

# Effectiveness of Psychosocial Intervention on Selected Psychological Problems of Post Menopausal Women

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## ABSTRACT

**Background:** Women are the vital set up and heart of the family. The menopausal problems of women always make them so tired. So they need menopausal care and prevention of problems. Therefore, this study was aimed to assess the effectiveness of a psychosocial intervention on selected psychological problems of post-menopausal women at B. V. V. Sangha's Akkanabalaga, Bagalkot.

**Methodology:** This was a randomized controlled trail with pre-test post-test control group design. A Simple Random sample of 60 post-menopausal women was selected from B. V. V. Sangha's Akkanabalaga, Bagalkot. Socio demographic information of post-menopausal women was gathered using structured socio demographic profile and depression and anxiety were assessed using Center for Epidemiological Research Studies- Depression Scale and the General Anxiety Disorder- 7 Scale respectively. Data were analyzed in terms of objectives of the study.

**Findings:** Result indicates that majority of the post-menopausal women of both experimental group (73.33%) and control group (70%) were mild depressive and the majority of post-menopausal women of both experimental group (63.33%) and control group (73.33%) had moderate anxiety. A statistically significant difference was found between post-test depression scores of experimental group and control group subjects [t=6.01, p<0.05].

Similarly, there was a statistically significant difference found between post-test anxiety scores of experimental group and control group subjects [t= 6.72, p<0.05]. No significant association was found between pretest depression and anxiety scores with selected socio demographic variables of post-menopausal women of both experimental group and control group.

**Conclusion:** The finding of the study concluded that the post-menopausal women had psychosocial problems. The implementation of Psychosocial Intervention Programme to the experimental group has decreased their anxiety and depression effectively as compared to control group.

**Keywords:** Post menopausal women, selected psychological problems, Effectiveness, Psychosocial Intervention and Socio-demographic variables.

## INTRODUCTION

Women are the vital set up and heart of the family. When women have been tired, family function would be altered. Women are facing lot more problems through their life. One of most common problem they are facing is menopause and hormonal changes during their middle adulthood. The menopausal problems of women always make them so tired. So they need

menopausal care and prevention of problems<sup>1</sup>.

During the postmenopausal stage, menopausal symptoms, such as hot flashes, can ease for most women. But, as a result of a lower level of oestrogen, postmenopausal women are at increased risk for a number of health conditions, such as osteoporosis, heart disease and several psychological problems<sup>2</sup>.

Women facing postmenopausal changes can lead a richer life by looking at life in a positive perspective as an opportunity for inner maturity. Since postmenopausal women at midlife experience various psychological problems like sleep disturbance, anger, irritability, anxiety, depression, etc and various physical problems like vulval dryness, urinary frequency, oestrogen deficiency, wrinkling of skin, weight gain, etc and other problems like difficulty in adapting to climacteric changes has a direct effect on elderly women's health, health-promoting lifestyle patterns and psychological adaptation have been considered as important issues<sup>3</sup>.

Psychosocial interventions have main role for reduce psychological problems; like, Yoga, is currently being assessed for its therapeutic value in decreasing stress and other symptoms associated with menopause. An ancient Indian practice, yoga facilitates sustainable relaxation and equilibrium of the mind and body through the purposeful use of breathing, meditation, JPMR and physical postures<sup>4</sup>. Jacobson's relaxation technique, also known as progressive relaxation therapy, is a type of therapy that focuses on tightening and relaxing specific muscle groups in sequence<sup>5</sup>.

Although, psychosocial problems are most common in post-menopausal women. Hence psychosocial intervention is help to reduce the psychosocial problems among post-menopausal women at B. V. V. Sangha's Akkanabalaga, Bagalkot.

## **MATERIAL AND METHODS**

### **Study Design and Participants**

Present study was a randomized controlled trail using pre-test (O<sub>1</sub>) and post-test (O<sub>2</sub>) for both experimental and control group design conducted between May 2016 to June 2017. A random sample was used to select the sample for the present study. A random sample of 60 post-menopausal women who are in the age group of 48-55 years with mild to moderate depression and anxiety attending B. V. V. Sangha's Akkanabalaga, Bagalkot, was randomized to experimental group and control group. Who have crossed minimum of one year after the attainment of menopause are included in the study. Post menopausal women who are not physically fit to do the JPMR were excluded from the study.

