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## **Effectiveness of mindfulness based stress reduction on perceived stress among perimenopausal women at Sri Narayani hospital and research Centre, Vellore**

**Gandhimathi S and Dr. P Muthumari**

### **Abstract**

The aim of this study is to assess the effectiveness of mindfulness based stress reduction on perceived stress among Perimenopausal women. A pre experimental one group pre-test and Post-Test design with non probability purposive sampling technique was chosen for this study. The sample size consist of 40 perimenopausal women, who are coming for Sri Narayani Hospital and Research Centre, Vellore. The data was collected by means of demographic variables and 'Cohen' scale. These tools were used to assess the level of perceived stress for perimenopausal women. The data was analysed by descriptive and inferential statistics.

The major findings of the study revealed that pre-test mean value of perceived stress was 134.2. After the intervention given the Post-Test mean value of perceived stress was 98.125. The paired't' value of the perceived stress is 344.98. Hence there was significant effectiveness of intervention regarding perceived stress. There is association between age, religion and number of children with the levels of Post-Test of perceived stress and selected demographic variables.

The result shows that the mindfulness based meditation was effective in decreasing stress and symptoms among perimenopausal women.

**Keywords:** Effectiveness, mindfulness based meditation, perceived stress, perimenopausal women

### **Introduction**

Menopause is normal life stage that all women undergo with advancing age. It is normal part of life, just like puberty. It is last menstrual period. The term "Menopause" is commonly used to describe any of the changes a women experience either just before or after she stops menstruating, marking the end of her reproductive period. Every women experiences her midlife years differently. The change that occurs during this period, including changes in sexual well being, are typically caused by a mix of both menopause and aging as well as by typically midlife stresses and demands.

According to the Indian Menopause Society, there will be a large increase in the Perimenopausal women in India also. Most women in India over the age of 45 years do not understand the changes taking place in their bodies and spend their valuable years of life battling problems and diseases associated with perimenopause. Hence it becomes very important to develop methods and treatment plans to control perimenopausal symptoms and thereby improve the quality of life of this large group of women.

Lunny CA, *et al.* (2009), Conducted a study to examine the determinants and use of complementary and alternative medicines therapies among a sample of 423 menopausal women in Canada. 91% of women reported using an average of 5 kinds of CAM therapies. The most common treatments were vitamins (61.5%), relaxation techniques (57.0%), Yoga/meditations (37.6%), soy products (37.4%), and prayer (35.7%).

### **Statement of The Problem**

Effectiveness of Mindfulness based stress reduction on perceived stress among perimenopausal women at Sri Narayani Hospital and Research Centre, Vellore.

### **Objectives**

- To assess the pre-test level of perceived stress among perimenopausal women.

- To determine the effectiveness of Mindfulness based stress reduction regarding perceived stress among perimenopausal women.
- To find out the association between Post-Test level of perceived stress among perimenopausal women with selected demographic variables.

**Hypotheses**

- **H1:** There is a significant difference between pre-test and Post-Test levels of perceived stress among premenopausal women.
- **H2:** There is a significant association on levels of perceived stress among premenopausal women with selected demographic variables.

**Conceptual Framework**

Kolcaba Theory of comfort was used for the study.

**Methodology**

**Research Approach**

The research approach used for the study is quantitative approach.

**Research Design**

Pre experimental with one group pre-test and Post-Test design.

O <sub>1</sub>	X	O <sub>2</sub>
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O<sub>1</sub> = Assess the pre-test levels perceived stress among perimenopausal women.

X = Mindfulness based stress reduction-Hatha yoga and meditation.

O<sub>2</sub> = Assess the Post-Test levels of on perceived stress perimenopausal women

**Description of Variables**

**Dependent variable:** Perceived stress

**Independent variable:** Mindfulness based stress reduction

**Extraneous variables:** Age, religion, educational status, occupational status, socio economic status, nutritional status, family status, menstrual history, marital status, heath status, menopausal history.

**Setting of The Study**

The study conducted in SNHRC, Vellore. The setting is chosen on the basis of feasibility and availability of adequate sample and co operation extended by authority.

**Population**

The population selected for this study consisted of women age between 40-55 years.

