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Effectiveness of counseling in reducing stress and improving self esteem of women during menopausal period in selected villages at Sivagangai district

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Abstract

Women are the vital setup and heart of the family when women have been tired family would be altered. When a women's hormone balance begins to shift, she may have menstrual cycles with no ovulation. She may begin to have menopausal symptoms. During menopausal transition, oestrogen levels drop because the ovaries ability to produce enough oestrogen has weakened. Many physiological and psychological symptoms appear in the women's body during this transition which affects women's health. Many women experience stress during this period. Self-esteem plays crucial role during this stage. The aim of this study is to reduce the level of stress and to improve the level of self-esteem by counseling among menopausal women.

Objectives: To determine the level of stress and self-esteem during pre and post test among control and interventional group of menopausal women. To evaluate the effectiveness of menopausal counseling on the level of stress and self esteem among menopausal women-To correlate the level of post test stress and self esteem among menopausal women. -To find out the association between the level of pre test stress and self esteem with socio demographic and clinical variables.

Methodology: Experimental design was adapted. The study Population comprised of women between the age group 40 to 55 years. Menopausal women were identified by scores obtained by screening tool. The sample size was 322 (162 in control group, 160 interventional group) their level of stress and self esteem were assessed by perceived stress scale and self esteem scale. Counseling was given individually to the interventional group. And post assessment on the level of menopausal stress and self esteem was done for both groups. The obtained data was analyzed by using descriptive and inferential statistics. Posttest stress score with obtained over all 't' value 7.72 was greater than statistical table value and 'p' value was 0.001 level. Thus it refers that the interventional group had higher score as compared to control group. Regarding self esteem post test self esteem score with obtained overall 't' value 23.56 was greater than statistical table value and 'p' value was 0.001 level. Thus it refers that the interventional group had higher score as compared to control group. These findings proved that a significant reduction in level of stress and significant improvement in the level of self esteem among interventional groups than control group.

Conclusion: The respondents self esteem were high when stress became low. So it is concluded that menopausal counseling is an effective intervention to reduce Stress and improve self-esteem of the respondents.

Keywords: Counseling, stress, self-esteem, menopausal period

Introduction

Menopause is considered as a major turning point in women's reproductive life when their ovaries cease producing ovum and a woman could never get pregnant automatically. This menopause affects the well being of the women not only physically also psychologically, socially and so on. It has many negative connotations for women. They are likely to be safer from the Stigmatization and attitudes of aging after the producing phase. A study finding revealed that nearly 80% of menopausal women experience some symptoms of menopause. The women with intense symptoms of menopause seeks medical help which may cause anxiety in them when they do not understand menopausal symptoms problems. The study findings revealed that women experienced more symptoms of depression during the menopausal period. Women of menopausal age have quietly been called "the next frontier in women's health care" a health and well being is an essential need of women. Self esteem place crucial role during menopausal transition stage when menopausal women start to notice transition.

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It is a time of confusion having to decide whether they want to stay in their own world or escape to the outside world. They frequently display decline in self concept during transition. Menopause especially in a rural woman brings in lot of changes which she has to tackle to get rid of chronic illness specially psycho somatic problems. The efficient and effective means of preventing and controlling these problems is through improving social support, self esteem and empowerment.

Materials and Methods

Experimental research design was used to assess the effectiveness of counseling in reducing stress and improving self esteem of women during menopausal period. The study was conducted in 9 villages at sivagangai district.655 women were surveyed whose age group were between 40-55 years. The tools on perceived stress and self esteem were distributed to those menopausal women in order to assess stress and self esteem.Among 655 menopausal women 322 (162 control group, 160 experimental group) were identified

with moderate and high level of stress and low and moderate level of self esteem by random sampling technique in both interventional and control group who fulfilled the inclusion criteria. Then individual counseling was given in three phases to experimental group, for a week.

Results and Discussion

Section I: Description of demographic and Clinical Variables

31.2% of the respondents age were between 48 -55 years. 70(43.8%) have studied at primary school level. 73.8% of them were married. 47.5% were homemaker. 80% were belonging to Hindu religion. 58.8% were living in semi urban area. Regarding comorbidity 79 (49.5%) of them have joint pain 59(36.9%) of the respondents weight were between 51 -60 kg.

