

Husband's Support Towards Premenopause's Mother's Anxiety Level In Facing Physical Changes In Sekarpuro Village, Ngadiopura Lor Dusun, Malang District

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ABSTRACT

The purpose of this study was to determine the existence of husband's support with the anxiety level of premenopausal mothers in dealing with physical changes in Sekarpuro Village, Ngadiopuro Lor Hamlet, Malang Regency. The study design was cross-sectional, with a population of 250 premenopausal women aged 40-55 years, and a sample of 72 respondents was obtained. By using purposive sampling technique. The questionnaire uses the Halminton rating scale for affinity (HRS-A) and the Liker scale. Data analysis used Spearman's rank test. Most of the results (45.83) are between 40-50 years old; most (33.33%) of the respondents had elementary school education; most (55.56%) of the respondents have housewife jobs; most (59.7%) husband respondents support; most (54.2%) respondents experienced mild anxiety; and there is a relationship between husband's support and the anxiety level of premenopausal mothers in Sekarpuro Village, Ngadiopuro Lor Hamlet, Malang Regency, with a value of $p = (0.000) < (0.05)$. Future researchers are expected to involve husbands as respondents so that they know directly the husband's support for premenopausal mothers.

Keywords: Husband's Love; Worry; premenopausal mother

INTRODUCTION

Background of the problem

Premenopause is a physiological condition in women who have entered the aging process which is characterized by decreasing levels of the ovarian hormone estrogen. In the premenopausal period, the various physiological changes that occur will cause fear for every woman who will experience them, even though this is natural for all women, the side effects can affect household harmony if they are not prepared to face it (Proveravati, in Mulya: 2016).

Premenopausal period begins around the age of 40-55 years where there is a decrease in levels of the hormones estrogen and progesterone. This causes various physical changes such as fewer periods, longer, shorter or completely irregular cycles, hot flushes and night sweats, fatigue, insomnia, dry skin and hair, joint aches and pains, pain. headaches, palpitations (fast and irregular heart rate), weight gain, body shape changes (Atikah and Emi, 2010: 16)

World Health Organization (WHO) in 2014 conducted research on menopausal women, and 467 million women in the world have entered menopause, and it is estimated that this number will increase to 1.2 billion of the world's population by 2030. In Indonesia, in 2025 it is estimated that there will be 60 million menopausal women. According to the 2019 Indonesia Health Profile, Indonesia's female population in 2019 is 133,416,946 people. Based on data from the 2020 population census results, the population of Indonesia according to age and gender groups, the female population aged 40-59 years is 28 million. (Central Statistics Agency, 2021).

Husband's support is a support system that plays a role in increasing the enthusiasm and passion of premenopausal women to lead a healthy life and reduce the burden on their minds so that they do not easily experience anxiety (Rahwuni, Lestari & Bayhakki, 2014). According to research by Septi & Musjauhi (2019), it is proven that anxiety is reduced by the support of a husband, it was found that 61% of families provide good support causing as many as 45% of premenopausal women to experience mild anxiety. In line with Arduwino's research, Kusuma & Dewi (2018) explains that social support from her husband influences the anxiety level of premenopausal women, where the lack (73.3%) of husband's support causes premenopausal women to experience moderate levels of anxiety as much as 56.7%. Lack of support exacerbates anxiety facing menopause

The incidence of anxiety increases with the higher the number of women who experience menopause. WHO (2019) revealed that 20% (50 million more) of premenopausal women experience depression, anxiety and stress. Based on data from the Indonesian Ministry of Health (2019), it was found that the prevalence of premenopausal women in Indonesia experienced anxiety, depression and stress because 8% were facing premenopause (6.6 million people from the adult female population) while the prevalence in East Java in 2019 was 4.5% (873,000 people).

As women's life expectancy increases, the problems that arise when entering the premenopausal period become increasingly complex, both physical and psychological changes that require family support, especially husbands, so that premenopausal women become adaptive (Indriyani, 2014). With increasing age, there are many processes of development and changes in the human body, both women and men. When development and growth will stop at a certain stage, this will occur in the aging process, as well as the aging process that will occur in premenopausal mothers because in this process there are many physical and psychological changes that will occur when a woman's mother enters the premenopausal period until menopause.

