

## **“A Study to Assess the Practice of Yoga among Women in Menopause at Selected Areas of Thiruvallur District, Tamil Nadu”**

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### **ABSTRACT**

Women's life and health at every age is very precious they should take care of themselves and women have large role and responsibilities for her family and the society, so she must stay fit and healthy. However ageing is a natural process. For a female ageing will start after the 20 weeks of her gestation. Whereas the life expectancy of a women across the globe by the year 2025 may rise and reach to 82 years in all the developed countries. The current study **Objectives taken in consideration for the present are:** 1. To assess the level of Performance of yoga among women in menopause 2. To associate the Practice Score of yoga with selected demographic variables among women in menopause **Methodology:** Quantitative research approach was adopted for this study to accomplish the objectives of the study.

### **Keywords**

Assess, Level of Practice, Yoga, Women in Menopause.

### **INTRODUCTION**

Women's life and health at every age is very precious they should take care of themselves and women have large role and responsibilities for her family and the society, so she must stay fit and healthy. However ageing is a natural process. For a female ageing will start after the 20 weeks of her gestation. Whereas the life expectancy of a women across the globe by the year 2025 may rise and reach to 82 years in all the developed countries.

Hence the investigator felt the need to conduct a research to assess the practice of yoga among the menopausal women's.

### **THE PROBLEM STATEMENT**

**“A study to assess the practice of Yoga among women in menopause at selected areas of Thiruvallur District, Tamil Nadu”**

### **Objectives**

- To assess the level of Performance of yoga among menopausal women.
- To associate the Practice Score of yoga with selected demographic variables among menopausal women

### **METHODOLOGY**

#### **The Research Approach of the Current Study**

The research approach of the current study was Quantitative Research Approach.

### **RESEARCH DESIGN ADOPTED FOR THE CURRENT STUDY WAS**

Descriptive Research Design

## **VARIABLES OF THE STUDY ARE**

### **The Independent Variables Practice of Yoga**

Dependent Variables  
Menopause Symptoms in Women

## **SETTING OF THE STUDY**

The investigator conducted the study in selected sub urban areas of Thiruvallur

Population of the Study

## **SAMPLE AND SAMPLE SIZE**

The samples were menopausal women's fulfilling the inclusive criteria

### **SAMPLE SIZE**

125 menopausal women

## **SAMPLING TECHNIQUES**

Sampling technique used to select the samples of the study was Non probability convenience

## **DEVELOPMENT AND DESCRIPTION OF THE TOOL**

The tool was developed by the researches by taking support of the expert members and also by referencing different review of the study .The data collected through the questionnaire used in the present study had the following components:

### **Section A:** Assessment of Selected Demographic Variables

- Variables of the menopausal women are with selected demographic variables.

### **Section B:** Practice checklist to assess the practice of different types of Yoga among women in menopause.

## **CONTENTVALIDITY**

Content validity of instrument was done by panel of experts in the fields of Nursing Research, Obstetrician and Statistician. The experts' suggestions were considered and changes were done in the toll as required before the use of the tool in this study.

## **RELIABILITY**

Reliability of the tool was measured, The reliability calculated r value was 0.78.Hence the tools was considered for the study.

