

**EFFICACY OF BEHAVIOUR THERAPY IN MANAGEMENT  
OF SLEEP DISTURBANCE AND MILD DEPRESSION  
AMONG MIDDLE AGED WOMEN**

**BY  
SUGANTHI.V  
(11PCP11)**

A THESIS SUBMITTED TO THE  
AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION  
FOR WOMEN, COIMBATORE – 641043

IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE

**DEGREE OF MASTER OF SCIENCE  
IN  
COUNSELLING PSYCHOLOGY**

**MAY 2013**

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Certified as a Bonafide Research work

  
Signature of the  
Head of the Department

  
Signature of the Guide

## ACKNOWLEDGEMENT

First and foremost, the researcher is extremely thankful to **Lord Almighty**, for giving enough strength, courage and confidence for the successful completion of the research.

The researcher expresses her sincere gratitude to **DR. (Thiru) T. S. K. MEENAKSHI SUNDARAM**, M. A., M. Phil., Ph. D., **Chancellor**, **DR. SHEELA RAMACHANDRAN**, M. Sc., P. G. Dip., Ph. D. (Avinashilingam University), **Vice chancellor**, **Dr. GOWRI RAMAKRISHNAN**, M.Sc. (Madras University) M. Phil., Ph. D. (Avinashilingam University), **Registrar**, and **Dr. R. PARVATHAM**, M. Sc., Dip. Ed., M. Phil., Ph. D., Dean, Faculty of Science, for extending all possible help and providing the conducive infrastructure towards the completion of the study.

The researcher is privileged to express her deep sense of gratitude to **Dr. N. S. ROHINI**, M. A., M. Phil. (Madras University), Ph. D. (Bharathiar University), Professor and Head, Department of Psychology, for the constant source of inspiration and provided the necessary facilities, which enabled the researcher to complete the thesis.

The researcher feels grateful for having worked under the remarkable guidance of her guide, **Dr. S. GAYATRIDEVI**, M. A., M. Phil, Ph. D. (Madras University), Assistant Professor (S. S.), Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore. The researcher further conveys her gratitude to her supervisor for her persistent motivation, which helped her to accomplish this work.

The researcher owes her sincere thanks to **Dr. A. VELAYUTHAM**, M. A., Ph. D. (Madras University), Associate professor, Department of Psychology, Bharathiar University, for the SPSS analysis.

The researcher would like to thank her family members especially her father **Mr. V. VIRUTHASALAM** for their understanding, caring and kind support.

The researcher would like to thank **S. PAVITHRA AND S. PRIYA** for helping me to do my thesis successfully.

The researcher wishes to express her heartfelt gratitude to the **SUBJECTS** for their participation and cooperation for the successful completion of the study.

## CONTENTS

<b>CHAPTER NUMBER</b>	<b>TITLE</b>	<b>PAGE NUMBER</b>
	<b>LIST OF TABLES</b>	
	<b>LIST OF FIGURES</b>	
	<b>ABSTRACT</b>	
<b>I</b>	<b>INTRODUCTION</b>	<b>1</b>
<b>II</b>	<b>REVIEW OF LITERATURE</b> <ul style="list-style-type: none"><li>• Prevalence</li><li>• Symptoms</li><li>• Risk factors</li><li>• Causes</li><li>• Management</li><li>• Intervention</li><li>• Health habits</li></ul>	<b>15</b>
<b>III</b>	<b>METHOD</b> <ul style="list-style-type: none"><li>• Objectives</li><li>• Research Questions</li><li>• Null Hypotheses</li><li>• Area</li><li>• Sample</li><li>• Tools</li><li>• Procedure</li><li>• Analysis of Data</li></ul>	<b>29</b>
<b>IV</b>	<b>RESULTS AND DISCUSSION</b>	<b>39</b>
<b>V</b>	<b>SUMMARY AND CONCLUSION</b>	<b>59</b>
	<b>REFERENCE</b>	<b>61</b>
	<b>ANNEXURE</b>	

