



ISSN NO. 2320-5407

Journal Homepage: -[www.journalijar.com](http://www.journalijar.com)

## INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI:10.21474/IJAR01/10055  
DOI URL: <http://dx.doi.org/10.21474/IJAR01/10055>



INTERNATIONAL JOURNAL OF  
ADVANCED RESEARCH (IJAR)  
ISSN 2320-5407  
Journal Homepage: <http://www.journalijar.com>  
Journal DOI:10.21474/IJAR01

### RESEARCH ARTICLE

#### EFFECTIVENESS OF SENOBI BREATHING EXERCISE ON PERIMENOPAUSAL SYMPTOMS AMONG WOMEN – A PILOT REPORT.

**G. Jamunarani<sup>1</sup>, Dr. B. Sreelekha<sup>2</sup> and Dr. J. Jasmine<sup>3</sup>.**

1. Ph.D Scholar, Meenakshi Academy of Higher Education and Research, Chennai.
2. Guide – HOD, Department of Medical and Surgical Nursing, Faculty of Nursing, Sri Ramachandra University, Chennai.
3. Co – Guide - Department of Medical and Surgical Nursing, MTPGHS&RI, Pondicherry.

#### **Manuscript Info**

##### **Manuscript History**

Received: 12 September 2019  
Final Accepted: 14 October 2019  
Published: November 2019

##### **Key words:-**

senobi breathing exercise,  
perimenopausal symptoms.

#### **Abstract**

Pilot study was conducted to assess the effectiveness of Senobi breathing exercise on perimenopausal symptoms among women in selected villages at Cuddalore, Tamilnadu. 30 samples were selected randomly. Consent obtained from each sample before the data collection. After collection of demographic variables, Senobi breathing exercises were thought to the samples. The pretest and post test was conducted with the Sheldon Perceived Stress Scale, Modified Greene Climatic Scale and the WHO BMI Scale. The tool reliability assessed by test – re test and inter rater method. The 'r' value obtained for the Sheldon Perceived Stress Scale was 0.9, Modified Greene Climatic Scale was 1.0, and the WHO BMI Scale was 0.9.

*Copy Right, IJAR, 2019,. All rights reserved.*

#### **Introduction:-**

Women experience various turning points in their life cycle, which may be developmental or transitional. Midlife is one such transitional period which brings about important changes in women<sup>1</sup>. Every woman experiences menopause in her lifetime. The average age of menopause is 51 years old. Most women reach menopause between the ages of 45 and 55. But there is no way to predict when an individual woman will enter menopause<sup>2</sup>. The process of menopause does not occur overnight, but rather is a gradual process. This so - called perimenopausal transition period is a different experience for each woman. Yet most of them feel uncomfortable while talking about the changes they are going through. The menopausal symptom varies from individual to individual. The main symptoms that persist during menopause are irregular vaginal bleeding, hot flush & night sweats, vaginal symptoms, urinary symptoms, emotional and cognitive symptoms and other physical changes such as weight gain, wrinkles, acne. Out of these symptoms the major symptoms revealed that hot flush is the most common symptom. Alternative and complimentary therapies are considered as the treatment approach to treat menopausal problems. Behavioural modifications such as relaxation therapies, meditation and breathing exercise and dietary supplements like soya protein, red clover and black cohosh, and other alternative therapies like acupuncture and physical exercise particularly aerobics are of best approached treatments for menopausal problems.<sup>3</sup>

#### **Statement Of The Problem**

A study to assess the effectiveness of Senobi breathing exercise on perimenopausal symptoms among women in selected villages at Cuddalore, Tamilnadu.

**Corresponding Author:-G.Jamunarani.**

Address:- Ph.D Scholar, Meenakshi Academy of Higher Education and Research, Chennai.

**Objectives:-**

To test the reliability - feasibility of the tool (Sheldon perceived stress scale, Modified Greene Climatic Scale and the WHO BMI Scale).

To assess the effectiveness of senobi breathing exercise on reduction of perimenopausal symptoms

**Methodology:-****Research Approach:-**

Quantitative research approach was used to evaluate the Senobi breathing exercise.

**Research Design:-**

Experimental study with pre-test and post-test design.

Group	Design		
Experimental group	Pretest	X	Post test
Control group	Pretest	-	Post test

**Research Setting:-**

The study was conducted at S.Pudur, Thondamanatham Panchayath, Cuddalore district, Tamilnadu. It is 15 km away from the centre town of Cuddalore district. It has nearly all basic necessities such as health care, education and transport. The total population of the selected villages is about 1711. The total women population of the village is about 647. The average population of the women in the age group of 45 to 60 years is about 294.

**Population:-**

The target population of the present study includes peri menopausal women with menopausal symptoms. The accessible population was peri menopausal women with menopausal symptoms, who are present in the selected villages Cuddalore, Tamilnadu

**Sample:-**

Samples include peri menopausal women affected with peri menopausal symptoms and who were fulfilling the inclusion criteria.