Section II: Distribution of subjects in frequency and percentage on level of pretest and post test stress among menopausal women in interventional and control groups

Table 1: Distribution of subjects in frequency and percentage on level of pretest and post test stress among menopausal women in interventional and control groups

Group	S. No	Component	Low				Moderate				High			
			Pre test		Posttest		Pre test		Posttest		Pre test		Posttest	
			N	%	N	%	N	%	N	%	N	%	N	%
interventional n=160	1	Esteem related to family role	29	18%	0	0.0%	127	79.4%	120	75.0%	4	2.5%	40	25.0%
	2	physical condition	22	13.7%	0	0.0%	136	85.0%	130	81.3%	2	1.3%	30	18.7%
	3	work related concept	27	16.8%	0	0.0%	131	81.9%	126	78.8%	2	1.3%	34	21.2%
	4	self concept	24	15%	0	0.0%	135	84.4%	124	77.5%	1	0.6%	36	22.5%
	5	peer support	28	17.5%	0	0.0%	131	81.9%	126	78.8%	1	0.6%	34	21.2%
		Over all	26	16.3%	0	0.0%	132	82.5%	124	77.5%	2	1.2%	36	22.5%
Control group	1	Esteem related to family role	26	16%	15	9.3%	133	82.1%	139	85.8%	3	1.9%	8	4.9%
	2	physical condition	19	11.7%	9	5.6%	141	87.0%	148	91.3%	2	1.3%	5	3.1%
	3	work related concept	22	13.6%	13	8%	139	85.8%	143	88.3%	1	0.6%	6	3.7%
	4	self concept	21	13%	12	7.4%	139	85.8%	143	88.3%	2	1.2%	7	4.3%
	5	peer support	22	13.6%	11	6.8%	138	85.2%	147	90.7%	2	1.2%	4	2.5%
		Over all	22	13.6%	12	7.54%	138	85.2%	144	88.9%	2	1.2%	6	3.7%

In this table in interventional group, in pre test 16 (10%) had low level of physiological stress and 14 (8.3%) had low level of psychological stress but majority of the sample 132 (82.5%) had moderate level of physiological stress and 136 (86.5%) had moderate level of psychological stress. 12 (7.5%) had high level of physiological stress and 10(5.2%) had high level of psychological stress. But among control group, there was no significant reduction found on their

level of physiological and psychological stress. These findings concluded that the intervention was very much effective.

Section III: Distribution of subject in frequency and percentage on pre and posttest score level of self esteem among menopausal women in interventional and control group.

Table 2: Distribution of subject in frequency and percentage on pre and posttest score level of self esteem among menopausal women in interventional and control group

Group	S. No	Component	Low				Moderate				High			
			Pre test		Posttest		Pre test		Posttest		Pre test		Posttest	
			N	%	N	%	N	%	N	%	N	%	N	%
Interventional n=160	1	Esteem related to family role	29	18%	0	0.0%	127	79.4%	120	75.0%	4	2.5%	40	25.0%
	2	physical condition	22	13.7%	0	0.0%	136	85.0%	130	81.3%	2	1.3%	30	18.7%
	3	work related concept	27	16.8%	0	0.0%	131	81.9%	126	78.8%	2	1.3%	34	21.2%
	4	self concept	24	15%	0	0.0%	135	84.4%	124	77.5%	1	0.6%	36	22.5%
	5	peer support	28	17.5%	0	0.0%	131	81.9%	126	78.8%	1	0.6%	34	21.2%
		Over all	26	16.3%	0	0.0%	132	82.5%	124	77.5%	2	1.2%	36	22.5%
Control group	1	Esteem related to family role	26	16%	15	9.3%	133	82.1%	139	85.8%	3	1.9%	8	4.9%
	2	physical condition	19	11.7%	9	5.6%	141	87.0%	148	91.3%	2	1.3%	5	3.1%
	3	work related concept	22	13.6%	13	8%	139	85.8%	143	88.3%	1	0.6%	6	3.7%
	4	self concept	21	13%	12	7.4%	139	85.8%	143	88.3%	2	1.2%	7	4.3%
	5	peer support	22	13.6%	11	6.8%	138	85.2%	147	90.7%	2	1.2%	4	2.5%
		Over all	22	13.6%	12	7.54%	138	85.2%	144	88.9%	2	1.2%	6	3.7%

In this table, in interventional group pretest regarding esteem related to family role, physical condition, self concepts, work related concept and peer support most of them had low and moderate self esteem. But following intervention in posttest none of them had low level of self esteem regarding esteem related to family role, physical condition, work related concept, self concept and peer support. There were significant improvements found in their

level of self esteem in interventional group than control group. It proved that intervention was very much effective.

