

The Influence of Counseling About Menopause on the Success of Self-Mental Treatment at the Dolo Community Health Center, Dolo District, Sigi Regency, Central Sulawesi Province

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ABSTRACT

There are so many cases of women experiencing psychological problems when facing menopause. When the woman cannot overcome her psychological condition, it will automatically affect her physical health condition. This requires health education in order to achieve self-mental treatment success. The purpose of this study was to determine the relationship of the influence of counseling about menopause on the success of self-mental treatment. This study used the pre-experiment method with pre-test and post-test experiments. The population studied were all women who were experiencing menopause at the Dolo Health Center, Dolo District, Sigi Regency, Central Sulawesi Province, using a purposive sampling technique, a sample of 70 respondents was obtained. The results of data analysis using the Wilcoxon Signed Rank Test statistically obtained that Exact Sig. (2-tailed) p value < 0.05 then H_0 was rejected, and H_1 was accepted, meaning that there was an effect of counseling about menopause on the success of self-mental treatment at the Dolo Health Center, Dolo District, Sigi Regency, Central Sulawesi Province. The counseling process occurs through knowledge transfer. Knowledge about menopause in women is very important because it will be the basis for carrying out an action including self-mental treatment. Increasing the implementation of self-mental treatment can encourage women to be more prepared in dealing with the symptoms of menopause that arise and can maintain their mental health.

Keywords: Health Education, Menopause Women, Self Mental Treatment

BACKGROUND

The pressures experienced by menopausal women are generally due to various forms of changes they experience during menopause. Based on the research results of Sulisetyawati (2011), it was confirmed that the changes experienced by menopausal women are not only physical aspects, but also mental aspects. This also has an impact on the self-perception of menopausal women. Which includes: good body image, realistic self-ideal, high self-esteem, good role function and strong self-identity. Psychologically, women experiencing menopause feel very stressed and depressed. This condition has a huge impact on the woman's self-perception, especially in relation to losing her role as a woman and having to face her old age. Apart from that, women who have entered menopause or have experienced menopause also often experience a moral and self-confidence crisis. The changes that occur in physical and psychological aspects during menopause really need to be understood by menopausal women themselves, including family members and people around them. The importance of family and community knowledge regarding this matter is useful for providing moral support, self-

confidence and a positive attitude towards complaints experienced by menopausal women, so that they can accept menopause as a normal gift that must be accepted by every woman (Astari, et al, 2014).

Psychological readiness helps reduce the negative impacts on women entering menopause. Sufficient knowledge and family support are very necessary. Women who enter perimenopause to menopause, at the age of 35 – 60 years will experience psychological and physical experiences, such as irritability and weakened physical condition. Doing lots of activities and enjoying each activity will also make your psychological condition healthy. Apart from that, increasing religiosity to accept the change. Mood swings are considered a side effect of menopause on women's mental health. This mental condition is almost the same as constant premenstrual syndrome (PMS), giving the effect of emotional tension. Approaching middle age often brings increased stress, anxiety and fear. Some women may even consider menopause to be an isolating phase (Sicca, 2022).

Based on preliminary research conducted by researchers on February 24 2022 on 10 women of menopausal age in the research area, data was obtained that of the 10 women, 8 women experienced psychological disorders when facing menopause, including feeling anxiety and uncomfortable feelings especially at night. The awareness that menopause is a natural process that every woman must go through was known to all respondents in the preliminary study, but among these 8 people they did not or had never received information or counseling about menopause in more detail, so they did not know what to do when faced with it.

Menopause is not a mental health condition, but it can affect a woman's mental health. Hormonal changes during menopause can sometimes worsen mental health conditions. Changes in mental treatment of menopause side effects can help a woman feel better (Sicca, 2022). There are many cases of women experiencing psychological problems when facing menopause. When a woman cannot overcome her psychological condition, it will automatically affect her physical health condition. Lack of knowledge about menopause and how to get through it makes women experience pain both physically and mentally. Counseling is one solution to provide knowledge in order to prevent the morbidity rate due to problems that arise during menopause from increasing.

