

## Effect of Yoga on Insomnia among Post Menopausal Women in Selected Rural Areas at Vadodara

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### Abstract

**Introduction:** Sleep disturbances have been a major concern of physicians, psychologists and social scientists especially since last few decades because of the rising trend of different sleep disorders. Sleep is clearly necessary for survival, because prolonged sleep deprivation leads to physical and cognitive impairment. **Objectives:** A study was conducted to evaluate the effect of yoga on insomnia among post-menopausal women in selected areas of Vadodara. **Material and Method:** The research approach used was Quantitative. The study was conducted using pre-experimental design with one group pre-test and post-test, on 30 post menopausal women in rural area of Vadodara using non-probability convenient sampling. The data were tabulated and analyzed in terms of objectives of the study, using descriptive and inferential statistics. **Results:** In the pre-test post-menopausal women had 55.83% level of insomnia and mean score was  $40.20 \pm 8.24$ . In the post-test post-menopausal women had average 35.28% of insomnia and mean score was  $25.40 \pm 5.73$ . The post-test mean insomnia score was significantly lesser than the pre-test mean insomnia score, indicating the effectiveness of yoga. **Conclusion:** The study findings revealed that yoga was highly effective in improving sleep quality of post-menopausal women.

**Keywords:** Evaluate; Effect; Yoga; Insomnia; Post

menopausal women.

### Introduction

Woman is a precious creature of God. She has many roles in the society to perform being a daughter, sister, wife and a mother. She works easily with the opposite sex at work place but also has responsibilities to perform as a home maker and to rear a child. In order to perform these functions effectively her health needs has to be taken care and requires more attention.[1]

During menopausal period women experience both physiological as well as psychological changes. Physiological changes include hot flushes, joint pain, irritable bowel movements, weight gain and hair loss. Psychological changes include anxiety, depression, sleep disturbance and stress. Women experiences stress in many ways and can be external and internal. It can cause changes in body images, attitude towards ageing and also leads to mood changes.[2]

Menopause is a complex time in a woman's life leading to both physical and emotional challenges. Menopause currently affects the lives of millions of women globally and will be an issue of increasing concern as the

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population ages over the next few decades. The word menopause literally means the permanent physiological or natural cessation of menstrual cycle. In other words, menopause means the natural and permanent stopping of monthly reproductive cycles, which is usually manifest as a permanent absence of monthly periods or menstruation. Post-menopause refers to the period of life after menopause has occurred. It is generally believed that the postmenopausal phase begins when 12 full months have passed since the last menstrual period. From then on, a woman will be postmenopausal for the rest of her life.[3]

The best management of menopausal problems is accepting it with ease. Lord Krishna in Bhagavadgita says Yoga is nothing but equanimity towards the pairs of opposites like happiness and sorrow, loss and victory etc. Accepting the unavoidable is the best way to counter it. Human life is a continuous process of changes and menopause is one of them. Accepting this fact reduces major fraction of the problems since it induces a psychological strength to combat the same. Thus a psychological adaptability along with a few yogic practices may be sufficiently helpful for a woman in facing menopause, one of the major turning points of her life.[4]

Nurses play a vital role in maintaining women's health and to make them aware about menopause and stress related to it. Menopausal stress is usually mild to moderate. Some women may go through severe level of stress. The nurse should educate them to practice some sort of relaxation techniques, yoga or exercise to practice in daily life and give psychological support to the menopausal women.[5]

## Material & Method

A quantitative research approach was used, with one group pre-test post-test pre-experimental research design. The study was conducted among post menopausal women in rural area of Vadodara. The sample for the present study comprised of 30 post-

menopausal women in rural area of Vadodara, selected through convenient sampling technique. Data collection tool consisted of 2 sections.

*Section I* consisted of items related to selected demographic data of sample and *Section II* was a structured insomnia rating scale, having 24 items. To ensure content validity of the tool, the self structured rating scale was given to 7 experts. The experts were selected based on their clinical expertise, experience and interest in the problem being studied. They were requested to give their opinions on the appropriateness and relevance of the items in the tool. The experts were from the field of Nursing, Psychiatry and Psychology. Modifications of items in terms of simplicity and order were made. The reliability was established by using spearman brown spilt-half method and test retest method. The reliability value of 0.81 indicated that the tool was reliable.

To conduct research study at rural area of Dabhoi tehsil at Baroda, formal written permission was obtained from the superintendent of Dabhoi Community health center. Data were collected from 30 subjects who met the inclusion criteria as per the study. The questionnaire was distributed for pre test and instructions were given on answering the questionnaire and doubts were clarified. Each post menopausal woman took an average of 15-20 minutes to complete the pre-test. On the 1<sup>st</sup> and 2<sup>nd</sup> day, the pre-test data was obtained using structured rating scale. Then from 3<sup>rd</sup> day to 18<sup>th</sup> day, 30 minutes' planned yoga was administered. On the 18<sup>th</sup> day and 19<sup>th</sup> day post-test was conducted using the same tool to assess the level of insomnia.

The data were analyzed using both descriptive and inferential statistics on the basis of the objectives and hypothesis of the study.

## Findings

### *Description of Sample Characteristics*

14 (46.7%) post menopausal women belonged to the age group of above 52 years of age. 24