

## **ABSTRACT**

### ***SOCIAL SUPPORT SUPPORT RELATIONS AND SELF-CONFIDENTIAL WITH MOTHER ANIMALS AGAIN MENOPAUSE AGES 40-55 YEARS AT PULOREJO TEMBELANG JOMBANG***

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*Husband's social support and self-confidence greatly affects the anxiety of the mother ahead of menopause. Mothers who get support from their husbands and have high self-esteem will reduce the anxiety of the mother before the menopause. The purpose of this study was to determine the relationship between husband's social support and self-confidence with the anxiety of the mother before menopause age 40-55 years. Samples were taken using purposive sampling of 35 people. The result of regression analysis showed that there was a relationship between husband's social support, confidence with anxiety proved by price  $F = 16,898$  and  $P = 0.000$  / ( $p < 0,05$ ). There was a negative relationship between husband's social support and anxiety  $t = -3.976$   $p = 0.000$  / ( $p < 0.05$ ). There is a relationship between confidence with anxiety  $t = -3.124$   $p = 0.004$  / ( $p < 0.05$ ). The contribution of husband's social support variable and self-esteem with anxiety is  $R.Square = 0,514$ , it means that husband's social support variable and confidence together give effective contribution 51,4%, 48,6% anxiety influenced by other variable not examined. Husband's social support and self-esteem greatly affect anxiety in the mother before menopause. Mothers who get high social support from their husbands then the anxiety of the mother will decrease and if the mother has high confidence will reduce the anxiety of the mother before menopause.*

***Keywords : social support, self-confidence, anxiety, menopause***

## **Preliminary**

According to Mulyani (2013), menopause is the end of the biological process of the menstrual cycle, which is due to hormonal changes, namely decreased production of estrogen hormone produced by the ovaries, decreased estrogen hormone, causing irregular menstrual cycles, it can also be used as a guide to the occurrence menopause

Menopause is a natural phase that will be experienced by every woman who usually occurs over the age of 40 years, exactly age between 40-55 years. This condition is an end of biological processes that mark the end of a woman's fertile period. It is said menopause when the menstrual cycle has stopped for 1 year. Cessation of menstruation will have an impact on the health consequences both physical and psychological (Retnowati, 2014).

WHO results (2014) in 2030, the number of women worldwide who entered menopause is estimated at 1.2 billion people. In Indonesia, by 2025 it is estimated that there will be 60 million menopausal women. In 2016 in Indonesia only reached 14 million menopausal women or 7.4% of the total population. Female life expectancy jumped from 40 years in 1930 to 67 years in 1998. While the estimated age of the average age of menopause in Indonesia is 48 years. An increase in life expectancy has led to a growing number of menopausal women.

Data obtained from the Central Bureau of Statistics (BPS) in 2015 the number of women in Indonesia who lived during the pre menopause (age 40 - 50) as many as 17.21 million people, while those entering menopause (age 50 years and over) reached 21.22 million people. It is estimated that in 2035 the number of female population in Indonesia will reach 152.69 million people with the number of women who live in pre-menopausal age about 20,36 million soul from that number experiencing menopause symptoms. These symptoms are physical and psychic

symptoms (Projected population of Indonesia 2010-2035).

Being old is often a terrifying thing for everyone, especially women. This concern begins with the thought that he will become unhealthy, not fit, and not beautiful anymore. The condition is not fun. Though old age is one phase that must be lived a woman in life, as well as other phases of life, the childhood and reproductive period.

An important event in a woman's life is the pregnancy and menopause that equations exist. During pregnancy and menopause, certain problems are very meaningful for most women and can make them feel more anxious. This is when there is an interaction of fundamental hormonal changes with emotional events that follow important social changes in the role and structure of the family (Purwoastuti, 2013).

Anxiety is a form of worry, anxiety, and other unpleasant feelings. Usually these feelings are accompanied by a sense of lack of confidence, feeling inferior, and unable to deal with a problem Hurlock, 1990 (in Lestari 2012). Anxiety that arises in the face of menopause usually includes anxiety and worry feeling due to physical, social and sexual changes experienced that make a person feel his appearance is not intact anymore as a woman. Many of the mothers who experience menopause become an easy to experience anxiety. This anxiety arises as a result of the often haunting concerns in the face of a situation they have never feared before. (Pieter and Lubis 2012).