**Sample size:-**

The sample size is 30. In that total samples, 15 samples selected for Study group and 15 samples selected for control group.

**Sampling techniques:-**

Samples were selected by Simple random sampling technique by computer generated random numbers.

**Variables****Dependent Variable:-**

Peri menopausal symptoms like Stress. Psychological symptoms includes Anxiety and Depression, Somatic symptoms, vasomotor symptoms, sexual symptom and weight gain

**Independent Variable:-**

Senobi breathing exercises on reduction of peri menopausal symptoms among women.

**Sampling Criteria**

Inclusion Criteria:-

1. who are in 45 - 60 years
2. who are in perimenopausal period
3. who have peri menopausal symptoms
4. who are present during data collection period
5. who can able to read and write Tamil

**Exclusion Criteria:-**

1. Who have breast cancer, hypotension, and thyroid disease.
2. Who have psychiatric disorders
3. Who underwent recent surgical interventions
4. Who are disabled persons
5. Who are in undergoing home treatment for perimenopausal symptoms.
6. Who were doing regular exercises.

**Development and Description of the Tool****Part I: - Demographic Variables**

The demographic variables consists of the following items: age, education, occupation, family income per month, family status, dietary pattern, marital status and the clinical variables comprised of the following items: Past history of menstruation, Recent changes in menstruation, age at menarche, Type of recent changes in menstruation, how often do menstruate, how long periods last, Underwent any medical treatment for menopausal problems, Sexual activity, Methods of contraception, Number of conception, Age at menarche and Weight gain.

**Part – 2: Sheldon Cohen Perceived Stress Scale**

This scale consists of 10 items includes positive and negative statements. Scoring of the items starts from 0 – 4, score 0 – Never, 1 - Almost Never, 2 – Sometimes, 3 - Fairly Often, and 4 - Very Often. Maximum score is 40. Reverse scores for questions 4, 5, 7, and 8.

**Part – 3: Modified Greene Climatic Scale**

This scale is consists of 21 items, and it also subdivided in to 4 areas like psychological symptoms (1 – 11), somatic symptoms (12 – 18), vasomotor symptoms (19 – 20) and sexual related symptom (21) of the perimenopausal women. Each item scores 0 – 3, 0 indicate not at all, 1 indicate A little, 2 quite a bit, 3 indicate extremely. The total score is about 63.

**Part – 4: WHO BMI (Body Mass Index) Scale**

This scale used to assess the body mass index of the perimenopausal women.

**Results and Discussion:-**

The tool reliability assessed by test – re test and inter rater method. The ‘r’ value obtained for the Sheldon Perceived Stress Scale was 0.9, Modified Greene Climatic Scale was 1.0, and the WHO BMI Scale was 0.9. The Data were analyzed using descriptive statistics mean and standard deviation, inferential statistics unpaired t test to test the effectiveness of effectiveness of Senobi breathing exercise on reduction of peri menopausal symptoms among women.

**Table 1:-**

Frequency and percentage distributions of samples in experimental and control group based on demographic variables. Homogeneity was maintained between the experimental and control group.

N=30					
S.NO	VARIABLES	EXPERIMENTAL GROUP		CONTROL GROUP	
		N = 15	%	N = 15	%
<b>I</b> <b>1</b>	<b>DEMOGRAPHIC VARIABLES</b>				
	Age				
	a. 45 – 48 years	7	46.6	7	46.6
	b. 49 – 52 years	4	26.6	2	13
	c. 53 – 56 years	3	20	5	33
	d. 57 – 60 years	1	6.6	2	13
<b>2</b>	Education				
	a. Non formal education	3	20	2	13
	b. Primary school education	4	26.6	7	46.6
	c. Secondary school education	5	33	4	26.6
	d. Higher secondary school education / Diploma	1	6.6	2	13
	e. Graduate	2	13	1	6.6

