THE BEHAVIOR OF PRE ELDERLY WOMEN MENOPAUSE IN THE REGION OF PUSKESMAS KENJERAN

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ABSTRACT

Introduction: Menopause is part of aging process that occurs in women. The processinvolved physiological and psychological aspects. Menopause needs more attention on the health of women, especially elderly women which experienced in menopause. This study aimed to analyze the factors affect to behavior of women who experience in menopause. **Method:** The study design was descriptive analitic. Sample in this study was 36 respondents aged 45-59 years. Independent variable in this study were factors related to the behavior of pre-elderly women knowledge namely attitudes, beliefs, and values. Dependent variable study was the behaviour of pre-elderly women who experienced menopause. Data were analyzed used Spearman rho correlation test with α<0,05. **Result:** The result of statistical analysis with spearman rho correlation test indicates that the level of knowledge (p=0,001) and attitudes (p=0,0027) had correlation with the behavior of pre-elderly women. Beliefs (p=0,263) and values (p=0,762) had no corelation with the behavior of pre-elderly women who experienced menopause. **Discussion:** It can be concluded that knowledge and good attitudes can increase the good behavior, while values and beliefs had no related with the behavior of pra-elderly women who experienced menopause. Further action for this study are expected to be health counseling to pre elderly women about menopause.

Keywords: attitudes, behavior, beliefs, knowledge, menopause, values

INTRODUCTION

The aging process results in the increasing vulnerability of the body against a disease caused by a wide variety of physiological changes in the body that lasts over time that ends with death (Azizah, 2011). Menopause is a normal phase of life that will be experienced by every woman, however some physiological changes may occur. Such vasomotor, urogenital, somatic and psychological changes. Various complaints experienced by women who are not menstruation after 6 months to 12 months (Muaris, 2003). Most complaints will disappear itself, but some of them will decrease the quality of life and cause discomfort that can interfere work or daily life (Soedirham, et al, 2008). Knowledge, attitudes, beliefs and values are included in the predisposing factors which as the precursor of behavior and one of the factors that influence the behavior besides supporting factors and driving forces (Green, 1991).

However, other factors related to the behavior of women who experience menopause can not be explained. The average age of Indonesian women menopause is 50-51 years old (Hendarto, 2007).   Baziad (2003)

estimated in 2020 the population of Indonesia reached 262.6 million (8.67%) of the total of 30.3 million women living in menopause. Of course it needs to be more attention to their health, especially reproductive because at this time the physical and psychological changes that can cause a variety of health complaints.

According Nurdono (2013) negative attitudes in the form of anxiety can occur in women with menopause. Some women considered taboo and not many know premenopausal symptoms due to lack of knowledge and understanding of the changes that occur. Uncomfortable attitude while in the premenopausal period increasing. The negative attitude shown menopausal women are submissive or neglect complaint felt. According to Herrera et.al (2002) women who have negative religious beliefs and spiritual have a greater risk for depression. Perception and acceptance of women to the menopause influenced by their values, beliefs, and cultures (Melby, Lock, & Kaufert, 2005).

Ministery of Health (2003), elderly posyandu aims to improve the elderlys health and quality of life in accordance existence to reach old age happily and efficiently in the family and society. According to the National

Commission on Disabilities (2010) Integrated Service Post (Posyandu) is a service to elderly Elderly formed and implemented together with the NGO community, across the government sector and non-governmental, and others. Promotive and preventive efforts with more emphasis on health care. Zasri (2012) reduced levels of maternal anxiety in the face of menopause will make it more ready to accept the arrival of menopause.

METHOD

This study was descriptive analytic with cross sectional approach. Population in this study was all pre elderly women (aged 45-59 years) living in Puskesmas Kenjeran, Surabaya, which amounted to 5,961 people. The sampling technique used was a multi-stage cluster sampling, with the inclusion criteria 1) pre elderly woman who did not menstruate for $\geq$ 12 months, 2) able to read and write. The number of sample size was 36 respondents.

Instruments in this study used a questionnaire covering demographic data in the form of an introductory questionnaire respondents and questionnaires knowledge, attitudes, beliefs, values and behaviors. The study was conducted on 18-29 May 2015, in RW 1 Village Kenjeran, District of Bulak, Surabaya. Data collected byhome visit. Questionnaires carried out independently by respondent and accompanied by researchers. Statistical analysis used was Spearman rho correlation test with significance level <0.05.