If the individual realizes that things are not going well or not as expected, then they will feel anxious. The changes that occur include physical and psychological changes. Physical changes, among others, changes in body weight, body fat gain, also skin becomes wrinkled. On the other hand the psychic changes include the mood is always changing, the emotional symptoms are excessive, anxious, decreased memory. These changes that make mothers tend to feel anxious.

Because with the end of menstruation, the process of ovulation or fertilization of the eggs also be stopped by it. No wonder the mothers are anxious about the change in the attitudes of husbands and families, feeling useless.

For some women, growing old is often a frightening specter. This concern may have started from the idea that he would become unhealthy, unhealthy and not beautiful anymore. The condition is unpleasant and painful. In fact, the menopause is one phase that must be in live a woman in her life. As with other phases of life, the childhood and reproductive period. But the emergence of excessive concerns that cause them very difficult to undergo that period (Kasdu, 2002).

The psychological aspect of the mother approaching menopause can be affected by her husband's social support. Husband's social support is information or feedback from others indicating that a person is loved and cared for, valued, respected, and engaged in mutual communication and liaison networks. The notion of social support is supported by the opinion of Sarafino (2011) saying that social support refers to the comfort, attention, appreciation or assistance available to people from other people or groups.

The indicators in this study use the social support dimensions expressed by Sarafino (2011) as a benchmark of the scale of social support include: 1) Emotional support, emotional support includes expressions of empathy, caring, and caring for the individual. Typically, this support is obtained from a spouse or family, such as providing advice to the problem at hand or listening to his or her complaints. The existence of this support will provide a sense of comfort, certainty, feeling of belonging and loved to the individual. 2) Award support, takes place through positive expression or positive appreciation of the individual, impulse to advance, or consent of individual ideas or

feelings and positive individual comparisons with others. Usually this support is provided by a superior or co-worker. Support of this type, will build a sense of valuable, competent and valuable. 3) Instrumental or concrete support, this type of support includes direct assistance. Usually this support, more often given by friends or colleagues, such as help to accomplish tasks that accumulate or lend money or others that are needed by individuals. The existence of this support describes the availability of goods (materials) or the existence of services from others who can assist individuals in solving the problem. Furthermore it will make it easier for individuals to be able to fulfill their responsibilities in performing their daily roles. 4) Information support, this type of support includes giving advice, suggestions or feedback to individuals. This support, usually obtained from friends, co-workers, superiors or a professional like a doctor or a psychologist. The existence of information support, such as advice or suggestions that have experienced similar circumstances will help the individual understand the situation and seek alternative solutions or actions to be taken. 5) Social networking support, network support by giving the feeling that the individual is a member of a particular group and having similar interests with a group member is a support for the individual concerned.

Husband's social support is needed in mothers who approach menopause. Mothers approaching menopause experience some changes in his self including physical changes, irritability, irritability that sometimes do not know the cause, for that the mother who approaches menopause need affection, more attention from the nearest person, especially her husband. Mothers who get attention from their husbands when approaching menopause will reduce their anxiety levels. Especially when the husband can accept the condition of his wife who experienced many changes both physical and psychic.

Husband support is needed when the wife experiences natural changes that will surely happen to her when it is getting ahead of menopause. In accordance with his opinion Kasdu (2002) who argued that the husband is instrumental in maintaining the condition of wife's anxiety in the face of menopause because of their relationship will have an impact on psychological conditions.

Mother's self-confidence also greatly affects the anxiety leading up to menopause. The higher the mother's self-confidence to eat will be the lower the anxiety of the mother who is approaching menopause.

Confidence is an attitude or belief in the ability of oneself so that in his actions not too anxious, feel free to do things according to desire and responsibility for his actions, polite in interacting with others, have a boost of achievement in recognizing the advantages and disadvantages self. The definition of confidence is supported by the opinion of Lauster (1992) defines the confidence gained from life experience, self-confidence is one aspect of personality in the form of belief in one's ability to be unaffected by others and can act according to the will, happy, optimistic, enough tolerant, and responsible.

