**“EFFECTIVENESS OF CITRUS OIL ON MANAGEMENT OF POST MENOPAUSAL SYMPTOMS AMONG WOMEN AT SELECTED**

**URBAN COMMUNITIES IN HYDERABAD, TELANGANA”**

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**ANNEM SUHASINI**

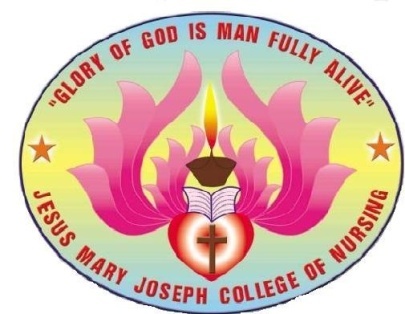
**(OBSTETRIC AND GYNAECOLOGICAL NURSING)**

**A DISSERTATION SUBMITTED TO**

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***In Partial fulfillment of the requirement for the award of the***

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**CERTIFICATE**

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**JMJ COLLEGE OF NURSING, HYDERABAD**

**Submitted to KNR University of Health Sciences**

**WARANGAL, TELANGANA**

***In the Partial fulfillment of the requirement for theAward of***

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|  | Guide: …………………  Mrs. Rajyalakshmi, M.Sc. (N)  **Associate professor Dept. of Obstetric & Gynecological Nursing,**  JMJ College of Nursing,  Hyderabad |

**DECLARATION**

I, Ms.Annem Suhasini, hereby declare that this dissertation entitled **“EFFECTIVENESS OF CITRUS OIL ON MANAGEMENT OF POST MENOPAUSAL SYMPTOMS AMONG WOMEN AT SELECTED URBAN COMMUNITIES IN HYDERABAD, TELANGANA.”** Has been conducted by me under the guidance and direct supervision of Mrs. Rajyalakshmi, AssociateProfessor, H.O.D of Obstetrics and Gynecological Nursing, JMJ College of Nursing, Hyderabad.

……………………………………..

Signature

(Annem Suhasini)

**ABSTRACT**

**Introduction:** Menopause is a universal phenomenon. There is a considerable variation among Women regarding the age of attaining Menopause and the manifestation of Menopausal Symptoms. According to WHO the term Natural Menopause is defined as the permanent cessation of Menstruation resulting from the loss of ovarian follicular activity. Natural menopause is recognized to have occurred after 12 consecutive months of amenorrhea, for which there is no other pathological or physiological cause. Essential oils are considered to have an impact on the physiological function of the human body. Citrus Oil is such an essential oil produced by the cells present within the rind of citrus fruits such as orange, lemon with antiseptic, astringent and detoxifying properties. It not only helps in relieving physical symptoms, emotional symptoms but also elevates moodsandthus improves the quality of life.

**Aim:** To evaluate the Effectiveness of Citrus Oil on Management of Post Menopausal Symptoms.

**Research Design and Method:** A True Experimentalpretestposttestcontrol group design was adapted in this study. SixtyWomen were selected through Simple Random SamplingTechnique(30 women for experimental and 30 women for the control group). The data were collectedbefore and after theadministration of Citrus Oil by usingSphygmomanometer for Blood pressure, Likert five point rating scale for Post-Menopausal Symptoms and Visual analogue scale for Stress.

**The results:** The major findings of the study revealed that pre - test mean Blood Pressure scores decreased from 158 to 134.67 in the post test while for the Menopausal Symptoms pre – test mean scores decreased from 121.9 to 47 in post – test. The mean pre – test Stress levels decreased from8.07 to 4.70 in the post test. The calculated "t" value for Blood Pressure, Menopausal Symptoms and for Stress levelswere 23.33, 39.14 and 9.029 respectively, was found to be significant at 0.001level. The study proved that Citrus Oil was significantly effective (p < 0.05 level) in reducing the Blood Pressure, Post Menopausal Symptoms and Stress levels among Women with Post Menopausal symptoms.

**Conclusion:** Natural therapywas effective in reducing Menopausal symptoms among Women

**Key words:** Effectiveness, Citrus Oil, Women, Menopause, quality of life.

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**LIST OF ABBREVIATIONS**

* BP - Blood Pressure
* CAT - Complementary and Alternative therapies
* Cal Val - Calculated value
* DF - Degree of Freedom
* EBP - Evidence Based Practice
* *f*  - Frequency
* H - Hypothesis
* NS - Non Significant
* n - Sample size
* PMS - Post Menopausal Symptoms
* QOL - Quality of Life
* RE - Random Experimental
* R - Reliability
* SD - Standard Deviation
* SE - Standard Error
* S - Significant
* Tab Val - Table value
* VAS - Visual Analogue Scale
* WHO - World Health Organization
* < - Less than
* > - Greater than
* % - Percentage

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***“The Lord is my strength and my Shield; my heart trusts in Him and I am helped; therefore my heart exults, and with my song I shall thank him.”***

***Psalm: 28:7***

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