

Factors Related To Maternal Readiness To Face Menopause In Lahusa Village, Lahusa District, South Nias Regency In 2020

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ABSTRACT

Menopause is a period of scientific cessation of menstruation. One of the problems in menopause will be caused by the lack of readiness of the mother in facing menopause so that it can cause the emergence of symptoms, diseases and psychological disorders that really need attention. This type of research is descriptive analytical. The results of this study showed that based on the age of the majority of 40-44 years 20 people (52.63%) and based on the education of the majority of junior high schools and below 21 people (55.26%) and based on knowledge that lacked knowledge 28 people (73.68%) and based on the economy 26 people (68.42%). And this shows that probability $(0.000) < \alpha (0.05)$ H_0 rejected means H_a accepted, it can be concluded that age, education, knowledge and economy are related to the mother's readiness in the face of menopause. It is hoped that all menopausal mothers in Lahusa village, Lahusa District, South Nias Regency in 2020 to increase higher readiness for menopause and increase higher knowledge of menopause and increase awareness and willingness to overcome disorders and readiness in menopause so as to create maternal health in facing menopause until old age.

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1. Introduction

Menopause is known as the period of expiration of menstruation or menstruation, and is often considered a scourge in women's lives. Most women begin experiencing menopausal symptoms in their 40s and peak at 50. Most experience symptoms less than 5 years and about 25% over 5 years. However, when taken on average, generally a woman will experience menopause around the age of 45-50 years (Rostiana, 2009).

According to the World Health Organization (WHO) every year it is estimated that 25 million women will enter menopause. WHO also said in 1990 about 467 million women in the country spent their time in post-menopause and 40% of post-menopausal women lived in developing countries with an average of 51 years of menopause. The country's population in 2020 will reach 262.6 million people with women living in menopausal age around 30.3 million with an average age of 49 years of menopause. Estimates show there will be about 30-40 million women out of the country's entire population of 240-250 million by 2010. In Asia still according to WHO by 2025 menopausal women will jump from 107 inhabitants to 373 inhabitants (Ida Bagus, 2014).

Most women begin experiencing menopausal symptoms in their 40s and peak at 50. Most experience symptoms less than 5 years and about 25% over 5 years. But when taken on average, generally a woman will experience menopause around the age of 45-50 years. As a result of the change from menstruation to no longer menstruation, there is automatically a change in the female reproductive organs.

Based on a preliminary survey conducted by researchers in Lahusa Village, Lahusa District, South Nias Regency, mothers who want to enter menopause totaling 38 women obtained the following data: as many as 34 people (89.29%) said they were afraid of the cessation of their reproductive period when facing menopause, they said they were afraid that they would not be loved by their husbands anymore, as many as 3 people (7.14%) said that they felt afraid of their

body changes when they grew old, they said not knowing about stopping menstruation can affect body changes and as many as 1 person (3.57%) said they knew that menopause was a period that women would indeed experience. This study aims to determine the factors related to maternal readiness to face menopause in Lahusa Village, Lahusa District, South Nias Regency in 2020.

2. Method

2.1. Research Design

This type of research is an analytical descriptive study that looks at factors related to maternal readiness in the face of menopause.

2.2. Research Place and Time

The location of this study was conducted in Lahusa Village, Lahusa District, South Nias Regency in 2020.

2.3. Population and Sample

The population in this study was pre-menopausal mothers in Lahusa Village, Lahusa District, South Nias Regency in 2020 as many as 38 people.

2.4. Analysis Techniques

The data was obtained by distributing questionnaires to respondents through a checklist. Given first an explanation of the contents of the list of questions after the mother understands and then welcome to answer. The analysis carried out with the SPSS program with a chi square test with a real level (α) = 0.05 as for this reason because all assumptions have been met.

3. Results and Discussion

The results of the study on factors related to maternal readiness to face menopause in Lahusa Village, Lahusa District, South Nias Regency in 2020 include: age, education, knowledge, culture, socioeconomics.

a. Mother's Age

TABLE 1
DISTRIBUTION OF RESPONDENTS BY MOTHER'S AGE

No.	Age	F	%
1.	44-49 Age	20	52,63%
2.	50 -55 Age	18	47,37%
	Amount	38	100%

From the table above, the majority of mothers aged 44-49 years were 20 people (52.63%) and the minority of mothers aged 50-55 years was 18 people (47.37%).

b. Maternal Education

To see the education of mothers in readiness to face menopause in Lahusa Village, Lahusa District, South Nias Regency in 2020.

