

A Comparative Study to Assess the Effectiveness of Lavender Aroma Therapy on Stress among Premenopausal (Sisters) And Premenopausal Women Attending OPD at People's Hospital, Bhopal, (M.P)

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ABSTRACT

Pre-menopause or the menopausal transition includes that time period where physiological changes make progression towards a woman's final menstrual period. Menopause is an unavoidable milestone in a woman's life. Its symptoms may last for several years and may affect the health and severely reduce her productivity³. During this period every woman experiences many physical changes such as weight gain, hair loss etc. and physiological changes such as hormonal changes, irregular menstrual cycles, mood changes, stress etc. Lavender is herb contains linalool, linalyl, antifungal, antibiotic and antidepressant effect. It is used to relieve stress, anxiety, and to improve sleep. This was a quasi experimental study with 60 subjects which was consisting of 30 premenopausal sisters and 30 premenopausal women. A random sampling technique was used to select the subjects, and two group pre-test post test design was used. Lavender oil aroma therapy was given to 30 premenopausal sisters and 30 premenopausal women after the pre-test for 21 days. On 22nd day a post test was conducted and the data was analyzed by using descriptive and inferential statistical in terms of frequency, percentage, mean, standard deviation, student't' test values. Overall observation showed that the lavender on stress in premenopausal sisters and premenopausal women was effective. The paired't' test was computed between pre and post test score indicated that there is enhancement with value $P = .000$ shows $P < 0.005$.

Key Words: *Premenopausal Sisters, Stress, Premenopausal women, Lavender oil aroma therapy*

INTRODUCTION

Pre-menopause or the menopausal transition includes that time period where physiological changes make progression towards a woman's final menstrual period. This stage of life begins with the onset of menstrual irregularities and continues until a woman reaches menopause⁶. Menopause is an unavoidable milestone in a woman's life. Its symptoms may last for several years and may affect the health and severely reduce her productivity³. During this period every woman experiences many physical changes such as weight gain, hair loss etc. and physiological changes such as hormonal changes, irregular menstrual cycles, mood changes, stress etc². Many try to put up with the changes, while some others are unable to accept the changes and go into stress which leads to depression. The vasomotor symptoms and other menopause-related complications can be attenuated by hormone therapy (HT). However, HT is associated with some side effect such as breast cancer, coronary heart disease and pulmonary

embolism.³ Menopause cannot be cured and it is a common fact. India has more than one Crore cases every year. Most women believe that natural and safe herbal products as alternatives to traditional medicine are in line with their values and lifestyle. 95 % of women become menopausal between 45 and 55 years of age⁴. As everyone has the right to good health so also the perimenopausal woman. Though it is a natural phenomenon a woman undergo many psychological symptoms which can lead to stress⁹. If the reproductive age is come to an end it does not mean that she is not useful or not worthwhile. But she is made to feel it by the physical symptoms and the attitude of people around her. "Prevention is better than cure". This study is to prevent stress as she approaches her menopausal stage. I have seen many premenopausal sisters though they know this natural phenomenon they are unable to cope up with life and are often stressed. The use of lavender aroma therapy can bring about relief to sisters and women who undergo the symptoms of perimenopause and live a happy life.

Aromatherapy is a complimentary therapy used to improve women's health since many years. Lavender is a herb with purple colored flowers. Lavender essential oil contains linalool, linalyl, antifungal, and antibiotic and antidepressant effect¹⁴. It has been used for labor, postpartum pain, post partum depression anxiety, and sleep disorders etc¹⁴.

Objectives

- To assess the pre test level of stress on premenopausal women and sisters attending OPD in People's Hospital, Bhopal.
- To implement lavender aroma therapy to premenopausal women and sisters attending OPD in People's Hospital, Bhopal.
- To compare the pre test and post test value of aroma therapy on premenopausal women and sisters attending OPD in People's Hospital Bhopal.
- To find out the association between pre test and post assessment among premenopausal women and sisters with selected demographic variables.

