

Description of Women's Knowledge about Menopause Complaints in Simbolon Village Padang Bolak District

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ABSTRACT

Menopause is the last phase where a woman's menstrual bleeding stops completely. Menopausal syndrome is experienced by many women almost all over the world. In women who will experience menopause, they 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 using a descriptive research design. The population in this study were all women aged 45-55 years who lived in Simbolon Village totaling 56 people with a total sampling technique, where the entire population was used as the research sample. The results 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%). Respondents are expected to actively seek information about complaints during menopause.

Keywords:

Knowledge, menopause, Complaints

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1. INTRODUCTION

Old age (*elderly*) in women is identical to the climacteric period, namely the transitional period between the premenopausal and postmenopausal phases. Menopause is the last phase where a woman's menstrual bleeding stops completely. At the age of 40 years, women enter the pre-menopausal period so that there is a decrease or loss of the hormone estrogen which causes women to experience complaints or disorders that often interfere with daily activities and can even reduce their quality of 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 [6].

Factors causing menopause are caused by changes in the production of the hormones estrogen and progesterone, age at menarche, parity and contraception [16]. For women who are going through menopause, they need support from those closest to them such as their 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.

Some women consider menopause a frightening specter, this concern starts with the thought that they will become unhealthy, unfit and not beautiful anymore when menopause comes. 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 a preliminary study was carried out in Simbolon village, by interviewing 15 women aged 45-55 years, 11 of whom knew about menopause complaints including pain during sexual intercourse, muscle pain and insomnia.

Based on the above background, the researcher is interested in conducting a study entitled "Description of women's knowledge about menopause complaints in Simbolon Village, Padang Bolak District".

2. METHOD

This type of research is quantitative in nature using a descriptive research design. To see the characteristics of women with pre-menopausal complaints in Simbolon Village, Padang Bolak District, North Padang Lawas Regency. This research was conducted in February 2022. The population in this study are women aged 45 - 55 years who live in Simbolon Village totaling 56 people. The sampling technique is total sampling, where the number of samples is the same as the population.

3. RESULTS AND DISCUSSION

3.1. Results

Based on research that has been done by researchers on the Description of Women's Knowledge about Menopause Complaints in Simbolon Village, Padang Bolak District, North Padang Lawas Regency in 2022, the following results were obtained:

Table 1 Characteristics of respondents

Characteristics	N	Percentage
Age		
45 - 50 Years	35	62.5
51 - 55 Years	21	37.5
marital status		
Marry	49	87.5
Widow	7	12.5
Work		
Working	16	28.6
Doesn't work	40	71.4
Education		
Basic Education (SD, SMP)	30	53.6
Secondary Education (SMA)	20	35.7
Higher Education (PT)	6	10.7
Menstrual Cycle During the Last 1 Year		
Regular	23	41.1
Irregular	15	26.8
No menstruation anymore	18	32.1

Based on the table above, the results show that the majority of respondents aged 45-50 years were 35 people (62.5%) minority aged 51-55 years were 21 people (37.5%). Married status of the majority of respondents married as many as 49 people (87.5%) and a minority of widows as many as 7 people (12.5%). The majority of respondents did not work as many as 40 people (71.4%) and the minority worked as many as 16 people (28.6%). The majority of respondents' education was basic education (SD, SMP) as many as 30 people (53.8%) and minority higher education (PT) was 6 people (10.2%). Meanwhile, the majority of respondents had regular menstrual cycles for the past 1 year as many as 23 people (41.1%) and the minority with irregular menstruation as many as 15 people (26.8%).

Table 2 Knowledge of respondents

Knowledge	N	%
Well	18	32.1
Enough	22	39.3
Not enough	16	28.6
Amount	56	100

Based on the table above, the respondent's knowledge about menopause complaints is sufficient knowledge of 22 people (39.3%) and the minority of knowledge is less as many as 16 people (28.6%).

3.2. Discussion

3.2.1. Characteristics of respondents

Based on the research results, the majority of respondents aged 45-50 years were 35 people (62.5%). This age group is the pre-menopausal age group. Pre-menopause age is a transition period experienced by women when they enter the end of menstruation (*menopause*).

