

Research Methods

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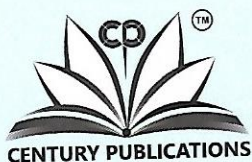
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A STUDY TO THE ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON YOGA AND MEDITATION RELATED MENOPAUSAL SYMPTOMS IN TERMS OF KNOWLEDGE AMONG MENOPAUSAL WOMEN OF RURAL AREAS OF GANDHINAGAR DISTRICT GUJARAT STATE

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ABSTRACT

Menopausal symptoms such as hot flashes, sleep disturbances, and mood swings can significantly impact the quality of life for women, particularly in rural areas where awareness of effective management strategies is often limited. Many women in these communities lack access to information about non-pharmacological interventions like yoga and meditation. This study aimed to assess the effectiveness of a planned teaching programme (PTP) in improving knowledge about the use of yoga and meditation for managing menopausal symptoms among women in the rural areas of Gandhinagar district.

This study employed a quantitative, evaluative approach using a quasi-experimental, one-group pre-test post-test design. The sample consisted of 60 menopausal women from selected rural areas within the Gandhinagar district. A structured knowledge questionnaire was administered to assess participants' baseline knowledge on the topic (pre-test). Following this, a planned teaching programme focused on using yoga and meditation to manage menopausal symptoms was delivered as the intervention. The same questionnaire was used to measure knowledge again after the programme (posttest) to evaluate its effectiveness.

The data analysis revealed a substantial improvement in knowledge following the intervention. The mean pre-test knowledge score was 8.5, which increased significantly to a mean post-test score of 17.8. This represents a mean knowledge gain of 9.3 points. The increase was found to be statistically significant at the 0.05 level, as the calculated 't' value of 12.1 was greater than the tabulated 't' value of 1.67, confirming the effectiveness of the teaching programme.

The findings demonstrate that the planned teaching programme was highly effective in significantly improving the knowledge of menopausal women regarding the use of yoga and meditation for managing their symptoms. The study highlights that targeted educational interventions are a valuable and powerful strategy for empowering rural women with safe, low-cost, and non-pharmacological methods to enhance their quality of life during menopause. This outcome has direct and practical implications for community nursing practice, suggesting that health education can play a crucial role in promoting self-care and well-being in underserved populations.

Keywords: Menopause, Menopausal Symptoms, Yoga and Meditation, Rural Areas, Menopausal Transition, Effectiveness

Introduction

The word menopause derives from a Greek word. Meri which means month⁴ and pausis⁴ which means

between the ages of 45-55 years. A woman may experience an early menopause if both ovaries are removed. Other causes of a premature menopause include chemotherapy radiation therapy to the pelvis autoimmune disease.

According to Greendale (1999) common terms that are used to classify stages of menopause women are experiencing are: premenopausal, perimenopausal, and postmenopausal periods. The premenopausal periods include women that experience irregular bleeding patterns and suffer from some menopausal symptom. This is the last period before menopause does not occur abruptly. Postmenopausal women are defined as women who have not had a period for 12 months consecutively or more.

Menopause is a natural biological process that marks the end of a woman's reproductive life, accompanied by a range of physical, psychological, and emotional symptoms such as hot flashes, mood disturbances, mood swings, fatigue, and anxiety. These symptoms can significantly impact the quality of life among menopausal women, especially in rural areas where awareness and access to healthcare resources are limited. In many parts of the world, including developing countries, there is limited awareness about menopause, and often lack access to healthcare and health education. As a result, many continue to suffer in silence without seeking appropriate coping strategies. Yoga and meditation have been increasingly recognized as effective, low-cost, and non-invasive methods for alleviating menopausal symptoms. Research from countries like the USA, Australia, Japan, and Sweden have demonstrated the psychological benefits of these practices, including improved sleep, reduced stress, and better hormonal balance.

Objective of the Study

To assess the knowledge of menopausal symptoms before and after the planned teaching programme on yoga and meditation among menopausal women of rural areas of Gandhinagar district Gujarat state.

To assess the effectiveness of planned teaching programme on yoga and meditation in improving the knowledge of menopausal women of rural areas of Gandhinagar district Gujarat state.

Review of Literature

The review of literature for the present study has been organized under the following topics: Studies related to effectiveness of planned teaching programme on yoga and meditation; Studies related to knowledge of menopausal symptoms.

Studies related to awareness of knowledge and of menopausal symptoms.

