

The Anxiety Among Menopause Period : Study About Level, Precipitation Factors And Coping Mechanism

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ABSTRACT

The growth and development among people occurs continue. This related changes in the body, such as aging process. Elderly is a progressive changes that happened in maturity organism. This is an irreversible changes. The risk of human maturity in women is being menopause. Menopause period related by social, psychological, emotional aspects due to physiological changes. Psychological problems affect in physical well-being. The study aimed to explore anxiety level, precipitation factors and coping mechanism of menopause among elderly women. In this A qualitative with case study approach, 6 elderly women were selected and recruited using the through purposive sampling. Data collection methods were observation and in-depth interview. Data were analyzed using interactive model. This study found that all the elderly experienced moderate anxiety. Precipitation factors to emergence of anxiety in 6 participants were hot flusher, sleep disorder, mood disorders, ultimately sensitive, decrease of sexual, temperamental. Strategies coping in the 4 participants were Emotion focused coping and 2 participants were acceptance coping. Majority women menopause period show that some disorder in them may lead to aging process, It is normal condition. Beside that they were do discussion toward medical team, and have a role in health post activities.

Keywords: Anxiety; Coping; Menopause

INTRODUCTION

The growth and development among people occurs continue. This related changes in the body, such as aging process. Elderly is a progressive changes that happened in maturity organism. This is an irreversible changes. The risk of human maturity in women is being menopause (Suparni, Astuti, 2016). Menopause period related by social, psychological, emotional aspects due to physiological changes. Psychological problems affects your physical well-being (Potdar & Shinde, 2014).

Menopause is the permanent cessation of menstrual period for 1 years after age 40 years or permanent cessation of

ovulation after lost ovarium activity. It is the reproductive stage of life marked by decreasing ovarium functions. Primary ovarian insufficiency (previously also referred to as premature ovarian failure) and no menstrual periods may also occur because of depletion of ovarian follicles before the age 40 years (Ferri, 2019)

Some studies have explored the average age were 48,57 years (Saei, Naz, Sayehmiri, & Kiani, 2019), and the average age in the world of menopause onset is 51,4 years (Wingert, Kantrowitz, 2019). It is mean that average age of menopause 48,57 until 51,4 Years.

Natural menopause is part of natural aging process that causes a variety of

physiological and psychological symptoms and various complaints (Rahale Samouei, 2017). A total of 108 perimenopausal women were evaluated, women having anxiety disorder (Jagtap, Prasad, & Chaudhury, 2016). Menopause is one of the most significant events in a woman's life and brings in a number of physiological changes that affect the life of a woman permanently and can be influenced by various socio-demographic factors and coping activities. Followed by symptoms of anxiety was 48.6% (Anil K Agarwel, Nirmala Kiron, Rajesh Gupta, 2019). Anxiety is one of the mood symptoms experienced by menopausal women (Bremer, 2018). In the mental-emotional area, all studies confirmed the impact of anxiety (Nazarpour, Simbar, & Fr, 2016)

Some studies have been done that population menopause related to anxiety. In female with age 45-59 were anxiety ringan (Qomariyati, 2013), anxiety in menopause show that result was 53,8 % (Lusiana, 2014), and anxiety was 39.8% (Yisma, Eshetu, Ly, & Dessalegn, 2017). Sleep disorders are one of the main symptoms of menopause (Lee, Han, Cho, & Kim, 2019). Further, study showed that most woman was in low anxiety category and have related duration of menopause and anxiety level (Ulfah, 2017). Menopause is associated with decreased sexual activity and a feeling of decreased attractiveness and sexual potency (Zahra Yazdanpanhi, Marzieh Nikkholgh, Marzieh Akbarzadeh, 2018) and Sexual disorders in menopause can be affected by some of the individual and social characteristics and psychological problems (Heidari, Ghodusi, Rezaei, & Abyaneh, 2019). Anxiety levels were significantly related to age, menopause age, years since menopause, and depressive symptoms (Petridis, 2018). Many prevalent symptoms on menopause, such as muscular discomfort, physical and mental exhaustion, and sleeping problems Followed by symptoms of anxiety, irritability, hot flushes and sweating , dryness of vagina, depressive mood,

incontinence/Frequency of urine, heart discomfort (Anil K Agarwal, Nirmala Kiron, Nirmala Kiron, 2019).

The addition of menopause incident can be impact among health condition, psychological changes such as anxiety. This condition need attention of nurse or midwifery as well as give health promotion about menopause. Menopause caused some changes, one of them is anxiety. Anxiety is individual respons improving to not happy conditions Elderly with this problems carry out holistic activities such as physical, psychological, social, and spiritual. Furthermore by doing some holistic activities or by coping it, can be able to reduce anxiety. Coping is a process of managing the discrepancy between the demands of the situation and available resources (Ahmadi, 2018). It is not addressed properly, so can be negative impact such as withdrwal, hyperactive, tight-lipped, curse, excessive talking, attack physically, daydream, cry (Brunner & Suddarth, 2006)

A qualitative studies about anxiety among elderly women especially menopause are not found. The study aimed to explore anxiety level, precipitation factors and coping mechanisms of menopause among elderly women at Sail district Pekanbaru Indonesia.