Hypotheses at the level $P < 0.05$

H0 - There will be no significant difference between pre test and post test level of stress among premenopausal women and sisters with socio demographic variables.

H1 - There will be significant difference between the pre test and the post test level of stress among premenopausal women and sisters with selected demographic variable.

H2 - There will be significant difference between the pre test and post test value of quality of life of premenopausal sisters and premenopausal women attending OPD in people's hospital

METHOD

This was a quasi experimental comparative study with 60 subjects which was consist of 30 premenopausal sisters and 30 premenopausal women. A random sampling technique was used to select the subjects, and two group pre-test post test design was used. Data was collected by means of a questionnaire, which was consist of 3 sections (socio – demographic data, Perceived Stress scale. And Modified Utian Quality of life scale.). The reliability of the tool was established by Split half method. The Karl Pearson's coefficient of correlation $r = 0.70$. Lavender oil aroma therapy was given to 30 premenopausal sisters and 30 premenopausal women after the pre-test for 21 days. On 22nd day a post test was conducted and the data was analyzed by using descriptive and inferential statistical in terms of frequency, percentage, mean, standard deviation, student 't' test values.

- It was proved that there was a significant decline in the stress level of premenopausal sisters and premenopausal women after the use of lavender oil.
- The results showed that in the pre-test out of the 30 sisters 27 subjects had moderate stress level and 3 had high perceived stress level and there is no one is with low stress level.
- In the women's group 8 members have moderate stress level and 22 of them have low stress level, and no one is with a high perceived stress level.
- In the post test after the lavender oil aroma therapy 24 subjects in sisters group had moderate stress and only one had low stress and 5 had high perceived stress level.
- In the women's group 13 subjects had moderate stress level, 17 had low stress level and no one had high perceived stress level.
- In the assessment of quality of life in pre-test the sisters group had 2 subject in the poor QOL scoring, 6 subjects had average scoring, 19 had good QOL scoring and 3 had Excellent quality of life scoring,
- In the women group there were no poor scoring, 2 subjects had average scoring and 7 subjects had Excellent

- QOL scoring
- In the post test in sisters group one subject had poor QOL score, 3 had average score, 20 subjects had good QOL score and 6 subjects had excellent Q O L score.
- In the women group there were no poor and average score and 7 had good QOL score and 23 had excellent QOL score.

Overall observation showed that the lavender on stress in premenopausal sisters and premenopausal women was effective .The paired‘t’ test was computed between pre and post test score indicated that there is enhancement with value P = .000 shows P = <0.005.

Comparison table

Table 1, ‘t’ test Mean and Standard Deviation

	Mean	Std. Deviation	t	df	P value	Significance
Stress-Total pre-test sisters	21.47	4.208	11.400	29	.000	S
Total post-sisters	11.50	3.739				
Total QOL pre-test sisters	75.20	15.584	6.870	29	.000	S
Total QL POST- sisters	94.07	11.531				
Stress-Total pre Women	22.60	4.613	8.150	29	.000	S
Total Post W	12.63	4.590				
Total QOL Pre W	82.43	13.299	4.995	29	.000	S
Total QL POST Women	97.73	10.194				

