

Determinants of Pre-Menopausal Women's Anxiety in the Subur Village of Air Joman Sub-District, Asahan District in 2016

JOHARMI

As Syifa Academy of Midwifery
Kisaran, Indonesia

Abstract:

Menopause is the last phase where menstrual bleeding a woman stops altogether At the age of 50 years, women entering the menopause so that there is a decrease or loss of estrogen hormones that cause women to experience complaints or disorders that often interfere with daily activities can even reduce the quality of life. World Health Organization (WHO) data show that in 2000 the total population of women who experienced menopause worldwide increased from year to year. This study aims to analyze the determinants of pre-menopausal women's anxiety in the Subur Village of Air Joman Sub-district, Asahan District in 2016. This research uses analytical survey method with Cross Sectional approach. The population is all pre-menopausal women aged 40-50 years in the Subur Village totaling 110 people. Sampling was done by simple random sampling method using random table C. Survey with total sample as many as 103 people. The results showed that pre menopausal women in the category of anxiety 72.8% and not anxious 27.2%. There were effects of physical changes ($p = 0.004$), sexual changes ($p = 0.002$) with pre menopausal women's anxiety in Subur Village. It is advisable for women who will face a pre-menopausal period to obtain correct and correct information about the changes that occur before menopause (physical changes and sexual changes), because these changes lead to the anxiety of pre-menopause women. For the Health Team not to exclude programs to improve health knowledge through counseling, health education for pre menopausal women so that the formation of the mother's readiness in

facing menopause. For families, there needs to be support for every pre-menopausal woman to be slightly positive about the changes that occur for survival.

Key words: physical changes, sexual changes, anxiety, pre menopause, women

INTRODUCTION

Being an old is a process of part of one's life, and has been happening since conception in the womb until it lasts throughout life. An elderly person will experience a progressive change in an organism that has reached maturity, which is general and irreversible. It is a law of nature, that in human life it can not escape the life events that all humans will essentially experience, as the risks of human development, such as the identity crisis in adolescence, menstruation and menopause in women (Santrock, 2002).

The elderly is identical with the climacteric period of the transition period between the reproductive period and the period of art and occurs in women aged 40-65 years (Lumongga, 2013). Climacterium is divided into 4 phases: premenopause, perimenopause, menopause, and post-menopause. Before a woman experiences menopause, she will have a pre-menopausal phase, which in this phase presents numerous complaints. Estimated average age of menopause in Indonesia is 50-52 years, while the average age of pre menopause is 40-50 years (Astari, 2004).

Based on data obtained from the World Health Organization (WHO), in 2000, the total population of menopausal women worldwide reached 645 million people, in 2010 reached 894 million people and estimated by 2030 the number of women in the world who enter menopause will reach 1.2 billion people. This means that as many as 1.2 billion women will enter the age of 50 years, and that number is three

times the number of census in 1990 the number of menopausal women (Mulyani, 2013).

The population of Indonesia according to the 2000 Population Census reached 205.1 million and increased to 237.5 million in 2010 (Population Census, 2010). According to the projected population of Indonesia in 2000-2010 by the Central Bureau of Statistics, the number of women aged over 50 years is 20.9 million people. By 2020 it is estimated that the number of women living in menopausal age in Indonesia 30.3 million people. According to the Central Bureau of Statistics (BPS), in 2005 it is estimated there will be 60 million menopausal women (Baziad, 2010)

According to the Ministry of Health of the Republic of Indonesia (2005), it is estimated that by 2020 the population of Indonesia will reach 262.6 million people with the number of women living in the menopause age of 30.3 million people or 11.5% of the total population, average 49 years.

Menopause is a natural event that can not be avoided, therefore it is better if a woman is prepared with adequate knowledge before the arrival of menopause. Another thing that is important is how they prepare the menopause experienced, before and after menopause. Given menopause is a physiological problem, but it can lead to different acceptance, it would be nice if the problem of menopause is known clearly by every woman (Juminarsih, 2008).

Based on a preliminary survey conducted in Subur Village Air Joman Sub-District Asahan District In 2016 there are 9 pre-menopausal women aged 40 to 50 years anxious to face the menopause. Based on interviews that researchers do that 2 mothers feel anxious when looking at themselves when looking in the mirror, the face is getting wrinkled so have their own fears and think more old will be "like what". There is one mother who also says it is difficult to concentrate when doing something and making a decision. Four mothers who had complaints during the last 6 months experienced sleep

disturbances, sweating and anxiety and often woke up at midnight and could not sleep anymore. Do not feel confident if she going alone without her friends, and feel comfortable if in peers accompanied by a person pre menopausal mother. Difficult to deal with situations when in a new place and meet new people also experienced two pre menopausal women. Frequent urination until it can not be arrested are also experienced by three pre menopausal women. Of the 9 people 5 of them complain of not being able to enjoy sex anymore.

This study aims to analyze the determinants of pre-menopausal women's anxiety in the Subur Village of Air Joman Sub-district of Asahan District in 2016. This type of research uses an analytical survey method with Cross Sectional approach.

