

EFFECTIVENESS OF SOYA MILK UPON MENOPAUSAL SYMPTOMS

Ms. Lourds Bemig., M. Sc (N) II year, Dr. Latha Venkatesan, Principal,
Mrs. Shobana.G., Professor, Apollo College of Nursing, Chennai

Abstract

A experimental study was conducted among 60 samples to assess the effectiveness of Soya milk upon Menopausal symptoms among Menopausal women in selected wards of Thiruverkadu Township. Survey method was used to assess the prevalence of menopause and following this menopausal symptoms were assessed in control and experimental group using rating scale. Menopausal women in the experimental group were administered (house to house) 100 ml of soya milk in midmorning daily for 4 weeks. At the end of 4 weeks symptoms were assessed for both control and experimental group by using rating scale. The level of satisfaction on administration of soya milk was also assessed by using the rating scale in the experimental group. The results revealed that there was a significant reduction of physiological and psychological symptoms in experimental group after soya milk administration which can be attributed to the effectiveness of soya milk.

Key words: Menopause, Soya milk

Introduction

The word "Menopause" literally means the end of monthly cycles. It is the permanent cessation of menses associated with declining ovarian function. A woman's ovaries have two hormones estrogen and progesterone, when these hormones are out of balance, hormone related illness can emerge.

Due to hormonal changes women notice hot flashes, night sweat, insomnia, vasomotor changes. They may vary in intensity from a barely perceptible warm feeling to sensation of extreme warmth accompanied by profuse sweating, causing discomfort, sleep disturbance and subsequent fatigue. The entire genitourinary system is affected by the reduced estrogen level.

Soy milk contain isoflavones which are referred to as phytoestrogens and have the most potent estrogen like activity of all common phytoestrogens Soy beans and other legumes contain isoflavones and are an important source of dietary phytoestrogens. There are many different isoflavones found in plants.

Women hesitate or neglect to discuss the physiologic and psychological changes and due to family commitments may avoid to aid pharmacological management therefore automatically she turn towards home remedies which is alternative and complementary therapies because of its cost effectiveness (without side effects).

Statement of the problem

An Experimental Study to Assess the Effectiveness of Soya milk upon Menopausal symptoms among Menopausal women in Selected wards of Thiruverkadu Township.

Objectives of the study

1. To assess the prevalence of menopausal symptoms among menopausal women in selected wards of Thiruverkadu Township.
2. To assess the level of knowledge regarding menopause in control and experimental group of menopausal women.
3. To determine the effectiveness of soya milk by comparing the menopausal symptoms in control and experimental group of menopausal women.

4. To determine the level of satisfaction regarding the administration of soya milk in the experimental group of menopausal women.

Null hypotheses

Ho₁ There will be no significant difference in menopausal symptoms before and after administration of soya milk between control and experimental group of menopausal women.

Ho₂ There will be no significant association between selected demographic variables and menopausal symptoms in control and experimental group of menopausal women.

Ho₃ There will be no significant association between selected clinical variables and menopausal symptoms in control and experimental group of menopausal women.

Research Methodology

An experimental approach was adopted for the study and the research design monograph was

Control group:	R	O ₁	-	O ₂
Experimental group:	R	O ₁	X	O ₂

R- Randomization

O1- Pre assessment of menopausal symptoms

O2 - Post assessment of menopausal symptoms

X -Intervention (administration of soya milk)

Setting: The study was conducted at Rajankuppam, Chennai.

Sample and sampling technique: Simple random sampling was chosen where lottery method was used to assign the subjects 30 in control and 30 in experimental group.

Tools: The study instruments are demographic variables, clinical variables, structured knowledge questionnaire, rating scale on level of menopausal symptoms and level of satisfaction regarding administration of soya milk.

Data collection procedure: Survey method was used to assess the prevalence of menopause. After which menopausal symptoms were assessed in control and experimental group using rating scale. Menopausal women in the experimental group were administered (house to house) 100 ml of soya milk in midmorning daily for 4 weeks .At the end of 4 weeks symptoms were assessed for both control and experimental group by using rating scale. The level of satisfaction on administration of soya milk was assessed by using the rating scale in the experimental group. The collected data were tabulated and analyzed using descriptive and inferential statistics.

Results And Discussion

Table 1: Comparison of Mean and Standard deviation of Menopausal symptoms before and after administration of soya milk between Control and Experimental group of Menopausal women.

Menopausal symptoms	Control group n=30		Experimental group n=30		t value
	M	SD	M	SD	
Before Administration					
Physiologic symptoms	18.9	3.53	20.8	2.80	2.11
Psychologic symptoms	20.16	2.32	20.46	3.56	2.06
After Administration					
Physiologic symptoms	18.7	3.54	14.4	4.66	4.12***
Psychologic symptoms	20.16	2.40	13.56	4.81	4.48***

***p<0.001

The data presented in the above table inferred that the difference in mean and standard deviation of physiological symptoms (M=18.9, 20.8, SD=3.53, 2.80) and psychological symptoms (M=20.16, 20.46, SD= 2.32, 3.56) before administration of soya milk between control and experimental group of menopausal women is not statistically significant (p<0.05). Whereas the difference in mean and standard deviation of physiological symptoms (M=18.7, 14.4, SD=3.54, 4.66) and psychological symptoms (M=20.16, 13.56, SD= 2.40, 4.81) after administration of soya milk between control and experimental group of menopausal women is statistically significant (p<0.001).

There is significant reduction of physiological and psychological symptoms in experimental group after soya milk administration which can be attributed to the effectiveness of soya milk. Hence null hypothesis H₀₁. "There will be no significant difference in menopausal symptoms before and after administration of soya milk between control and experimental group of menopausal women" was rejected.

Conclusion

The findings of the study showed that the effectiveness of soya milk upon menopausal symptoms in experimental group was better than those in the control group. Hence it could be concluded that there is an association between the menopausal symptoms and

administration of soya milk. Soya milk is easy to administer and a natural supplement for menopausal women, which can also be prepared at home and consumed.

References

- Aaron, R.&Muliyl,J.(2002).Medical social dimensions of menopause.National Medical Journal of India, 15(1), 14-17.
- Adele, P. (2007). Menopause.Maternal and child health nursing, (6th ed), Philadelphia, 102-104.
- Allender, A. (2010). Women's health.Community Health Nursing, (7th ed), Lippincot, 662– 663.
- Bagga, A. (2004) .Age and symptoms of menopause.Obsterics& Gynecology Today, 9(8), 301-302.
- Burns.N.,&Grove.S. (2001). The practice of Nursing Research, 4th edition, Philadelphia: W.B.Saunders Company.
- Llee, K. (2009).Prevalence of menopause. Menopause.9(6). Retrieved from <http://www.menopause.org/ims>. on 5/1/2012.
- Liji, M. & Mathias, M. (2011).Menopausal depression.Prisms nursing practice, 6(3), 123-127.
- Shah, R.et al (2004).Menopausal symptoms in urban Indian women, Obstetrics & Gynecology Today, 9(10), 667-670.