Indicators in self-confidence are expressed by Lauster (in Gufron 2014), which are aspects of self-confidence that include: 1) Self-Persistence Belief, is a person's positive attitude about himself. He is able to earnestly what is done. 2) Optimistic, is a positive attitude of someone who always has a good view in the face of all things about self, hope and ability. 3) Objectively, a self-confident person perceives issues or things according to the proper truth, not according to personal truth or according to himself. 4) Responsible, is the willingness of a person to bear everything that becomes its consequence. 5) Rational and Realistic, is an analysis of a problem, something, and something of an event by using a thought

that is acceptable to reason and in accordance with reality.

Confidence is also needed in mothers who approach menopause. Mothers with high self-esteem will reduce their anxiety. The characteristics of people who have confidence, among others, have a belief in his ability, optimistic, objective, responsible and rational. So people who have high self-esteem is not easy to feel anxiety, not easily affected by others, because it has a strong position against him. People who approach menopause should also apply a sense of confidence. When age is not easy anymore, the skin has begun to wrinkle, and many more changes that occur in her mother must be able to accept the normal circumstances that surely all women will experience it. Someone who can control himself with high self-esteem will reduce the fear or anxiety to change himself. Anxiety of menopausal women can experience stability again if women have a high confidence that is not affected by anyone, believe in self-ability and self-esteem positively. Kuntjoro (2002) explains that a woman's lack of self-esteem, such as a negative self-assessment and can not accept and like the body part of a change that occurs at the time of menopause, will more easily experience the fear, fear and anxiety of in a woman who has good self-esteem and can accept and understand any physical and psychological changes that occur as a result of menopause.

## **Method**

The type of this research is analytical correlation with quantitative method using cross sectional. Where in this study to examine the relationship between husband support and self-susceptibility to the anxiety of the mother before menopause.

The population in this study are 35 mothers who approaching menopause age 40-55 years old and who still have husband who still live in Pulorejo Village Tembelang District Jombang Regency.

Sampling technique used in this research is Nonprobability Sampling by Purposive Sampling.

The results of the analysis showed that anxiety variables were normalized as evidenced by Kolmogorov-Smirnov = 0.963 and  $p = 0.312$  ( $p > 0.05$ ). Husband's social support variable is stated as normal with Kolmogorov-Smirnov = 0,742 and  $p = 0,639$  ( $p > 0,05$ ). Confidence variables were normalized as evidenced by Kolmogorov-Smirnov = 0.990 and  $p = 0.281$  ( $p > 0.05$ ). All independent variables, husbands' social support and confidence are linearly correlated with the dependent variable of maternal anxiety before menopause.

Rule of linearity test of relationship using price of F and  $P < 0,005$ . The result of analysis shows that husband's social support variable with anxiety have linear correlation proved with price  $F = 18,997$  at  $p = 0,000$  according to formula ( $p < 0,05$ ). Confidence variable with anxiety also has linear correlation proved by price  $F = 12,418$  at  $p = 0,001$  according to formula ( $p < 0,05$ ). All independent variables, namely husband's social support variable and linear correlated self-confidence with dependent variable of maternal anxiety before menopause.

#### Results and Discussion Regression Analysis Results

a. The value of  $F = 16,898$  at  $p = 0,000$  ( $p < 0,05$ ) which mean husband support social variable and confidence together correlate positively with anxiety variable. The results of these calculations can be seen in table 9 below:

Table 9. Results of simultaneous regression analysis

Korelasi Simultan	F	p	Informa tion
	16,898	0,000	Husband'

Social Support Husband and Self Confidence with Anxiety			s social support and self-esteem related to anxiety ( $p < 0.05$ )
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The result of partial analysis shows the value of  $t = -3,976$  at  $p = 0,000$  ( $p < 0,05$ ) which means social support is negatively correlated with maternal anxiety before menopause. If the husband's social support is high then the anxiety decreases, conversely if social support falls then the anxiety increases.

