

# The relationship of hormonal contraception use with Menopause age in environment v of new kelurahan Bambu field of winning field

**Sari Rahma Fitri<sup>1</sup>, Nurdiana Manurung<sup>2</sup>**

<sup>1,2</sup>Darmo Midwifery Academy

## ARTICLE INFO

### Keywords:

Motivation,  
Work Environment,  
Employee Performance

## ABSTRACT

One of the factors that affect the age of menopause is the use of contraception where the decrease in levels of the hormones estrogen and progesterone causes respondents to experience menopause symptoms at the age of more than 50 years. This study aims to determine the relationship between the use of hormonal contraception and menopause age in the V Village of Baru Ladang Bambu, Medan Tuntungan District. The research method used is analytical quantitatively with a cross sectional approach. The population in this study were postmenopausal women in Neighborhood V, Baru Ladang Bambu Village, Medan Tuntungan District, amounting to 70 people. The sampling technique is accidental sampling. The sample in this study was all postmenopausal women, a total of 70 menopausal women in Neighborhood V of Kelurahan Baru Ladang Bambu, Medan Tuntungan Subdistrict in 2020. Based on the results of the study, it was found that the use of hormonal contraception experienced a late menopause 77.1%. The results of the chi square statistical test are obtained  $p = 0.342$ , this means that the value of  $p$  is greater than the value of  $\alpha$  and thus  $H_0$  is accepted and  $H_a$  is rejected. It is hoped that health workers will continue to provide counseling about the use of hormonal contraception.

### E-mail:

[88sarirahma@gmail.com](mailto:88sarirahma@gmail.com), [nurdianaamanurung@gmail.com](mailto:nurdianaamanurung@gmail.com)

Copyright © 2020 Science Midwifery.

## 1. Introduction

The population of Indonesia in 2015 was 225,401,686 people. And North Sumatra is in fourth place with the largest population (IDHS, 2015). Therefore, the government has made efforts to reduce the number of population growth. This effort is in the form of a family planning program, namely by inviting couples of childbearing age (PUS) to use contraception (Anggraini, 2016).

Contraception is an effort to prevent pregnancy (Mulyani, 2016). There are 2 types of contraception, namely: simple methods (without tools and with tools) and modern methods (IUD, Kontap, and Hormonal) (Hartanto, 2010). Hormonal contraception is the most widely used choice of family planning, almost 70% of family planning acceptors, which are divided into 3 methods of family planning, namely: injections, pills, and implants (Handayani, 2016).

Number of family planning acceptors in Indonesia Implant 10.46%, Pills 23.58% and injection 47.57% (Ministry of Health RI, 2013)

The number of hormonal family planning acceptors in North Sumatra is 6.94 % Implants, 33.14 % injections, and 14.43% Pills (BKKBN, 2017). The use of hormonal contraception affects the hypothalamus and pituitary by reducing FSH and LH levels so that the development and maturation of de Graaf follicles does not occur. This is what affects the level of menopause in a woman of childbearing age.

Menopause is the cessation of menstruation or menstruation. This is the end of biological processes and the menstrual cycle, which is due to hormonal changes, namely the production of the hormone estrogen produced by the ovaries (Mulyani, 2015).

The decline in the hormone estrogen physiologically begins at the climacteric period (age 40-65 years) this decline causes disturbing complaints, generally starting with menstrual disorders that were previously regular to irregular.

One of the factors that affect the age of menopause is the use of contraception where the decrease in levels of the hormones estrogen and progesterone causes respondents to experience menopause symptoms at the age of more than 50 years. For this reason, counseling about menopause is needed, to train self-preparedness and an understanding of the signs and symptoms so that people are more prepared to face menopause age (Adiesti, 2015).

The number of people aged 50-54 years who experienced menopause in Indonesia in 2014 was 6,041,940 people, while in North Sumatra Province in 2015 the number of people aged 50-54 years who experienced menopause was 682,666 people.