**Sampling Technique**

In this study purposive sampling technique was used to select the sample that is fulfilling the inclusion criteria.

**Sample Size**

In this study sample consist of 40 perimenopausal women.

**Criteria for Sample Selection**

**Inclusion criteria**

- Perimenopausal women age between 40-55years.
- Who are willing to participate in this study.
- Women with perimenopausal symptoms.

**Exclusion criteria**

- Who are not available at the time of data collection.
- Women under mindfulness meditation practice.
- Who have known mental illness.

**Description of Tool**

The tool design for this study consists of two sections in order to achieve the objectives.

**Section-A**

It deals with demographic variables like age, religion, educational status, occupational status, socio economic status, nutritional status, family status, menstrual history, marital status, heath status, menopausal history

**Section-B**

It has Cohen scale related to perceived stress

**Score Interpretation**

The resulting score will be interpreted as,

**Perceived stress**

- Mild stress - <50%
- Moderate stress - 51-75%
- Severe stress - >75%

**Data Collection Procedure**

The investigator self introduced and obtained consent from women, who are fulfilling the inclusion criteria of the study at SNHRC, Vellore.

The necessary information about the study was given to them. Then the demographic variables were assessed then perceived stress was assessed using cohen perceived stress scale All items in the questionnaire were completed. Hatha yoga and Mindfulness meditation was demonstrated to the perimenopausal women on the first day and the following days return demonstration was done by the samples which are supervised by the researcher. On the seventh day Post-Test was done. This investigator ensured the privacy and dignity of the women during the study process.

**Plan for Data Analysis**

**Table 1:** The data obtained and planned to be analyzed as follows

S.no	Statistics	Methods	Description
1	Descriptive statistics	Frequency, Percentage, Mean, Standard deviation	To assess the perceived stress
2	Inferential statistics	Chi-square, "t"- paired test	To associate the perceived stress with selected demographic variable

## Results and Discussion

**Table 2:** Frequency and percentage distribution of samples based on the perceived stress among perimenopausal women before and after Mindfulness based stress reduction. n = 40

S.NO	Perceived Stress	Pre-Test		Post-Test	
		n	%	n	%
1)	Mild Stress <50	-	-	21	52.6
2)	Moderate Stress 51-75%	13	32.5%	16	40
3)	Severe Stress 76-100%	27	67.5%	3	7.5%

**Table 3:** comparisons of Pre-test and Post-test mean score regarding perceived stress n = 40.

Test	Mean	Mean Difference	Standard Deviation	Standard Difference	paired 't' test
Pre-test	134.2	36.0	5.51	25.659	344.98*
Post-Test	98.125		30.71		

\*significant at ( $p < 0.001$ )

Table 3 shows pretest mean value of perceived stress 134.2, mean difference is 36.0, standard deviation is 5.51 standard difference is 25.659. The Post-Test mean value of perceived stress is 98.125 mean difference is 36.0 standard deviation is 30.71 standard difference is 25.659 and calculated paired 't' test is 344.98 which is greater than the table value ( $p < 0.001$ ) This shows that Mindfulness based stress reduction was effective in reducing the perceived stress among perimenopausal women. Hence the hypothesis  $H_1$  was accepted.

The 'chi' – square analysis to find out the association between posttest knowledge regarding perceived stress among perimenopausal women and selected demographic variables. The results reveals that occupation, income, educational status, marital status, menstrual cycle, sleep hours, type of living home and food pattern are not statistically significant. Age, religion, number of children is statistically significant. Hence the hypothesis  $H_2$  was partially accepted.

## Conclusion

Menopause is a part of every women life. This menopause will occur between the age of 40 to 60 years associated with hormonal, physical, psychological changes. So the researcher concluded that the Mindfulness based stress reduction was effective in decreasing symptoms of stress among perimenopausal women.

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Table-2 shows that in pretest value of perceived stress among perimenopausal women 13 (32.5%) had moderate stress, 27 (67.5%) had severe stress.

In the Post-Test result shows that 21 (52.5%) had mild stress, 16 (40%) had moderate stress, 3 (7.5%) had severe stress.

## Effectiveness of Mindfulness based stress reduction regarding perceived stress.

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