

Counseling About Menopause Complaints in Simbolon Village, Padang Bolak District, Padang Lawas Utara Regency Year 2022

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ABSTRACT

Menopause is phase final where A woman's menstrual bleeding stops completely. syndrome menopause experienced by many woman almost in whole world. Women who will experience menopause will experience symptoms or signs such as depressed mood, anxiety, decreased well-being and sleep disturbances. Factors causing menopause are caused by changes in the production of the hormones *estrogen* and *progesterone*, age at *menarche*, parity and contraception. The purpose of this study was to determine the knowledge of women about menopause complaints in Simbolon Village. This type of research is quantitative in nature by using a *descriptive research design*. The population in this study were all women aged 45-55 years who live in Simbolon Village totaling 56 people with a total sampling technique, where the entire population was used as the research sample. The results of the study showed that the majority of respondents had sufficient knowledge about menopause complaints as many as 22 people (39.3%) and a minority of less knowledge as many as 16 people (28.6%). It is expected that respondents to actively seek information about complaints during menopause.

Keywords: Knowledge, menopause, complaints

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INTRODUCTION

time elderly (carry on age) on woman very identical with time climacterium that is time transition Among phase premenopause and postmenopausal. Menopause is phase final where A woman's menstrual bleeding stops completely. On age 40 year, woman enter pre - menopausal period so that occur drop or loss hormone estrogen which cause woman experience complaint or disturbance which often disturb activity daily even could lower quality his life.

The number and proportion of the female population who are estimated to enter the age of menopause from year to year has experienced a very significant increase. According to the projection of the Indonesian population in 2000-2010 by the Central Statistics Agency, the population of women over the age of 50 is 20.9 million people, and by 2025 there will be 60 million women experiencing menopause (BKKBN, 2016).

Factors causing menopause are caused by changes in the production of the hormones *estrogen* and *progesterone*, age at *menarche* , parity and contraception (Milatul, 2020).

For women who are going through menopause, they need support from those closest to them such as husbands, friends and family. This is a form of support so that women who will experience menopause are more confident in adapting to their environment.

A number of woman consider menopause is specter which scary, worries this start from thinking that herself will Becomes no healthy, no fit and no beautiful again when menopause that come.

The purpose of doing counseling about complaints in menopause is to increase the knowledge of menopausal women about complaints or problems that will be faced at the time of menopause and how to minimize complaints during menopause.

Problem

The reason for choosing Simbolon village as a place for community service activities is because Simbolon village is one of the villages in the working area of the Hutaimbaru Health Center and recorded as many as 56 menopausal women and after conducted studies preliminary in Simbolon village, by interviewing 15 people women aged 45-55 years, 11 of whom knew about menopausal complaints among them pain during intercourse sex, muscle pain and sleeplessness .

METHOD

a. Preparation phase

Making pre-planning, preparing the tools needed during counseling such as PPT, place, LCD and so on.

b. Implementation stage

This counseling activity was carried out with the permission of the Head of STikes Paluta Husada then continued counseling about the health of the elderly/complaints at the time of menopause.

c. Evaluation

1) Structure

Participants attended as many as 30 people, the implementation was carried out at the Simbolon village mosque

2) Process

The activities are carried out from 09.00 - 11.00 WIB.

RESULTS AND DISCUSSION

The implementation method in this counseling activity was carried out on June 30, 2022. The implementation of this counseling was aimed at pre and postmenopausal women. The media and tools provided are: PPT, laptop, LCD and loudspeaker.

CONCLUSION

Counseling about complaints during menopause was carried out in Simbolon Village, North Padang Lawas Regency to increase women's knowledge about complaints during menopause.

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