METHOD

The present qualitative study has done by case study approach. The research was carried out among elderly women at Sail district Pekanbaru Indonesia. The participants were selected through purposive sampling and technique of checking the validity is the triangulation technique, namely triangulation of data , methods and theories. Data triangulation was done with various data sources, namely main and supporting informants. Whereas, method triangulation was done by using data collection by observation, in-depth interviews.

An interview guide with 3 open-ended questions was prepared by

researcher. The question of the interview guide about anxiety level; precipitation factors the anxiety on the menopause period; coping mechanisms used by elderly women to taking on anxiety. Each interview were prepared by 40 until 60 minutes. Interview were recorded by audiotapes and transcribed verbatim. The inclusion criteria are elderly women aged about 45-60 years old, able to communicate properly and cooperatively, and did not have mental disorder record.

The researcher is the key instrument and has the natural setting as the direct source of data. Data were collected through deep interviews with 6 participants and were analyzed using interactive model, that are data collection, data reduction, data display, and verification or conclusion (Miles & Huberman 1994 in Maxwell, 2013).

RESULTS

Description founding of research

Mrs.MG
Anxiety level
Abdomen discomfort Afraid
Precipitation factors
Internal factor Physical Eksternal factor Psychological Social-culture
Coping mechanisms
Emotional focused coping

Mrs. S
Anxiety level
Nervous Hot Flashes Afraid
Precipitation factors
Internal factor physical Eksternal Psychological Socia-culture
Coping Mechanims
Emotional focused coping

Mrs. D
Anxiety level
Uncomfortable
Precipitation factor
Eksternal Psychological Social-culture
Coping mechanism
Emotional focused coping

Mrs. N
Anxiety level
Emotional
Precipitation factor
Eksternal Psychological Social-culture
Coping Mecanisms
Acceptance coping

Mrs. TH
Anxiety level
Sensitive Ashamed improving to husband
Precipitation factor
Eksternal Psychological Social-culture
Coping mechanisms
Emotional focused coping

Mrs. SW
Anxiety level
Mood disorder Reduce sexual activity
Presipitation factors
Internal Physical Eksternal Psychological Social-culture
Coping Mechanisms
Acceptance coping

DISCUSSION

The results showed that the majority of informants were moderate anxiety. This study in line with previous studies in Iran

showed that 35,5 %, were anxiety disorder (Id, Najar, Rezaii, Jalili, & Yazdizadeh, 2019), furthermore study in 120 respondents show that women with menopause were moderate anxiety 50.8% (Monir Nobahar, Zaynab Hydarinia-Naieni, 2019). Women's have been menopause related disorders such as problematic symptoms, including hot flashes, mood disorders (Johnson, Roberts, & Elkins, 2019). Anxiety disorders were more occurred by women than men, It is more sensitive to their emotions which are ultimately sensitive to feelings of anxiety (kadek Devi Pramana, Okatiranti, 2016). According to Stuart 2001, small anxiety related suspense experience daily activities as impact of decreased functions during menopause (Triani Rosanti, Tri Anjaswarni, 2017). Emotional changes Women can experience depression and low mood during menopause.

Hormonal changes can often trigger depressed feelings and mood swings (Nordqvist, 2017) for women without high baseline anxiety showed that menopausal stage was significantly associated with odds of high anxiety (Joyce T. Bromberger, Howard M. Kravitz, Yuefang Chang & Randolph, Jr., Nancy E. Avis, Ellen B. Gold, 2014).

Based on study show that precipitation factor among menopause period that majority were caused by some factors, such as hot flusher, sleep disorder, mood swings or mood disorders , ultimately sensitive, decrease of sexual, temperamental.

According to Stuart & Laraia (2005) it is such as physical, pshycological and social-culture factor (Donsu, 2017). In addition culture beliefs, psychological and physical symptoms in menopause may interact and they together may influence menopause and may have poorer psychological well-being (Akman & Karaaziz, 2018). Strategies coping in the study were Emotion focused coping.

Majority women menopause period show that some disorder in them may lead to aging process as well as physical changes, psychological changes, social changes. It is normal condition. Beside that they were do discussion toward medical team, and have a role in health post activities.

CONCLUSION

There participants experienced by internal and eksternal precipitation factors and there participants experienced by eksternal precipitation factors. Strategies coping in the study were Emotion focused coping. Majority women menopause period show that some disorder in them may lead to aging process.

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