CHAPTER – 4

AIMS AND OBJECTIVES
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4.1 Aim of the research

1. To find the prevalence of mastalgia in young Indian females

2. To assess the effect of yoga on alleviation of symptoms of pain and discomfort associated with mastalgia through a randomised control trial

3. To determine the impact of yoga on quality of life in women with mastalgia

4. Effect of yoga on women with mastalgia with depression

4.2 Objectives

To estimate the prevalence of mastalgia in young Indian females

To determine the effect of 12 weeks of yoga therapy in alleviating the pain in nursing students with mastalgia with 6 months follow up.

To determine the effect of 12 weeks of yoga therapy on quality of life in nursing students with mastalgia with 6 months follow up.

To determine the effect of 12 weeks of yoga therapy on reduction of depression scores in nursing students with mastalgia with 6 months follow up.

4.3 Research Questions: PART 1: Is the prevalence of mastalgia in young Indian women similar to the other countries?

Is there any correlation between stress and BMI in young Indian women with mastalgia?
PART 2: Is IAYT as/more effective than brisk walk practice in alleviating pain, bringing down the depression thereby improving quality of life in nursing students with mastalgia?

4.4 Hypothesis

PART 1: There will be significant prevalence of mastalgia in young Indian women.

Part 2: Yoga therapy will significantly reduce the pain and discomfort associated with mastalgia; lower depression scores thereby improve the quality of life.

4.4.1 Null hypothesis: The yoga group will show changes similar to control group in reducing the pain and discomfort associated with mastalgia.