# Effectiveness of Autogenic Relaxation Among Depressive Menopausal Women in Selected Areas of Agra, Uttar Pradesh

Gracy Mathew

*Research Scholar, Faculty of Nursing, Shri Venkateshwara University, Amroha, India*

*Abstract*: **This paper presents an overview on effectiveness of autogenic relaxation among depressive menopausal women in selected areas of Agra, Uttar Pradesh.**

*Keywords*: **Autogenic Relaxation**

## 1. Introduction

This study was undertaken to evaluate the effectiveness of Autogenic relaxation on depression among menopausal women in selected areas of Agra, Uttarpradesh. The study was conducted at Sadar Batti and Kishan Garh. The population of the study was the menopausal women who were residing in Sadar Batti and Kishan Garh and who met the inclusion criteria. Simple random sampling was used to select the experimental group (50) and control group (50). Data collection tools consisted of 5 point Likert scale to assess the level of depression. First the pertest level of depression was assessed and after pre-test, autogenic relaxation was administered in experimental group. Post-test level of depression was assessed four weeks after Autogenic relaxation. Data were analyzed using descriptive and inferential statistics.

## 2. Major findings of the study

Majority (38.33%) of the menopausal women in the experimental group were above 50 years and in the control group (54.67%). Majority of the menopausal women in the experimental group (52.12%) had primary education and in the control group (1.87%) menopausal women were illiterate. In the experimental group, majority of the menopausal women (96.2%) were married and in the control group 83.33% of menopausal women were married. Majority (80%) of the menopausal women in the experimental group were Hindu and in the control group 72% of women were Hindu. Majority (68.33%) of the menopausal women in the experimental group and in the control group were housewives (62.67%). Most of the (46.66%) menopausal women in the experimental group and 53.33% in the control group has two children. Majority (65.33%) of menopausal women in the experimental group and in the control group 60% belong to nuclear family. Majority (56.66%) of menopausal women in the experimental group had their period of cessation of menstruation before one year and 46.6% of the control group had their period of cessation menstruation before 2 years. Majority (56.34%) of menopausal women in the experimental group and 54.33% in the control group has no problem with their husband. Most of the (61.67%) of menopausal women in the experimental group and 64.11% of menopausal women in the control group had financial problems. 56.67% of menopausal women in the experimental group and in the control group (71.2%) had no medical problems. The mean post-test level of depression of experimental group (22.12.) was less than mean pre-test depression level of experimental group (45.13). The obtained 't' value 9.33 is statistically highly significant at 0.05 level.

The mean post-test level of depression of experimental group (22.12) was lesser than the mean post-test level of depression in control group (42.03). The obtained 't' value 8.45was statistically significant at 0.05 level.

There was no statistically significant association between post-test level of depression and demographic variables like age, educational status, marital status, religion, number of children, type of family, period of cessation of menstruation, economical problems and medical problems. There was a statistically significant association between post-test level of depression and demographic variables like occupational status ($\chi^2$=12.54) and problem with husband (14.32).

## 3. Discussion

The finding of the study revealed that there was a marked improvement in the level of depression in menopausal women after the autogenic relaxation, which proves the efficiency of autogenic relaxation therapy in reducing depression. It is clear that the percentage of menopausal women with depression from moderate (56.67%) to mild (43.33%) depression. This clearly portrays the meditating effect of autogenic relaxation in reducing depression. There was no difference in the control group in the reduction of depression among the menopausal women.

In order to evaluate the effectiveness of autogenic relaxation, pretest and post test scores of experimental group were compared. The mean post-test level of depression of experimental group (22.12.) was less than mean pre-test

**International Journal of Research in Engineering, Science and Management**
**Volume-2, Issue-12, December-2019**
**www.ijresm.com | ISSN (Online): 2581-5792**

381

depression level of experimental group (45.13). The obtained 't' value 9.33 is statistically highly significant at 0.05 level. The study findings configure with following literature: Bernstein and Borkovec et.al (1973) conducted the study among menopausal Women and showed that among 60 women, 40 women those who took autogenic relaxation regularly in the period of three weeks significantly reduced their depression in menopause measured by the Hamilton Scale. Deffenbacher, Me Namara et.al (1990) investigated the effect of relaxation training on depression of menopause which includes progressive muscle relaxation, autogenic relaxation, meditation. Lehree and Woolfolk (2993) found that autogenic relaxation seems to be effective in the treatment of depression on menopause. Heimberg (1989) found autogenic training was effective in the treatment of depression. Numerous studies have also investigated the benefits of autogenic relaxation on menopausal depression. A careful review of 35 randomized trials found that autogenic relaxation may be generally helpful at improving the quality of life and in reducing anxiety, depression, stress and fatigue. A careful review of 20 trials found the psychological interventions such as cognitive behavior therapy, autogenic relaxation; biofeedback is associated with reduced depression.

