ANALYSIS ON THE FACTOR OF SOCIO-CULTURE WHICH INFLUENCES THE PSYCHOSOCIAL ADAPTATION OF MENOPAUSE WOMEN AT MEDAN AREA PUSKESMAS

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ABSTRACT

Menopause is a physiological (normal) process undergone by every woman. By the time women begin to undergo menopause, they will undergo clinical and psychological symptoms which disturb their daily activities and bring about negative impact on their life quality and self-confidence which cause anxiety. The objective of the research was to analyze socio-cultural factors which influenced psychosocial adaptation of menopause women at Medan Area Puskesmas, in 2024.

The research used analytic method with cross sectional design. The samples were 47 menopause women. The data were processed by using univariate analysis and bivariate analysis with chi square test.

The result of the research showed that there was the influence of socio-culture on psychosocial adaptation of menopause women in age (Sig < α (0.036 < 0.05), education (0.020 < 0.05), occupation (0.024 < 0.05), custom (0.019 < 0.05), and knowledge (0.010 < 0.05).

The conclusion was that there was the influence of socio-cultural factors on psychosocial adaptation of menopause women at Medan Area Puskesmas, in 2024. It is recommended that health care providers, especially nurses, motivate cadres to provide counseling in order to be able to carry out health programs and counseling for menopause women and do any activities which can support their health physically and psychologically such as gymnastics regularly once a week.

Keywords: Socio-Culture, Psychosocial Adaptation, Menopause

INTRODUCTION

Menopause is something that a woman will physiologically experience. Women will experience various changes both physically and psychologically. These changes will affect women's quality of life during menopause. (Blumel in Trisetiyaningsih, 2021).

The process leading to menopause has several stages. First, premenopause, is the transition period from the reproductive period to the senior period. At this time menstrual changes begin to occur irregularly and sometimes there is heavy bleeding and pain. Next, the perimenopause period is the period leading up to menopause. At this time physical changes begin to occur, for example, hot flushes (hot feeling all over the body), dryness in the vagina and symptoms of insomnia (difficulty sleeping), decreased libido. (Susanti, 2022)

The changes that occur during menopause are physical changes, starting from hair, eyes, skin to other physical organs. Target physical organs such as problems in the breasts and vagina, as well as a burning sensation that spreads through the body. Even though it is not a disease, this event has an impact on women's lives, especially for women who are very active, so it can be felt as a disturbance. Apart from that, psychological changes include feelings of depression, anxiety, irritability, and changing feelings, emotional lability, feeling helpless, memory problems, reduced concentration, difficulty making decisions, feeling worthless (Glasier and Gabie, 2022).

According to Larasati (2023), in some cases women who experience menopause begin to withdraw from social interactions because they feel they are worthless and no longer feel useful. Such as limiting social interaction with friends and family. They prefer to be alone away from the crowd. Women experiencing menopause will need their closest family and friends as support so they don't feel inferior in adapting to their environment. Apart from that, there is motivation from him to live his life with enthusiasm

The severity of women facing menopause is influenced by maturity of thinking, socio-economic factors, social culture, insight into menopause and mental maturity. If a woman is not mentally prepared to face the climacteric period or the phase approaching menopause and the psychosocial environment does not provide positive support, it will have bad consequences (Irawati, 2023). The result will be a lack of self-confidence, feeling unnoticed, unappreciated, feeling stressed, and worrying for a long time about physical changes. These elderly women are also vulnerable to degenerative diseases such as osteoporosis, coronary heart disease, cancer, high blood pressure (Kasdu, 2023).

METHOD

This type of research is descriptive, which is research that only describes or describes certain variables in a study without looking for the influence between variables. The location chosen as the research location was the Medan Area Community Health Center

The population taken in this study were all 47 menopausal women at the Medan Area Community Health Center. In this research, the sampling technique used was total sampling, meaning that the entire population was used as the research sample, namely 47 people.

Data collection was carried out by researchers as the main research instrument. Primary data is data collected through distributing questionnaires that have been prepared by researchers based on existing sources and the questions have been tested for validity and filled in directly by respondents, while secondary data is data obtained from documentation studies through archival records regarding the number of patients.