TABLE 2
DISTRIBUTION OF RESPONDENTS ACCORDING TO MATERNAL EDUCATION

No.	Mother's Last Education	F	%
1.	Middle school and below	21	55,26
2.	Senior High School	7	18,42
3.	D-III,S1	10	26,32
	Amount	38	100

From the table above, it can be done that the majority of middle school education mothers and below are 20 people (52.6%), high school 10 people (26.3%), and minority D-III, S-1 8 people.

c. Mother's Knowledge

TABLE 3
DISTRIBUTION OF RESPONDENTS ACCORDING TO MATERNAL KNOWLEDGE

No.	Mother's Knowledge	F	%
1.	Well	10	26,32
2.	Enough	28	73,68
Amount		38	100

From the table above, it can be done that the majority of maternal knowledge is not good as many as 30 people (78.95%) and minorities as many as 8 people (21.05%).

d. Keadaan Ekonomi Ibu

TABLE 4
DISTRIBUTION OF RESPONDENTS ACCORDING TO THE ECONOMIC CIRCUMSTANCES OF THE MOTHER

No.	Monthly Mother's Income	f	%
1.	Rp < 1.000.000	26	68,42
2.	Rp > 1.000.000	12	31,58
Amount		38	100

From the table above, it can be done that the majority of mothers whose income >1,000,000 is 26 people (68.42%) and the minority whose income is <1,000,000, which is 12 people (31.57%).

TABLE 5
DISTRIBUTION OF THE RELATIONSHIP BETWEEN RESPONDENTS' AGE AND MATERNAL READINESS TO FACE MENOPAUSE IN LAHUSA VILLAGE, LAHUSA DISTRICT, SOUTH NIAS REGENCY IN 2020

No.	Age	Readiness for Menopause				Total		p
		Ready		Not Ready		%	%	
		f	%	f	%			
1.	44-49 Age	5	25	15	75	20	100	0.000
2.	50-55 Age	15	83,33	3	16,67	18	100	
Amount		20	52,64	18	47,37	38	100	

Based on the results of the study conducted from table 5, it can be seen that the majority of respondents aged 44-49 years who are ready to face menopause are as many as 20 people (52.64%) and respondents aged 45-55 years who are not ready as many as 18 people (47.36%). From the table above, it can be seen that the results of statistical tests with the chi square test show that the probability (0.000) < α (0.05) Ho was rejected. This shows that the age of the respondents is related in tandem with the low level of readiness in the face of menopause.

TABLE 6
DISTRIBUTION OF RESPONDENTS' EDUCATIONAL RELATIONSHIPS IN READINESS TO FACE MENOPAUSE IN LAHUSA VILLAGE, LAHUSA DISTRICT, SOUTH NIAS REGENCY IN 2020

No.	Education	Readiness for Menopause				Total		P
		Ready		Not Ready		%	%	
		F	%	F	%			
1.	JUNIOR HIGH SCHOOL	2	9,52	19	100	90,48	100	0.000
2.	SENIOR HIGH SCHOOL	3	42,86	4	100	57,14	100	
3.	D-III,S1	8	80	2	100	20	100	
Amount		13	28,95	25	100	65,79	100	

Based on the results of the study conducted from table 6, it can be seen that the majority of respondents who have a lower junior high school education who are ready to face menopause as many as 2 people (9.52%) who have a high school education as many as 3 people (42.86%), who have a D-III, S-1 education as many as 8 people (80%), while those who are not ready to face menopause who have a junior high school education and below as many as 19 people (90.48%), who have a high school education as many as 4 people (57.14%), who were educated D-III,S-1 as many as 2 people (20%). From the table above, it can be seen that the results of the statistical test with the chi square test show that the probability (0.000) of < α (0.05) Ho is rejected. This shows that

respondents' education is meaningfully related to the low level of maternal readiness in the face of menopause.

TABLE 7
DISTRIBUTION OF KNOWLEDGE RELATIONSHIPS OF RESPONDENTS IN READINESS TO FACE MENOPAUSE IN LAHUSA VILLAGE, LAHUSA DISTRICT, SOUTH NIAS REGENCY IN 2020

No.	Knowledge	Readiness for Menopause				Total		P
		Ready		Not Ready		%	%	
		F	%	F	%			
1.	Well	8	80	2	20	10	100	0.000
2.	Not Good	4	14,28	24	85,71	28	100	
Amount		12	31,58	26	68,42	38	100	

Based on the results of the study conducted from table 7, it can be seen that the majority of respondents who were ready and said good were 8 people (80%), who said not good as many as 4 people (14.28%) and those who were not ready to say yes as many as 2 people (20%), who said no as many as 24 people (85.71%). From the table above, it can be seen that the results of statistical tests with exact fisher's show that the probability $(0.00) < \alpha (0.05)$ Ho is rejected. This shows that respondents' knowledge is meaningfully related to the low level of maternal readiness to face menopause.

