Original Research Article

Effectiveness of RED Intervention on Symptoms among Post Menopausal Women in Selected Villages at Nellore, Andhra Pradesh

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ABSTRACT

Background: Menopausal is physiological process that happens to every woman as she attains late adult age. Awareness about menopausal problems and their management will help all women to cope up with the changing situation. [1]

Aim: The aim of the study was to evaluate the effectiveness of red intervention on symptoms among post menopausal women' in selected villages.

Objectives: 1. To assess the symptoms among post menopausal women. 2. To assess the effectiveness of Relaxation, Exercise and Diet on symptoms among post menopausal women. 3. To associate the effectiveness of RED intervention on symptoms among post menopausal women with their selected socio demographic variables.

Methods: A quantitative approach with a Quasi experimental- Non equivalent experimental and control group design, 60 menopausal women were selected by using non-probability convenient sampling technique.

Results: Study revealed that, In experimental group in pre-test no one had mild symptoms, 6(20%) had moderate symptoms, 24(80%) had severe symptoms and none of them had very severe symptoms where as in post test 5(16.7%) had mild symptoms and 21(70%) had moderate symptoms, 4(13.3%) had the severe symptoms, no one had the very severe symptoms. In control group in pre-test 2(6.7%) had mild symptoms, 11(36.7%) had moderate symptoms 14(46.6%) had the severe symptoms 3(10%) had the very severe symptoms where as in post test no one had mild symptoms and 10(33.3%) had moderate symptoms, 13(43.3%) had the severe symptoms, 7(23.4%) had the very severe symptoms.

Conclusion: The study concluded that the preterm initiatives such as massage, eye care, cord care, kangaroo mother care and breast feeding were highly effective on preterm neonatal outcome.

Keywords: RED intervention, menopausal symptoms, menopausal women.

INTRODUCTION

Menopause is the permanent cessation of menstruation resulting from the loss of follicular activity of the ovaries. During the transition to menopause, women may experience vasomotor, urogenital, psychosomatic and physiological symptoms as well as sexual dysfunction. After menopause women may have dyspareunia because of shrinkage or adhesions of the vaginal canal caused by tissue atrophy. [5] Relaxation techniques, meditation and yoga relieve menopausal symptoms. But many women find that relaxation and meditative exercises help them cope better with the stress of everyday life, feel better about their

body and stay mobile. Relaxation technique includes rhythmic breathing. Recall relaxation, breathing techniques, meditation, yoga or tai chi can help relieve menopause symptoms such as improving muscle strength and flexibility, or strengthening bones. Sports can also help people to relax and lift their mood. [2]

Kegel exercise or the pelvic floor muscles, exercises deep breathing exercise which supports the uterus, bladder, rectum, and small intestine. Incorporating Kegel exercises into daily routine can help ward off pelvic floor problems, including urinary and fecal incontinence, and it can also improve sexual life. [2]

Diet recommend eating nuts, nut oils and various other vegetable oils to help relieve menopause symptoms, but the effect they have has not been well studied. Many experts recommend a diet rich in soy products such as those containing soy flour or soy milk. Hence Relaxation Exercise Diet is a basic thing which will help to relieve symptoms of post menopausal women. [3]

NEED FOR THE STUDY

WHO (2012) estimates that there are 2 billion people in worldwide who suffer from post menopausal symptoms. Global statistics of 2 billion women postmenopausal women among them 76.3 million women are diagnosable with orthopaedic problems in India 62.5 million women are suffering postmenopausal symptoms. [4] In Andhra Pradesh 26% of women population are having postmenopausal symptoms. The Governmental statistics (2013) shows that 79.7% of adult women above 50yrs of age suffering with post menopausal symptoms. [6]

A study was conducted by determine the prevalence and severity of menopausal symptoms and related factors among women, of 40-60 years in Kashan, Iran. In this cross-sectional study, 700 menopausal women were selected using cluster sampling. Data were collected by using the Menopause Quality of Life Questionnaire (MENQOL). Data were analyzed using SPSS software version 16 and socio-demographic characteristics were compared using a chi-square test with P value < 0.05 was considered significant. The result show that there was a statistically significant difference between; the severity of menopausal symptoms and working status (P=0.017), different educational levels (P=0.001), exercise activity (P=0.001), exercise frequency (P=0.04), and duration of menopause (P=0.03). Employment, higher educational levels, doing physical activity and duration of menopause of more than five years is associated with milder menopausal symptoms. [3]

PROBLEM STATEMENT
A study to assess the effectiveness of RED intervention on symptoms among post menopausal women' in selected villages, Nellore

OBJECTIVES OF THE STUDY
1. To assess the symptoms among post menopausal women
2. To assess the effectiveness of Relaxation, Exercise and Diet on symptoms among post menopausal women
3. To associate the effectiveness of RED intervention on symptoms among post menopausal women with their selected socio demographic variables.