The knowledge instrument for menopausal women is categorized into 3 categories where: Good, if the respondent can answer correctly 8 - 10 with a score of 80% - 100% of the total score, Fair, if the respondent can answer correctly 4 - 7 with a score of 40% - 70% of the total score and Less if the respondent can answer correctly 0 - 3 with a score <30% of the total score

Meanwhile, the psychosocial adaptation of menopausal women is measured with 12 questions, the highest total score is 12, where if the respondent answers Yes, they are given a value of 1 and if the respondent answers No, they are given a value of 0. Based on the total score of answers to the 12 questions asked, the psychosocial adaptation of menopausal women is classified into 2. (two) categories, namely if Positive, if the respondent can answer correctly 7 - 12 with a total score ≥ 50% of the total score and if Negative, if the respondent can answer correctly 0 - 6 with a total score ≤50% of the total score

Processing Data that has been collected based on patient answers is processed through the following four stages, namely data selection (Editing), Coding, Scoring and Data Grouping (Tabulating).

Data analysis was carried out by conducting univariate and bivariate tests. In this study, the statistical test used was the Chi-square test to determine the socio-cultural factors that influence the psychosocial adaptation of menopausal women at the Medan Area Community Health Center with a significance level = 0.05. Data processing uses the SPSS (Statistical Product and Service Solutions) computerized system.

The researcher applied for a research permit to the head of the Medan Area Community Health Center, in this case the research location. After obtaining approval, the research was carried out by emphasizing research ethics issues.

RESULT AND DISCUSSION
RESEARCH RESULT
Respondent Characteristics

The respondents in this study were 47 menopausal women at the Medan Area Community Health Center. Results of analysis of respondents' characteristics based on age, occupation, education, knowledge of customs and psychosocial adaptation of menopausal women. Data describing the characteristics of

respondents will be presented in the form of table 4.1 as follows:

Table 4.1. Frequency Distribution of Characteristics of Age, Occupation, Education, Knowledge of Customs and Customs of Monopause Women in Medan Area Health Centers.

Karakteristik	f	%
Umur		
1 40-45 tahun	22	46.8
2 46-50 tahun	16	34.0
3 > 50 tahun	9	19.1
Jumlah	**47**	**100**

Karakteristik	f	%
Pendidikan		
1 SD	4	8.5
2 SLTP	12	25.5
3 SLTA	9	19.1
4 D-I/D-III	16	34.0
5 PT	6	12.8
Pekerjaan		
1 IRT	10	21.3
2 Karyawati	16	34.0
3 Wiraswasta	17	36.2
4 PNS	4	8.5
Adat Istiadat		
1 Jawa	22	46.8
2 Batak Toba	8	17.0
3 Batak Karo	10	21.3
4 Mandaiing	4	8.5
5 Nias	3	6.4
Pengetahuan		
1 Baik	16	34.0
2 Cukup	28	59.6
3 Kurang	3	6.4
Adaptasi Psikososial Wanita Monopause		
1 Baik	30	63.8
2 Tidak Baik	17	36.2
Jumlah	**47**	**100**

In table 4.1, it can be seen that the majority of menopausal women aged 40 – 45 years were 22 people (46.8%) and a small number were > 50 years old, 9 people (19.1%). Judging from the education of menopause women, the

majority were D-I/D-III as many as 16 people (34.0%) and a small number were elementary school as many as 4 people (8.5%). Judging from the work of menopausal women, most of them are self-employed, 17 people (36.2%) and a small number of civil servants, 4 people (8.5%). Judging from the customs of menopausal women, most of the Javanese are 22 people (46.8%) and a small part of the Nias tribe are 3 people (6.4%). Judging from the knowledge of menopausal women, most of them were sufficient as many as 28 people (59.6%) and a small number were lacking as many as 3 people (6.4%). Judging from the psychosocial adaptation of menopausal women, the majority were good, 30 people (63.8%) and a small number were not good, 17 people (36.2%).

Bivariate Analysis

Table 4.2. The Influence of Age on the Psychosocial Adaptation of Menopausal Women in the Medan Area Community Health Center.

Umur	Adaptasi Psikososial Wanita Menopause		Total	df	α	Sig
	Baik	Tidak Baik				
	%	%	%			
40-45 tahun	27,7	19,1	46,8	2	0,05	0,036
46-50 tahun	17,0	17,0	34,0			
> 50 tahun	19,1	0	19,1			
Jumlah	**63,8**	**36,2**	**100**			

The results of statistical tests using a significance level of 0.05 show that there is an influence of age on the psychosocial adaptation of menopausal women where the value of X2count > with the dependent variable. So in this study Ha was accepted while H0 was rejected or there was an influence of age on the psychosocial adaptation of menopausal women.