TABLE 8
DISTRIBUTION OF RESPONDENTS' ECONOMIC RELATIONSHIPS WITH READINESS TO FACE MENOPAUSE IN LAHUSA VILLAGE, LAHUSA DISTRICT, SOUTH NIAS REGENCY IN 2020

No.	Economy	Readiness for Menopause				Total		Prob
		Ready		Not Ready		%	%	
		f	%	F	%			
1.	Rp.<1.000.000	4	15,38	22	84,62	26	100	0.000
2.	Rp.>1.000.000	10	83,33	2	16,67	12	100	
Amount		14	36,84	24	63,16	38	100	

From the table above, it can be seen from the 38 respondents who were ready and the economy <1,000,000 as many as 4 people (15.38%) and which not ready as many as 22 people (84.62%), and which economy >1,000,000 who were ready as many as 2 people (16.67%) and those who were not ready as many as 10 people (83.33%). From the table above, it can be seen that the results of the statistical test with the chi-square test show that the probability $(0.00) < (0.05)$ Ho is rejected. This shows that the respondent's economy is significantly related to the low level of mother's readiness to face menopause. $(0,05) = ho$ is rejected. this shows that economy respondent is related means with low level readiness mother in face > / (0.05) Ho was rejected. This shows that the respondent's economy is significantly related to the low level of mother's readiness to face menopause. > / 1,000,000 >.

3.1 Discussion

The results showed that the majority of respondents were from the age of 44-49 years of 20 people (52.63%), while the age of 50-55 years was 18 people (47.37%). When viewed in table 5 with 38 respondents that the distribution of maternal age relationships in readiness to face menopause can be the result that those who are not ready to face menopause aged 44-49 years are 15 people (83.33%) and those who are ready are 5 people (25%), while at the age of 50-55 years who are not ready to face menopause are 3 people (16.67%) and those who are ready are 15 people (83.33%). Age is a life span measured by years, it is said that the early period of adulthood is the age of 18 years to 40 years (harlock, 2004). The results of testing with the chi-square test showed that the mother's age was related to readiness to face menopause.

The results showed that the majority of respondents, namely with junior high school education and below, had the highest percentage of 21 people (55.26%), 7 people with high school education (18.42%) and the D-III ones with 10 people (26.32%) related to maternal readiness to face menopause. When viewed from table 4.6 with 38 respondents that the distribution of the relationship between maternal education and readiness to face menopause can be the result that junior high school education and below who said they were ready were 2 people (9.52%), high school education as many as 3 people (42.86%), D-III education, S-1 as many as 8 people (80%), while those

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who said they were not ready for junior high school education and below were 19 people (90.48%), of which high school education was 4 people (57.14%), 2 people in D-III, S-1 education (20%). Education is a continuous process of higher adjustment for human beings who have developed physically and mentally (H. Horne). The test results of the chi-square me test.

The results showed that the majority of respondents, namely those who said they knew about the menopause stage, were 10 people (26.32%), who said they did not know about the menopause stage as many as 28 people (73.68%). When viewed in table 4.7, the distribution of knowledge relationships that are ready for menopause who say they know is 8 people (30.4%), who say they don't know as many as 4 people (14.26%), as those who are not ready for menopause who say they know as many as 2 people (7.6%), who say they don't know as many as 24 people (85.71%). Knowledge is the result and this happens and performs sensing of a certain object (Notoadmodjo 2013). The results of the chi-square test showed that maternal knowledge is one of the factors related to readiness factors in the face of menopause. It is the mother who lacks knowledge is more unprepared in the face of menopause.

Judging from table 8, it was seen from 38 respondents whose monthly maternal in-come <1,000,000 as much as 26 people (68.42%), yang rp > was IDR 1,000,000 as many as 12 people (31.56%). When viewed from table 4.8 that the distribution of the economic relationship between mothers and unprepared in the face of menopause obtained results whose income <1,000,000 as many as 22 people (84.62%) and which ready as many as 4 people (15.38%), while the income > was Idr 1,000,000 who were not ready as many as 2 people (16.67%), who were ready as many as 10 people (83.33%). Socioeconomics is one of the areas of study that tries to solve the problem of the basic needs of human life (Abraham Maslow).

4. Conclusion

From the results of the study based on age, there were mothers who were ready to face menopause aged 44-49 years, there were 5 people (13.16%) and those who were not ready 15 people (39.47%), mothers aged 50-55 years who were ready 15 people (39.48%) and who were not ready 3 people (7.89%), based on education There were mothers who were educated in junior high schools who were ready to face menopause 2 people (5.26%) who were not ready 19 people (50%), high school education that is ready 3 people (7.90%) who are not ready as many as 4 people (10.53%), D-III, S-1 education that is ready 8 people (21.05%) who are not ready 2 people (5.26%). Based on knowledge, there are mothers who know and are ready 8 people (21.05%) who are not ready 2 people (5.26%) and who do not know who are ready 4 people (10.53%) who are not ready 24 people (63.16%), seta based on economic circumstances There are mothers whose economy is Rp <1.000.000 yang siap 4 orang (10,53%) yang tidak siap 22 orang (52,63%), yang ekonominya > 1,000,000 who are ready 10 people (26.32%) who are not ready 2 people (5.26%).

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