RESULT
Table 1. Characteristics of Respondents

Characteristics	Criteria	f	%
Age	45 – 50 years old	5	13,9
	51 – 55 years old	15	41,7
	56 – 59 years old	16	44,4
Education	Elementary school	23	63,9
	Junior highschool	3	8,3
	Senior highschool	8	22,2
	Bachelor	2	5,6
Job	Housewife	22	61,1
	Trader	8	22,2
	Private	4	11,1
	Public official	2	5,6
Tribe	Madura	10	27,8
	Jawa	26	72,2
Marrital Status	Married	27	75
	Not married	1	2,8
	Widow	8	22,2
	n	**36**	**100**

In table 1 shows that the majority of respondents age in this study between 56-59 years as many as 16 people (44.4%). Most of the education level of respondents was primary schools as many as 23 people (63, (%). Type of work the majority of respondents arehousewives as many as 22 people (61.1%). Most of respondents tribe wasJavanese 72.2%. Most respondent status was married as many as 27 people (75%).

Table 2. Knowledge and behavior analysis of pre elderly woman

| Knowledge | behavior of pre elderly woman | | | | | | Total | |
| | Good | | Fair | | Less | | | |
	f	%	f	%	f	%	$\sum$	%
Good	5	13.89	3	8.33	0	0	8	22.22
Fair	8	22.23	4	11.11	2	5.56	14	38.89
Less	1	2.87	7	19.45	6	16.67	14	38.89
Total	14	38.89	14	38.89	8	22.23	36	100
Spearman Rho r = 0,538 p = 0,001								

Table 2 shows that 5 respondents (13.89%) have good knowledge with good behavior. But there were 6 respondents with less knowledge had less behavior. Results of correlation r = -0.538 and p = 0.001. P-value less than 0.05,

which means that H0 rejected and H1 accepted.That showed there no correlation between knowledge and behavior of pre elderly women who experience menopause.

Table 3. Attitude to the behavior analysis of pre elderly woman

| Attitude | behavior of pre elderly woman | | | | | | Total | |
| | Good | | Fair | | Less | | | |
	f	%	f	%	f	%	∑	%
Very Good	8	22.22	5	13.89	1	2.78	14	38.89
Good	6	16.67	10	27.78	6	16.67	22	61.11
Total	14	38.89	15	41.67	7	19.45	36	100.00
Spearman Rho r = 0,370 p = 0,027								

Table 3 shows that 8(22.22%) respondents had very good attitude with good behavior. But there was one respondents with very good attitude less behavior. Results of correlation r = -0.370 and p = 0.027. P values greater than 0.05, which means that H0 rejected, H1 accepted and showed no correlation between attitude and behavior of pre elderly women who experience menopause.

Table 4. Analysis of beliefs to behavior of pre elderly woman

| Beliefs | behavior of pre elderly woman | | | | | | Total | |
| | Good | | Fair | | Less | | | |
	f	%	f	%	f	%	∑	%
Positive	13	36.11	14	38.89	8	22.22	35	97.22
Negative	1	2.78	0	0	0	0	1	2.78
Total	14	38.89	14	38.89	8	22.22	36	100
Spearman Rho r = -0,192 p = 0,263								

Table 4 shows that 8 (22.2%) respondents with less behavior. There are 1 respondents with negative beliefs have good behavior. Results of correlation r = -0.192 and p = 0.263. P values greater than 0.05, which means that H1 is rejected and H0 showed no correlation between beliefs with the behavior of pre elderly women who experience menopause.

Table 5. Analysis of the value with behavior of the pre elderly woman

| Value | behavior of pre elderly woman | | | | | | Total | |
| | Good | | Fair | | Less | | | |
	f	%	f	%	f	%	∑	%
Positif	13	36.1	14	38.9	8	22.2	35	97.2
Negatif	0	0	1	2,8	0	0	1	2.8
Total	14	36,1	14	41,7	8	22.2	36	100
Spearman Rho r = 0,052 p = 0,762								

Table 5 showed the 8 (22.2%) respondents with positif value and less behavior. 1 respondents with a negative value had fair behavior. Results of correlation r = 0.052 and p = 0.762. P values greater than 0.05, which means H1 rejected and H0 accepted , showed no correlation between the value with the behavior of pre elderly women who experience menopause.