### **Instruments**

#### **Center for Epidemiological Research Studies- Depression Scale (CES-D Scale):**

Depression was assessed using the Center for Epidemiological Research Studies-Depression Scale (CES-D Scale). This is a 20-item self-report measure that asks patient to rate how often over the past week they experienced symptoms associated with depression. Response options range from 0 to 3 for each item (0 = Rarely or none of the time, 1 = Some or a little of the time, 2 = Moderately or much of the time, 3 = Most or almost all the time). Scores ranges from 0 to 60, with high scores indicating greater depressive symptoms. Cutoff score is 16, hence individual who scores 16 or greater suggests significant level of depression. Scale was translated to Kannada and then back translated to English. High internal consistency has been reported with Cronbach's alpha coefficients ranging from 0.85 to 0.90 across studies (Radloff. 1977 and Hunter et al. 2003). For the present study reliability was calculated by administering CES-D scale and Cronbach's alpha coefficient obtained was 0.87.

#### **General Anxiety Disorder- 7 Scale:**

Anxiety was assessed using the General Anxiety Disorder- 7 Scale (GAD- 7 Scale). This is a 7-item self-report measure that

asks patient to rate how often over the past week they experienced symptoms associated with anxiety. Response options range from 0 to 3 for each item (0 = Not at all sure, 1 = Several days, 2 = Over half the days, 3 = Nearly every day). Scores ranges from 0 to 21, with high scores indicating greater anxiety symptoms. Cutoff score is 5, hence individual who scores 5 or greater suggests significant level of anxiety. Scale was translated to Kannada and then back translated to English. High internal consistency has been reported with Cronbach's alpha coefficients ranging from 0.85 to 0.90 across studies (Radloff. 1977 and Hunter et al. 2003). For the present study reliability was calculated by administering GAD- 7 scale and Cronbach's alpha coefficient obtained was 0.97.

#### Socio-demographic Variables and Clinical characteristics

Socio-demographic variables included age, religion, educational status, occupation, family monthly income, marital status, number of children, time period after attainment of menopause, attended any Psychosocial Intervention previously.

#### Data Collection Procedures

Prior permission was taken from relevant institutions before the beginning of data collection procedure. The study participants were indentified during the study period at B.V.V.Sangha's Akkanabalaga, Bagalkot. Every post-menopausal woman was fulfilled the inclusion criteria was approached for data collection. Consent was obtained by the interviewers before participants underwent the structured interview which lasted approximately 20 to 30 minutes. All the information collected was based on patient's self-report. Pre-test conducted to assess the Depression and Anxiety of post-menopausal women of experimental group and control group followed by administration of Psychosocial Interventions such as; Psycho education (for half an hour) Jacobson's progressive muscle relaxation technique (for half an hour) everyday provided for 7 consecutive days to post-menopausal

women of experimental group. On 7<sup>th</sup> day immediate post intervention assessment of Depression and Anxiety was done among post-menopausal women of both experimental group and control group. After that health education provided to the post-menopausal women of control group.

#### Data Analysis

Data analyses were performed using SPSS v25. Description of sample characteristics was done using frequency and percentages. Significance of difference between mean pre-test and post-test depression and anxiety scores of both experimental group and control groups was assessed by using paired 't' test and unpaired 't' test was used to assess the significance of difference between mean post test scores of depressions and anxiety of experimental group and control groups. Chi Square test was used for assess the association between depression and anxiety and socio demographic variables.

## RESULTS

### Descriptive analysis of sample characteristics

Percentagewise distribution of post-menopausal women according to their age group reveals that majority of the post-menopausal women in experimental group (53.33%) and in control group (43.33%) were in the age group of 48-50 yrs. Majority of the post-menopausal women in experimental group (90%) and control group (83.33%) were Hindu. Most of the post-menopausal women (33.33%) in experimental group had secondary education. Similarly in control group, majority of the post-menopausal women (43.33%) had primary education. The majority of the post-menopausal women in experimental group (53.33%) were in control group 40 percent of the post-menopausal women were house wives. The most of the post-menopausal women in experimental group (53.33%) and control group (43.33%) had their family monthly income Rs. 15001 & above. The majority of

the post-menopausal women in both experimental group (80%) and control group (80%) were married. The most of the post-menopausal women (40%) in experimental group were having 3 children. Similarly in control group, that most of the post-menopausal women 36.67 percent were having 2 children. The majority of the post-

menopausal women in experimental group (43.33%) and control group (36.67%) had passed 4 years & above after attainment of menopause.

Description of Assessment of pretest scores of psychological problems (Depression & Anxiety) of post-menopausal women.

**Table: 1- Assessment of level of depression of post-menopausal women. n= 30+30**

LEVELS OF DEPRESSION	Range of Score	EXPERIMENTAL GROUP		CONTROL GROUP	
		Frequency	Percentage	Frequency	Percentage
Mild depressive	16-30	22	73.33%	21	70%
Moderately depressive	31-45	8	26.67%	9	30%

Table 1 shows that majority of the post-menopausal women of both experimental group (73.33%) and control group (70%) were mild depressive.

