

Abstract

Most women approach menopause have experience with multiple physical and psychological symptoms which cause from the female hormone changed and maybe effect to their social life. This study aims to study the effectiveness of Anapanasati meditation on physical health status, psychological health status and sociological health status of climacteric women. Quasi-experiment was used in this study. The sample was divided into two groups. Twenty four were enrolled in an experimental group. They were trained in Anapanasati meditation for twelve weeks. The control group, twenty five climacteric women received routine health advice from health care provider. Data were analyzed by using descriptive statistics, independent samples t-test and paired samples t-test. The results showed that after the Anapanasati meditation practice, the experimental group significantly decreased physical health status problem scores, holistic health status problem scores ($P<0.001$) and psychological health status problem scores and sociological health status problem scores ($P<0.01$) when compare with before the meditation. The experiment group significantly showed the physical health status problem scores, holistic health status problem scores decreased more than the control group ($P<0.01$). The decrease of psychological health status problem score of the experiment group significantly difference from the control group. There was no significant difference between the sociological health status problem scores of experiment group and control group. The meditation also showed benefit on decrease systolic blood pressure, pluse rate and respiratory rate. The health promotion of climacteric women by using the Anapanasati meditation can promote the good health status.

Keywords: Climacteric women, Anapanasati meditation, Physical health status, Psychological health status,
Psychological health status