

Relationship between Body Image and Anxiety Level during Menopause at Pintu Padang District Health Center Angkola Trunk 2022

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ABSTRACT

Menopause is the last menstruation, one of the psychological aspects of changebody image. During menopause, it is certain that menopausal women become anxious about their bodies and form a body image about how their bodies are. The purpose of this study was to determine the relationship between body image and anxiety levels during menopause at the Pintu Padang Health Center, Batang Angkola District in 2022. This type of research uses descriptive correlation and the design of this study uses a cross sectional design, the population in this study is all postmenopausal women visiting the Puskesmas Pintu Padang, Batang Angkola District from January to July on in 2022 as many as 300 people. The sampling technique was purposive sampling, the number of samples was 75 people. The instrument used was a body image questionnaire sheet and an anxiety level. Data analysis was carried out with univariate and bivariate using test chi square. The results showed that the body image of the majority of respondents was high as many as 42 people (56%), the anxiety level of the majority of respondents was not anxious as many as 53 people (70.7%). The results of statistical tests with chi square values obtained. As much as $0.000 < 0.05$, it means that there is a relationship between body image and anxiety levels during menopause at the Pintu Padang Health Center, Batang Angkola District in 2022. The conclusion of the study is that there is a relationship between body image and anxiety levels during menopause at the Pintu Padang Health Center, Batang Angkola District in 2022. It is recommended for health workers to play an active role in increasing the knowledge of menopausal women in order to know and be aware of the changes that occur.

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INTRODUCTION

Menopause is a phase experienced by women in their life cycle (Trisetiyaningsih, 2016).

Menopause can be marked by the cessation of the menstrual cycle for twelve consecutive months in a woman. Naturally, menopause in women can occur when women enter the age of 51 years. Although some women may experience menopause when they are not yet 51 years old (Ermawati, 2018).

Menopause is generally marked by the cessation of menstrual periods which can occur between the ages of 40-60 years. The average menopause begins at age 52 and women tend to enter perimenopause from three years to five years before the actual menopause (The Society of Obstetricians and Gynecologists of Canada, 2014).

Menopause is a phenomenon that occurs in elderly women, which is a sign that the woman is no longer in her productive period. There are still many women who consider menopause a scary and worrying phase, even though it is a natural process (Smart, 2010). In its development, it is impossible for women to escape menopause because menopause is an event that will be experienced by every woman and is not something that can be denied, so menopause should not be considered a scary and worrying thing.

Women who enter menopause will increase 47 million people every year. Supported by data from WHO, that there will be 1.2 billion women aged over 50 years in 2030 (Nurlina, 2021). In Indonesia, the age that is vulnerable to menopause is when women enter the age of 50-54 years. According to data from the Central Statistics Agency (BPS), as many as 60 million women from the Indonesian population will experience menopause in 2025 (Febrina, 2017).

Based on data from the Central Statistics Agency (BPS) with population projections in 2008 that 5,320,000 Indonesian women enter menopause each year. The number of Indonesian women experiencing menopause is estimated to reach 30.3 million in 2020, out of a population proportion of around 262.2 million (Kristiantiningtyas, et al, 2013).

During menopause, there are changes that affect the condition of the whole body. All organ systems experience structural and functional decline to the point where they cannot function at all. This occurs continuously and gradually brings about anatomical, physiological and biochemical changes in tissues or organs that will affect the function and ability of the body as a whole until it eventually stops functioning (Palupi, 2012).

Menopause occurs when the ovaries stop responding to certain hormones from the brain, so that egg cell maturation stops regularly. This situation lowers levels of estrogen and progesterone, both of which are female sex hormones produced by the ovaries. This decrease in hormone levels causes menopausal symptoms (Goswami, 2013).

A decrease in the hormones estrogen and progesterone produced by the ovaries will cause a woman to enter menopause. This progressive and irreversible decrease in hormones can trigger a variety of complaints, namely physical and psychological complaints in menopausal women (Ermawati, 2018).

