



The Effect Of Yoga Exercise On Depression In Menopausal Women In Babakan Sari Sub-District, Bandung City

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ABSTRACT

Women experience menopause, which is the cessation of menstruation for more than one year and the cessation of the release of the hormone's estrogen and progesterone. The most common psychological impact of menopause is depression. Interventions that can be performed on depression include pharmacological and non-pharmacological methods. One of the non-pharmacological therapies is yoga. Yoga exercise involves the unification of body movement, breath, and mind. Most women aged >45 live in the Babakan Sari Sub-District. This study aimed to determine the effectiveness of yoga exercises in reducing depression in menopausal women in the Babakan Sari Sub-District. This study uses a quasi-experimental design with one group intervention. The population of this study was women >45 years in the Babakan Sari Sub-District, totaling 3225 people. Samples were taken using purposive sampling with the inclusion criteria of menopausal women who had partners, and the exclusion criteria were menopausal women who consumed depression medication totaling 50 people. Data collection was done using the Patient Health Questionnaire-9. Yoga intervention based on yoga practice SOP was given 3 times in 3 weeks. Univariate data analysis was done using percentages and bivariate using a t-test. The results showed that at the pretest, 25 people (50%) were experiencing moderate depression, 18 people (36%) met the criteria for mild depression, and 7 people (14%) met the criteria for mild depressive symptoms. Posttest results showed that 19 people (38%) had mild depression, 23 people (46%) met the criteria for mild depressive symptoms, and 8 people had no symptoms of depression (16%). The results of the t-test showed that $p\text{-value} = 0.00 < \alpha = 0.05$. Thus, yoga exercises are effective





in reducing depression in menopausal women. The results show that yoga exercises are effective in reducing depression because yoga exercises provide relaxation for menopausal women, with interventions given every 3 times a week for 3 weeks, increasing the effectiveness of yoga in reducing depression. Depression decreases after giving yoga exercises, so it is hoped that yoga exercises can be considered as an alternative intervention by health centers.

Key Words: Depression, Menopausal Women, Yoga Exercise

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1. Introduction:

Women experience menopause, which is the cessation of menstruation for more than one year and the cessation of the release of the hormones estrogen and progesterone. Menopause is associated with changes in the body's metabolism of plasma lipoproteins and causes inflammation (Health and Medicine,2019). Menopause causes a decrease in bone density. The health function of elderly women has decreased, one of which is due to menopause (Atlanta,2017). Many elderly women say that there is a decrease in body function after menopause (NAICS,2017). Menopausal status is a condition of not menstruating in women due to aging. This can cause chronic disease, problems with muscles and bones, nerves, body balance, and psychological problems (Rathnayake, Alwis, Lenora, & Lekamwasam,2019).

Menopause is a natural process in women and causes both physical and psychological symptoms in women. Psychologically, the most common is depression (Mahdavipour, Rahemi, Sadat, & Ajorpaz,2019). The incidence of depression in women after menopause has increased from 26% to 33% (Somani et al,2019). Depression is associated with complex personal problems and social problems such as decreased interpersonal relationships,





decreased psychosocial well-being and physical health problems, decreased work capacity, increased suicide rates, and burdens on individuals and society (Masoudi,2015; Soares,2016).

The most common psychological impact of menopause is depression. Interventions that can be performed for depression include pharmacological and non-pharmacological methods. One of the non-pharmacological therapies is yoga. Yoga exercise involves the unification of body movement, breath, and mind. Yoga practice includes a certain group of psychophysical techniques. Research on yoga was carried out by the Fed, Service, Us, News, & Washington (2019) previous research showed the beneficial effects of yoga on health and rehabilitation, improving quality of life, there are several studies on the possibility of applying yoga therapy during the climacteric period. The aim of this study was to investigate the psychophysiological effects of regular practice of Hatha Yoga in post-menopausal women. Methods: Eighty-eight post-menopausal women volunteered for this 12-week trial. They were randomly assigned to one of three groups: control (no intervention), exercise, and yoga. The questionnaire was applied to evaluate climacteric syndrome (Menopause Rating Scale), stress (Lipp Stress Symptom Inventory), quality of life (World Health Organization Quality of Life Brief), depression (Beck Depression Inventory), and anxiety (State Anxiety/Traits Inventory). Physiological changes are evaluated through hormone levels (cortisol, FSH, LH, progesterone, and estradiol). Results: At 12 weeks, yoga practitioners showed statistically lower scores for menopausal symptoms, stress levels, and depressive symptoms, and significantly higher scores on quality of life when compared to the control and exercise groups. Only the control group showed a significant increase in cortisol levels. The yoga and exercise groups showed a decrease in FSH and LH levels when compared to the control group. These results suggest that yoga promotes positive psychophysiological changes in post-menopausal women and can be applied as complementary therapy to this population (Jorge et al.,2016). Then research with the title Managing a Bone Healthy Lifestyle After





Attending Multifaceted Group Education. Conducting management programs for bone health in osteoarthritis patients with complaints of pain, one of the training and exercises provided is yoga and lifestyle changes for the better. The results show that lifestyle and yoga are good for bone health (Jensen, Lomborg, Langdahl, & Wind,2016). Conducting management programs for bone health in osteoarthritis patients with complaints of pain, one of the training and exercises provided is yoga and lifestyle changes for the better. The results show that lifestyle and yoga are good for bone health (Jensen, Lomborg, Langdahl, & Wind,2016). Conducting management programs for bone health in osteoarthritis patients with complaints of pain, one of the training and exercises provided is yoga and lifestyle changes for the better. The results show that lifestyle and yoga are good for bone health (Jensen, Lomborg, Langdahl, & Wind,2016).

