on menopausal problems. At the end the results depicted that women having adequate knowledge 58% regarding yoga therapy on menopausal problems, about 23% having moderate knowledge and about 18% inadequate knowledge on the same. Menopause is the complete cessation of menstrual cycle for 12 consecutive months without undergoing any surgical measures is considered as menopause for women. Women experiences lots of physical discomforts during menopause due to the changes in the physiological and psychological state. Certain poses of yoga are rewarding in reducing the difficulties causing by menopause. As the body experiences menopausal changes such as degeneration of joints and muscle loss can be reduced by certain yoga poses. Yoga also reduces the emotional symptoms. The study was done to enhance the knowledge of yoga therapy on menopausal problems among the women with the age group of 40 to 55 years by educating them with the help of pamphlet and videos. Researcher used non experimental approach and descriptive survey method for this study. Data collection was done from 60 women residing in the villages of Shimoga by using the tool contains social demographic data and questionnaire to assess the knowledge on yoga theory on menopausal problems. At the end the results depicted that women having adequate knowledge 58% regarding yoga therapy on menopausal problems, about 23% having moderate knowledge and about 18% inadequate knowledge on the same.

## INTRODUCTION

Menopause is the complete cessation of menstrual cycle for 12 consecutive months without undergoing any surgical measures is considered as menopause for women. Women experiences lots of physical discomforts during menopause due to the changes in the physiological and psychological state. During menopause women faces the physical problems like hot flashes, upset in the digestive system, tiredness, episodes of sweating, sexual problems, vaginal dryness, bladder problems, joint pain and muscular discomforts etc. Very commonly they face the psychological problem such as stress, depression, lack of sleep, anger, hesitation, etc.

Certain poses of yoga are rewarding in reducing the difficulties causing by menopause. As the body experiences menopausal changes such as degeneration of joints and muscle loss can be reduced by certain yoga poses. Yoga also reduces the emotional symptoms. Poses like Shoulder stand (Salamba Sarvangasana), Marichi's Pose (Marichyasana A), Head-to-Knee Forward Bend (Janu Sirsasana), Reclining Bound Angle Pose (Supta Baddha Konasana), Downward-Facing Dog (Adho Mukha Svanasana), Reclining Hero Pose (Supta Virasana), Bridge Pose (Setu Bandha Sarvangasana), and Wide-Legged Forward Bend (Prasarita Padottanasana) are helpful relieves stress and depression, and reduces the joint and muscle pain, improves digestion, reduces insomnia, and reduces flatulence constipation and obesity. Hot flashes are the common complaint of women during menopause. Performing restorative and cooling poses as daily routine reduces this symptom effectively.

Worldwide menopausal health gains more importance. Even though menopausal age changes to women symptoms starts before the last menstrual periods. These symptoms do have a larger outcome on women's physical and psychological well-being. The development and progressive estrogen deprivation have a sequential outcome on early symptoms and later complications of menopause.

In India, 71 million people are above 60 years of age and 43 million among menopausal women. It is estimated which by 2026, there will be 173 million people over 60 years of age of that 103 million are menopausal women. Average age of menopause in Indian women is 47.5 years with a life expectancy of 71 years of menopause women. With enhancing longevity, around 85% of the women spend more than one-third of their lives in the postmenopausal period and connect the outcome of endocrine insufficiency. The average age of menopause in India was 44.3 years. It is estimated that 3.1% of Indian women in the age 30-40 years obtain menopause. The goes up to 8% for the age group of 35-39. The incidence soars after the age of 40 years.

According to Indian menopause society research, statistics states in 2026 that 65 million Indian women will be there in the age of 45 and 1.4 billion people over the age of 60 and 173 million in that 103 million will be the menopausal population. Currently in demographic trends, menopausal and postmenopausal health become the major public health issue.

In Uttarakhand, age of menopause was  $45.02 \pm 4.35$  years. The age of menopause of rural and urban women in Eastern India is  $46.14 \pm 4.47$  years whereas in Kerala it was 48.26 years. As per the prevalence statistics 72.9% women suffering with headache, 58.9% with dysuria, 57% with forgetfulness, emotional problems with 90.7% musculoskeletal problems 53.3%, sexual problems 31.8%, genital problems 9.3% and changes 8.4%.