b. The result of partial analysis shows the value of  $t = -3.124$  at  $p = 0,004$  ( $p < 0,05$ ) which means confidence is negatively correlated with maternal anxiety before menopause. If confidence is high then anxiety decreases. Conversely if self-esteem decreased eating anxiety high. The results of these calculations can be seen in table 10 below:

Table 10. Partial Regression Analysis Results

Korelasi Parsial	T	P	Informatio n
Husband's social support with anxiety	- 3,976	0,000	Husband's social support was significantl y associated with anxiety ( $p < 0.05$ )
Confidenc e with anxiety	- 3,124	0,004	Confidence was significantl y associated with anxiety ( $p < 0.05$ )

- c. The amount of donation variable of husband's social support and confidence with anxiety can be seen from R Square value. The result of analysis show that R Square = 0,514 mean husband support social variable and self confidence together give effective contribution 51,4% mean 48,6% anxiety influenced by other variable not examined.
- d. The regression line equation resulting from the regression analysis is  $Y = 0X_0 + 1X_1 + 2X_2$ , where  $0 = 60,652$ ,  $1 = -0.506$ ,  $2 = -0.398$ . The results are summarized in table 11 below.

Table 11. Equations of Regression Lines

Equations of Regression Lines	$\beta_0$	$\beta_1$	$\beta_2$
$Y = \beta_0 X_0 + \beta_1 X_1 + \beta_2 X_2$	60,652	-0,506	-0,398

### Descriptive Statistics Results

In this study the sample used by researchers as many as 35 people with the classification of 11 people in the category of mild anxiety, 22 people in the category of moderate anxiety, 2 people in the category of severe anxiety. The results can be seen in table 12 below:

Table 12. Percentage of Research Subjects' Anxiety

Category	Score	F	Persentase
No anxiety	< 14	0	0 %
Mild Anxiety	14-20	11	31,4 %
Moderate anxiety	21-27	22	62,9 %
High anxiety	28-41	2	5,7 %
High anxiety	42-56	0	0 %

Total	35	100%
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The social support held by the subjects in this study can be obtained 3 classification 8 people have high social support, 20 people have moderate social support, 7 people have low social support. The results can be seen in table 13 below:

Table 13. Percentage of Social Support of Research Subjects

Category	Interval	F	Prosentase of Individuals
High	192,129 keatas	8	22,9%
Medium	160,211 s/d 192,129	20	57,1%
Low	160,211	7	20%
Total		35	100%

The confidence obtained by subjects in this study can be classified 5 people have high confidence, 25 people have moderate confidence, 5 people have low confidence. The results can be seen in table 14 below:

Table 14. Percentage of Self Confidence Research Subject

Kategori	Interval	F	Prosentase of Individuals
High	187,19	5	14,3%
Medium	158,409 s/d 187,19	25	71,4%
Low	158,409	5	14,3%
		35	100%

In this study the sample used by researchers as many as 35 subjects with age 40-55 years. Vulnerable subject age is classified into 3 age 40-45 years as many as 23 people, age 56-50 years as many as 12 people and age 51-55 years 0 people. The results of these calculations can be seen in table 15 below:

Table 15. Vulnerable Research Subjects

Age	F	Presentase
40-45 year	23	66 %
46-50 year	12	34 %
51-55 year	0	0 %
Total	35	100%

## Discussion

The results of the analysis show that social support and self confidence variables are positively correlated with anxiety. The hypothesis that there is a relationship between husband's social support and self-confidence with the anxiety of the mother before menopause is proven.

There is a relationship between self-confidence with the anxiety of the mother before menopause. The higher the self-esteem that a woman has during the menopause, the lower the anxiety level. In accordance with the theory proposed by Kuntjoro (2002). Kuntjoro (2002) explains that a woman's lack of self-esteem, such as a negative self-assessment and can not accept and like the body part of a change that occurs at the time of menopause, will more easily experience the fear, fear and anxiety of in a woman who has good self-esteem and can accept and understand any physical and psychological changes that occur as a result of menopause.

