

## The Relationship between Knowledge and the Mother's Behavior in Facing Climacterium Period in the Neighborhood V, Sumber Padi Village, Batu Bara Regency in 2019

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### Abstract

*Climacterium is a period of transition from the reproductive phase to the old age phase (senium) which occurs due to decreased generative and endocrine functions of the ovaries. Decreased production of the hormone estrogen, while decreased fertility is very dependent on the age of the woman. Climacterium is characterized by irregular menstruation. This study aims to determine the relationship of knowledge with the mother's behavior in facing to climacterium in the neighborhood V, Sumber Padi Village, Batu Bara Regency in 2019. The design of this study uses descriptive studies with correlation study design. Sources of data in this study are primary data and secondary data using an instrument in the form of a questionnaire and analysis with the chi-square statistical techniques using the SPSS program. The sample in this study was 30 people. Based on the results of the study it can be concluded that mothers who less knowledge were 18 respondents (60%) and who have good knowledge of 6 respondents (20%) and mothers who are positive as many as 18 respondents (60%) and as negative as 12 respondents (40%). Based on the results of the chi-square table in the asymp.sig column (2- sided) showed a probability value of 0.001 which means that the value ( $p < 0.05$ ) then  $H_0$  is rejected  $H_a$  is accepted and based on the value of  $\chi^2$  value =  $13.014 < \chi^2$  table = 5.936 with  $df= 2$  and the significance level of 0.01%, it can be concluded that there is a relationship between knowledge and mother's behavior in facing the climacteric period. And it is expected*

*that mothers increase their knowledge by reading books and seeking information from various media.*

**Key words:** knowledge, mother's behaviour, climacterium

## **INTRODUCTION**

Climacterium is a transition between the reproductive period and the senium period or the aging process phase that is passed by women during the reproductive to non-reproductive stages. Climacterium begins approximately 6 years before menopause based on endocrinologic conditions estrogen levels and gonadotropin hormone levels begin to decrease (Maria Ulfah, 2012). The menopausal syndrome is experienced by many women almost all over the world. About 75-80% of European women, 65% in America, 60% in Malaysia, 20% in China, 15% in Japan and Indonesia. From some of the data, it appears that one factor of the difference in number is because of diet. The European diet and in America have more estrogen than Asia. When menopause occurs, European and American women decrease their estrogen dramatically compared to Asian women with little estrogen levels (WHO, 2011). About 6 years before menopause and ending approximately 6-7 years after menopause in women during this period there are also complaints called a climacteric syndrome, these complaints can be psychological such as irritability, depression, fatigue, lack of enthusiasm, and insomnia (Pinem, 2012). Menstrual patterns show enormous individual variation and shortening the cycle is probably the earliest appearance. The ovaries release one egg every month (ovulation) which occurs 12-16 days before the next menstruation (Eva Ellya, 2013).

The old-age reaches 60 years. This is the most vulnerable to severe and degenerative diseases. It is very important for women to have regular health checks. The general priority is to keep the body healthy by regulating the right diet and taking supplements that the body needs. In addition, it remains intellectually active (Syaifuddin, 2013). In the neighborhood V of Sumber Padi Village, many women who were in the climacteric period had many changes and complaints were found that were severe enough to cause them to seek doctor's

help at the start of the climacteria, such as decreased fertility during premenopause and bleeding abnormalities. From the above statements, the authors are interested in examining how the relationship of knowledge with the mother's behavior in dealing with the climacteric period. The purpose of this study is to determine the relationship of knowledge with the mother's behavior in dealing with the climacteric period and so that women can be on guard when the climacteric period arrives, women can prepare mentally and physically for the climacteric period.

## **RESEARCH METHODS**

### **Research Design**

The design of this study is a correlation study which is a research method conducted to determine the relationship between the two variables in a situation or group of subjects. This is done to determine the relationship between one symptom with another symptom, or one variable with another (Notoatmodjo, 2012). This correlation study uses a cross-sectional method research design that is the cause and effect variables that occur in each object of research are measured or collected at the same time and each research subject is only observed once (Notoatmodjo, 2012).

### **Data Collection**

The type of data conducted in this study are primary data and secondary data. Primary data obtained through the distribution of questionnaires covering the knowledge and behavior of mothers in dealing with the climacteric period. And secondary data in this study include other supporting data obtained from the neighborhood V, Sumber Padi Village, Batu Bara Regency.

### **Data Analysis**

To examine hypotheses using the chi-square correlation test technique, the technique used to test the hypotheses of a study where in a study there are two or more classes/groups in a study.

## RESULT AND DISCUSSION

Based on table 1 it can be seen that from 30 respondents who were studied with regard to mothers in facing the climacteric period in neighborhood V, Sumber Padi Village, Batu Bara Regency in 2019, the majority of respondents aged 45-50 years were 18 people (60%), and minorities 56-60 year totaling 3 people (10%).