There is a fair amount of evidence in the support of relaxation therapies as means to treat the symptoms of anxiety and depression. In 2008, review of 27 studies, researchers concluded that relaxation therapies (including Jacobson progressive relaxation, autogenic training, and meditation) were effective. The theoretical review addresses that one of the indication for autogenic relaxation therapy as management of depression. (Johannz). The above theoretical view is applicable to the present study also.

Moreover, the observations of the researcher also add to the effectiveness of autogenic relaxation on depression. To support the evidence, the post test scores of experimental group and control group were compared. The mean post-test level of depression of experimental group (22.12) was lesser than the mean post-test level of depression in control group (42.03). The obtained 't' value 8.45 was statistically significant at 0.05 level.

There was no statistically significant association between age, educational status, marital status, religion, number of children, type of family, period of cessation of menstruation financial problems and medical problems and mean posttest level of depression. There was a statistically significant association between occupational status ($\chi^2$=12.54) and problem with husband (14.32 and posttest level of depression. It is clear from the statistical analysis that irrespective of the

selected demographic variables like age, educational status, marital status, religion, occupational status, number of children, type of family, period of cessation of menstruation, problem with husband, financial problems and medical problems, all had benefited of autogenic relaxation.

A household survey was carried out in peninsular Malaysia to determine the prevalence rate of depressive symptoms in the middle aged women and to explore its associated factors. Women aged 40-60 years were assessed on socio demographic variables, menopausal status, depressive symptoms, relationship with husband and coping strategies. A total of 3934 women participated and 51 years was the mean age. The prevalence rate of depressive symptom was 54.2%. Depressive symptoms were significantly associated with relationship with husband ($p<.001$), and occupational status ($p<.001$). Depressive symptoms were correlated with marital dissatisfaction. Researcher feels that major strength of the study is that this therapy is simple but neglected due to lack of sufficient literature. So this study topic and findings will add new knowledge to the nursing profession.

## 4. Conclusion

These findings of the study have been discussed in terms of the objectives, theoretical base and hypothesis. Most (56.67%) %) of the menopausal women residing in Sadar Batti and Kishan Garh, were suffering with moderate depression. Autogenic relaxation was effective in reducing the level of depression among the menopausal women in the selected villages. The study findings revealed that autogenic relaxation can be administered to all menopausal women in reducing the level of depression.

## References

[1] Brow J. P & Gallichio L (2009). Menopausal Women with Depression. Journal of Obstetrics and Gynecology, 17(3), pp. 121-123.
[2] Bhargari Davar (1995). Mental Illness among Indian women. Economic and Political Weekly, 11(2), pp. 28.
[3] Chedraws, A. Guicophobia, C (2008). Menopausal Women with Depression. Journal of obstetrics and Gynaecology, 17(3), pp. 121-123.
[4] Dennerstein L. Dudley, E. Hopper, J (2000). A Prospective population based study of menopausal symptoms, journal of obstetrics & gynecology, 9(6) pp. 22-23.
[5] Ernst, E. Kanji, N (2000). Autogenic relaxation on Depression. Journal of Clinical Psychology, 32(4), pp. 306-308.
[6] Graziottin, A. Sarafini. (2009). Menopausal women with Depression. Internal Journal of Human Development, 4(13), pp. 225-265.
[7] Irvin, H. Domar, C. Clark, (1996). The effects of relaxation response training of menopausal symptoms. The journal of psychosomatic obstetrics & gynecology, 18(3), pp. 143-145.
[8] Kaurt P, and Gillber P (2008). Menopausal women with Depression. Journal of Community health service, 4(2), pp. 143-148.