The results of interviews with 10 menopausal women, said they had not received intervention to reduce the effects of menopause.6 people said they often felt anxious, embarrassed, afraid of being abandoned by their partner, and unable to carry out their activities as before. While 4 people feel normal with their condition and not much has changed from before.

The highest number of women aged >45 years live in the Babakan Sari Village. This study aimed to determine the effectiveness of yoga exercises in reducing depression in postmenopausal women in the Babakan Sari Village.

2. Research Method:

This study uses a quasi-experimental design with one group intervention. The population of this study was women >45 years in the Babakan Sari Sub-District, a total of 3225. Sampling is the process of selecting a number from the population to represent the population. The sampling technique is one of the methods used in sampling, in order to get a sample that really fits the entire research subject (Nursalam,2015). Samples were taken using purposive sampling with the inclusion criteria of menopausal women who had partners, and the





exclusion criteria were menopausal women who consumed depression medication, a total of 50 people.

Research instruments are tools that will be used for data collection, which can be in the form of questionnaires, observation sheets, other forms related to data recording, and so on (Notoatmodjo,2012). The instrument in this study used a questionnaire, namely the Patient Health Questionnaire-9. According to Nursalam (2008), data collection is a process required in a study by approaching the subject. Preparation stage, preparing research proposals, and making research permits. The implementation phase consists of determining the research schedule, seeking approval, and explaining the researchers' objectives for providing yoga exercise interventions, along with the confidentiality of the data taken from the respondents. Give a pretest with a questionnaire. Conduct interventions according to yoga SOPs namely Yoga intervention based on yoga practice SOP was given 3 times in 3 weeks, then do a posttest. Data Processing consists of editing, coding, tabulating, data entry, scoring, and cleaning. Data analysis using univariate and bivariate. Univariate data analysis was done using percentages and bivariate using a t-test.

3. Results And Discussions:

a. Results

1. Demographic Respondents

Table 1
Distribution of Demographic Respondents (n=50)

Categories	Frequency	Percentages
age		
Preelderly	49	98
Elderly	1	2
Level Education		
Basic Education	30	60
Higher Education	20	40
Working		
	453	





Working	21	42
Not Working	29	58
Income		
≥UMR	11	22
<UMR	39	78
Amount	50	100

Based on Table 1, the majority of seniors are 49 people (98%), the majority have low education, namely 30 people (60%), the majority do not work, namely 29 people (58%), the majority earn less than the minimum wage, namely 39 people (78%).

2. Depression Level

Table 2
Depression Level T-test Results

	Depression Levels					P-values
	No depressive symptoms	Symptoms of mild depression	Mild depression	Moderate depression	Deep depression	
Pretest	0 (0%)	7(14%)	18(36%)	25 (50%)	0(0%)	0.00
Posttest	8(16%)	23(46%)	19(38%)	0(0%)	0(0%)	

The results showed that at the pretest, 25 people (50%) were experiencing moderate depression, 18 people (36%) met the criteria for mild depression, and 7 people (14%) met the criteria for mild depressive symptoms. Posttest results showed that 19 people (38%) had mild depression, 23 people (46%) met the criteria for mild depressive symptoms, and 8 people had no symptoms of depression (16%). The results of the t-test showed that $p\text{-val} = 0.00 < \alpha = 0.05$. Thus, yoga exercises are effective in reducing depression in menopausal women.



**b. Discussion:**

In the pretest, it was seen that the majority experienced depression, while this could occur due to influencing factors, namely age, education, occupation, and income. In the using, it can be seen that the majority are pre-elderly so at this age there is a transition from adult to elderly who tend not to be able to accept menopause. In the majority, education is low which can affect the reception of information so that the ability to receive information tends to be low resulting in increased depression. At work the majority of housewives so the information obtained is not extensive and depression can increase. The majority of income is below the UMR so seeking intervention to overcome the problem of menopause is low and depression is increasing. The results show that yoga exercises are effective in reducing depression because yoga exercises provide relaxation for postmenopausal women, with interventions given every 3 times a week for 3 weeks, increasing the effectiveness of yoga in reducing depression. Every movement in yoga has a relaxing effect which if done continuously can reduce body tension and depression. Intervening 9 times for three consecutive weeks has been proven to reduce depression, initially moderate to most mild depressive symptoms. So that yoga is proven to reduce depression in menopausal women Every movement in yoga has a relaxing effect which if done continuously can reduce body tension and depression. Intervening 9 times for three consecutive weeks has been proven to reduce depression, initially moderate to most mild depressive symptoms. So that yoga is proven to reduce depression in menopausal women Every movement in yoga has a relaxing effect which if done continuously can reduce body tension and depression. Intervening 9 times for three consecutive weeks has been proven to reduce depression, initially moderate to most mild depressive symptoms. So that yoga is proven to reduce depression in menopausal women





4. Conclusion

Depression decreases after giving yoga exercises in menopausal women, so it is hoped that yoga exercises can be considered as an alternative intervention by health centers.

5. Compliance with ethical standards

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Disclosure of conflict of interest

There was good collaboration between researchers in resolving conflicts during research.

Statement of informed consent

Every action during the research was carried out based on mutual agreement.

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