RESULTS

Table 1. Characteristics of Respondents

o.	Respondent Characteristics	Frequency	Percentage (%)
	Education		
	Primary education	28	40%
	Secondary education	36	51,4%
	Higher education	6	8,6%
	Age		
	45-55 Years	35	50%
	56-65 Years	26	37,1%
	> 65 Years	9	12,9%
	Working Status		
	Work	32	45,7%
	Doesn't work	38	54,3%
	Dominant Activity		
	IRT	38	54,3%
	Farmer	9	12,9%
	Trader	6	8,6%
	Private	8	11,4%
	Teacher	2	2,9%
	Civil servants / Cadres / Village officials	7	10%
	Illness		
	There is	39	55,7%
	There isn't any	31	44,3%
	Married Status		
	Marry	70	100%
	Not married yet	0	0%
	Status of Having Children		
	Having children	70	100%
	Have no children	0	0%
	Stay together		
	Family	67	95,7%
	Alone	3	4,3%
	Other	0	0%
	Amount	70	100%

Based on table 1, the descriptive research results show that the characteristics of the respondents based on the respondents' education, it is known that the majority of respondents have secondary education, as many as 36 respondents (51.4%), based on the age of the respondents, it is known that half of the respondents are 45-55 years old, as many as 35 respondents (50%), based on the working status of respondents, it is known that the majority of respondents do not work, as many as 38 respondents (54.3%), based on the dominant daily activities of respondents it is known that the majority of respondents are housewives, as many as 38 respondents (54, 3%), based on the illness suffered by the respondent, it is known that the majority of respondents have an illness, as many as 39 respondents (55.7%), based on the respondent's married status, it is known that all respondents are married, as many as 70

respondents (100%), and based on the status of having children It is known that all respondents also have the status of having children, as many as 70 respondents (100%), and based on living together it is known that almost all respondents live with family, as many as 67 respondents (95.7%).

Table 2. *Self Mental Treatment Before Giving Counseling*

No.	N	Self Treatment Counseling	Mental Before	Frequency	Percentage (%)
1		Succeed		3	4,3%
2		Less successful		64	91,4%
3		Not successful		3	4,3%
		Amount		70	100%

Based on Table 2, it shows that before being given counseling about menopause at the Dolo Community Health Center, Dolo District, Sigi Regency, Central Sulawesi Province, almost all respondents had self *mental treatment* less successful, as many as 64 respondents (91.4%).

Table 3. *Self Mental Treatment After being given counseling*

No.	N	Respondent Characteristics	Frequency	Percentage (%)
1		Succeed	44	62,9%
2		Less successful	26	37,1%
3		Not successful	0	0%
		Amount	70	100%

Based on Table 3, it shows that self *mental treatment* After being given counseling about menopause at the Dolo Community Health Center, Dolo District, Sigi Regency, Central Sulawesi Province, the majority of respondents had self *mental treatment* successful, as many as 44 respondents (62.9%) and no respondents had self *mental treatment* unsuccessful (0%).

Table 4. Test Results of the Effect of Providing Counseling About Menopause on Success *Self Mental Treatment* use *Wilcoxon Signed Rank Test* (First Output)

	N	Mean Rank	Sum of Ranks
After Counseling - Before Counseling			
Negative Ranks	0 ^a	.00	.00
Positive Ranks	44 ^b	22.50	990.00
Ties	26 ^c		
Total	70		

a. After Counseling < Before Counseling

b. After Counseling > Before Counseling

c. After Counseling = Before Counseling

From table 4 there is the first output of test results Wilcoxon *signed rank test* which can be interpreted as follows:

1. *Negative ranks* or the (negative) difference between *self-mental treatment* for before and after counseling is 0, both at the N value, *Mean Rank*, nor *sum of ranks*. This value of 0 indicates that there is no decrease (reduction) from the value before counseling to after counseling.

2. *Positive ranks* or the (positive) difference between *self-mental treatment* for before and after counseling. Here there are 44 positive data (N), which means that the 44 respondents experienced an increase in the criterion value *self-mental treatment* from before counseling to after counseling. *Mean ranks* or the average increase is 22.50 while the number of positive rankings or *sum of ranks* amounting to 990.

3. *Ties* is the similarity of the criteria values *self-mental treatment* from before and after counseling, here are the values *ties* is 26, so it can be said that there were 26 respondents who experienced the same criteria values from before counseling to after counseling.