Based on a preliminary study conducted in April in Neighborhood V of Baru Ladang Bambu Village, Medan Tuntungan District, 70 menopausal mothers were recorded. Of the 10 mothers interviewed, it is known that 6 people experienced menopause at the age of 56 years, at the age of 52 years 3 people experienced normal menopause, and at the age of 45 years as many as 1 person experienced early menopause. From these results, it can be concluded that 10 women who experienced menopause used hormonal contraception.

Based on the description above, the author is interested in conducting a study with the title "The Correlation of the Use of Hormonal Contraception with Menopause Age in the V Village of Baru Ladang Bambu, Medan Tuntungan Sub-district in 2020."

## 2. Methods

The type of research used is quantitative analytic with a cross sectional approach. The population in this study were postmenopausal women in Neighborhood V of the Baru Ladang Bambu Village, Medan Tuntungan District in 2020, amounting to 70 people. The sampling technique is accidental sampling. The sample in this study was all postmenopausal women, 70 menopausal women in Neighborhood V, Baru Ladang Bambu Village, Medan Tuntungan District, 2020. This research was carried out starting from September 2019 – February 2020.

## 3. Results

**TABLE 1**  
**DISTRIBUTION OF CHARACTERISTICS OF HORMONAL CONTRACEPTIVE USE WITH MENOPAUSE AGE**

Characteristics	Category	f	%
Age	Pre-Elderly (45-59 Years Old)	35	100
	Old Age (60-69 Years)	-	-
	Elderly High Risk (70 Years and Over)	-	-
Total		35	100
Education	Basic (SD-SMP)	28	80.0
	Intermediate (high school)	4	11.4
	Top (PT)	3	8.6
Total		35	100
Profession	Work	32	91.4
	Does not work	3	8.6
Total		35	100

Based on the table above, the characteristics of the majority of respondents are in the age of 45-59 years 100%, basic education (SD-SMP) 80.0%, the majority of respondents work 91.4%.

**TABLE 2**  
**DISTRIBUTION OF THE RELATIONSHIP BETWEEN THE USE OF HORMONAL CONTRACEPTIVES AND NOT USING HORMONAL CONTRACEPTIVES**

Types of Contraceptive Use	f	(%)
Hormonal Contraception	29	82.1
No Hormonal Contraception	6	17.1
Total	35	100

Based on the table above it can be seen that the majority of 35 respondents use hormonal contraception (82.1%)

**TABLE 3**  
**MENOPAUSE AGE DISTRIBUTION OF RESPONDENTS WHO EXPERIENCED EARLY MENOPAUSE, NORMAL MENOPAUSE AND LATE MENOPAUSE**

Menopausal age	f	(%)
Late menopause	27	77.1
Normal menopause	5	14.2
Premature menopause	3	8.5
Total	35	100

Based on the table above, it can be seen that of the 35 respondents the majority were categorized as experiencing late menopause as many as 27 people (77.1%).

**TABLE 4**  
**CROSS TABULATION OF THE RELATIONSHIP BETWEEN USE OF HORMONAL CONTRACEPTION AND MENOPAUSE AGE OF RESPONDENTS WHO EXPERIENCED EARLY MENOPAUSE, NORMAL MENOPAUSE AND LATE MENOPAUSE**

Types of Contraception	Menopause Type						Total	Chi-Square Uji Test	
	Premature Menopause		Normal Menopause		Late Menopause				
	N	%	N	%	N	%			
Hormonal Contraception	3	100	5	100	21	77.7	29	82.8	P = 0.342
No Hormonal Contraception	0	0	0	0	6	22.2	6	17.1	
Total	3	100	5	100	27	100	35	100	

Based on the table above, it can be seen from 29 respondents who used hormonal contraception experienced premature menopause, normal menopause, late menopause and from 6 respondents who did not use hormonal contraception experienced late menopause.