Efforts made to deal with anxiety during premenopause require health workers as counselors to increase understanding of premenopause and the various changes that occur and also the need for the role of the family, especially the role of the husband, in providing psychological support to avoid anxiety and feelings of self-doubt in dealing with the physical changes that occur during premenopause. In this case, it is best to do it long before entering premenopause to avoid negative thoughts arising when starting to enter premenopause (Dwi Sulisetyawati, 2011: 15).

Husband's support is the best external factor in helping a wife to start menopause without excessive anxiety. For a woman who is entering premenopause, support from those closest to her, such as support from her husband, is important because it will determine or reduce the anxiety she experiences in facing premenopause. Someone who feels anxious, if they

have friends or other people who support them, such as a husband, their anxiety will decrease (Jannah, 2014). A husband who does not demand that his wife appear.

Preliminary studies conducted in Sekarpuro Village, Dusun Ngadiopuro Lor, found 250 women who were in the premenopausal period. Based on the results of interviews with seven mothers, it was found that physical problems experienced by premenopausal mothers in Sekarpuro Village, Dusun Ngadiopuro Lor, were such as hot flushes, and sweating at night which has an impact on the discomfort of the mother and interferes with the quality of the mother's rest, more specifically at night, sexuality problems experienced, namely decreased sexual desire and pain during intercourse which results in a woman being lazy to have sexual intercourse with her husband so that the husband feels that his sexuality needs are not met fulfilled. Psychological problems experienced such as being irritable, easily sad, irritable, when someone says something that the premenopausal mother does not like, they become offended, then get angry and sad, like when joking with family or friends, two out of seven premenopausal women say they feel valued she is lacking because her appearance has started to change to become older and causes her husband to get bored so that makes the mother think about her condition, two out of seven mothers say they remain calm in the face of premenopause because her husband also still gives the same affection and is always by her side one of the mothers also said when she first experienced premenopause but she didn't know about it her husband then took her to consult with the nearest health center, two mothers said her husband still gave her the same affection but there was no special attention such as consulting the puskesmas or health workers regarding the premenopause she was facing or providing information that given in connection with premenopause.

Research purposes

Knowing the husband's support with the anxiety level of premenopausal mothers in dealing with physical changes in Sekarpuro Village, Ngadiopuro Lor Hamlet, Malang Regency.

MATERIALS AND RESEARCH METHODS

This type of research is observational analytic. This study aims to determine the relationship between husband's support and anxiety during the premenopausal period in Sekarpuro Village, Ngadiopuro Lor Hamlet, Malang Regency. The research design used cross sectional. All premenopausal women (40-55 years) totaling 250 are the study population, the sampling technique in this study was purposive sampling. During the study the number of samples obtained from the sum using the slovin formula was 72 people. Researchers used inclusion and exclusion criteria. The inclusion criteria include premenopausal women aged 40-55 years, premenopausal women who still have husbands, husbands not working out of town, willing to be respondents, and exclusion criteria were premenopausal women not having husbands, husbands working out of town, refusing to be respondents. , The instrument in this study used a Liker Scale questionnaire consisting of 20 questions with each question being given a rating of 1-5 and the Halminton rating scale for affinity (HRS-A). which consists of 14 questions, and is given a rating between 0-4, Sperm test data analysis using SPSS.

RESULTS AND DISCUSSION

Research result

Below are described the results of research on the Relationship between Husband's Support and the Level of Anxiety of Premenopausal Mothers in Facing Physical Changes in Sekarpuro Village, Ngadiopura Lor Hamlet, Malang Regency.

Table 4.1 Frequency distribution of respondent characteristics based on age

Umur Responden	Jumlah	Persentase (%)
< 45 Tahun	10	13,89%
45 - 50 Tahun	33	45,83%
≥ 50 Tahun	29	40,28%
Total	72	100 %

Table 4.1 shows that most of the respondents studied, namely 33 people (45.83%) were aged between 45 and 50 years.