<b>3</b>	Occupation				
	a. Government employee	1	6.6	1	6.6
	b. Private employee	0	0	1	6.6
	c. Self employee	4	26.6	3	20
	d. Daily wages	3	20	3	20
	e. Home maker	7	46.6	7	46.6
<b>4</b>	Income per month (Family)				
	a. <2000/month	0	0	0	0
	b. 2000 – 6000 / month	2	13	1	6.6
	c. 6001 – 10000 / month	1	6.6	6	40
	d. 10001 - 15000 / month	6	40	4	26.6
	e. 15001 – 20000 / month	5	33	1	6.6
	f. 20001 – 40000 / month	1	6.6	2	13
	g. >40000 / month	0	0	1	6.6
<b>5</b>	Family status				
	a. Nuclear family	12	80	11	73
	b. Joint family	3	20	3	20
	c. Extended family	0	0	2	13
<b>6</b>	Dietary pattern				
	a. Vegetarian	0	0	3	20
	b. Mixed diet	15	100	12	80
<b>7</b>	Marital status				
	a. Unmarried	0	0	1	6.6
	b. Married	10	66.6	10	66.6
	c. Divorced	0	0	0	0
	d. Widowed	5	33	4	26.6
<b>II</b>	CLINICAL VARIABLES:				
<b>8</b>	Past history of menstruation				
	a. Regular	12	80	13	86.6
	b. Irregular	3	20	2	13.3
<b>9</b>	Recent changes in menstruation				
	a. Yes	11	73	12	80
	b. No	4	26.6	3	20
<b>10</b>	Type of recent changes in menstruation				
	a. Irregular bleeding	6	40	9	60
	b. Excessive bleeding	2	13	1	6.6
	c. Scanty bleeding	3	20	1	6.6
	d. Painful bleeding	3	20	2	13
	e. Regular bleeding	1	6.6	2	13
<b>11</b>	How often do menstruate				
	a. Every month	7	46.6	4	26.6
	b. Every two months	3	20	7	46.6
	c. Every three months	3	20	2	13
	d. Occasional	3	20	2	13
<b>12</b>	How long periods last				
	a. One day	2	13	1	6.6
	b. Two days	5	33	4	26.6
	c. Three days	5	33	6	40
	d. > Three days	4	26.6	4	26.6
<b>13</b>	Underwent any medical treatment for menopausal problems				
	a. Yes	1	6.6	4	26.6
	b. No	14	93.3	11	73

<b>14</b>	Sexual activity				
	a. Yes	8	53.3	9	60
	b. No	7	46.6	6	40
<b>15</b>	Methods of contraception				
	a. IUD	1	6.6	2	13
	b. Oral pills	0	0	1	6.6
	c. Physical contraceptive methods	1	6.6	0	0
	d. Tubectomy	7	46.6	5	33
	d. Vasectomy	1	6.6	1	6.6
<b>16</b>	Number of conception				
	a. 1 - 2	6	40	4	26.6
	b. 3 - 4	8	53.3	7	46.6
	c. 5 - 6	1	6.6	3	20
	d. >6	0	0	1	6.6
<b>17</b>	Age at menarche				
	a. 10 -12 years	3	20	7	46.6
	b. 13 - 15 years	10	66.6	7	46.6
	c. 16 - 18 years	2	13.3	1	6.6
<b>18</b>	Weight gain				
	a. Yes	7	46.6	9	60
	b. No	8	53.3	6	40

**Table 2:-**Shows the frequency and percentage distribution of pretest and post test level of menopausal symptoms among experimental group indicate that senobi breathing exercise was effective in reducing the menopausal symptoms among women.

LEVEL OF MENOPAUSAL SYMPTOMS	Pre test		Post test	
	n	%	n	%
<22	0	0	10	66.66
22 – 44	13	86.66	05	33.33
>44	02	13.33	0	0

**Table 3:-**

Shows the frequency and percentage distribution of pretest and post test level of menopausal symptoms among control group

LEVEL OF MENOPAUSAL SYMPTOMS	Pre test		Post test	
	n	%	n	%
<22	04	26.66	5	33.33
22 – 44	11	73.33	10	66.66
>44	0	0	0	0

**Table 4:-**Shows the frequency and percentage distribution of post test level of menopausal symptoms among experimental and control group indicate that senobi breathing exercise was effective in reducing the menopausal symptoms among women.

LEVEL OF MENOPAUSAL SYMPTOMS	Experimental Group		Control Group	
	n	%	n	%
<22	10	66.66	5	33.33
22 – 44	05	33.33	10	66.66
>44	0	0	0	0

**Table 5:-**Shows that reliability of tool

Checklist	r value
Sheldon perceived stress scale	0.9
Modified Greene Climatic Scale	1.0
WHO BMI Scale	0.9

**Table No 6:-**Comparison of post-test level of Perception between the experimental and control group

Post test	Mean	SD	Unpaired t test
Experimental Group	20.4	6.2	t = 2.66
Control Group	27.3	7.9	P<0.001

This table showed that the senobi breathing exercise was comparatively reduce the menopausal symptoms.

### Discussion:-

The main focus of this study was to test the reliability and feasibility of the data collection tools and intervention and its acceptability and effectiveness in reducing the menopausal symptoms among women. The results indicated that tools used were highly reliable.

The pilot study also showed that the sampling technique, set inclusion and exclusion criteria were appropriate for sample selection. The comparison between the groups showed that there was a statistical significance. The overall plan was effective, feasible and practicable to be applied in the main study.

### Conclusion:-

The pilot study on the effectiveness of senobi breathing exercise on reduction menopausal symptoms among women. The tool constructed for this study revealed that more reliable, feasible and appropriate to use for the samples in the main study.

### References:-

1. Bobak, Lowdermilk and Jensen. Maternity Nursing. 8<sup>th</sup> Publication; 2004.
2. D.C.Dutta. Text Book of Gynaecology. 7<sup>th</sup> Edition. Calcutta: New Central Book Agency; 2007.
3. Dawn. Textbook of Gynecology and Contraception. 12 Books Publishers; 1995.