## DATA ANALYSIS AND INTERPRETATION

### Selected Population tally

**Table 1:** Frequency and Percentage Distribution of Population Tally of Menopausal Women

Population Tally	(n=125)	
	n	%
<b>1. Age (in years)</b>		
a. 45 – 50	48	38.4
b. 51 – 55	37	29.6
c. 56 – 60	40	32.0
<b>2. Religion</b>		
a. Hindu	110	88.0
b. Christian	13	10.4
c. Muslim	2	1.6
<b>3. Marital Status</b>		
a. Married health family life	72	57.6
b. Married unhealthy family life	5	4.0
c. Widow	47	37.6
d. Unmarried	1	0.8
<b>4. Type of Family</b>		
a. Nuclear family	92	73.6
b. Joint family	33	26.4
<b>5. Number of Living Children</b>		
a. No issues	2	1.6
b. One	3	2.4
c. Two	17	13.6
d. Three	36	28.8
e. Four and above	67	53.6
<b>6 (I). Have Male Children</b>		
a. Yes	103	83.7
b. No	22	16.3
<b>6 (II). Number of Male Children</b>		
a. One	40	38.8
b. Two & above	63	61.2
<b>7. Family Size</b>		
a. 01	12	9.6
b. 02	15	12.0
c. 03	29	23.2
d. 04	69	55.2
<b>8. Education of the Women</b>		
a. Primary school education	89	71.2
b. Middle school education	11	8.8
c. High school education	16	12.8
d. Higher Secondary education	5	4.0
e. College & above education	4	3.2
<b>9. Occupation of the Women</b>		
a. Home maker	99	79.2
b. Unprofessional labour	17	13.6
c. Professional labor	6	4.8
d. Professional	3	2.4

<b>10. Family Income (per year)</b>		
a. up to 5000k	96	76.8
b. 5000-10 k	24	19.2
c. 10k to 15 k	5	4.0
d. 15k to 20 k	0	0.0
e. 20 k and above	0	0.0

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Health Related Variables	n	%
<b>1. Any Other Diseases</b>		
a. Diabetes Mellitus	24	
b. Cardiac diseases	0	
c. Hypertension	31	19.2
d. Bronchial asthma	1	0
e. Any other mention	1	
f. No disease	79	
<b>2. Do you seek medical advice for your health problems</b>		
a. Yes	123	98.4
b. No	2	1.6

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Economic Variables	n	%
<b>1. Economic dependency</b>		
a. Independent	38	30.4
b. Partially dependent	66	52.8
c. Fully dependent	21	16.8
<b>2. Debts in the family</b>		
a. Yes	91	72.8
b. No	34	27.2

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Family Relationship	n	%
<b>1. Husband</b>		
a. No Support	54	43.5
b. Mild Support	70	56.4
c. Good Support	0	0
<b>2. In laws</b>		
a. No Support	45	36.3
b. Mild Support	79	63.7
c. Good Support	0	0
<b>3. Relatives</b>		
a. No Support	46	36.8
b. Mild Support	79	63.2
c. Good Support	0	0
<b>4. Children</b>		
a. No Support	61	49.2
b. Mild Support	63	50.8
c. Good Support	0	0

Social Support System	n	%
<b>1. Neighbors</b>		
a. Not Perceived	1	0.8
b. Weak	97	77.6
c. Strong	27	21.6
<b>2. Friends</b>		
a. Not Perceived	1	0.8
b. Weak	100	80.0
c. Strong	24	19.2
<b>3. Relatives</b>		
a. Not Perceived	1	0.8
b. Weak	46	36.8
c. Strong	78	62.4

**Table 2:** The Distribution of Level of Performance of Yoga among Menopausal Women's  
Level of Performance (n = 125)

Duration of Study	Poor Performance (< 50%)		Moderate Performance (50-75%)		Good Performance (>75%)	
	n	%	n	%	n	%
<b>6 weeks</b>	1	0.8	11	8.8	113	90.4

**Table 3:** Mean and SD of Steps in Practice of Yoga  
(n = 125)

Steps of Yoga	Practice Scores	
	6 Weeks	
	Mean	S.D
Pre Performance	7.27	1.17
Shawasana	4.75	0.43
Artha Halasana	6.6	1.03
Artha Padmasana	5.23	0.96
Parvathasana	4.5	0.86
Pranayama	5.66	0.61
Dhyana	8.1	1.18
Total	42.12	4.19

**Table 4:** Association between Practice Score with Related Study Demographic Variables among Menopausal Women

Demographic Variables	Practice Score After 6 Weeks			ANOVA F value And P value
	n	Mean	S.D	
<b>1. Age (in years)</b>				
a. 45years – 50years	48	40.65	5.43	F= 5.551
b. 51 years – 55years	37	43.46	2.65	P < 0.01
c. 56years – 60years	40	42.65	3.04	(Significant)
<b>2. Religiosity</b>				
a. Hinduism	110	42.05	4.22	F= 0.188
b. Christianity	13	42.54	4.39	P= 0.823 (N.S)
c. Muslim	2	43.50	0.17	