**Table 1. Distribution of Respondent Characteristics by Age Group in neighborhood V, Sumber Padi Village, Batu Bara Regency in 2019**

No	Age	F	%
1	45-50	18	60
2	51-55	9	30
3	56-60	3	10
	Total	30	100

**Table 2. Distribution of Respondent Characteristics by Education Level in neighborhood V, Sumber Padi Village, Batu Bara District in 2019**

No	Education Level	F	%
1	Elementary school	19	63.3
2	Junior high school	6	20
3	Senior High School	4	13.3
4	University	1	3.3
	Total	30	100

Based on table 2 it can be seen that from 30 respondents who were studied with respect to mothers in facing the climacteric period in neighborhood V, Sumber Padi Village, Batu Bara Regency in 2019, the majority of respondents with an elementary school numbered 19 people (63.3%) and a minority with a college education with one person (3.3%).

**Table 3. Distribution of Respondent Characteristics by Profession in neighborhood V, Sumber Padi Village, Batu Bara Regency**

No	Profession	F	%
1	Housewife	16	53.3
2	Entrepreneur	13	43.3
3	Government employees	1	3.3
	Total	30	100

Based on table 3, it can be seen that from the 30 respondents studied related to the mother profession in facing the climacteric period in neighborhood V, Sumber Padi Village, Batu Bara Regency in 2019, the majority of respondents work as housewives were 16 people (53.3%) and a minority of professions as government employees with one person (3.3%).

**Table 4. Distribution of Respondent Characteristics Based on Source of Information in neighborhood V, Sumber Padi Village, Batu Bara District in 2019**

No	Source of Information	F	%
1	Never got information	0	0
2	Book	10	33.3
3	Television/Radio	7	23.3
4	Health workers	13	43.3
Total		30	100

Based on table 4, it can be seen that from 30 respondents who were studied with related to mothers in facing the climacteric period in neighborhood V, Sumber Padi Village, Batu Bara Regency in 2019, the majority of respondents received information from health workers totaling 13 people (43.3%) and a minority who received information from television/radio were 7 people (23.3%).

**Table 5. Frequency distribution of Mother's Knowledge in Facing Climacteric Period in neighborhood V, Sumber Padi Village, Batu Bara Regency in 2019**

No	Knowledge Level	F	%
1	Good	6	20
2	Enough	6	20
3	Less	18	60
Total		30	100

Based on table 5 it can be seen that of the 30 respondents who were studied with related to mothers in facing the climacteric period in neighborhood V, Sumber Padi Village, Batu Bara Regency in 2019. The majority of respondents have knowledge in the less level category were 18 people (60%) and minority for the good and enough level were 6 people (20%).

**Table 6. Frequency Distribution of the Mother's Behavior in Facing Climacteric Period in neighborhood V, Sumber Padi Village, Batu Bara Regency in 2019**

No	Mother's Behavior	F	%
1	Positive	11	36.7
2	Negative	19	63.3
Total		30	100

Based on table 6 it can be seen that of the 30 respondents who were studied with related to mothers in facing the climacteric period in neighborhood V, Sumber Padi Village, Batu Bara Regency, the majority of respondents who had negative behaviors were 19 people (63.3%) and the minority of respondents who had positive behaviors were 11 people (36.7%).

**Table 7. Relationship between Knowledge and the Mother's Behavior in Facing Climacteric Periods in neighborhood V, Sumber Padi Village, Batu Bara Regency in 2019**

Knowledge	Mother's Behavior				Total		p-value
	Positive		Negative		F	%	
	F	%	F	%			
Good	6	54.5	0	0	6	20	<0.001
Enough	5	45.5	1	5.3	6	20	
Less	0	0	18	94.7	18	60	
Total	11	19	19	100	30	100	

Based on table 7 it can be seen that from 30 respondents, 19 respondents had negative behaviors, 11 respondents had positive behaviors. From the chi-square table in the asymp column. sig, (2-sided) indicates the sig value is 0.01 confirmed ( $p < 0.05$ ) then  $H_0$  is rejected  $H_a$  is accepted. This means that there is a relationship between knowledge and the mother's behavior in dealing with the climacteric period.

## Discussion on Univariate Analysis

### *Mother's knowledge*

Based on the frequency distribution of knowledge, it is known that of the 30 respondents who were studied with related to mothers in facing the climacteric period in neighborhood V, Sumber Padi Village,

Batu Bara Regency in 2019, the majority of respondents lack knowledge in facing the climacteric period, namely 11 people (36.6%). This can be influenced by internal factors, namely:

