A STUDY TO ASSESS THE EFFECTIVENESS OF YOGA THERAPY ON PREVENTION OF PREMENSTRUAL SYMPTOMS AMONG THE NURSING STUDENTS RESIDING AT VASANTRAO NAIK NURSE'S HOSTEL AT JALNA, MAHARASHTRA.

Ms. SUKESHINI SUKE, M.SC. NURSING, LECTURER, V.N.I.O.N, JALNA.

Ms. Prajkta Dhakne, Basic B.Sc. Nursing, Ms. Sayali Kharad, Basic, B.Sc. Nursing,

Ms. Pallavi Surse, Basic B.Sc. Nursing, Ms. Aishwarya Kantode, Basic B.Sc. Nursing,

Ms. Roshani Rathod, Basic B.Sc. Nursing, Ms. Ashwini Nikam, Basic B.Sc. Nursing,

Ms. Vaishnavi Hiwale, Basic B.Sc. Nursing.

ABSTRACT

A quasi-experimental study was conducted to assess the effectiveness of yoga therapy on prevention of premenstrual symptoms among the nursing students residing at Vasantrao Naik nurse's hostel at Jalna, Maharashtra. Data was collected from the nursing students of Vasantrao Naik Nurse's hostel at Jalna, Maharashtra. The research design used for the study was two group pre-test and post-test design. 40 student nurse's selected by convenient sampling technique. The pre-test done by using four point likert scale. After pre-test, intervention was given as yoga therapy for 30 minutes up to 7 days. Then finally the post-test assessment was done to assess the effectiveness of yoga therapy on prevention of premenstrual symptoms among student nurses by using same four point likert scale. Paired 't' test was used for data analysis. The study was concluded that the yoga therapy is effective to prevent premenstrual symptoms.

Objectives of the study:

1. To assess the pre test level of premenstrual symptoms among nursing students both in experimental and control group.

2. To assess the post test level of premenstrual symptoms among nursing students both in experimental and control group.

3. To compare the effectiveness of yoga therapy to prevent premenstrual symptoms in pre test level and post test level among nursing students.

4. To find out association between the effectiveness of yoga therapy with selected demographic variables in pre test among nursing students.

Methods: The research approach adopted for present study was experimental research approach. The research design adopted for present study was two group pre-test and post-test design. Convenient sampling technique was used to select the samples. The total sample size for the research was 40 samples. The independent variable was yoga therapy and the dependent variable was prevention of premenstrual symptoms. Structured tool was used.

Out of 40 samples, 20 samples for experimental group and 20 samples for control group were selected from the Nurses's hostel of Vasantrao Naik Institute of Nursing. Paired **'t'** test, unpaired 't' test and ANOVA test were used for data analysis.

Major findings of the study:

- The most of the student nurses in experimental and control group were at the age of 21-23 years.
- Majority of student nurses in experimental and control group were in Basic B.Sc Nursing.
- Many of student nurses in experimental and control group were non-vegetarian.
- Highest of student nurses in experimental and control group were in the weight of 41-60 kg.
- The student nurses in experimental and control group were having equal percentage of family history of PMS.
- Maximum of student nurses in experimental and control group were unmarried.
- Largest number of student nurses in experimental and control group were having menarche at the age of 14-16 years.
- Almost majority of student nurses in experimental and control group were having regular menstrual pattern.
- Most of student nurses in experimental and control group were having 4-6 days of menstrual cycle.
- Out of total number of student nurses, majority of student nurses in experimental and control group were having last menstrual period before 2 weeks.

Conclusion: The study was taken to assess the effectiveness of yoga therapy on prevention of premenstrual symptoms among student nurses residing in nurse's hostel of Vasantrao Naik Institute of Nursing, Jalna. The study findings will help the student nurses to understand the importance of the yoga therapy on prevention of premenstrual symptoms, to improve health and lead to free life from premenstrual symptoms.