DISCUSSION

Good level of knowledge will improve the behavior in the pre elderly woman who experience menopause.Responden who had sufficient and less knowledge category because the majority of respondents backgroud of education elementary school. The level of education would be related to the person's level of knowledge, because in the education there are learning process as an experience or training in problem solving or seek alternative solutions to overcome the perceived health problems. The higher one's education level, the more quickly to receive information, and ultimately affect the person's behavior. In line with type of work of pre elderly women who experience menopause, majority are housewives with an average level of knowledge sufficient and less. Housewife occupation often associated with someone who always stay at home with lack exposure to informationfrom the outside, that could affect the knowledge about menopause. Knowledge is one of the domains of behavior but increased

knowledge does not necessarily lead to changes in behavior (Green, 1991).

Knowledge related to the behavior shown by the respondents, although no respondents showed different conditions. Respondents whose knowledge level was less and had elementary school education background, but the behavior good. At respondents with elementary school education but had good knowledge and behavior in fair category. This can be due to personal experience and the resources they had. Personal experience can be derived from an exchange of opinions and ideas between friends, relatives or health workers.

Attitude in this study was the verbal expression of respondents to the behavior during menopause. Attitude in this study included respondents feeling when experiencing menopause either positive or negative, the acceptance condition of the body after menopause and responsibilities held to maintain good health after menopause. Some components such as beliefs, confidence, evaluation, emotional life of a person against an object as well as the tendency to act which is a component that precedes the action or overt behavior. Knowledge, thoughts, beliefs and emotions play important role making attitude intact. Furthermore, in other words the attitude predisposes behavior closed reaction and has not been functioning as an open reaction (Notoadmojo, 2007). Attitude is one behavior factor precursor in pre elderly women.

Attitude can be said as positive if respondents agreed to accept circumstances after menopause well. A positive attitude will lead respondents more positives in daily activities in the more advanced age. Such activities make respondents more often to meet and hang out with people who have a positive impact. Majority of respondents had good and very good attitude category agreed on by both menopause and accept the situation. The attitude of the respondents were very good but the behavior of respondents still less, with the level of undergraduate education and knowledge enough. Personal experience less correlation to menopause, lack of socialization and interaction with friends, family or neighbors. Respondents do not know to behave good when experiencing menopause. Some respondents indicatedhad good attitude, but less behavior category. Respondents with less behavior because the majority of respondents had elementary school background and as a mother household. They had minimal knowledge about menopause due to limited exposure information received.

Almost all respondents had positive beliefs about menopause, only one respondenthad negative beliefs. Positivebeliefs means trust in positive things about menopause and do not negative in things. According to Soedirham (2008), menopause was considered reasonable as a natural thing for all women. The public also consider that menopause is a process to be old not to be feared and must be dealt with wisely. More community considers that menopause is natural at this stage of a certain age so they tend not to talk about menopause more. Some respondents expressed menopause affects the marital relationship, but it occurs naturally in recognition of increasingly older age.

Almost all respondents had positive value, only one respondent who had negative value. Positive value means that respondents agreed that good values and have been embraced by most people in everyday life of the menopause. Value in this study was measured using parameters that views or thoughts about individual desired and values lead to behavior that is displayed menopause. A woman will be closer to God, spiritual beliefs better after menopause. The majority of respondents were Javanese, this gives sincere culture and feeling pressured by the partner of a woman embracing Java that the wife may not exceed husband. The principle that the husband put so high with all the needs to be met (Wagiyo, 2005). The respondents to the value "negative" behave "reasonably" to complete primary school education / MI equal. Respondents expressed feeling less with rare spiritual belief worship because they feel lazy to do it. Respondents said not agree, that the society and people around more and more patient in his honor after menopause because the status is still unmarried. There is a sense of despair with the situation who do not have a spouse at the age of menopause, making it less attention on health.

CONCLUSION AND RECOMMENDATION
Conclusion
Good knowledge will improve the behavior of pre elderly woman while experiencing menopause. Knowledge is one of the predisposing factors of behavior. A good attitude will improve the behavior of pre elderly woman while experiencing menopause. Attitude is one of the predisposing factors of behavior.

Beliefs associated menopause does not specify the behavior of pre elderly woman while experiencing menopause. Obtained based on confidence and belief without proof of prior generations.Values that pre elderly women had about menopause does not specify the behavior of pre elderly woman while experiencing menopause. Value is derived from the way of life of a community.

Recommendation
There should be public education for pre elderly women to enhance the knowledge and behavior related to menopause.Recommendations for further study is to do study with respect to pre elderly women who experience menopause with the knowledge and behavior that are still in the poor category, with method that influence health promotion to improve the knowledge and behavior of respondents currently experiencing menopause.

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