Cases of menopausal symptoms are found in around 70-80% of women in Europe, 60% of American women, 57% of Malaysian women, 18% of Chinese women, 10% of women in Japan and Indonesia. This condition can be influenced by various factors, such as nutritional intake, emotions, and physical condition. Menopause symptoms are very likely to be experienced by women in the late adulthood stage who, biologically, it's time to experience menopause. Late adult women experience changes in themselves in the form of physical changes and psychological changes caused by a decrease in the production of the hormone progesterone. Physical changes include irregular menstrual cycles, hot flashes, vaginal dryness, skin changes, night sweats, insomnia, bone fragility, body fat and the appearance of disease symptoms. While changes in the psyche are characterized by the emergence of anxiety,

Factors that influence changes in the mental condition of menopausal women include physical changes, general health, education level, heredity (heredity), environment, sensory disturbances (blindness and deafness), impaired self-concept due to loss of position, loss of friends, loss of family, loss of physical strength and robustness, changes in body image and self-concept (Nugroho et al, 2014). Body image can be used as a mental picture of oneself related to one's character which is quite determined by self-esteem (Rendro, 2010).

At an advanced age, women tend to pay more attention to their physical appearance, especially for women who are experiencing menopause. The menopause for some women is something that can trigger negative perceptions of their body image (Thakar & Chauhan, 2012). These negative perceptions ultimately also influence the assessment of their body and appearance, this is because body image is a representation of their psychology (Thakar & Chauhan, 2012). Negative judgments arise from physical changes in women during menopause such as weight gain, hair loss, and wrinkles that appear, which then result in anxiety for the women themselves (Goswami, 2013).

Changes in body shape during menopause are not only caused by hormones. In the menopause period, there are many changes that can affect a woman's feelings and will ultimately have an impact on the stress faced by the body. The heavier the pressure on the body, the more stressed one's mind will be, and will cause a tendency to feel anxious.

Anxiety experienced by menopausal women can arise due to excessive worry when facing an unprecedented situation. In addition, it is also closely related that postmenopausal women will be more sensitive because they are influenced by hormonal fluctuations (Rostiana in Ferosa 2022).

Anxiety is the emergence of a condition characterized by fear and experiencing tense physical symptoms (Nurlina, 2021). Anxiety that occurs in postmenopausal women can be seen by the emergence of physiological symptoms such as heart palpitations and excessive production of cold sweat. Inner conflicts caused by dissatisfaction and inhibition of sex drive in menopausal women can also trigger anxiety (Wigati et al 2017).

Anxiety that arises in women approaching menopause is often associated with apprehension in dealing with a situation that has never been worried before. Whereas menopause is a natural period in the aging process. An important period in a woman's life, changes in bodily functions can affect various kinds of life both in social life, feelings about herself, and functions at work (Pieter, 2010).

Anxiety has certain limits that function as an alarm that gives signs so that individuals who experience it will be better prepared to face the reality that is happening. In the case of menopause, anxiety is a psychological symptom that arises due to negative perceptions of a woman's body image (Goswami, 2013).

The results of an initial survey conducted by researchers obtained data on the number of menopausal women who visited the Pintu Padang Health Center, Batang Angkola District from January to June 2022, as many as 300 people. From the interview results it can be seen that 8 out of 10 menopausal women feel tense and anxious when experiencing menopausal symptoms. Complaints experienced by menopausal women such as difficulty sleeping, decreased memory and concentration, tired easily, and often feel dizzy. From the results of the interviews during the preliminary study, it was found that 4 menopausal women experienced mild anxiety, 4 menopausal women with moderate anxiety and 2 others had no anxiety. This anxiety arises along with menopausal women who complain of changes both physically and psychologically.

Based on the description above and the researcher's curiosity about Body Image with Anxiety Levels during Menopause, the researchers are interested in researching "The Relationship between Body Image and Anxiety Levels during Menopause at Pintu Padang Health Center, Batang Angkola District in 2022".

RESEARCH METHODS

Types of research

The type of research used in this research is correlational analytic. Correlational research is a type of research that is used to find, explain a relationship, estimate, and test based on existing theories. This study aims to reveal the coelative relationship between variables (Nursalam, 2015).

Research design

The research design is the entire research plan that is arranged in such a way so that the researcher

can obtain an answer to the research question. The research design that will be used is cross-sectional, namely a study that studies the dynamics of the correlation between risk factors and effects, by way of approach, observation or collection and all at one time. This means that the cause or risk and effect variables or cases that occur in the object of research are only measured simultaneously, for a moment or only once at the same time during the examination (Setiadi, 2013).

Research sites

The research was conducted at the Pintu Padang Health Center, Batang Angkola District. The reason the researchers chose the location was due to the sufficient number of population, the existence of supporting references, and to the best of the researcher's knowledge, no research has been conducted on body image with levels of anxiety during menopause in that location.

