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Assess the effectiveness of yoga on depression among women in post menopause at selected rural areas of Tamilnadu, South India

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Introduction: Depression is one of the oldest and most common psychiatric illnesses. The disease has been described as early as 1500 BC. The word depression is used in a variety of ways. It can refer to a sign, symptom, syndrome, emotional state, reaction, disease or clinical entity. According to WHO (2011) 450 million people in the world currently suffer from some form of mental and brain disorders. 121 million suffer from depression and it is estimated that more than 80,000 die by suicide each year. Projected figures from 1990 to 2020 suggest that proportion of the global burden of all diseases accounted by mental and brain disorder could increase to 15% from the present 8.5%. Established psychiatric diagnosis from developing countries like India and Taiwan is only 1.5%. **NEED FOR THE STUDY:** Depression carries a considerable degree of morbidity and mortality. It has become a common condition due to stressful life style and life events. Depression is a preventable problem if identified early and treated appropriately. Symptoms are rarely expressed by individuals making it difficult to identify the morbidity in the community. The disease is a chronic disorder and is frequently found among women population. The common age group affected ranges from 30 to 50 years. It is commonly found among people deprived of social, economical and educational development and it is one of the most important predictor of suicidal behavior in many people. General studies on psychiatric disorders in the last 2 to 3 decades identified depression to be more prevalent among female population due to poverty, lack of education, over whelming population, unequal distribution of resources are some of the common risk factors for mental disorders and are more severe among women. Hence mental disorders among women especially in India cannot be separated from social, cultural and economic issues. The women have always been pressured by the family members

and also due to self imposed objectives. Women are unable to develop deep relationship and feel hopeless and empty when these objectives are not met. When these happen to a woman who is not well educated receives less support and guidance from the social network, aggravated with life events women end up with depression. The researcher with the vast experience has found many rural women suffer silently in the community. Hence proposed to do A study to assess the effectiveness of Yoga on depression among post menopausal women residing in village of Tamilnadu, South India.

Objectives Of The Study: 1. To assess the level of depression with CDRS among middle aged women. 2. To determine the effect of yoga on depression in the women. 3. To associate the related study variables with the level of depression and yoga among women.

Operational Definitions: Depression: measured by CDRS to assess the non typical depressed women and to eliminate women with no depression. The CDRS is a clinician rated scale and the items include depressed mood, lack of interest or pleasure, pessimism, suicidal tendencies, low self esteem, guilt, helplessness, social withdrawal, indecisiveness, low attention, anxiety, worry, irritability or excessive anger, somatic general, low productivity, low energy, low sexual interest, activity, insomnia, and diurnal mood variations. The tool contains a total of 20 items rated as 0 to 4, in which 0 denotes - no depression, 1 - slight depression, 2 - mild depression, 3 - moderate depression, 4 - severe depression. The scale was used for pre assessment and after 3 months for yoga group.

Biography

Sharadha Ramesh working as Director Symbiosis College of Nursing, Symbiosis International University, Pune, is a PhD, Faculty of Nursing with total experience of 32 years. She has completed 35 independent research works. He awards include Sigma Theta Tau – Eta Pi award, USA best research paper award during the International Nurses Conference by Omayal Achi College of Nursing/ Saskatchewan University, Canada. For Academic Excellence and Outstanding contribution to Research received award from the International Centre for Collaborative Research and Alumni Association Omayal Achi College of Nursing Chennai. Received the best research paper award in Worldwide Nursing Conference held at Singapore in July 2017. She has presented a total of 146 Papers as Podium Presentations. She has organized more than 250 community service camps, multispecialty health camps, blood donation camps, services during disasters such as tsunami, flood relief camps and post cyclone camps at Chennai

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