

# A Quasi Experimental Study to Assess the Effectiveness of Breathing Exercises versus Applied Relaxation Technique on Menopausal Problems among Women in Selected Areas, Hoshiarpur, Punjab

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## Abstract

### Statement of the Problem

A quasi- experimental study to assess the effectiveness of breathing exercises versus applied relaxation technique on menopausal problems among women in selected areas, Hoshiarpur, Punjab.

### Objectives

- 1) To assess the menopausal problems among women in experimental group-I and group-II.
- 2) To compare the menopausal problems among women in experimental group-I and group-II.
- 3) To find out association of menopausal problems among women with theselected demographic variables.

### Material and Method

The study was carried out using a quasi-experimental research approach. Purposive sampling technique was used to choose 60 menopausal women with 30 in each of the experimental group-I and group-II. Menopausal women were asked to complete a modified menopausal rating scale as part of the instrument. The data that had been gathered was analyzed and explained using descriptive and inferential statistics.

### Findings

The findings showed that during the pretest, in experimental group- I, women had moderate levels of menopausal problems 50.00% and verysevere level of menopausal problems 6.67%. During posttest, 40.00% women had moderate level of menopausal problems and 3.33% women had verysevere level of menopausal problems. In experimental group-II, during pretest, 53.33% women had severe level of menopausal problems and 10.00% women had very severe menopausal problems. During posttest, 46.67% women had severe level of menopausal problems and 3.33% women had very severe menopausal problems. In experimental group-I, pre-test mean menopausal problems score was 73.93 and posttest mean menopausal problem score was 61.13. The difference between mean pre-test menopausal problems was statistically significant at  $p < 0.05$  level of significance. In experimental group- I, pretest mean menopausal problems score was 77.7 and in experimental group-II posttest mean menopausal problem score was 73.9. The difference between pretest and posttest menopausal problems score was statistically non- significant at  $p < 0.05$  level of significance. There was no statistically significant relationship was found between age (in years), marital status, education status, occupation, monthly family income (in ₹), type of family, religion, dietary habits and source of information. It depicted that these demographic variables had no significant impact on menopausal problems among women.

### Conclusion

It was determined that there is significant effect of breathing exercises on experimental group-I, then applied relaxation techniques on experimental group-II. Hence, research hypothesis that there is statistically significant reduction in menopausal problems among women in experimental group-I as compared to experimental group-II after performing breathing exercises as measured by modified menopausal rating scale at  $p < 0.05$  level of significance is accepted. As a result,  $H_1$  hypothesis is accepted,  $H_0$  as well as  $H_2$  hypothesis is rejected.

**Keywords:** Breathing exercises, applied relaxation technique, menopausal problems

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