

SPECIMEN FORMAT FOR THESES OF MONTH

Faculty : Arts and Social Sciences

Department : Psychology

Branch/ Area: : Counselling Psychology

Sub Subject Heading: : -

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Title of the thesis : Enhancing Favourable Menstrual Attitude using Yoga
and Psychoeducation among Adolescent School Girls

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(ii) In roman Script =

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which research was conducted** : Psychology, Avinashilingam Institute for Home
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Abstract within 300 words:

Menstruation is a natural biological process, yet unfavourable attitudes, stigma and psychological distress associated with it continue to affect adolescent girls. Addressing these concerns through holistic interventions can foster a more healthy menstrual attitude, reduce stress and enhance Psychological well-being. This study aimed to evaluate the effectiveness of Yoga, Psychoeducation and a Combined Intervention (Yoga & Psychoeducation) in enhancing favourable menstrual attitudes, reducing perceived stress and improving psychological well-being among adolescent schoolgirls. A before-after-follow-up study was conducted among 91 adolescent school girls in Avinashi, Tiruppur District. Participants were assessed using the Menstrual Attitude Questionnaire, Perceived Stress Scale and Psychological Well-being Scale at three time points, before intervention, after intervention, and at follow-up. The intervention consisted of Yoga in the form of Simplified Physical Exercises, Psychoeducation and a Combined approach, delivered systematically. Data were analyzed using SPSS 30, employing normality testing, descriptive statistics, repeated measures ANOVA and Bonferroni post-hoc tests. The findings revealed that the Combined Intervention (Yoga & Psychoeducation) was significantly more effective than either intervention alone in reducing perceived stress, enhancing menstrual attitudes and improving psychological well-being ($p < 0.05$). While Yoga and Psychoeducation individually showed improvements, the synergistic effect of the Combined Intervention yielded greater and more sustained benefits across all measures. Integrating Yoga and Psychoeducation presents a holistic and effective approach to transforming adolescent girls' perspectives on menstruation, mitigating stress and fostering psychological well-being. These findings underscore the importance of incorporating mind-body interventions in menstrual health programs to empower young girls with knowledge, resilience and confidence.

Keywords : Menstrual Attitude, Yoga, Psychoeducation, Perceived Stress, Psychological Well-being, Adolescent Girls

i) Major objectives :

1. To identify and compare the effectiveness of Yoga, Psychoeducation and combined intervention (Yoga and Psychoeducation) in enhancing favourable Menstrual Attitude among Adolescent School Girls
2. To assess and compare the effectiveness of Yoga, Psychoeducation and combined intervention (Yoga and Psychoeducation) in enhancing Psychological Well-being and reducing Perceived Stress among Adolescent School Girls

ii) Hypotheses:

H1 There is significant difference during before, after and follow-up phases in the dimensions of Menstrual Attitude among Adolescent School Girls in the Yoga Group

H2 There is significant difference during before, after and follow-up phases in the dimensions of Menstrual Attitude among Adolescent School Girls in the Psychoeducation Group

Group

H3 There is significant difference during before, after and follow-up phases in the dimensions of Menstrual Attitude among Adolescent School Girls in the combined intervention (Yoga and Psychoeducation) Group

H4 There is significant difference during before, after and follow-up phases in the level of Perceived Stress among Adolescent School Girls in the Yoga Group

H5 There is significant difference during before, after and follow-up phases in the level of Perceived Stress among Adolescent School Girls in the Psychoeducation Group

H6 There is significant difference during before, after and follow-up phases in the level of Perceived Stress among Adolescent School Girls in the combined intervention (Yoga and Psychoeducation) Group

H7 There is significant difference during before, after and follow-up phases in the dimensions of Psychological Well-being among Adolescent School Girls in the Yoga Group

H8 There is significant difference during before, after and follow-up phases in the dimensions of Psychological Well-being among Adolescent School Girls in the Psychoeducation Group

H9 There is significant difference during before, after and follow-up phases in the dimensions of Psychological Well-being among Adolescent School Girls in the combined

intervention (Yoga and Psychoeducation) Group

H10 Yoga and Psychoeducation (combined intervention) is significantly more effective in enhancing favourable Menstrual Attitude, Psychological Well-being and reducing Perceived Stress among Adolescent School Girls

iii) Methodology :

The present study adopted a before- after and follow-up without control group experimental design with three experimental groups to examine the effectiveness of yoga, psychoeducation, and their combined approach in enhancing favourable menstrual attitudes, reducing perceived stress, and improving psychological well-being among adolescent school girls.

Participants

A total of 91 adolescent school girls who met the predefined inclusion criteria were selected using purposive sampling from a single school. Participants were randomly assigned into three groups:

- Yoga (n = 30)
- Psychoeducation (n = 30)
- Combined Yoga and Psychoeducation (n = 31)

Research Design

The study employed a 3 (Group) × 3 (Phase: Before, After, Follow-up) Mixed ANOVA design, incorporating both between-subject and within-subject factors.

Variables

- **Independent Variable:** Type of intervention (Yoga, Psychoeducation, Combined Intervention)
- **Dependent Variables:**
 - Menstrual Attitude
 - Perceived Stress

Psychological Well-being

Tools Used

- Menstrual Attitude Questionnaire (Brooks-Gunn & Ruble; Indian adaptation by Bhogle.,1991)
- Perceived Stress Scale (Cohen et al.,1983)
- Psychological Well-Being Scale (Ryff.,2013)

Intervention Procedure

- Duration: 8 weeks
 - Frequency: 3 sessions per week
 - Yoga and Combined groups: 50-minute structured sessions
 - Psychoeducation group: 25-minute structured sessions
- All sessions were delivered in group format under standardized protocols with monitored attendance.

Data Collection

Assessments were conducted at three time points:

- Before-intervention
- After -intervention
- Follow-up

Statistical Analysis

Data were analyzed using Mixed ANOVA to examine main and interaction effects. Assumptions of normality and sphericity were tested and Greenhouse–Geisser or Huynh-Feldt correction was applied where required. Effect sizes were reported using partial eta squared. Bonferroni post hoc tests was used for understanding the overall mean differences across phases and groups.

iv) Findings:

1. Debilitating, bothersome, anticipation of onset and denial of effects attitude decreased over time and combined intervention resulted in lower debilitating and higher natural event attitudes.

2. Yoga and combined intervention shows comparable effects in decreasing the bothersome attitude.
3. Perceived Stress levels reduced over time , Psychoeducation and Combined intervention (Yoga and Psychoeducation) was comparatively effective in reducing Perceived Stress
4. All the dimensions of Psychological Well-being were enhanced over time and Combined Intervention (Yoga and Psychoeducation) was effective in enhancing level of Environmental Mastery, Personal Growth, Positive Relations, Purpose in Life and Self-acceptance

Examiners

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