Research time

This research was conducted from June 2022-November 2022. Starting from the submission of titles, making research proposals, proposal seminar exams and plans for distributing questionnaires will be held on 01-6-October-2022, until the implementation of the research and the final trial of the research.

Population and Sample

The population is a generalization area consisting of subjects/objects that have certain qualities and characteristics determined by the researcher to be studied and then drawn conclusions (Setiadi 2013). Another opinion about the definition of a population that is not much different from the previous opinion is that the population is the entire research subject that meets the predetermined criteria (Suharsimi Arikunto 2016). The population in this study is all postmenopausal women visiting the Puskesmas Pintu Padang, Batang Angkola District from January to July on 2022 as many as 300 people.

The sample is part of the entire object under study and is considered to represent the entire population. In other words, the sample is the elements of the population that are selected based on their representative capacity. (Setiadi 2013). The sampling technique was carried out using a purposive sampling technique, namely a sampling technique with certain conditions or considerations as desired by the researcher.

Here the researcher uses the Saryono formula (2013), which explains that if the population is less than 100, 50% of the population should be sampled. If the population is more than 100, 25% to 30% are taken. With respect to the study population of 300 people (menopausal women who visit the Puskesmas Pintu Padang, Batang Angkola District from January to July on year 2022) then the sample size is taken 25%.

$$\begin{aligned}n &= N \times 25\% \\ &= 300 \times 25\% \\ &= 75 \text{ people}\end{aligned}$$

So the samples taken were 75 people and met the criteria as follows :

1. Menopausal women who are physically and mentally healthy.
2. Able to write, read and communicate in Indonesian.

Data Collection Techniques

Data collection is a process of approaching the subject through a research instrument in the form of a questionnaire. The steps in data collection in the study are as follows:

1. The researcher notifies the study program to be asked to provide an initial research survey letter by including a title that has been approved by the supervisor and the Midwifery Study Program Applied Undergraduate Program, Haji University, North Sumatra. Next, the researcher sends the initial survey letter or introduction to the research to the place of research at the direction of the principal Public health center Pintu Padang, Batang Angkola District, researchers were allowed to collect the data needed for the initial survey at the time of writing this researcher.

2. Furthermore, after the thesis has been presented in the seminar and has been corrected and approved by the supervisor and examiner to collect research data, which means the writer is ready to distribute the instrument (questionnaire) to the respondents who have been determined.
3. So the researchers conducted data collection by first approaching the research respondents, then providing informed consent for respondents who were willing to become research samples.
4. Then the researcher gave the questionnaire to the respondents to be answered or filled out, then the results of the questionnaire would be tabulated which would then be analyzed to provide an explanation and conclusion as the final result of this study.

RESULTS AND DISCUSSION

Demographic data

Table 1. Frequency Distribution Based on Characteristics of Respondents

No	Characteristics of Respondents	Amount N	Percentage (%)
1.	Age		
	45-55	30	40
	51-60	45	60
	Total	75	100
2.	Education		
	SD	4	5,3
	junior high school	21	28
	high school	35	46.7
	Bachelor	15	20
	Total	75	100
3.	Work		
	Housewife	20	26,7
	Farmer	30	40
	civil servant	10	13.3
	Other	15	20
	Total	75	100

Based on table 1. above, it is known that the research respondents aged 51-60 years were 45 people (60%), 35 people had high school education (46.7%), farmers were 30 people (40%).

Univariate analysis

Table 2. Distribution of Body Image frequency during menopause at Pintu Padang Health Center, Batang Angkola District, in 2022

Body Image	Frequency	Percentage
Tall	42	56
Currently	27	36
Low	6	8
Total	75	100

Based on table 2 above, it is known that the frequency of Body Image at Pintu Padang Health Center, Batang Angkola District, in 2022 is the highest, with a majority of 42 people (56%).

Table 3. Frequency distribution of anxiety levels during menopause at Pintu Padang Health Center, Batang Angkola District, in 2022

Anxiety Level	Frequency	Percentage
Not Worried	53	70.7
Mild Anxiety	15	20
Moderate Anxiety	5	6,7
Severe Anxiety	2	2,7

Total	75	100
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Based on table 3 above, it is known that the frequency of anxiety levels during menopause at Pintu Padang Health Center, Batang Angkola District in 2022, the majority are not anxious as many as 53 people (70.7%).