HYPOTHESES:
RESEARCH HYPOTHESES
H$_1$: There is a statistically significant difference on symptoms among post menopausal women after RED intervention
H$_2$: There is a statistically significant association between n the effectiveness of RED intervention among post menopausal women with their selected socio demographic variables

DELIMITATIONS
The study is delimited to,
- menopausal women residing in selected village of Nellore
- A sample size is 60 post menopausal women.

- Duration of 6 weeks of data collection

MATERIALS AND METHODS

Research approach: The quantitative research approach.

Research design: Quasi experimental- Non equivalent experimental and control group design

Setting: The study was conducted in rural areas like Doddarajapalem and Vaddepalem at Nellore

Target population;- The target population is all post menopausal women

Accessible population; Post menopausal women living in selected villages, Nellore.

Sample: Samples of the study are women above 45 years of age who attained menopause and residing in selected villages, Nellore and who fulfill the inclusion criteria.

Sampling Technique:- Non probability-convenience sampling technique

Sample Size:- 60 women with menopausal symptoms.

Criteria for sample selection

Inclusion Criteria:

1. Women who attained menopause and living in a selected villages
2. Who are willing to participate in the study.
3. Women who can read and write Telugu and English

Exclusion Criteria:

1. Women with other systemic diseases. or gynaecological problems
2. Women who is on hormonal therapy

Variables of the Study:

1. Independent variables- Relaxation ,Exercise, and Diet intervention
2. Dependent variable- menopausal symptoms

Demographic Variables;-

The demographic variables it includes age in years, education, occupation, family income, and menopause attained age, dietary pattern, and source of information.

Extraneous Variable;-

The extraneous variable includes Medications

Description of the Tool

The tool is divided in to two parts.

PART- A: – Socio demographic data.

It consists of items regarding demographic variables such as age in years, education, occupation, family income, menopause attained age, dietary pattern, and source of information.

PART-B: - Structured rating scale to assess the menopausal symptoms.

Score interpretation:

Score	Criteria
0	No Symptoms
1-40	Mild Symptoms
41-80	Moderate Symptoms
81-120	Severe Symptoms
121-160	Very Severe Symptoms

PART-C: RED INTERVENTION PROTOCOL ON MENOPAUSAL SYMPTOMS

RED Intervention	Procedures
R-Relaxation	• Bhramari pranayama • Nostril breathing • Relaxation breathing (3 to 5 mts to perform daily)
E-Exercises	• Kegel exercises (one time & do the same set 3-4 times a day with and 3-5 mts / day) Deep berthing (10 times) • Walking • Anulom – vilom pranayama
D-Diet	• It includes high protein and calcium diet. (includes egg, milk, lime water, once a day, drumstick green leafy vegetables and red gram dhal)

RESULTS & DISCUSSION

Table-1: Frequency and percentage distribution of symptoms among postmenopausal women in experimental group (N=30)

S. No	Menopausal symptoms	Experimental group			
		Pre-test		Post test	
		F	%	F	%
1.	Mild symptoms	-	-	5	16.7
2.	Moderate symptoms	6	20	21	70
3.	Severe symptoms	24	80	4	13.3
	Total	30	100	30	100

Table-1 shows that post menopausal symptoms among experimental group in pre-test, 6(20) had moderate symptoms, 24(80) had severe symptoms and whereas in post test 5(16.7) had mild symptoms, 21(70) had moderate symptoms, 4(13.3) had severe symptoms.

Table-2: Frequency and percentage distribution of symptoms among postmenopausal women in Control group. (N=30)

S. No	Menopausal symptoms	Control group			
		Pre test		Post test	
		F	%	F	%
1.	Mild symptoms	2	6.7	-	-
2.	Moderate symptoms	11	36.7	10	33.3
3.	Severe symptoms	14	46.6	13	43.3
4.	Very severe symptoms	3	10	7	23.3
	Total	30	100	30	100
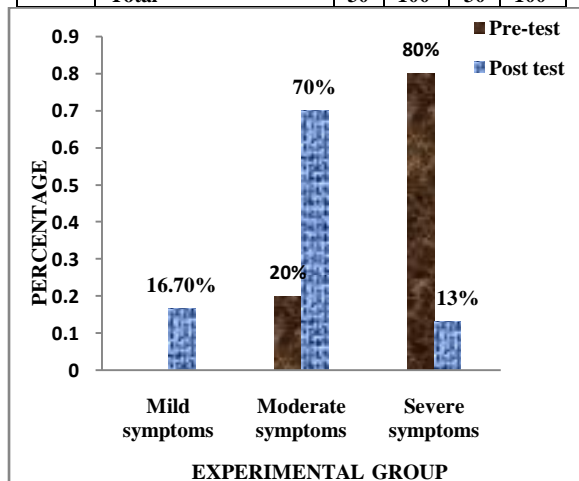
2(6.7) had mild symptoms, 11(36.7) had moderate symptoms 14(46.6) had severe symptoms and 3(10) had very severe symptoms. In post test, 10(33.3) had moderate symptoms, 13(43.3) had severe symptoms, and 7(23.4) had very severe symptoms.