## LIST OF TABLES

TABLE NO.	TITLE	PAGE NUMBER
1	DEMOGRAPHIC FACTORS OF THE SUBJECTS	39
2	PAIN SYMPTOMS BEFORE, AFTER AND FOLLOW-UP OF THE SUBJECTS	41
3	DEPRESSION LEVEL OF THE SUBJECTS BEFORE, AFTER AND FOLLOW-UP TREATMENT	43
4	SYMPTOMS OF DEPRESSION OF THE SUBJECTS BEFORE, AFTER AND FOLLOW-UP TREATMENT	45
5	NEGATIVE EMOTIONS OF THE SUBJECTS BEFORE, AFTER AND FOLLOW-UP TREATMENT	47
6	LEVEL OF INSOMNIA OF THE SUBJECTS BEFORE, AFTER AND FOLLOW-UP TREATMENT	49
7	HEALTH HABITS OF THE SUBJECTS BEFORE, AFTER AND FOLLOW-UP TREATMENT	51
8	MEAN AND STANDARD DEVIATION BEFORE, AFTER AND FOLLOW-UP IN DEPRESSION AMONG MIDDLE AGED WOMEN	52
9	APPROXIMATE 'F' FOR BEFORE, AFTER AND FOLLOW-UP IN DEPRESSION AMONG MIDDLE AGED WOMEN	53
10	DUNCAN ANALYSIS FOR BEFORE, AFTER AND FOLLOW-UP IN DEPRESSION AMONG THE MIDDLE AGED WOMEN	54
11	MEAN AND STANDARD DEVIATION BEFORE, AFTER AND FOLLOW-UP IN INSOMNIA AMONG MIDDLE AGED WOMEN	55
12	APPROXIMATE 'F' FOR BEFORE, AFTER AND FOLLOW-UP IN INSOMNIA AMONG THE MIDDLE AGED WOMEN	56
13	DUNCAN ANALYSIS FOR BEFORE, AFTER AND FOLLOW-UP IN INSOMNIA AMONG THE MIDDLE AGED WOMEN	57

## LIST OF FIGURES

FIGURE NO.	TITLE	PAGE NUMBER
1	FAMILY TYPE OF THE SUBJECTS	40
2	FAMILY INCOME OF THE SUBJECTS	40
3	EDUCATIONAL QUALIFICATION OF THE SUBJECTS	41
4	PAIN SYMPTOMS BEFORE, AFTER AND FOLLOW-UP OF THE SUBJECTS	43
5	DEPRESSION LEVEL OF THE SUBJECTS BEFORE, AFTER AND FOLLOW-UP TREATMENT	44
6	SYMPTOMS OF DEPRESSION BEFORE, AFTER AND FOLLOW-UP OF THE SUBJECTS	47
7	NEGATIVE EMOTIONS OF THE SUBJECTS BEFORE, AFTER AND FOLLOW-UP TREATMENT	49
8	LEVEL OF INSOMNIA OF THE SUBJECTS BEFORE, AFTER AND FOLLOW-UP TREATMENT	50
9	HEALTH HABITS OF THE SUBJECTS BEFORE, AFTER AND FOLLOW-UP TREATMENT	52

## **ABSTRACT**

*From Gudalur, The Nilgiris, Tamil Nadu, 45 Middle Aged Women were screened using Depression Inventory, Insomnia Inventory and Case Study Schedule. Out 45 Middle Aged Women, 31 Women with 'Moderate' to 'Severe' depression and 'High' to 'Low' were randomly selected. They were in the age range of 40 - 55 years. Psychological Intervention Jacobson Progressive Muscle Relaxation and Cognitive Behaviour Therapy was used. The administration of Jacobson Progressive Muscle Relaxation was lasted for 45 minutes, after two weeks the subjects were reassessed with Depression Inventory, Insomnia Inventory and Case Study Reassessment Schedule. The results revealed that after Jacobson Progressive Muscle Relaxation and Cognitive Behaviour Therapy the level of Depression, Insomnia and Negative Emotions were reduced significantly.*