RESEARCH METHODS

This research uses analytic survey method with Cross Sectional approach, where data related to independent variable and dependent variable are collected in the same time. The population in this study were all pre-menopausal women aged 40-50 years in the Subur Village totaling 110 people. Sampling is done by simple random sampling method that is taken randomly by using random table C. Survey to meet the desired sample size by sequential downward with the number of 103 people.

Primary data were obtained from respondents using questionnaires that contained questions related to women's pre-menopausal anxiety determinants. Secondary data in the form of the number of mothers aged 40-50 years obtained from the data of the village head office the local midwife in the Subur Village, Air Joman Sub-District of Asahan District.

The validity test shows the extent to which the measuring instrument is accurate in measuring the data (Hastono, 2006). In this study to test the validity taken 30

respondents with the value of r-table for $df = n-2 = 30-2 = 28$ is 0.361 at $\alpha = 0.05$. If the Corrected Item-Total Correlation value > 0.361 is valid, whereas if Corrected Item-Total Correlation < 0.361 is declared invalid. Validity test was conducted in Binjai Baru Village, Air Joman Sub-District, Asahan District with a large sample of 30 pre menopausal women. The reason for choosing the sample because the location has the same characteristics as the research sample.

Reliability test is the existence of a similarity of results if the measurement is carried out by different people or different times. The reliability test used in this study is external, with a retest (test-retest) method. To test reliability is to use the Cronbach Alpha method. In the reliability test as the result r-value is the value of 'Cronbach's Alpha'. The provision is that if the value of 'Cronbach's Alpha' $> r$ table (0.60) then the questionnaires used in the study is stated reliable or reliable, and if the value obtained $< r$ table (0.60) then declared not reliable (Riduwan, 2008).

Univariate analysis was performed to obtain analysis of each independent variable (physical change, sexual change) and dependent (anxiety of menopausal women). Bivariate analysis is used to obtain information about the relationship between independent variables with dependent variable using Chi Square test with $\alpha = 0,05$

RESULTS AND DISCUSSION

Results of Univariate Analysis

Table 1. Distribution of Respondents Based on Physical Changes In Pre Menopause Period at Subur Village Air Joman Sub-District of Asahan District

No	Physical Changes	Total	
		N	%
1	Many	70	68.0
2	Slight	33	32.0
Total		103	100.0

Table 2. Distribution of Respondents Based on Sexual Changes In Pre Menopause Period at Subur Village Air Joman Sub-District of Asahan District

No	Sexual Changes	Total	
		n	%
1	Many	68	66.0
2	Slight	35	34.0
Total		103	100.0

Results of Bivariate Analysis

Table 3. Cross-tabulation of Relationship of Physical Changes with Pre Menopausal Women's Anxiety at Subur Village, Air Joman Sub-District, Asahan District

Physical Changes	Pre Menopausal Women's Anxiety				Total		P
	Anxious		Not Anxious		n	%	
	n	%	n	%			
Many	57	81.4	13	18.6	70	100.0	0.004

Table 4. Cross-tabulation of Relationships of Sexual Changes with Pre Menopausal Women's Anxiety at Subur Village, Air Joman Sub-District, Asahan District

Sexual Changes	Pre Menopausal Women's Anxiety				Total		P
	Anxious		Not Anxious		n	%	
	n	%	n	%			
Many	56	82.4	12	17.6	68	100.0	0.002
Slight	19	54.3	16	45.7	35	100.0	

Physical Changes on Anxiety of Pre Menopausal Women

Based on the results of research on the effect of physical changes on pre-menopausal women's anxiety in Subur Village shows that most of the physical changes experienced by respondents in many categories of 68.0% the rest in the category of slightly 32.0%. Chi square test results obtained $p = 0.004$ which means there is a significant relationship between physical changes with anxiety pre menopausal women. Respondents who experienced anxiety during pre menopause with many physical changes of 81.4% and 54.4% experienced slight changes, while those who did not experience anxiety during pre menopause of 18.6% with many physical changes

and physical changes that slightly by 68.6%. Multiple logistic regression statistics test for physical change variable showed there was effect of physical changes to anxiety of pre menopausal women with p value = 0,011 <0,05.

According to the researcher's assumptions the appearance for a woman occupies the main position, the woman's appearance will change as the physical changes that occur at each stage of its development. Similarly, in the pre menopause there are various physical changes. These physical changes affect the way women perceive their bodies, so that any body changes will affect the lives of individuals. If a pre menopausal woman thinks positively of physical change and considers it natural to reduce the occurrence of anxiety concerns and vice versa.

Sexual Changes on Anxiety of Premenopausal Women

Based on the results of research on the effect of sexual changes on pre-menopausal women's anxiety in Subur Village shows that most of the sexual changes experienced by respondents in many categories of 66.0% of the rest in the category of slightly 34.0%. Chi square test results obtained $p = 0.002$ which means there is a significant relationship between sexual changes with anxiety pre menopausal women. Respondents who experienced pre-menopausal anxiety with 82.4% and 54.3% sexual changes experienced few changes, while those without pre-menopausal anxiety of 17.6% with substantial sexual changes and sexual changes slightly by 45.7%.