Table 4.2 Frequency distribution of respondent characteristics based on education

Tingkat Pendidikan	Jumlah	Persentase (%)
SD	24	33,33%
SMP	18	25,00%
SMA	22	30,56%
Sarjana	8	11,11%
Total	72	100 %

Table 4.2 illustrates that the majority of respondents studied had an elementary school education level, namely 24 or (33.33%) of the total number of respondents.

Table 4.3 Frequency distribution of the characteristics of the respondents based on the mother's occupation

Pekerjaan ibu	Jumlah	Persentase (%)
PNS	4	5,56%
Wiraswasta	24	33,33%
Karyawan Swasta	4	5,56%
Ibu Rumah Tangga	40	55,56%
Total	72	100 %

Table 4.3 illustrates that most of the respondents have jobs as housewives with a total of 40 people (55.56%) of the number of respondents studied.

Table 4.4 Frequency distribution of respondents' characteristics based on husband's support.

Dukungan Suami	Jumlah	Persentase (%)
Sangat tidak mendukung	0	0
Tidak mendukung	0	0
Nertal	43	59,7%
Mendukung		
Sangat Mendukung	29	40,3%
Total	72	100

From table 4.4, it shows that more than half of the respondents studied provided support for premenopausal mothers' anxiety levels with a percentage of (59.7%) or 43 respondents and 40.3% or 29 respondents were very supportive.

Table 4.5 Frequency distribution of the characteristics of the respondents based on the anxiety level of premenopausal mothers.

	Dukungan Suami (x)	Tingkat Kecemasan (Y)
Spearman rho	1.000	-.521**
Dukungan Suami (x)	72	.000
correlation Coefficient sig. (2-tailed)		72
N		
Tingkat Kecemasan (Y)	-.521**	1.000
correlation Coefficient sig. (2-tailed)	.000	
N	72	72

Tingkat Kecemasan	Jumlah	Persentase (%)
Cemas Berat	2	2.8%
Cemas Sedang	11	15.3%
Cemas Ringan	39	54,2%
Tidak Cemas	20	27,8%
Total	72	100

Table 4.5 illustrates that more than half of the respondents experienced mild anxiety, namely as many as 39 people or 54.2% of respondents and as many as 20 people or (27.8%) of respondents did not experience anxiety, and only 2 or 2.8% of respondents experienced very worried.

Table 4.6 The relationship between husband's support and the anxiety level of postmenopausal mothers in dealing with physical changes in Sekarpuro Village, Ngadiopura Lor Hamlet, Malang Regency.

The results of the Spearman Rank correlation analysis test show an rho value of -0.521 with a probability value of 0.000. The significance test was carried out by comparing the probability value with the alpha level, namely $p = 0.000 < 0.05$, meaning there is a significant correlation. It can be seen that there is a relationship between husband's support and the anxiety level of menopausal mothers in facing physical changes in Sekarpuro Village, Dusun Ngadiopura Lor, Malang Regency. The rho value of -0.521 indicates that the degree of relationship between the two variables is quite strong. A negative number indicates that the direction of the relationship between the two variables is opposite, which means that the higher the husband's support, the lower the anxiety level of the mother in facing menopause in dealing with physical changes.

Discussion

Based on the results of the study in Sekarpuro Village, especially Dusun Ngadiopuro Lor, there were no husbands who did not support, the overall results described respondents getting good husband support, husbands supporting and husbands very supportive, half of the respondents who were examined gave support (59.7%) or as many as 43 respondents and as many (40.3%) or 29 respondents were very supportive. Husband's support is the best external factor in helping a wife to go through premenopausal without excessive anxiety. For a woman who is entering premenopausal, support from the closest person is needed, such as support from a loved one (husband) is the most important thing because it will reduce the anxiety experienced in facing premenopause. A woman who feels anxious, if she has friends, family or other people who support her, such as her husband, her anxiety will decrease.