Bivariate analysis

Table 4. Results of relationship analysis *Body Image* with the level of anxiety during menopause at the Pintu Padang Health Center, Batang Angkola District in 2022

<i>Body Image</i>	Anxiety Level								value		
	No Worry		Mild Anxiety		Moderate Anxiety		Severe Anxiety			Total	
	F	%	F	%	F	%	F	%		F	%
Tall	37	49.3	3	4	2	2.7	0	0	42	56	0.000
Currently	14	18.7	11	14.7	1	1.3	1	1.3	27	36	
Low	2	2.7	1	1.3	2	2.7	1	1.3	6	8	
Total	53	70.7	15	20	5	6.7	2	2.7	75	100	

Based on table 4 above, it can be seen that 42 people (56%) respondents who have a high body image, then 37 people (49.3%) have a level of anxiety that is not anxious, 6 people (8%) respondents who have a body image that is low, then 1 person (1.3%) has a severe anxiety level. The results of the statistical test using chi square showed that there was a relationship between body image and anxiety levels during menopause at Pintu Padang Health Center, Batang Angkola District, in 2022 with a Value value. 0.000 (< 0.05 means that there is a relationship between body image and anxiety levels during menopause at Pintu Padang Health Center, Batang Angkola District in 2022.

Discussion

***Body Image* During the Menopause Period at the Pintu Padang Health Center, Batang Angkola District in 2022**

The results of the distribution of the frequency of body image during menopause at the Pintu Padang Health Center, Batang Angkola District in 2022, were mostly high. This can be seen from the results of the body image questionnaire during menopause at the Pintu Padang Health Center, Batang Angkola District in 2022.

body image is the attitude of the individual towards the body that is conscious and unconscious. This attitude includes perceptions and feelings about the size, shape, appearance function, and potential of the body's present and past which are continuously modified by each individual's new experiences. From birth the individual explores parts of his body, receives stimuli from other people, manipulates the environment and begins to become aware of himself being separated from the environment (Stuart and Sundeen in Husna, 2021).

Longe (in Husna, 2021) says *Body image* is a person's mental opinion or his own description of his physical appearance and involves other people's reactions to that person's body based on what that person feels. Perception of body image among people can range from very negative to positive. A person who has a low body image sees his body as something that is not attractive to others, while a person with a good body image sees his body as something that is attractive to others.

body image is a set of beliefs and feelings of a person about himself (Nuralita, AY 2013). A person's beliefs about himself can be related to talents, interests, abilities, physical appearance and others in part. *Body image* can be described in terms ranging from strong to weak or positive to negative, depending on the individual strengths of the four components of self-concept, namely identity, body image, self-esteem and role. *Body image* is all thoughts, beliefs and beliefs that make a person know who he is and affect his relationships with others (Sastroasmoro Dalam Velga Yazia et all 2020).

From the explanation above, the researcher assumes that the majority of body image is high during menopause due to the function of appearance, and the current and past potential of the body which is continuously modified with new experiences for each individual. Since birth, individuals explore their body parts, receive stimuli from others, manipulate the environment and begin to realize that they are separate from the environment.

Anxiety Levels During Menopause at Pintu Padang Health Center, Batang Angkola District, in 2022.

The results of the frequency distribution of anxiety levels during menopause at Pintu Padang Health Center, Batang Angkola District in 2022, the majority are not anxious. This can be seen from the results of the anxiety level questionnaire during menopause at Pintu Padang Health Center, Batang Angkola District, in 2022.

The results of the study showed that more than half experienced non-anxious levels of anxiety, this was because the majority of respondents had high school education so that respondents could anticipate symptoms that could occur during menopause. Good education will have an impact on the better knowledge a person has, this is because someone who is well-informed will generally easily process receiving information, that way, respondents who have a lot of information will have many ways to deal with the problems they are experiencing, including the problem of anxiety before menopause. In accordance with the opinion that the higher a person's educational level, the higher the intellectual level so that it can influence a person to act and find solutions in his life (Risqiaty, 2014).