**P.Shanthi (2019)** conducted an experimental study on the effectiveness of yoga therapy on menopausal symptoms among the postmenopausal women in selected rural areas at Madurai District. By using purposive sampling 210 postmenopausal women selected. Data collected by using Menopausal symptoms scale. The results depicted that variables educational status having significant association with effectiveness of yoga. Conclusion of the study was regular of yoga therapy reduces the menopausal symptoms effectively.

## STATEMENT OF THE PROBLEM:

A study to assess the knowledge of yoga therapy on menopausal symptoms among women residing in rural areas of Shimoga.

## OBJECTIVES OF THE STUDY:

1. To assess the knowledge of yoga therapy on menopausal problems among women residing in rural areas of Shimoga.
2. To compare the relationship between the knowledge score related with selected socio demographic data such as age, attained menopause, education, occupation, religion, marital status, family income, age of menstruation, dietary pattern, and knowledge on yoga.
3. To prepare a health education pamphlet and video of knowledge regarding yoga therapy on menopausal problems.

## HYPOTHESIS:

Hypothesis was tested at 0.05 level of significance. There was significant relationship between levels of knowledge with demographic variables.

**Research Approach:** Non experimental approach was adopted.

**Research Design:** The research design used for this study was Descriptive survey Design.

**Study Setting:** Rural areas of Shimoga District, Karnataka State.

**Target population:** 60 women within the age of 40 to 55 years residing in the rural areas of Shimoga District.

**Sample and Sampling Technique:** I adopted simple random sampling method. (Lottery method)

## Development and Description of tool:

Semi structured questionnaire was prepared to assess the knowledge level of yoga therapy on menopausal problems.

**Part I:** Socio demographic status 10 items.

**Part II:** Knowledge about yoga therapy on menopausal problems 24 items.

**Section A:** Knowledge regarding menopausal problems 7 items.

**Section B:** Knowledge regarding yoga therapy 9 items.

**Section C:** Knowledge about reducing the menopausal problems by using yoga therapy 8 items

## Sample Selection Criteria:

### Inclusion Criteria:

- Women residing in the rural areas of Shimoga.
- Women within the age group of 40 to 55 years.
- Women who are willing to participate.
- Women present at the time of study.

#### Exclusion Criteria:

- Women residing in urban areas.
- Women not attained menarche
- Women who undergone Hysterectomy.

**Data collection procedure:** After getting permission from the higher authorities questionnaire were distributed and data collected.

**Data analysis:** Data collected were entered in the master sheet. Socio demographic data and knowledge of yoga therapy on menopausal problems were analyzed in the form of frequencies percentage, mean, standard deviation and mean score percentage.

#### Findings related to knowledge of yoga therapy on menopausal problems among women

##### Distribution of frequency percentage of demographic variables (N – 60)

Age	40-43	23.36
	44-47	33.25
	48-51	39.35
	52-55	4.04
Attained menopause	Yes	76.45
	No	23.55
Education	Primary level of Education	29.32
	Secondary level of Education	41.34
	Higher level Education	14.32
	Graduate and above	15.02
Occupation	Self employed	13.31
	Private sector	32.98
	Government Sector	11.32
	House wife	42.39
Religion	Hindu	43.98
	Muslim	28.32
	Christian	25.69
	Others	2.01
Marital Status	Married	85.67
	Unmarried	9.03
	Widower	2.01
	Divorced / Separated	3.29
Monthly family income	Less than 10000/- Rs	45.23
	10001-15000/- Rs	30.31
	15001-20000 Rs	15.78
	20001 and above	8.68
Age of Menstruation	11-13 years	21.76
	14-16 years	67.45
	17- years and above	10.79
Dietary pattern	Vegetarian	22.39
	Non vegetarian	77.61
Do you have knowledge about yoga therapy?	Yes	23.65
	No	76.35

#### CONCLUSION:

Results of the study revealed that women having adequate knowledge 58% regarding yoga therapy on menopausal problems, about 23% having moderate knowledge and about 18% inadequate knowledge on the same. Educating women regarding yoga therapy will helps them to get a maximum level of relaxation from the menopausal problems.

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