Table 4.3. The Influence of Education on the Psychosocial Adaptation of Menopausal Women in the Medan Area Community Health Center

Pendidikan	Adaptasi Psikososial Wanita Menopause		Total	df	α	Sig
	Baik	Tidak Baik				
	%	%	%			
SD	4,3	4,3	8,5	4	0,05	0,020
SLTP	8,5	17,0	25,5			
SLTA	10,6	8,5	19,1			
D-I/D-III	31,9	2,1	34,0			
PT	8,5	4,3	12,8			
Jumlah	**63,8**	**36,2**	**100**			

The results of statistical tests using a significance level of 0.05 show that there is an influence of education on the psychosocial adaptation of menopausal women where the value of X2count > with the dependent variable. So in this study Ha was accepted while H0 was rejected or there was an influence of education on the psychosocial adaptation of menopausal women.

Table 4.4. The Influence of Work on the Psychosocial Adaptation of Menopausal Women in the Medan Area Community Health Center.

Pekerjaan	Adaptasi Psikososial Wanita Menopause		Total	df	α	Sig
	Baik	Tidak Baik				
	%	%	%			
IRT	12,8	8,4	21,3	3	0,05	0,024
Karyawati	12,8	21,3	34,0			
Wiraswasta	31,9	4,3	26,2			
PNS	6,4	2,1	8,5			
Jumlah	**63,8**	**36,2**	**100**			

The results of statistical tests using a significance level of 0.05 show that there is an influence of work on the psychosocial adaptation of menopausal women where the value of X2count > Ha is accepted while H0 is rejected or there is an influence of work on the psychosocial adaptation of menopausal women

Table 4.5. The Influence of Customs on the Psychosocial Adaptation of Menopausal Women in Medan Area Community Health Centers.

Adat Istiadat	Adaptasi Psikososial Wanita Menopause		Total	df	α	Sig
	Baik	Tidak Baik				
	%	%	%			
Jawa	36,2	10,6	46,8			
Batak Toba	6,4	10,6	17,0			0,019
Batak Karo	12,8	8,5	21,3	4	0,05	
Mandailing	8,5	0	8,5			
Nias	0	6,4	6,4			
Jumlah	**63,8**	**36,2**	**100**			

The results of statistical tests using a significance level of 0.05 show that there is an influence of customs on the psychosocial adaptation of menopausal women where the value of X2count > influence with the dependent variable. So in this study Ha was accepted while H0 was rejected or there was an influence of customs on the psychosocial adaptation of menopausal women.

Table 4.6. The Influence of Knowledge on the Psychosocial Adaptation of Menopausal Women in the Medan Area Community Health Center.

Pengetahuan	Adaptasi Psikososial Wanita Menopause		Total	df	A	Sig
	Baik	Tidak Baik				
	%	%	%			
Baik	29,8	4,3	34,0			0,010
Cukup	27,7	31,9	59,6	2	0,05	
Kurang	6,4	0	6,4			
Jumlah	**63,8**	**36,2**	**100**			

The results of statistical tests using a significance level of 0.05 show that there is an influence of knowledge on the psychosocial adaptation of menopausal women where the value of X2count > with the dependent variable. So in this study Ha was accepted while H0 was rejected or there was an influence of knowledge on the psychosocial adaptation of menopausal women at the Medan Area Health Center in 2024.

CONCLUSION

Based on the results of research conducted by researchers, it can be concluded that there is an influence of age on the psychosocial adaptation of menopausal women at the Medan Area Health Center where Sig < α (0.036 < 0.05). There is an influence of education on the psychosocial adaptation of menopausal women at the Medan Area Community Health Center where Sig < α (0.020 < 0.05). There is an influence of work on the psychosocial adaptation of menopausal women in the Medan Area where Sig < α (0.024 < 0.05). There is an influence of customs on the psychosocial adaptation of

menopausal women at the Medan Area Health Center where Sig < α (0.019 < 0.05. There is an influence of knowledge on the psychosocial adaptation of menopausal women at the Medan Area Health Center Sig < α (0.010 < 0.05).

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