3. Marital Status				
a. Married health family life	72	42.17	4.42	F= 0.275 P= 0.843 (N.S)
b. Married unhealthy family life	5	43.40	2.79	
c. Widow	47	41.87	4.03	
d. Unmarried	1	44.00	0.00	
4. Type of Family				
a. Nuclear family	92	41.98	4.44	F= 0.396 P= 0.530 (N.S)
b. Joint family	33	42.52	3.43	
5. Number of Living Children				
a. No issues	2	41.40	3.13	F= 0.263 P= 0.901 (N.S)
b. 1	3	42.94	1.78	
c. 2	17	41.78	4.16	
d. 3	36	42.06	5.44	
e. 4 and above	67	42.25	3.84	
6 (I). Have Male Children				
a. Yes	103	42.18	4.36	F= 0.137 P= 0.712 (N.S)
b. no	22	41.82	3.39	
6 (II). No of Male Children				
a. 01	40	42.00	5.24	F= 0.116 P= 0.734 (N.S)
b. 02 or more	63	42.30	3.73	
7. Family Size				
a. 1	12	42.83	3.69	F= 0.862 P= 0.463 (N.S)
b. 2	15	42.07	3.15	
c. 3	29	41.07	5.81	
d. 4	69	42.45	3.64	
8. Education of the Women				
a. Primary school education	89	41.62	4.64	F= 1.217 P= 0.307(N.S)
b. Middle school education	11	43.82	2.36	
c. High school education	16	43.13	2.83	
d. Higher Secondary education	5	43.80	2.28	
e. College & above education	4	42.50	1.00	
9. Occupation of the Women				
a. Home maker	99	42.13	4.50	F= 0.534 P= 0.660 (N.S)
b. Unprofessional labour	17	41.35	3.04	
c. Professional labor	6	43.83	1.72	
d. Professional	3	42.67	1.15	
10. Family Income (per year)				
a. up to 5000k	96	42.01	4.30	F= 0.352 P= 0.704(N.S)
b. 5000-10 k	24	42.25	4.08	
c. 10k to 15 k	5	43.60	2.61	

Family Relationship	Practice Score after 6 weeks			ANOVA F value and P value
	n	Mean	S.D	
<b>1. Husband</b>				
a. No Support	54	41.89	4.64	F = 0.250
b. Mild Support	70	42.27	3.87	P = 0.618 (N.S)
<b>2. In laws</b>				
a. No Support	45	41.80	4.54	F= 0.369
b. Mild Support	79	42.28	4.03	P= 0.545 (N.S)
<b>3. Relatives</b>				
a. No Support	46	42.04	3.90	F= 0.024
b. Mild Support	79	42.16	4.38	P= 0.877 (N.S)

#### 4. Children

a. No Support	61	41.03	5.12	F= 8.254 P < 0.01 (Significant)
b. Mild Support	63	43.14	2.74	

## RESULT

The study findings about the Level of Performance of yoga among menopausal women reveals that 90 % of them had Good Performance (>75%) 8.8 % had Moderate Performance (50-75%) and 0.8 % had Poor Performance (< 50%) while performing the yoga. Also the result about relationship of yoga Practice Score with population tally suggests us that there is an significant association between the age of the menopausal women's. And family relationship of the menopausal women's, with their level of yoga practice.

## CONCLUSIONS

The study result reveals that Level of Performance of yoga among menopausal women was Good in 90 % menopausal women's. Continues health education on the importance of the yoga during the menopausal period can improve the wellbeing of these women. Women need motivation and good trainers to flex their physique

## RECOMMENDATIONS

The following recommendation can be given for the above study recommends the following

- A similar study may be conducted were the sample size can be larger and the population can be taken from various settings.
- An comparative study between the rural and urban menopausal women
- Can be conducted to compare the results in different settings.

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