#### 4. Discussion

##### Use of hormonal contraceptives

The results of the analysis showed that of the 35 respondents the majority who used hormonal contraception experienced premature menopause as many as 3 people, normal menopause as many as 5 people and late menopause as many as 21 people and respondents who did not use hormonal contraception experienced menopause late as many as 6 people. The majority have basic education (SD-SMP) 80.0%, secondary education (SMA) 11.4% while respondents with higher education (PT) are 8.6%.

The majority of respondents also have a job as much as 91.4% so it is easier to get information from the surrounding environment and 8.6% of respondents who do not work. This shows that the delivery of information about use of hormonal contraceptives good enough so that respondents understand enough about hormonal contraception

Hormonal contraception is the most effective and reversible method of contraception to prevent pregnancy. The types of hormones contained in contraception are estrogen and progesterone

### Menopause

The results showed that of the 21 respondents who used hormonal contraception experienced late menopause, 5 respondents who used hormonal contraception experienced normal menopause, 3 respondents who used hormonal contraception experienced premature menopause and of 6 respondents who did not use hormonal contraception experienced late menopause. The results of this study indicate that respondents who experience late menopause are influenced by the use of hormonal contraception.

Menopause is the cessation of menstruation or menstruation, this is the end of the biological process of the menstrual cycle due to hormonal changes, namely a decrease in the production of the hormone estrogen produced by the ovaries, this causes menstrual cycles to become irregular. At that time, it will begin to appear that there is a change in menstruation, it may be longer or shorter and the amount of menstrual blood released becomes inconsistent, which is relatively more than before (Mulyani, 2013).

This is in line with Menan's (2013) theory that menopause actually occurs at the end of the last menstrual cycle, but certainty is only obtained if a woman has not experienced her cycle for 12 months. Menopause usually occurs at the age of 50 years, but can occur normally in women aged 40 years. Usually, when approaching menopause, the length of time and the amount of blood that comes out in the menstrual cycle tends to be varied and not as usual.

### Analysis of the Relationship between the Use of Hormonal Contraception and Menopause Age

Judging from the results of research conducted on 35 respondents who used hormonal contraception in Neighborhood V, Kelurahan Baru Ladang Bambu, Medan Tuntungan District, of the 29 respondents who used hormonal contraception experienced late menopause 77.1%, normal menopause 14.2%, premature menopause 8.6 %, and of the 6 respondents who did not use hormonal contraception experienced late menopause 17.1%.

The use of hormonal contraceptives affects the age of menopause where the way estrogen contraception works is by inhibiting ovulation through the function of the hypothalamus-pituitary-ovarian. Statistical test results *Chi-Square* obtained  $p$  value = 0.342. This means that the  $p$  value is greater than  $\alpha$  (0.05) and thus  $H_0$  is accepted and  $H_a$  is rejected.

The results of this study are not in line with Ulfatut Toyibah's research (2015) entitled The Use of Hormonal Contraception with Menopause Age in Kembangringgit Village, Pungging District, Mojokerto Regency said that one of the factors that affect menopause age is the use of contraception, where decreased levels of the hormones estrogen and progesterone cause respondents to experience menopause. menopausal symptoms at the age of more than 50 years and most of the respondents who had a history of using hormonal contraception experienced delays, namely 45 respondents (55.4%). While a small proportion of respondents who have a history of using nonhormonal contraception experienced late menopause as many as 4 respondents (4.8%).

Based on data analysis in the form of variables studied and tested using the chi square test using the SPSS program with a significant level of  $P$  value > 0.1 obtained  $P$  value 0.000 then it is stated that there is a relationship between two significant variables  $H_1$  is accepted, it means that there is a relationship between the use of hormonal contraceptives and menopausal age in the environment. V New Village Bamboo Field, Medan Tuntungan District in 2020.

Thus, it can be concluded that in this study there is no relationship between the use of hormonal contraceptives and the age of menopause in the V Village of Baru Ladang Bambu, Medan Tuntungan District in 2020. Therefore, the results of this study found a gap between the results of the study and the theory stated above.