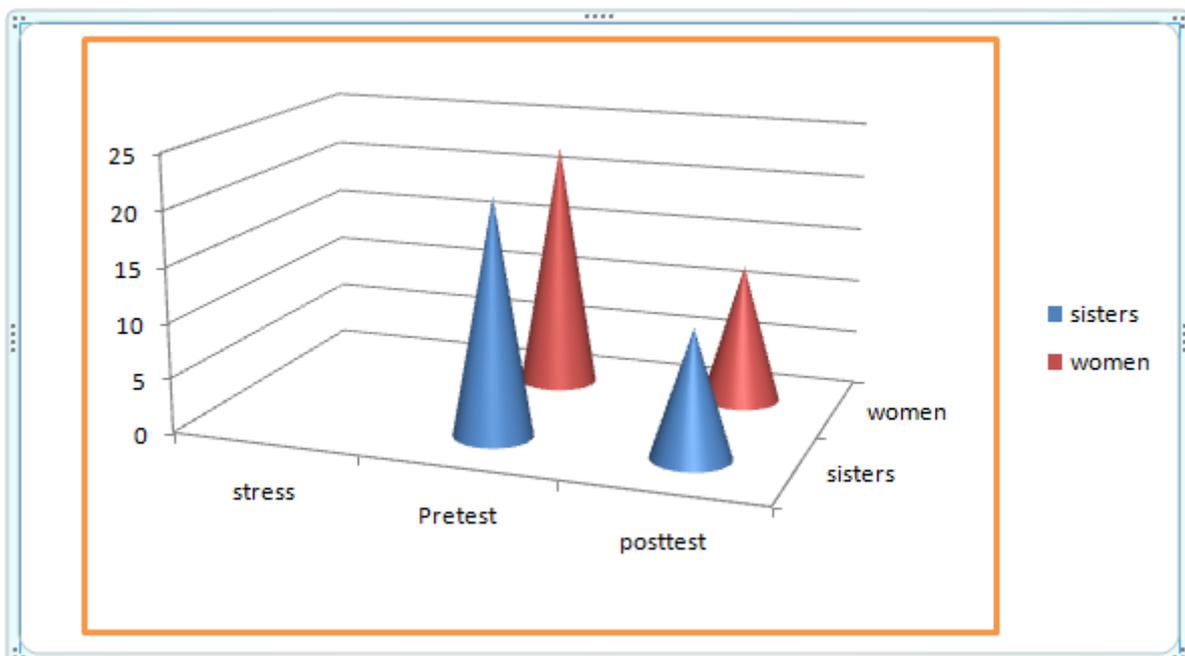


Fig. 1 Pre and post test level of Stress Mean in Sisters and women

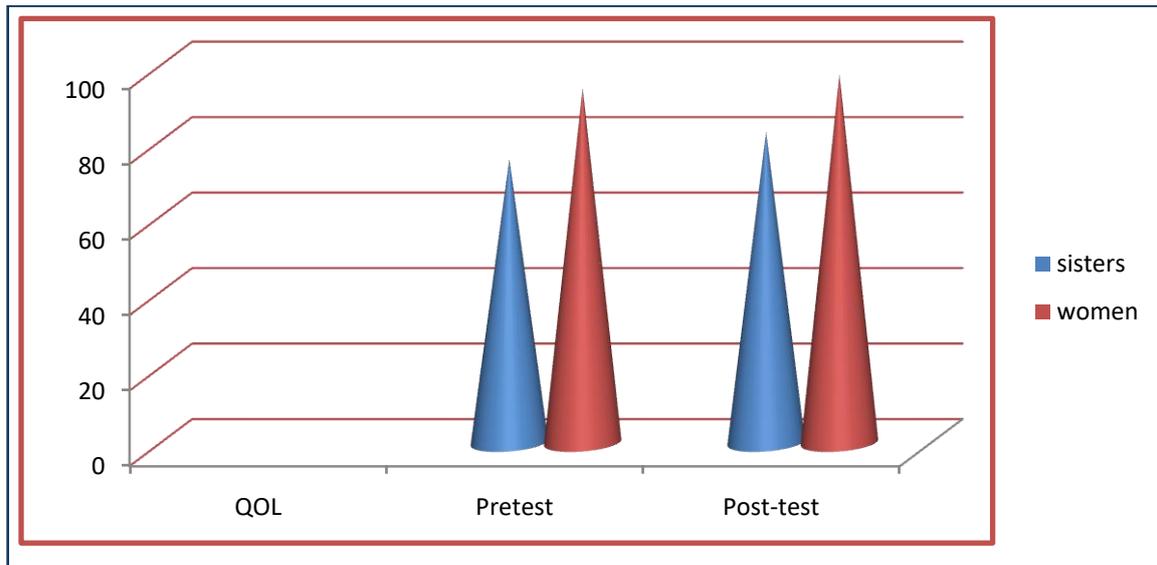


Fig 2 Pre and Post test Mean value of QOL in Sisters and women

As per H₃ There will be significant difference between the pre-test and post-test value of quality of life of premenopausal sisters and premenopausal women attending OPD in People's Hospital. The P value .000 shows P<0.005. Therefore H₃ is accepted. Here the mean value of stress in sisters group according to pre-test is (21.47) is higher than the post test value (11.50) after the implementation of lavender oil, and the quality of life is (75.20) lower than the post-test (94.07). In the same way the pre-test in women's group the mean value of stress is (22.60) more than the mean value in the post test (12.63) and the quality of life is lower (82.43) in pre-test than the post test (97.73). Therefore H₃ accepted.

CONCLUSION

Based on the findings of the study following conclusions were drawn. Out of the 30 sisters 27 subjects had moderate stress level and 3 had high perceived stress level and there is no one with a low stress level. In the women group 8 members have moderate stress level and 22 of them have low stress level, and no one with a high perceived stress scale. In the post test after the lavender oil 24 subjects in sisters group had moderate stress and only one had low stress and 5 had high perceived stress level. In the women group 13 subjects had moderate stress level, 17 had low stress level and no one had high perceived stress level. In the assessment of quality of life in pre-test the sisters group had 2 subject in the poor scoring, 6 subject had average scoring, 19 had good QOL scoring and 3 had Excellent quality of life scoring. In the women's group there were no poor scoring 2 subjects had average scoring and 7 subjects had Excellent QOL scoring. In the post test in the sister's group one subject had poor QOL score, 3 had average score, 20 subjects had good QOL score and 6 subjects had excellent QOL score. In the women's group there were no poor and average score and 7 had good QOL score and 23 had excellent QOL score. This shows that there is significant effectiveness in the use of lavender oil in premenopausal sisters and premenopausal women. A study on the premenopausal sisters is for the first time in India, and probably in the world too. There for the researcher is not able to show any specific supportiveness for the study.

Implication of the study

The finding of the study can be used in the following areas

