

# Hormonal Contraception at Menopause Age in Neighborhood V Baru Ladang Bambu Village, Medan Tuntungan District, 2019

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## ABSTRACT

The purpose of this research is to find out the importance of Conscious Examination to Prevent Early Detection of Breast Cancer in Young Women. increase Knowledge about the Importance of Awareness Examination to Prevent Early Detection of Breast Cancer in Young Women. The types and forms of activities of this activity are the provision of material on the compliance of the Conscious examination to prevent Early Detection of Breast Cancer, knowing the signs of breast cancer. To achieve the objectives of the above activities, activities were carried out, including the delivery of material on contraceptives which is an effort to help couples of childbearing age to comply with the use of birth control pills.

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## 1. Introduction

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 % Implant, 33.14 % injectable, 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 Graff 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 physiological decline in the hormone estrogen begins in 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 influence 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 the age of menopause (Adiesti, 2015).

The types of hormonal contraception are divided into three, namely; oral contraceptives, injections and implants. According to Purwoastuti (2016) in his book "Guidelines on Reproductive Health and Family Planning Materials" states that in women of reproductive age, estrogen produced is 300-800 ng, during premenopause it decreases to 150-200 ng, and in postmenopause to 20-150 ng. The decrease in estrogen levels results in hormonal disturbances which can be in the form of menstrual cycle disorders.

## 2. Method

The direction or purpose of this activity can be carried out by providing counseling to the elderly in Neighborhood V of Baru Ladang Bambu Village, Medan Tuntungan District, that before menopause/menopause to choose hormonal contraceptives, the elderly who are about to go into menopause/menopause are told that decreasing levels of estrogen cause hormonal disturbances. which can be in the form of menstrual cycle disorders, carried out at the Posyandu, Medan Tuntungan sub-district, 2 lecturers at the Darmo Midwifery Academy, and 1 student. Target elderly.

### 2.1. Activity steps

As a community service activity, the following preparations are carried out:

#### a. **Hold a meeting with the Head of the District in terms of supporting this activity and obtain permission to carry out the extension.**

- 1) Asking for permission from the Head of the Medan Tuntungan Sub-district in carrying out outreach activities to the elderly in Neighborhood V of Kelurahan Baru Ladang Bambu, Medan Tuntungan Sub-district that before menopause/menopause to choose hormonal contraceptives, the elderly who are about to go into menopause/menopause are informed that decreased levels of estrogen cause disturbances. hormones that can be in the form of menstrual cycle disorders.
- 2) Determination of participants who will take part in the counseling.
- 3) Determination of community staff who participate in the smooth running of counseling activities for the elderly in Neighborhood V of Kelurahan Baru Ladang Bambu, Medan Tuntungan District that before menopause/menopause to choose hormonal contraceptives, the elderly who are about to go into menopause/menopause are told that decreasing levels of estrogen cause hormonal disturbances which can be a menstrual cycle disorder.
- 4) Determination of the facilities and infrastructure needed to support the implementation of the extension activities.
- 5) Other things that are considered important in carrying out activities

#### b. **Coordination meeting with the activity implementation team in this case:**

- 1) Set the day, date of activity
- 2) Place of activity
- 3) Prepared equipment
- 4) The committee that helped
- 5) Amount of fee required
- 6) Facilitators who participate in providing materials
- 7) Things deemed necessary

### 2.2 Activity Process

On November 9, 2019, data collection was carried out for participants who will take part in counseling activities for the elderly in Environment V, Kelurahan Baru Ladang Bambu, Medan Tuntungan District, that before menopause/menopause to choose hormonal contraceptives, the elderly who are about to go into menopause/menopause are told that decreased estrogen levels have resulted in hormonal disorders which can be in the form of menstrual cycle disorders. The opening event. Counseling for the elderly in Neighborhood V of Kelurahan Baru Ladang Bambu, Medan Tuntungan Subdistrict, that before menopause/menopause to choose hormonal contraceptives, the elderly who are going to menopause/menopause are told that decreasing estrogen levels cause hormonal disturbances which can be in the form of menstrual cycle disorders. To do:

- a. Lecture
- b. FAQ
- c. Discussion

After giving the material for hormonal contraception with the age of menopause, the menopausal women were given an explanation about the types of hormonal contraception. Then free checkups are given, such as checking blood pressure, cholesterol levels, blood sugar, uric acid, etc..

## 3 Results and Discussion

### a. **Target Audience**

This activity is targeted at the elderly in Neighborhood V, Kelurahan Baru Ladang Bambu, Medan Tuntungan Subdistrict, that before menopause/menopause to choose hormonal contraceptives,

the elderly who are about to go into menopause/menopause are told that decreasing estrogen levels cause hormonal disturbances which can be in the form of menstrual cycle disorders..

**b. Linkages**

In carrying out this service activity, the fields of science that are considered related include reproductive health in the elderly and health promotion and public health.

**c. Rencana Evaluasi**

In this case, the evaluation carried out was an evaluation of the status of knowledge on behavioral changes (knowledge, attitudes, and actions) as well as increasing the degree of reproductive health and family planning (KB) by increasing information about health, impacts and prevention and benefits of reproductive health and family planning in the elderly in Indonesia. Environment V, Baru Ladang Bambu Village, Medan Tuntungan District, that before menopause/menopause to choose hormonal contraceptives, the elderly who are going to menopause/menopause are told that decreasing estrogen levels cause hormonal disturbances which can be in the form of menstrual cycle disorders..

**d. Supporting and Inhibiting Factors**

1) Supporting factors

Enthusiasm of the elderly is quite large, the environmental party in this case the Environmental Kepling V who provides time and place so that the counseling can run well.

2) Obstacle factor

Lack of awareness of the elderly who are going to menopause/menopause to use hormonal contraceptives to prevent unwanted pregnancies.

## 4 Conclusion

Reports on community service implementation activities in the form of counseling for the elderly in Neighborhood V of Kelurahan Baru Ladang Bambu, Medan Tuntungan Subdistrict that before menopause/menopause to choose hormonal contraception, the elderly who are about to go into menopause/menopause are informed that decreased estrogen levels cause hormonal disturbances which can be in the form of Menstrual cycle disorders which can be stated as follows: the activity was carried out in accordance with the objectives and plans, this activity received a good response from the Head of the District, the Environmental Unit, Midwives in the Environment, and their staff. This activity provides a new discourse for the elderly to be able to disseminate the health information they get and for themselves.

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