Vikramjit Bhagwan Girdi, 'Vaishali Taksande', (2023); A descriptive investigation to assess the knowledge and attitude regarding selected aspects of menopause among menopausal women at Aurangabad district. The study was used 40 subjects who were selected. The investigator used the tool structured interview questionnaire to collect data. The knowledge was low in pretest and it was increased after teaching programme.

Shilpa B Hirani (2007); A descriptive cross-sectional study examined the knowledge and attitude of women with menopausal symptoms. Results marked

Nigeria. The study population consisted of women of premenopausal and menopausal age from 40 to 60 years and above. The simple random sampling technique was employed in selecting 800 market stalls from which 500 respondents were also randomly selected. A pretested semi-structured questionnaire with a reliability coefficient of 0.79 was used to collect data which were there after retrieved, sorted out and analyzed using descriptive statistics, percentages and Analysis of Variance. Of the 400 respondents 25.4% were within ages 40 and 50 years, 48.5% between 51 and 60 years and 26.1% were 61 years or more. Among them 81% were married, 7% widowed and 12% divorced. Also, 9.4% were holders of Grade II teachers' 18 certificate, 11.3% were secondary school certificate holders, 15.1% read up to primary six level while the remaining 64.2% had no formal education. The five hypothesis raised were all accepted based on the result of Analysis of Variance. It was therefore concluded that women of premenopausal, perimenopausal and menopausal age need to be enlightened on strategies required to cope with menopausal age, and that with good, reliable and appropriate information coupled with a lot of reassurance, menopause can be managed, such that those concerned can continue to live a normal life at menopause.

Ahmad Ali Eslami, (2014), this cross-sectional study was conducted on 400 healthy and non-menopause women aged 40-45 years. The stratified sampling method was used and participation in this study was based on obtaining informed consent. The data collection instrument was a questionnaire consisting of three parts: demographic information, questions to assess knowledge and attitude investigation questions. Findings: The results showed that the average knowledge score of subjects was 63.57 $\pm$ 10.79, and their average attitude score was 61.21 $\pm$ 12.73. In this study, 8% of the subjects had poor knowledge, 68% had moderate knowledge and 38.5% had good knowledge. Meanwhile, 81.5% of the women had a positive attitude toward menopause. The correlation test showed that knowledge and attitude are meaningfully related to economic status and education level. But, the relationship between knowledge and attitudes of women under study was not significant.

Research Methodology:

Research Approach

The present study aimed at finding out knowledge regarding among menopausal women living in selected rural area at Gandhinagar District of Gujarat State. Research approach indicates the basic procedure for conducting research. A quantitative research approach was used in this study to assess the effectiveness of planned teaching programme on yoga and meditation related menopausal 22 symptoms in terms of knowledge of among menopausal women of rural area of Gandhinagar Gujarat state.

Quantitative research approach has been used in this study to assess of the effectiveness of planned teaching programme on yoga and meditation related of menopausal symptoms in terms of knowledge of among menopausal women of rural area of Gandhinagar Gujarat state.

Research design selected for the present study is one group design. The investigator developed structured knowledge questionnaire for evaluation of pretest and posttest knowledge and MCQ for evaluation of practice. This design helped the investigator to manipulate the independent variable Planned teaching program on yoga and meditation and to observe its effect on the dependent variables knowledge and practice among sample. In one group pretest posttest design, the dependent variables is measured before the independent variable is applied after an appropriate period of time has elapsed and then the dependent variable is measured again.

Independent variable: Independent variable is the variable that stands alone and is not influenced by any other. In this study, the effectiveness of planned teaching programme on yoga and meditation related menopausal symptoms is independent variable.

Dependent variable: Dependent variable is the variable that depends on or is influenced by the independent variable. In this study the dependent variable is knowledge regarding yoga and meditation related menopausal symptoms of women of selected rural area of Gandhinagar district, Gujarat state.

Research Setting:

The present study was conducted in selected area of Gandhinagar district of Gujarat state. The proximity economy in terms of time quick accessible transportation lack of information regarding meditation regarding menopausal symptoms of menopausal women. Investigator conducted study in the Gandhinagar District of Gujarat State. The setting of this study was in the selected area of Gandhinagar District of Gujarat State.

In this study population consist of the among menopausal women of selected rural area of Gandhinagar district of Gujarat state. In this study, target population consists of among menopausal women of selected area of Gandhinagar district of Gujarat state.

Sample Size: The investigator will select 60 mothers at selected area of Gandhinagar district of Gujarat state.