## 5. Conclusion

# Science Midwifery

journal homepage: [www.midwifery.iocspublisher.org](http://www.midwifery.iocspublisher.org)

Based on the results of research regarding the relationship between the use of hormonal contraception and menopause age in the V Village of Baru Ladang Bambu, Medan Tuntungan District in 2020, the following conclusions can be drawn:

1. The use of hormonal contraception in Neighborhood V of Kelurahan Baru Ladang Bambu, Medan Tuntungan Sub-district in 2020 who used hormonal contraception 82.1% and those who did not use hormonal contraception 17.1%
2. Menopausal age of respondents who used hormonal contraception in Neighborhood V of Baru Ladang Bambu Village, Medan Tuntungan Sub-district in 2020 experienced the longest menopause, namely 77.1%, normal menopause 14.2% and premature menopause 8.5%.
3. There is no significant relationship between the use of hormonal contraception and the age of menopause in Environment V Baru Ladang Bambu Village, Medan Tuntungan District in 2020 with a value of  $p = 0.342$ .

## Reference

1. Anggia, Riyanti Januani and Maheasy. 2012. The Relationship between Type and Duration of Use of Hormonal Contraceptives with Menstrual Disorders in Private Practice Midwives. KTI Journal. (<https://riyantijanuanianggia.com> accessed on 10 May 2017).
2. Anggreini, Yetty, et al. 2016. Family Planning Services. Yogyakarta : Rohima Press.
3. Arikunto, Suharsimi. 2013. Research Procedures, A Practical Approach. Jakarta : PT. Rineka Cipta.
4. Arum, Dyah Noviawati Setya, et al. 2014. Complete Guide to Current Family Planning Services. Yogyakarta : Nuha Medika.
5. El Manan. 2013. Smart Dictionary of Women's Health. Yogyakarta : Flashbooks.
6. Fitriyani, Ratna Djuwita. 2013. The Relationship of the Use of Contraceptive Pills with Menopause Age. KTI Journal. (<https://fitriyaniratnadjuwita.co.id> accessed on 26 May 2017 at 15.15 WIB).
7. Handayani, Sri. 2016. Textbook of Family Planning Services. Yogyakarta: Rihama Library.
8. Melani, Niken, et al. 2016. Family Planning Services. Yogyakarta : Fitramaya.
9. Mulyani, Nina Siti. 2015. Menopause End of Menstrual Cycle in Middle Age Women. Yogyakarta : Nuha Medika
10. \_\_\_\_\_, et al, 2013. Family Planning and Contraceptive Devices. Yogyakarta : Nuha Medika.
11. Notoatmodjo, Soekidjo. 2016. Health Research Methodology. Jakarta : PT. Rineka Cipta.
12. Prawirohardjo, Sarwono, et al. 2013. Practical Guidebook for Contraceptive Services. Jakarta : PT. Bina Pustaka Sarwono Prawirohardjo.
13. 2015 Indonesian Health Profile, quoted from ([www.depkes.go.id](http://www.depkes.go.id) accessed on 12 July 2017 at 13.30 WIB).
14. Purwoastuti, Endang, et al. 2016. Guidelines for Materials on Reproductive Health and Family Planning. Yogyakarta : PT. New Library.
15. Sulistyawati, Emi, et al. 2016. Menopause and Premenopausal Syndrome. Yogyakarta : Nuha Medika.
16. Thoyibah, Ulfatut. 2015. Use of Hormonal Contraception with Menopause Age in Kembangringgit Village, Pungging District, Mojokerto Regency. Journal KTI. (<https://ulfatutthoyibah.com> on May 15, 2017 at 14.30 WIB).
17. <http://manajemenpk.bkkbn.go.id/felisa/kkmenurutikutumur.aspx> accessed on May 31, 2017 at 13.00 WIB.