Fig-1: Frequency and percentage distribution of symptoms among postmenopausal women in experimental group.
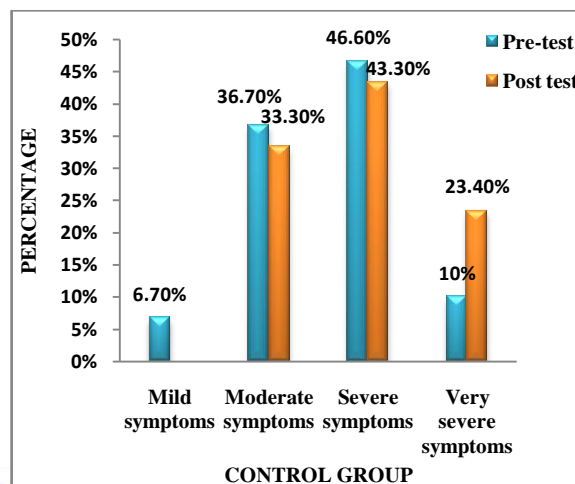

Fig-2: Frequency and percentage distribution of symptoms among postmenopausal women in Control group.

Table-2: shows that post menopausal symptoms among control group in pre-test,

Table -3: Comparison of mean and standard deviation of pre-test and post test score on symptoms among Experimental, and Control group. (N=60)

S. No	Menopausal symptoms	Pre Test		Post Test		Paired 't' test
		Mean	S.D	Mean	S.D	
1.	Experimental group	95.07	11.588	53.37	13.599	C= 13.819 T= 2.76 P <0.01 S **
2.	Control group	83.67	24.953	98.17	27.729	C= - 2.193 T= 2.04 P <0.01 NS

Table-4: Effectiveness of relaxation exercises and diet among postmenopausal women in experimental group and control group after intervention. (N=60)

S.no	Post test	Exp. group		Control group		Independent "t" test
		Mean	S.D	Mean	S.D	
1	Postmenopausal symptoms	53.37	13.599	98.17	27.729	C= 16.246 T= 2.04 df=29 P <0.05 S*

V. Association between menopausal symptoms and socio demographic variables in experimental and control group:

In experimental group, there was a significant association between age in years, dietary pattern, source of information and Menopause attained at the age. And in control group, age in years, family income has got association with menopausal symptoms.

MAJOR FINDINGS OF THE STUDY:

❖ In experimental group in pre-test no one had mild symptoms, 6(20%) had moderate symptoms, 24(80%) had severe symptoms and none of them had very severe symptoms where as in post test 5(16.7%) had mild symptoms and

21(70%) had moderate symptoms, 4(13.3%) had the severe symptoms, no one had the very severe symptoms.

❖ In control group in pre-test 2(6.7%) had mild symptoms, 11(36.7%) had moderate symptoms 14(46.6%) had the severe symptoms 3(10%) had the very severe symptoms where as in post test no one had mild symptoms and 10(33.3%) had moderate symptoms, 13(43.3%) had the severe symptoms, 7(23.4%) had the very severe symptoms.

❖ The pretest mean score of experimental group is 95.7 with standard deviation of 11.88. The post test mean was 83.67 with standard deviation of 24.953 .The calculated value of paired 't' test is 13.819 and table value is 2.76. The table value lesser than calculated value, hence there is a statistical significant difference at the level of $p < 0.05$. Hence, the null hypothesis is rejected and research hypothesis is accepted. In experimental group the calculated value is greater than the table value, hence there is a significant difference at the level $P < 0.05$. This indicates that RED was effective on reducing the menopausal symptoms among postmenopausal women.

❖ In experimental group, there was a significant association between age in years, dietary pattern, source of information and Menopause attained at the age. And in control group, age in years, family income has got association with menopausal symptoms.

CONCLUSION

The study concluded that RED intervention-such as Relaxation, Exercise, and Diet therapy were highly effective in controlling menopausal symptoms among menopausal women.

RECOMMENDATIONS

• A similar study can be replicated on large sample size, in different settings with in different population.

• A similar study can be conducted to find the effectiveness of relaxation exercises and diet among postmenopausal women

• A comparative study can be done by between relaxation exercises and diet among postmenopausal women

• A similar study can be done by comparing the effectiveness of relaxation exercises and diet among postmenopausal women in community setting

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