According to researcher assumptions, human sexuality changes with age does not mean sexual activity stalled, pre-menopausal women's anxiety due to decreased sexual desire, need to be addressed wisely by a wife in serving the husband. Sexuality is not necessarily a sexual service that ends with penetration, but gives satisfaction through touch and the like, so the husband continues to experience orgasm, it can reduce anxiety due to sexual changes.

CONCLUSION

There is an effect of physical changes on pre menopausal women's anxiety that pre-menopausal women who undergo many physical changes will be 3.4 times more likely to feel anxious about menopause than women with slight physical changes.

The effect of sexual changes on pre-menopausal women's anxiety is that pre-menopausal women who undergo multiple sexual changes will have a 3.7 times greater chance to feel anxious about menopause than women who experience slight sexual changes.

REFERENCES

1. Asadi, 2013. Ketika Gairah Mulai Menurun. Artikel Pesona Femina.
2. Aswar, 2006. Metode Penelitian. Jakarta: Pustaka Pelajar
3. Atkinson & Hilgard, 1999. Pengantar Psikologi. Edisi Kedelapan, Jakarta : Erlangga
4. Bachtiar, 1993. Pengantar Psikiatri Klinik. Jakarta: Gaya Baru.
5. Bauld R & Brown F, Stress, Psychological Distress, Menopause Symptoms and Physical Health in Women, Journal: University Australia.
6. Baziad Ali, 2003. Menopause dan Andropause. Cetakan Pertama, Ed. Pertama, Jakarta: Yayasan Bina Pustaka Sarwono Prawirohardjo.
7. Blackburn M & Davidson K, 1994. Terapi Kognitif Untuk Depresi Dan Kecemasan Suatu Petunjuk Bagi Praktisi. Cetakan Pertama. Semarang: IKIP Semarang Press.

8. Bramantyo, L, 2000. Kiat Sehat dan Bahagia Diusia Menopause. Jakarta: Puspaswara.
9. Chandra B, 2009. Biostatistik Untuk Kedokteran & Kesehatan. Jakarta: EGC.
10. Christiani R, 2000. Hubungan Peresepsi Tentang Menopause dengan Tingkat Kecemasan pada Wanita yang Menghadapi Menopause dengan Tingkat Kecemasan. Jurnal Psikologi. Yogyakarta: Universitas Gajah Mada Year XX VII. Vol. 25
11. Dewi D, 2012. Hubungan Antara Kesiapan Wanita Menghadapi menopause Terhadap Tingkat Kecemasan. Yogyakarta: Publication Article.
12. Dradjat Z, 2001. Kesehatan Mental. 23th Printing. Jakarta: 2001.
13. Dimkpa, D.I, 2011. Psychosocial Adjustment Needs Menopausal Women. Vol.5 (5), University, Nigeria.
14. Fatimah, 2010. Merawat Manusia Lanjut Usia Suatu Pendekatan Proses Keperawatan Gerontik. Jakarta: Trans Info Media.
15. Hardy M & Heyes S, 1988. Pengantar Psikologi. Ed. Kedua. Jakarta: Erlangga.
16. Hastono P.S, 2006. Basic Data Analysis For Health Research Training. "Analia Data Kesehatan".Depok: FKMUI
17. Hawari D, 2013. Manajemen Stres Cemas dan Depresi. Cetakan Keempat, Ed.Kedua, Jakarta: FKUI.
18. Hurlock B. E, 1980. Psikologi Perkembangan Suatu Pendekatan Sepanjang Rentang Kehidupan. Ed. Lima, Jakarta: Erlangga
19. Indrawati, 2008. Kecemasan Wanita Menghadapi Pra Menopause Ditinjau Dari Dukungan Sosial Suami Dan Kepercayaan Diri. Skripsi. Semarang: Fakultas Psikologi Universitas Katolik Soegijapranata.

20. Juniati N, 2012. Tingkat Kecemasan Ibu- Ibu Usia Pra Menopause Dalam Menghadapi Menopause. Publication Article. Yogyakarta.
21. Kaheksi, 2006. Hubungan Antara Penerimaan Diri dan Dukungan Suami Terhadap Kecemasan Wanita Menghadapi Menopause
22. Kasdu, D 2002. Kiat Sehat dan Bahagia di Umur Menopause. Puspaswara. Jakarta: Gramedia
23. Kartono K, 1989. Hygiene Mental & Kesehatan Mental Dalam Islam. Bandung: Mandar Maju.
24. Kothiyal P & Sharma M, 2013. Journal Of Scientific & Innovative Research "Post Menopausal Quality Of Life and Associated Factors- A Review.
25. Kuntjoro, Z 2003. Menopause. INSPIRA (<http://www.e-psikologi.com>)
26. Kusmiran E, 2012. Kesehatan Reproduksi Remaja & Wanita. Cetakan Kedua. Jakarta: Salemba Medika.
27. Kusumawardhani, 2007 Kecemasan Wanita Menopause Ditinjau Dari Dukungan Sosial di Semarang Tahun 2007