The status of the respondents is the majority of respondents with married status as many as 49 people (87.5%). The marital status of the respondent can have an influence on the individual in providing related answers. Respondents with marital status will provide data according to what they experience, while respondents

with widow status tend to provide data that is not appropriate because they have to remember again in providing the expected data [13].

For the occupational category, the majority of respondents did not work as many as 40 people (71.4%). The type of work affects a person having free time to follow in the surrounding environment or formal education. The work environment can make a person gain experience and knowledge either directly or indirectly, experience is also a part that can affect the level of knowledge [11].

In the education category, the majority of respondents at the basic education level were 30 people (53.6%). The level of education will affect a person in the development of reason and analysis. According to Notatmodjo (2012) knowledge is influenced by education. The low knowledge of respondents about menopause complaints, namely the majority of knowledge is lacking because the respondent's education level is still at the basic level. This is also evidenced by respondents whose higher education has a good level of knowledge about menopause complaints.

In the majority of respondents' menstrual cycles with regular menstrual cycles as many as 23 people (41.1%). According to Budiman [5], abnormal and irregular menstrual conditions before menopause will have an effect when a person enters menopause this is because the ovaries experience a decrease in function and size due to the impenetrability of the uterine mucous membrane due to low levels of the hormone estrogen and an imbalance of the hormone progesterone, resulting in division of the uterus. Menstruation becomes less, infrequent and even the menstrual cycle begins to be disturbed which is called the premenopause period which lasts 4-5 years.

3.2.2. Respondent's knowledge about menopause complaints

The results showed that the majority of respondents had sufficient knowledge about menopause complaints as many as 22 people (39.3%) and a minority of good knowledge as many as 18 people (32.1%).

Knowledge is influenced by one's education. Education can influence behavior to motivate oneself so that they can play a role in health development. The higher a person's education level, the easier it is to receive information so that the more knowledge he gets [7].

Menopause is a natural thing that will be experienced by every woman. Menopause is the cessation of menstruation. Menopause is a very important period to know, so that women can accept and face the transition period without any fear of the signs and symptoms of menopause that arise and can accept physical changes or changes in conditions in the body that occur when entering menopause in a woman. What menopausal women feel is different, this is due to the condition, knowledge and acceptance of the woman herself. All of this really depends on the woman's response. The response of women to the severity of menopause complaints depends on the characteristics of the menopausal women such as age, occupation, education, marital status, menstrual conditions, hormonal contraceptives, In this study the majority of respondents in the category of sufficient knowledge (39.3%). According to the researcher's assumptions, this may be due to the low level of education of the respondents, namely the majority of basic education as much as 53.6% so that knowledge about health, especially complaints about menopause, is also low. It cannot be denied that a person's education affects the ease with which a person receives information and ultimately affects his knowledge [11].

4. CONCLUSION

Provide a statement that what is expected, as stated in the "Introduction" section can ultimately result in " The majority of respondents aged 45-50 years as many as 35 people (62.5%). The majority of respondents with married status as many as 49 people (87.5%). The majority of respondents work as many as 16 people (28.6%). The majority of respondents have basic education (SD, SMP) as many as 30 people (53.6%). The majority of respondents with regular menstrual cycles are 23 people (41.1%). The majority of respondents have sufficient knowledge of 22 people (39.3%).

For the next researcher, for further researchers who are interested in researching the problem of menopause complaints, it is recommended to examine by reviewing various other factors/variables that have not been disclosed in this study, in addition to conducting qualitative research in order to obtain more in-depth research results.

For respondents, Respondents are expected to actively seek information about complaints during menopause, as well as apply a healthy lifestyle to reduce problems and complaints that will be faced at the time of entering menopause. For educational institutions, Increasing the role of relevant agencies, especially midwifery in the implementation promotive and preventive, especially in women of pre and menopause age about complaints/changes that will be experienced during menopause. And the results of this study can add to the literature on women's knowledge about menopause complaints.

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