**Table: 2- Assessment of level of anxiety among post-menopausal women. n= 30+30**

LEVEL OF ANXIETY	Range of Score	EXPERIMENTAL GROUP		CONTROL GROUP	
		Frequency	Percentage	Frequency	Percentage
Mild anxiety	0-5	11	36.67%	8	26.67%
Moderate anxiety	6-10	19	63.33%	22	73.33%

Table 2 shows that the majority of post-menopausal women of both experimental group (63.33%) and control group (73.33%) had moderately anxious.

Evaluation of the effectiveness of the Psychosocial Intervention programme on selected psychological problems (Depression & Anxiety) of post-menopausal women.

**Table 3- Significance of the difference between the pre-test and post-test depression and anxiety scores of the post menopausal women in both experimental and control group. n= 30+30**

Group	Variables	Mean difference	Differential SD	't' value (paired)	Table value
Exp. Group	Depression	12.3	6.62	10	1.96
	Anxiety	3.9	2.06	10.26	1.96
Control group	Depression	2.9	3.59	4.33	1.96
	Anxiety	1.2	1.5	4	1.96

Hence, as per the above stated findings it is clear that, there is a statistically significant difference between pre-test and post-test depression and anxiety scores of both experimental and control group post-menopausal women.

**Table: 4- Significance of the difference between the post-test depression and anxiety scores of the post-menopausal women of both experimental and control group post-menopausal women. n= 30+30**

Variables	Group	SD of post-test scores	Mean difference	't' value (unpaired)	Table value
Depression	Experimental group	6.03	11.03	6.01	1.96
	Control Group	7.36			
Anxiety	Experimental group	1.72	3.7	6.72	1.96
	Control Group	2.3			

Hence it is concluded that there was a statistically significant difference found between post-test anxiety scores of experimental group and control group post-menopausal women. Psychosocial Intervention programme is an effective tool

to decrease depression and anxiety of post-menopausal women.

Association between the level of depression and anxiety with socio-demographic variables of post-menopausal women.

**Table: 5- Association between the level of depression of post-menopausal women and their socio-demographic variables of both experimental group & control group. n=30+30**

SL. No	Socio-demographic variables	Experimental group			Control group		
		Df	Chi-square value	P, value	Df	Chi-square value	P, value
1	Age	1	0.04	0.84	1	0.23	0.6
2	Religion	1	0.17	0.68	1	1.14	0.3
3	Educational status	1	0.06	0.8	1	0.31	0.6
4	Occupation	1	0.08	0.8	1	0.01	0.9
5	Family monthly income	1	0.04	0.84	1	1.08	0.3
6	Marital status	1	1.29	0.2	1	0.09	0.8
7	Number of children	1	0.06	0.8	1	0.23	0.6
8	Time period after attainment of menopause	1	0.06	0.8	1	0.18	0.7

P<0.05 [Significant]

Findings related to the association between pre-test depression scores of post-menopausal women with their selected socio-demographic variables reveals that, there was no significant association was

found between depression scores of post-menopausal women of experimental group with their selected socio-demographic variables.

**Table: 6- Association between the level of anxiety of post-menopausal women and their socio-demographic variables of both experimental group and control group. n=30+30**

SL. No	Socio-demographic variables	Experimental group			Control group		
		Df	Chi-square value	P, value	Df	Chi-square value	P, value
1	Age	1	0.23	0.6	1	0.17	0.7
2	Religion	1	0.26	0.6	1	0.03	0.9
3	Educational status	1	0.48	0.5	1	0.4	0.5
4	Occupation	1	0.9	0.3	1	0.17	0.7
5	Family monthly income	1	0.02	0.9	1	1.04	0.3
6	Marital status	1	1.52	0.2	1	0.01	0.9
7	Number of children	1	0.01	0.9	1	0.74	0.4
8	Time period after attainment of menopause	1	0.01	0.9	1	0.04	0.84

Findings related to the association between pre-test anxiety scores of post-menopausal women with their selected socio-demographic variables reveals that, there was no significant association found between anxiety scores of post-menopausal women with their selected socio-demographic variables of both experimental group and control group.

## DISCUSSION

The main objective of the present study was to assess the effectiveness of a psychosocial intervention on selected psychological problems of post-menopausal women at B.V.V.Sangha's Akkanabalaga, Bagalkot. Findings of the present study showed that levels of depression among post-menopausal women of experimental group depicts that highest percent (73.33%) of post-menopausal women were mild depressive and similarly in control group, most (70%) of post-menopausal women were mild depressive.