Nursing Practice:

Nurses are the key persons of health team who play a major role in health promotion and maintenance. They can provide adequate information on the symptoms of premenopausal and the natural methods to reduce its severity. As a Nurse counselor he/she can conduct individual counseling for premenopausal women to have a healthy approach to the menopausal periods.

Nursing education:

As a nurse educator there are many opportunities for nursing professionals to educate premenopausal sisters and women regarding methods of relief of stress and to improve the quality of life. Premenopausal period is managed well every woman can manage her menopausal period in an easy manner. Nurses at postgraduate level need to

develop skill and knowledge not only in antenatal and postnatal healthcare but also premenopause and menopause health.

Nursing Administration:

- The nursing administration should take active part in the health policy making, development protocol, standing orders related to designing health education programs and strategies for premenopausal sisters and women in relief of stress and related symptoms of the menopausal period.
- The administrator should be able to plan, organize and conduct health education programs by considering cost effectiveness to carry out successful education programme.
- The nurse administrator should explore their potential and encourage innovative ideas in the preparation of appropriate teaching material and usage of man power.

Nursing research:

- This study helps nurse researchers to develop appropriate health education tools for educating premenopausal women regarding the symptoms of menopause and how to handle them in a natural way without consuming many pills and disturbing their mental health.
- The nurse should come forward to take up unsolved questions in the field of health and include health care programmes for premenopausal women and menopausal age group as everyone has the right to good health.

Limitations of the study

- The study is limited to Hospital OPD
- The study did not use any control group
- Only single domain that is stress is considered in the present study
- No similar studies are available for comparison.

Recommendations:

- On the basis of the findings of the study the following recommendations have been made.
- A similar study can be replicated on a large sample to generalize the findings.
- A study can be conducted by including additional demographic variables.

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