Table 5. Test Results of the Effect of Providing Counseling About Menopause on Success *Self Mental Treatment* use Wilcoxon Signed Rank Test (Second Output)

Test Statistics ^a	
	After Counseling - Before Counseling
WITH Asymp. Sig. (2-tailed)	-6.633 ^b .000
a. Wilcoxon Signed Ranks Test	
b. Based on negative ranks.	

From table 4.22 which is based on the results of hypothesis testing using Wilcoxon *signed rank test* value results are obtained *Sig. (2-tailed)* equal to $0.000 < 0.05$ then H_1 accepted H_0 rejected means there is an influence of counseling about menopause on successful *self-mental treatment* At the Dolo Community Health Center, Dolo District, Sigi Regency, Central Sulawesi Province.

DISCUSSION

1. *Self-Mental Treatment* Before being given counseling about menopause

Based on the research results obtained *self-mental treatment* before being given counseling about menopause at the Dolo Community Health Center, Dolo District, Sigi Regency, Central Sulawesi Province, almost all respondents had *self-mental treatment* less successful, as many as 64 respondents (91.4%).

Physical changes during menopause can have an impact on the emergence of diseases during menopause from a physical and psychological perspective. Psychological complaints during menopause have more influence on quality of life than physical complaints experienced during menopause. The most frequent psychological complaints are anxiety and depression in menopausal women, which are very individual in nature and influenced by social culture, education, environment and socio-economics (Rostiana, 2019). *The pressures experienced by*

menopausal women are generally due to various forms of changes they experience during menopause. Based on the research results of Sulisetyawati (2011), it was confirmed that the changes experienced by menopausal women are not only physical aspects, but also mental aspects. This also has an impact on the self-perception of menopausal women. Which includes: good body image, realistic self-ideal, high self-esteem, good role function and strong self-identity. Psychologically, women experiencing menopause feel very stressed and depressed. This condition has a big impact on the woman's self-perception, especially in relation to losing her role as a woman and having to face her old age.

The results of the research show that before the extension was implemented, it appeared that most respondents were less successful in implementing mental *treatment*. This condition is caused by the majority of respondents being less prepared to face menopause, because apart from experiencing physical changes, a menopausal woman can also experience psychological changes. Such as sleep disturbances, mood changes, even at a more serious stage can result in symptoms of depression. A woman will experience menopause side effects not only physical, but also mental health. Mood swings are considered a side effect of menopause on women's mental health. This mental condition is almost the same as constant premenstrual syndrome (PMS), giving the effect of emotional tension. Approaching middle age often brings increased stress, anxiety, and fear. Some women may even consider menopause to be an isolating phase. Menopause is not a mental health condition, but it can affect a woman's mental health. Hormonal changes during menopause can sometimes worsen mental health conditions.

2. *Self-Mental Treatment* After being given counseling about menopause.

The results of the research show that *self-mental treatment* After being given counseling about menopause at the Dolo Community Health Center, Dolo District, Sigi Regency, Central Sulawesi Province, the majority of respondents had *self-mental treatment* successful, namely 44 respondents (62.9%) and no respondents had *self-mental treatment* unsuccessful (0%).

A woman goes through various stages of life starting from puberty, menstruation, pregnancy, to menopause, which cannot be separated from the role of the hormone estrogen. Menopause is the final stage of a woman's life cycle which is marked by the end of the menstrual cycle. There are several stages that women experience before experiencing menopause. Perimenopause is a transition phase towards menopause that begins before menopause occurs. The perimenopause phase causes physical and psychological impacts on a woman. The psychological impact can include symptoms of depression such as excessive anxiety, paranoia, irritability and irritation over trivial things, feeling like you are a burden, excessively sad, depressed, and always thinking negatively to the point of having difficulty sleeping (Diniari, 2018). The solution offered by health workers for women facing menopause is counseling. This counseling is followed by women so that they can be calmer when facing menopause, so that they can face all the problems in old age calmly. Even though physical and psychological changes occur. This counseling is to provide an overview of the process of menopause and how to deal with the psychological and physical symptoms that accompany it, so that you can overcome anxiety in the period approaching old age. Calmness in facing psychological and physical changes will help calm a person's life. Women must be aware of the fact that menopause is a natural process and cannot be rejected, so they need to really understand menopause and all the aspects it causes (Suparni, 2014).