Husband's support is a support system that plays a role in increasing the enthusiasm and passion of premenopausal women to lead a healthy life and reduce the burden on their minds so that they do not easily experience anxiety (Rahwuni, Lestari & Bayhakki, 2014). Indicators of husband's support are emotional (giving more attention), appreciation (giving gifts), information (explaining changes in the premenopausal period) and instrumental (buying wife's needs).

Based on table 4.5 of the anxiety characteristics of premenopausal mothers, half the number of respondents experienced mild anxiety, namely as many as 39 people or 54.2% of respondents and as many as 20 people or 27.8% of respondents did not experience anxiety, and only 2 respondents or 2.8% of respondents shook hands with anxiety heavy. Researchers argue that based on the results of the study 2 respondents or 2.8% of respondents had severe anxiety which was marked by physical changes and symptoms of anxiety, one of which was feeling difficult to change and like experiencing dizziness or headaches when thinking about premenopausal symptoms. Mild physical changes are characterized by early symptoms in the form of menstrual irregularities, where menstrual irregularities in premenopausal women are caused by decreased levels of the hormones estrogen and progesterone produced by the ovaries in women.

The group that experiences anxiety is a group that has a low level of education and is not working. Daily women's activities can affect their quality of life. For a woman whose role is only as a housewife, her level of knowledge tends not to change much. This is in line with research conducted by Ningtyas (2011) that housewives do not know much about

premenopause. Most of the respondents only knew the definition of premenopause but did not know the factors that affect premenopause, as well as the signs and symptoms of women entering the premenopausal period. Working women generally have a way of thinking that is not narrow, feel more secure and have confidence in themselves and their abilities. The higher a person's level of education, the easier it is to receive information so that the more knowledge they have. Conversely, a lack of education will hinder a person's development of newly introduced values, so that respondents do not know more information, especially about premenopause.

The relationship between husband's support and the anxiety level of postmenopausal women in dealing with physical changes in Sekarpuro Village, Dusun Ngadiopura Lor, Malang Regency.

Based on Table 4.6, it shows that husband's support is high with a mild level of maternal anxiety as many as 27 respondents (37.5%), and 16 respondents (22.2%) husband's support is very high with a level of anxiety of mothers who are not anxious. There were 2 respondents (2.8%) whose husband's support was high with the mother's anxiety level being severe, and there was only 1 respondent (1.4%) whose husband's support was very high with the mother's anxiety level being.

The results of the Spearman Rank correlation analysis test show an rho value of -0.521 with a probability value of 0.000. The significance test was carried out by comparing the probability value with the alpha level, namely $p = 0.000 < 0.05$, meaning there is a significant correlation. It can be seen that there is a relationship between husband's support and the anxiety level of menopausal mothers in facing physical changes in Sekarpuro Village, Dusun Ngadiopura Lor, Malang Regency. The rho value of -0.521 indicates that the degree of relationship between the two variables is quite strong. A negative number indicates that the direction of the relationship between the two variables is opposite, which means that the higher the husband's support, the lower the anxiety level of the mother in facing menopause in dealing with physical changes. This means that the objectives and formulation of the problem from the researcher were achieved that the husband's support is the main factor in helping the wife to start menopause without anxiety.

CONCLUSIONS AND SUGGESTIONS

The research conclusions are:

- 1) Husband's support for mothers in dealing with premenopause. Most husbands provide support.
- 2) Anxiety in Sekarpuro Village, especially Ngadiopura Lor Hamlet. For the most part, the level of anxiety among mothers facing premenopause is low.
- 3) There is a relationship between husband's support and anxiety levels of premenopausal mothers.

The suggestions put forward are:

- 1) For Premenopausal Mothers

For premenopausal mothers, it is hoped that they can reduce anxiety during premenopause by frequently consulting about health problems to health workers, especially regarding premenopause.

- 2) For Husband, Family and Community

Husbands, families and communities need to increase their knowledge about matters related to premenopausal women by participating in counseling sessions or information on other social media.

- 3) For Health Workers

The results of the study can be used to provide input to women who are about to enter the premenopausal period. It is hoped that health workers can provide education and provide information related to premenopause so as not to cause ongoing anxiety.

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