



# **“Effectiveness Of Soya Milk Preparation On Menopausal Symptoms Among Perimenopausal Women Working In Selected Teaching Institution At Vijayapur”**

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## **Abstract:**

The study was conducted in the selected teaching institutions at Vijayapur. The design selected for the study was one group pre-test and post-test , pre-experimental design. Convenient sampling technique was used and the sample consisted of 40 perimenopausal women aged between 40-50 years. The soya milk was administered to 40 perimenopausal women in the teaching institutions, following inclusion and exclusion criteria. The assessment of severity of menopausal symptoms was done by Menopause Rating Scale and is followed by administration of soya milk and the effect of soya milk is found out by using Menopause Rating Scale after weeks of administration.

## **Results and interpretation**

The menopausal symptom score was high in the pre-test than in the post-test. Mean pre-test menopause symptom score was 23.7 and mean post-test menopausal symptom score was 16.43 which is significantly less at p-value 0.0001. Findings of the study indicated soya milk has an effect on menopausal symptoms among perimenopausal women. There was no significant association menopausal symptoms and selected demographic variables such as age, education, occupation, type of diet, nature of bleeding, age of menarche and family history of attainment of menopause.

## **Conclusion**

The enhancement of the health condition of the peri menopausal women who suffer from menopausal symptoms is greatly required to reduce health condition and improve academic performance and their performance at work place. So this was done by administration of soya milk. The study was concluded with further recommendations.

**Keywords**

**Soya milk, menopausal symptoms, menopause, perimenopausal women.**

**INTRODUCTION:**

All healthy women transition from a reproductive, or premenopausal, period, marked by regular ovulation and cyclic menstrual bleeding, to a postmenopausal period, marked by amenorrhea. The onset of the menopausal transition is marked by changes in the menstrual cycle and in the duration or amount of menstrual flow. Subsequently, cycles are missed, but the pattern is often erratic early in the menopausal transition. Menopause is defined retrospectively after 12 months of amenorrhea. The menopausal transition usually begins in the mid-to-late 40s and lasts about 4 years, with menopause occurring at a median age of 51 years.

Menopause is the time in woman's life when her period stops. It usually occurs naturally, bridge often after age 45 years. Menopause happens because the woman's ovary stops producing the hormones the estrogen and progesterone<sup>2</sup>. Changes and symptoms can the start several years earlier. They include: change in periods – shorter or longer, lighter or heavier, with more or less time in between; hot flashes and/or night sweats; trouble sleeping; vaginal dryness, mood swings, trouble focusing and less hair on head, more on face. Women, as to men, experience an age-related decline of physical and mental capacity.

Soy contain powerful estrogen like compounds called phytoestrogen, which bind to estrogen receptors and mimic same as estrogens effect in your body. The most prevalent phytoestrogens in soy are the isoflavones genistein, daidzein and glycitein, Diadzein is believed to be the one with greatest impact. After eating soy, certain bacteria in gut convert diadzein in to estrogen like compound called S-equol. How much your body produces depends both on the type of the bacteria and in you large intestine and on the amount of soy you eat.

**OBJECTIVS OF THE STUDY :**

- 1.To assess the pre-test severity of menopausal symptoms among perimenopausal women by using modified menopausal rating scale.
- 2.To assess the effectiveness of soya milk preparation on severity of menopausal symptoms among perimenopausal women by using modified menopausal rating scale.
- 3.To find out the association between pre-test level of menopausal symptoms among

perimenopausal women and selected socio demographic variables.

## Materials and Methods:

Research methodology is concerned with the steps, procedures and strategies for gathering and analyzing the data in research investigation. It includes the collection, assembling and examination of available data, making assumptions about the data, testing the assumptions, and developing practical applications from the laws or principles that have been derived from the verification of the assumptions. This chapter deals with the method adopted for the present study that includes research approach, research design, setting of the study, variables under the study, population and sample, sampling technique, criteria for sample selection, The investigator selected the following institutions to conduct the study

-BLDEA'S Nursing College, Vijayapur.

-Al – Ameen Fathima Nursing College, Vijayapur.

-Secab English Medium school, Vijayapur

description for tools, pilot study, data collection process and plan for the data analysis.

## Hypothesis

The following hypothesis will be tested at 0.05 level of significance.

**H1:** There will be significant reduction of severity of menopausal symptoms after administration of soy milk preparation.

**H2:** There is a significant association between the pre-test severity of menopausal symptoms among perimenopausal women with their selected demographic variables.

## POPULATION

□ In the present study, population consisted of perimenopausal women (40-50) who are working in selected institutions at Vijayapur.

## SAMPLE

In the present study, the sample consisted of 40 Perimenopausal women fulfilling selected criteria.

## SAMPLING TECHNIQUE

In this present study, convenient sampling technique was used.

## SETTING OF THE STUDY

## CRITERIA FOR SAMPLE SELECTION

The sampling frame structured by the researcher included following criteria.

### Inclusion criteria:

- ❖ □ Are in the age group of 40 – 50 years.
- ❖ Can understand and respond in Hindi or English.
- ❖ Are working in selected teaching institutions.
- ❖ □ Are available at study period.

### Exclusion criteria

- ❖ □ Are known allergic to soya products
- ❖ □ Are under hormone replacement therapy
- ❖ □ Are diagnosed with medical disorders

## VARIABLES

The following variables were used for this study.

**Dependent variables:** Severity of menopausal symptoms.

**Independent variables:** Soya milk preparation.

**Extraneous Variables:** Age, education, occupation, type of family, type of diet, age at menarche, menstrual history.

## SELECTION AND DEVELOPMENT OF THE TOOL

Tools were prepared on the basis of the objectives of the study. In this study modified Menopause Rating Scale (MRS) was used to assess the severity of menopausal symptoms and soya milk was administered to reduce menopausal symptoms after extensive review of literature and discussion with experts.

## DISRUPTION OF THE TOOL

**Part –I: Proforma for demographic data p**

**Part – II: Menopause Rating Scale (MRS)**

**Part – III:**

- ☐ **Section – A: Method of preparation of soya milk**
- ☐ **Section – B: Method of administration of soya milk**

**Part – I: Proforma for demographic data**

The proforma for demographic data contains 7 items which includes age, education, occupation, type of family, type of diet, age of menarche and nature of menstrual cycle.

**Part – II: Menopause Rating Scale**

Menopause Rating Scale was used to assess the severity of menopausal symptoms. It includes symptoms score from 0 – 4. Each score shows the different levels of severity **perceived by the perimenopausal women.**

The resulting score was ranked as follows:

- 1. None= 0**
- 2. Mild=1**
- 3. Moderate=2**
- 4. Severe=3**
- 5. Very severe=4**

**Part – III:**

**Section – A: Method of preparation of soya milk**

The soya milk is prepared by the investigator after reviewing the literature and by obtaining experts opinion. The preparation of soya milk

**Section – B: Description of administration of soya milk**

The investigator after reviewing the literature and by obtaining experts opinion develops the plan for administration of soya milk preparation. The soya milk preparation is administered to the perimenopausal women who are having menopausal symptoms. And are not administered to those who are known allergic to soya products, are under hormone replacement therapy and are diagnosed with medical disorders. The soya milk preparation is administered for twice a day. 90 ml of soya milk preparation with 1 teaspoon of honey is given in the morning and night time. It is given for 4-5 weeks.

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