The research results showed that after being given counseling, the majority of respondents had *self-mental treatment* succeed. Counseling can increase a person's knowledge, where the role of health workers is very necessary. There are many myths about menopause that develop in society due to a lack of knowledge, causing various problems, especially mental problems. The physical changes they experience include no longer menstruating, their bodies becoming fat, their skin no longer fresh, memory loss, and fatigue quickly. For psychological

changes, they say they become irritable, irritable, and anxious and feel restless due to loss of reproductive ability. Psychological changes that occur during menopause can give rise to different attitudes, including the presence of a crisis which is manifested in psychological symptoms such as depression, irritability, easily become angry, easily suspicious, and filled with a lot of anxiety, insomnia or not being able to sleep, because it is very confused and restless. Through counseling, respondents tend to be more able to adapt because respondents have sufficient knowledge from counseling to behave and carry out actions. Attitude formation mainly occurs due to education or training in addition to a person's experience, influence, culture, mass media and emotions. Factors that play an important role in changing respondents' attitudes are whether they like or dislike the material presented.

3. Results of Analysis of the Effect of Education about Menopause on Success *Self Mental Treatment* At the Dolo Community Health Center, Dolo District, Sigi Regency, Central Sulawesi Province

From Hypothesis test results using Wilcoxon *signed rank test* value results are obtained *Sig. (2-tailed)* equal to $0.000 < 0.05$ then H_1 accepted H_0 rejected means there is an influence of counseling about menopause on successful *self-mental treatment* At the Dolo Community Health Center, Dolo District, Sigi Regency, Central Sulawesi Province.

Extension aims to change people's lives to be better than the existing situation. These changes in people's lives cover every field, in all aspects and in all fields (Riadi, 2020). Menopause is not a mental health condition, but it can affect a woman's mental health. Hormonal changes during menopause can sometimes worsen mental health conditions. Changes in mental treatment of menopause side effects can help a woman feel better (Sicca, 2022). People's positive behavior regarding early menopause can arise because of appropriate reactions or responses to stimuli, namely knowledge of early menopause (Notoatmodjo, 2014). Health education that is not rigid and creative can encourage community enthusiasm in following the education. Increased knowledge due to health education carried out using creative, fun, interactive methods and inviting participant participation as a whole can provide positive experiences for participants (Hamzah & Hadiansyah, 2021).

The results of the study showed that respondents who were given health education experienced a significant increase in implementation of *self-mental treatment*. In the extension process, knowledge transfer occurs. Knowledge about menopause in women is very important because premenopausal women will experience anxiety disorders when they are unable to cope with the psychosocial stressors they face, but certain people, even though there are no psychosocial stressors, will show anxiety. People with anxious personality traits do not constantly complain about psychological things but are often accompanied by physical (somatic) complaints. Health education is an important action that needs to be taken in an effort to increase premenopausal women's knowledge regarding women's preparation for facing menopause. In the health education process, those who act as health educators here are all health workers and anyone who tries to influence individuals or communities to improve their health. Therefore, individuals, groups or communities, apart from being considered targets (objects) of education, can also act as subjects (actors) of public health education if they are involved in public health efforts. Increasing understanding about menopause so that women know about physiological and psychological changes is a natural thing that happens when women approach menopause, so that there is a decrease in anxiety in premenopausal women because respondents understand the health education provided and adopt it. They positively assess menopause because it is for the sake of development in a better direction

CONCLUSION

Self-mental treatment before being given counseling about menopause at the Dolo Community Health Center, Dolo District, Sigi Regency, Central Sulawesi Province, almost all respondents had *self-mental treatment* less successful.

Self-mental treatment After being given counseling about menopause at the Dolo Community Health Center, Dolo District, Sigi Regency, Central Sulawesi Province, the majority of respondents had *self-mental treatment* was successful and none of the respondents had *self-mental treatment* which didn't work

From result Wilcoxon *signed rank test* results obtained H_1 accepted H_0 rejected means there is an influence of counseling about menopause on success *self-mental treatment* At the Dolo Community Health Center, Dolo District, Sigi Regency, Central Sulawesi Province.

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