Sample population The investigator selected 60 post-menopausal women of Gandhinagar district of Gujarat state.

Sampling technique Sampling technique is procedure which the researcher uses to select a sample for the study.

In this study, the investigator utilized simple random techniques (lottery method) to select a sample of Gandhinagar district of Gujarat state.

Criteria for sample selection

- 1. Must be resident of Gandhinagar district and willing to participate
- 2. Women between the age of 45 – 60 years.
- 3. Women having menopause.
- 4. Who are present at the time of data collection
- 5. Who can read and write in Gujarati

Selection and Rational of the Tool for the Data Collection:

Investigator developed a MCQs based questionnaire to assess the knowledge of menopausal women of selected area of Gandhinagar district of Gujarat state.

Description of Tool

Section A: Demographic Data This section consisted of questions related to the demographic variables were age, education, occupation, marital status, family size and source of information.

Section B: Structure Questionnaire to Knowledge for Assessing on Consequences of Menopause This section consisted of questions related to the knowledge of menopause, early menopause, symptoms of menopause, and management of menopause.

prevention of menopause in terms of frequency and percentage of the data. Women's knowledge was assessed through different areas of structured questionnaire tools.

Method /Procedure For The Data Collection:

Before starting data collection, investigator, obtained a formal permission from the consent authority, medical officer of the institute of Gandhinagar city. There was a good cooperation from all the concerned authorities. Investigator submitted data collection schedule to the research guide and according to list and collected the data. Investigator conducted the present 32 study in selected PHC of Gandhinagar city. The present questionnaires on swine flu awareness and administered followed by information booklet and after that posttest questionnaires was administered.

For the data from the structured knowledge questionnaire before and after administration of planned teaching program will be analyzed using mean, SD, calculated 't' will be presented in the form of tables and graphs. For the structured observational checklist after administration of planned teaching program Analysis is the systematic and organization and synthesis of research data and the testing of research hypotheses using data. The analysis of data was done on the basis of objectives and hypothesis both quasi experimental were planned for analysis.

Analysis And Interpretation:

The data were analyzed and interpreted in terms of objectives of the study. Descriptive and inferential statistics were utilized for the data analysis. Following were the major findings of the research study Finding related to the demographic variables of the samples: According to rural areas, majority of 48% samples were in age group 41-55 years, 30% samples were belonged to 56-60 years, 14% samples were belonged to above 60 year of age, least samples (8%) were belonged to age group 40 years. In rural areas, according to education, majority of 53% samples were primary education, 38% sample had done secondary schooling, 8% have done high secondary schooling, least samples (1%) were graduate.

In rural areas, maximum (80%) was house wife, 18% were professional, and least samples (2%) were self-employment. In rural areas, according to family income per monthly, in rural areas, highest samples (43%) were belonged to between 6000-10,000, samples (27%) were belonged to 3000-5000, samples (23%) were belonged to below 3000, least samples (7%) were belonged to above 10,000.

In rural areas, according to marital status, majority samples (67%) were married, 17% were widow, 13% were unmarried, and least samples (3%) were divorces. In rural areas, according to source of information, maximum samples (57%) got information from family/friend, 25% got information from health person, and 18% got information from mass media.

Analysis and interpretation of data collected from 60 sample to assess the effectiveness of planned teaching programme on yoga and meditation related menopausal symptoms in term knowledge among menopausal women of rural areas of Gandhinagar District of Gujarat State. For the knowledge the calculated 't' 12.1 is significantly is greater than the tabulated 't' 1.67. So that there is significant increasing knowledge of sample after administration of information booklet. This clearly indicate that the planned teaching programme was assess the effectiveness of planned teaching programme on yoga and meditation related menopausal symptoms in term knowledge among menopausal women of rural areas of Gandhinagar District of Gujarat State.

Conclusions

The findings of the study revealed that the planned teaching programme was the knowledge of menopausal women regarding yoga and meditation as n for managing menopausal symptoms. The post-test knowledge scores were pre-test scores, indicating a marked improvement in the understanding of m benefits of yoga and meditation after the intervention.

The findings of the study have several implications in the nursing practice, n research. Nursing Practice Role of Nurses are multifaceted and numerous. N and also teachers. They are a vital link in the Health Care delivery system. N and guide in a community setting. Hence Nurse can play a crucial role in ir in menopause and by giving health education for the prevention of compli and changing desirable attitudes among women living in rural areas.

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