The results of the present study are supported by similar study conducted by Gilberg D. (2013) Jordan on post-menopausal depression. The results show that about 59.5 % of post-menopausal women had mild depression and 40% of them had moderate and severe depression<sup>6</sup>. Findings related to the levels of anxiety revealed that, most of post-menopausal women of experimental group (63.33%) and control group (73.33%) were moderately anxious.

The results of the present study are consistent with clinico-epidemiological study conducted by Christian D S, Kathad M M, Bhavsar B S. (2012) among 147 post-menopausal women residing in Piparia village of Vadodara district, Gujarat on health problems of post-menopausal women. The results show that, most of post-menopausal women suffered from moderate anxiety (38.1%)<sup>7</sup>.

Findings related to the significance of the difference between the pre-test and post-test depression and anxiety scores of post-

menopausal women shows that difference between mean pre-test [25.7±8.13] and post-test [13.4±6.03] depression scores of post-menopausal women of experimental group found to be statistically significant at 0.05 level of significance [  $t=10$  (table value=1.96),  $p< 0.05$ ]. Similarly difference between mean pre-test [6.63±2.34] and post-test [2.76±1.72] anxiety scores of post-menopausal women of experimental group found to be statistically significant at 0.05 level of significance [  $t=10.26$  (table value=1.96),  $p< 0.05$ ].

Whereas in control group, difference between mean pre-test [27.3±6.8] and post-test [24.43±7.36] depression scores of post-menopausal women found to be statistically significant at 0.05 level of significance [  $t=4.33$  (table value=1.96),  $p< 0.05$ ]. Similarly difference between mean pre-test [7.7±2.5] and post-test [6.46±2.3] anxiety scores of post-menopausal women of control group found to be statistically significant at 0.05 level of significance [  $t=4$  (table value=1.96),  $p< 0.05$ ].

The results are supported by a similar experimental study conducted by Nalawade T C, Dr. Nikhade N S (2016) to assess the effectiveness of Jacobson progressive muscle relaxation technique on depressive symptoms at Calcutta. The results show that this study demonstrated statistically significant difference between pre and post GDS scores ( $p=0.005$ ,  $t=2.9709$ ,  $df=29$ ) which indicates that there was reduction of depressive symptoms<sup>8</sup>.

Findings related to significance of difference between post-test depression and anxiety scores of experimental group and control group subjects revealed that, a statistically significant difference was found between post-test depression scores of experimental group and control group post-menopausal women [ $t=6.01$  (table value=1.96),  $p<0.05$ ]. Similarly, there was a statistically significant difference found between post-test anxiety scores of experimental group and control group post-menopausal women [ $t= 6.72$  (Table value=1.96),  $p<0.05$ ].

The results of this study are consistent with an experimental study conducted by Fermani S. US National Institute of Health Sciences (2001) to assess the effectiveness of Jacobson's Progressive Muscular Relaxation Technique among menopausal women on psychological problems at USA. The psychological problems of the experimental group were significantly reduced in menopausal women after the intervention<sup>9</sup>.

### Limitations

Although present study has able to explain that psychosocial interventions are effective on psychological problems of postmenopausal women. Sample size was limited to 60 post-menopausal women whereas, 30 in experimental group and 30 in control group. Hence the results cannot be generalized to wider population. Limited variables were included in this, as other problems like quality of life, irritability, sleep disturbances, physical problems etc. could be also affected on post-menopausal women. Hence further researches may consider these limitations to update the knowledge on psychological problems and effectiveness of psychosocial intervention on psychological problems by other interventional researches.

### Recommendations

Intervention was aimed at reducing the psychological problems among post-menopausal women at B. V. V. Sangha's Akkanabalaga, Bagalkot and found that there was a higher reduction in the level of anxiety and depression. Similar study can be replicated on a large sample to generalize the findings. A comparative study can be conducted among rural and urban post-menopausal women and also a study was conducted to assess the impact of other psychosocial interventions like Yoga, Meditation, Breathing exercise among post-menopausal women.

### CONCLUSIONS

The study was helpful to find the effectiveness of psychosocial intervention

on selected psychological problems of post-menopausal women at B.V.V. Sangha's Akkanabalaga, Bagalkot and suggests that psychosocial intervention focusing to reduce the selected psychological problems of post-menopausal women would contribute to the improvement of their quality of life. Future researches can investigate the effect of various psychological measures to reduce the psychological problems with the aim of improving their overall quality of life.

#### **Declaration by Authors**

**Ethical Approval:** Ethical clearance was obtained from the institutional ethical committee of BVVS Sajjalashree Institute of Nursing Sciences, Bagalkot.

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**Conflict of Interest:** The authors declare no conflict of interest.

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