Anxiety is an emotional response without a specific object experienced and communicated interpersonally (Marmi, 2013). Anxiety is a vague and pervasive worry associated with feelings of uncertainty and helplessness. This emotional state has no specific object, anxiety is experienced subjectively and is communicated interpersonally (Stuart Dalam Velga Yazia et al 2020). Another opinion is that anxiety (anxiety) is a feeling of fear that is not clear and is not supported by the situation (Videbeck Dalam Velga Yazia et al 2020). When feeling anxious, individuals feel uncomfortable or afraid or may have a premonition that disaster will befall them even though they do not understand why these threatening emotions occur.

The occurrence of this anxiety can be caused by many factors such as, as stated by several theories, namely that there are many factors that influence the anxiety of menopausal women in facing menopause including knowledge, attitudes, family support, economic conditions and lifestyle (Aprilia Dalam Velga Yazia et al. 2020). Another opinion is that the factors that affect the anxiety of facing menopause are thoughts, errors in the cognitive process so that there is a fear of being old and unattractive (Rostiani Dalam Velga Yazia et al 2020). Causes of anxiety are family, social environment, increase or decrease in family members, and changes in habits. Factors that influence changes in the mental condition of menopausal women facing menopause include physical changes, general health, education level, heredity (heredity), environment, sensory disturbances (blindness and deafness), impaired self-concept due to loss of position, loss of friends, loss of family, loss of physical strength and stamina, changes in self-image and self-concept (Marmi, 2013). The factor that most influences women's anxiety in facing menopause is husband's support (Martaadisoebrata, 2011).

Based on this, the researchers assume that the majority of menopausal women do not experience anxiety because the majority of respondents have high school education so that respondents can anticipate symptoms that can occur during menopause. As well as having a good family environment.

The relationship between body image and anxiety levels during menopause at the Pintu Padang Health Center, Batang Angkola District in 2022

Based on the results of the research above, it was obtained from a sample of 75 people, the results were obtained, namely The results of this study indicate that 42 people (56%) of respondents who have a high body image, then 37 people (49.3%) have a level of anxiety that is not anxious, 6 people (8%) of respondents who have a low body image, then 1 person (1.3%) had a severe level of anxiety. The results of statistical tests with chi square showed that there was a relationship

between body image and anxiety levels during menopause at the Pintu Padang Health Center, Batang Angkola District in 2022 with a value of Value. of 0.000 (< 0.05). This means that there is a relationship between body image and anxiety levels during menopause at the Pintu Padang Health Center, Batang Angkola District in 2022.

The results of this study are in line with the results of research by Rina Kundre et al (2019) who also obtained data that there was a significant relationship between self-concept (body image) and anxiety levels during menopause in Motoling II Village. This is supported by research by Velga Yazia (2020) which says there is a significant relationship between self-concept (body image) and the level of anxiety in mothers in dealing with menopause in RW 3, Gurun Laweh Village, Nanggalo Padang Health Center.

Self concept(body image)will affect the anxiety level of menopausal mothers, where if the mother has a self-concept(body image)negative, the mother will think negatively so that there will be a tendency for the mother to experience anxiety. On the other hand, if the mother has a positive self-concept, then the mother will think positively and be able to accept their condition so that the mother considers that it is part of their life flow and must be lived so that the mother's anxiety level is reduced. Self-concept is a person's awareness of who he is.

It is proven in research that (body image) will affect the level of anxiety of menopausal mothers, where if the mother has a high self-concept then the mother will think positively so that there will be a tendency for the mother not to experience anxiety. On the other hand, if the mother has a low self-concept, the mother will think negatively and cannot accept their condition so that the mother assumes that it is not part of their life path and should not be lived so that the level of anxiety is higher.

Based on this, according to the researcher's analysis of this study is to reduce the level of anxiety of mothers in facing the menopause phase, it is necessary to form a high self-concept (body image) in these mothers. In this case it is necessary to strengthen religion and positive activities carried out by mothers, such as participating in taklim assemblies, elderly posyandu and so on.

CONCLUSION

From the results of research and discussion aboutrelationship between body image and anxiety levels during menopause at Pintu Padang Health Center, Batang Angkola District, in 2022can be drawn the following conclusions: Distribution*body image*at the timeinPintu Padang Health Center, Batang Angkola District, in 2022high majority. Distributionanxiety levels during menopauseinPintu Padang Health Center, Batang Angkola District, in 2022the majority are not worried. There is a relationship*body image*with the level of anxiety during menopause at Pintu Padang Health Center, Batang Angkola District, in 2022.

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