- a. The education of the majority of respondents was elementary school totaling 19 people (63.3%). Education affects a person including one's behavior in lifestyle, especially in motivating to participate in development. In essence, the higher the education, the more someone will know and understand and receive information about facing climacterium. The results of this intellectual maturity research affect the insight, ways of thinking, both in decision making and educational policies can add insight or knowledge to someone with higher education one of the factors that influence the level of one's knowledge (Notoatmodjo, 2012).
- b. The age of respondents aged 45-50 years is 18 people (60%). Age affects the ability to catch and mindset of a person. The more age the more catching and thinking patterns develop so that the knowledge gained is getting better and the breadth of respondents' insight to the science that is developing now, the more age a person has, the higher the curiosity about the climacterium problem (Notoatmodjo, 2012).
- c. The majority of the profession of respondents were housewives of 16 people (53.3%). The profession influences individual knowledge because of their busyness and perseverance and less frequent leaving the house resulting in less quickly getting information, especially in the field of health. This is consistent with the theory that mothers who work as housewives cause mothers to be less quick to get information, especially in dealing with the climacteric period due to lack of mother's knowledge of individual knowledge due to busyness and persistence and less frequent leaving home resulting in lack of information especially in the health field ( Notoadmojo, 2012).
- d. The majority of respondents received information from health workers totaling 13 people (43.3%). Information obtained from both formal and non-formal education can

have a short-term effect (Immediate impact) resulting in changes in knowledge or an increase in knowledge that is due to the willingness of respondents to seek information from various media. In delivering information, health workers also carry messages that contain suggestions that can direct someone's opinion. The existence of new information about something provides a new cognitive basis for the formation of knowledge about it. The gap between theory and case can also influence respondents to get information should respondents take the positive side of what information is known pertaining to climacteria (Notoatmodjo, 2012).

#### *Mother's behavior*

Based on the frequency distribution of knowledge it is known that of the 30 respondents who were studied with related to mothers in facing the climacteric period in neighborhood V, Sumber Padi Village, Batu Bara Regency in 2019 the majority of respondents had positive behaviors with 18 people (60%). This is also influenced by education, sources of information and experiences of respondents being a mother which can be seen from the parity of mothers. Educational institutions have an influence in the formation of behavior because education lays the foundation of understanding and moral concepts in the individual, the understanding of individuals will be good and bad, the dividing line between the do's and don'ts is obtained from education. As is the case with information sources, mass media as a means of communication in the form of television, radio, newspapers, magazines, and others have a major influence on the formation of one's beliefs and opinions. The existence of new information about something provides a new cognitive basis for the formation of behavior towards it. Suggestive messages carried by the information if it is strong enough will provide an effective basis in assessing things so that certain behavioral directions are formed. Behavior is a person's judgment or opinion of a stimulus or object. So that it can influence or the formation of positive or negative behavior about climacterium.

According to the research assumptions, it is known that there are respondents who have sufficient behavior due to their own



tendencies and habits (internal factors), that is, their behavior is not applied in actual situations and conditions even though they know about life stages. Behavior is also said to be a form of evaluation or reaction of supportive/favorable feelings or feelings of not supporting/unfavorable to an object and is a readiness to react in certain ways when individuals are faced with stimulation situations that require a response (Azwar, 2011).

### **Discussion of Bivariate Analysis**

#### *Relationship between knowledge and mother's behavior in facing climacteric periods*

From the two discussions above it can be stated that the relationship of knowledge with the mother's behavior in facing the climacteric period in neighborhood V, Sumber Padi Village, Batu Bara Regency in 2019 is less with negative behavior. This can be seen from the higher knowledge of the mother in dealing with the climacteric period, the more influential on her behavior and on the opposite behavior if the mother with less knowledge will form a negative behavior.

Based on the analysis of chi-square correlation data obtained values of  $\chi^2$  value = 13.014 >  $\chi^2$  table = 5.936 df = 2 and a significant level of 0.01% between knowledge and mother behavior in dealing with climacteric periods. This is in line with the level of knowledge possessed by the mother, so negative behavior will be formed that reflects the actions of the mother in dealing with the climacteric period. Then supported by the statement that knowledge is a very important domain for the formation of one's actions. If the recipient is new or adopted, the behavior will be long-lasting. Conversely, if this behavior is not realized by knowledge and awareness it will not long-lasting. The problem about climacterium is still unknown by many respondents.

### **CONCLUSIONS**

From the results of a study of 30 respondents based on data analysis and discussion of the relationship of knowledge with mother behavior in dealing with climacteric periods in neighborhood V, Sumber Padi Village, Batu Bara Regency in 2019 are:

- a. Mother's knowledge in facing the climacteric period is "less", i.e. found in 18 people (60%)
- b. Mother's behavior in facing the climacteric period is "positive", found in 11 people (36.7%).
- c. The effect of knowledge on mother behavior in dealing with the climacteric period is significant. This can be seen from the data analysis that has been done that is chi-square correlation analysis obtained  $\chi^2$  value = 13.014 >  $\chi^2$  table = 5.936 with df = 2 at 0.01% level

### **Recommendation**

- a. It is expected that mothers will increase their knowledge through various media such as books, mass media, television and others.
- b. It is expected that health workers should provide counseling to mothers who face the climacteric period so that there are not many complaints faced by mothers during climacteria in order to achieve prosperous health.

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