Section IV: The effectiveness of counseling on reduction of stress among menopausal women in interventional and control group.

Table 3: The effectiveness of counseling on reduction of stress among menopausal women in interventional and control group

Stress	Interventional group				control group				mean difference		T value	P value
	Pretest		Post test		Pretest		Post test		Int. group	Con. group		
	Mean	S.D	Mean	S.D	Mean/	S.D	Mean	S.D				
Physiological stress	33.1	7.95	26.23	8.84	32.73	7.61	30.8	7.31	6.87	1.93	5.06	.001***
Psychological stress	21.01	5.22	15.16	5.01	20.76	5.01	20.6	5.8	5.85	0.16	9.01	.001***
overall	54.11	11.67	41.39	12.83	53.49	10.3	51.4	10.32	12.72	2.09	7.72	.001***

Among interventional group, regarding physiological stress in post test it was 26.23. But in pre test it was 33.10. Following intervention it was reduced and mean difference was 6.87. The difference was high and statistically significant at 'p' value 0.001 level where as regarding psychological stress, post test score was 15.16 and pre test score was 21.01. The difference was 5.85. It was statistically significant at 'p' value 0.001 level. Hence it was concluded

that intervention was very much effective on reduction of stress. In control group the results showed that there was no significance difference found on their level of menopausal stress between pre and post test score.

Section V: The effectiveness of counseling on improvement of self esteem among menopausal women in interventional and control groups.

Table 4: The effectiveness of counseling on improvement of self esteem among menopausal women in interventional and control groups

S. No	Component	Interventional group				Control group			
		Pre test		Posttest		Pre test		Posttest	
		Mean	S.D	Mean	S.D	Mean	S.D	Mean	S.D
1	Esteem related to family role	12.49	2.00	14.59	1.51	12.87	2.44	12.98	2.44
2	physical condition	16.48	2.28	19.27	2.09	16.25	2.82	16.97	3.30
3	work related concept	20.16	2.73	25.74	2.12	20.24	2.83	20.82	2.94
4	self concept	11.83	2.04	14.28	1.49	12.33	2.24	12.99	2.19
5	peer support	9.32	1.82	10.82	1.40	9.65	1.75	9.69	1.76
	Over all	70.28	9.76	84.70	6.52	71.34	9.41	73.45	10.2

In this table, among interventional group, in post test, the mean score level of self esteem on family role, physical condition, work related concept, self concept and peer support were high than pre test score. This is statistically significant at 'p' value 0.001 level. These findings concluded that the intervention was very much effective in

interventional group. But in control group no significant differences were found between pre test and post test.

Section VI: Correlation between stress score and self esteem score among menopausal women in interventional and control group.

Table 5: Correlation between stress score and self esteem score among menopausal women in interventional and control group

Group		Correlation	Mean ±SD	r value	P Value
Intervention group	pretest	Stress score vs Self esteem score	54.11 ±11.67 Vs 70.28±9.76	-0.1	0.17
	post test	Stress score vs Self esteem score	41.39 ±12.82 Vs 84.70 ± 6.52	-0.43	0.001**
Control group	pretest	Stress score vs Self esteem score	53.49± 10.30 Vs 71.34 ± 9.40	-0.13	0.15
	post test	Stress score vs Self esteem score	51.40 ± 0.31Vs 7 3.45 ± 10.26	-0.16	0.13

correlation value of pre test with post test showed significant negative correlation at 0.001 level. The correlation value of post test after intervention was -0.43. Where as in control group, the correlation value of posttest was -0.16 which was significant at 0.01 levels, which showed that negative correlation was found between menopausal stress and self esteem.

Section VII: Association between stress and self esteem of menopausal women and their selected socio demographic and clinical data variables in control and interventional groups
No significant association was found between pretest score

level of stress and self esteem with menopausal women and their demographic and other clinical variables in interventional and control groups.

Conclusion

1. Intervention module (menopausal counseling) has effective impact over the level of stress and self esteem among the menopausal women.
2. The respondents self esteem were high when stress became low. So it is concluded that menopausal counseling is an effective intervention to reduce stress and improve self esteem of the respondent.

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