A woman who is facing menopause will have high self-esteem, characterized by a realistic view of the advantages and disadvantages of self, can receive and like the body part that is owned, not easily disappointed in the judgment of others to his appearance, and have a positive thinking about the physical and psychological changes that occur as a result of menopause, is supported by the support of a high husband who is shown through the understanding and attention of the husband, the attitude of the husband who does not demand the wife to appear with physical perfection, to encourage the wife who began not confident with his appearance, advise the wife to be open in communicating every problem

experienced, and provide assistance atapun material needed then it can reduce the likelihood of anxiety in the face of menopause women who are swapped with reduced feelings of fear ir, anxiety, low self-esteem, and feeling unable to deal with a problem.

The first hypothesis proved this research supports the previous research by Kaheksi (2013) that the husband's social support and self-confidence jointly affect the anxiety of women before menopause. There is a relationship between the social support of the husband and the anxiety of the mother before the menopause. The higher the husbands' social support the mother receives in the menopause, the lesser the anxiety will be. These results are in accordance with the theory expressed by Hawari (2004) that one of the factors that can overcome the effects of menopause such anxiety is the understanding of the husband.

Partial analysis is known that there is a significant negative correlation between the social support of the husband with the anxiety of the mother before the menopause, so that the hypothesis that there is a negative relationship between husband's social support and maternal anxiety before the menopause is accepted. The higher the social support of husbands then the anxiety of a mother who approaches the menopause is getting down. The findings of this study indicate that the husband's social support plays an important role in supporting maternal anxiety before menopause.

Husband's support is one of the factors that influence woman's anxiety level in facing menopause, anxiety arises due to change of feeling but also there is a change of body function including menstrual disorder, decreased skin consistency, hot feeling all over the body at night and began to change libido decrease ( Wirakusumah, 2004). According to Lestary (2010) one of human needs other than clothing, food and boards is a psychological need that is feeling

loved and cherished. So it takes the support of the husband in the form of a sense of affection and a sense of attention so that feelings of bad will feel a little lost, and with good support will be able to reduce the anxiety experienced by women.

This study is in line with Purnawati's (2014) opinion on the relationship between husband support and mother's knowledge of anxiety levels in menopause stating that the better the husband's support the lesser anxiety experienced by a mother during menopause. Husband support is an important factor that affects the level of anxiety when you experience menopause. Basically, husbands' support should be continuously developed. Husbands who do not demand and accept women who are experiencing menopause and convince that it is something normal will be more helpful to a woman who was experiencing anxiety during menopause. Confidence is the most difficult thing for menopausal mothers. Especially the change in sexual function, namely many depressed menopausal mothers and worried about changes in her husband's attitude.

Further partial analysis also states there is a negative correlation between self-confidence with anxiety, so the hypothesis that there is a negative relationship between self-confidence with maternal anxiety before menopause is proven.

Confidence is the belief of the individual to be able to behave as expected. If the individual does not have confidence, then there will be many problems encountered, because self-confidence is a component of personality that serves important to actualize the potential is owned (Ashriati, 2013). A believer will be self-assured, optimistic, independent of others, no doubt, feel worthy, not brag, have the courage to act, take responsibility for his work. Women who have good self-esteem, will make a woman able to accept the situation experienced (Ibrahim, 2005). Inferiority or lack of confidence experienced by menopausal women

because women assume that the body functions are not as usual and can damage his life (Ibrahim, 2005). However, there are women who feel that menopause is a natural thing and it should have happened to him, so that menopausal women have high confidence (Ibrahim, 2005).

The third hypothesis was proved to support previous research conducted by Wulandari (2010) about the relationship of self confidence with woman's anxiety level in face of period of perimenopause. The result of the analysis showed that there was a negative correlative relationship between self confidence and female anxiety level in facing the perimenopause period. Can be interpreted the higher or the stronger the acceptance of the lower the level of anxiety or vice versa. The existence of confidence relationship with the level of anxiety in the face of perimenopause is in accordance with the opinion of Anwar (2007) which states that every woman who entered menopause often feel anxious. Anxiety is a fear of losing the ability to reproduce, decreased appearance as a woman due to skin wrinkles and getting older. According to Lestary (2010) that the main factors that affect menopause are anxious.

## **Conclusion**

The hypothesis in this study is that there is a relationship between husband's social support and self-confidence with the anxiety of the mother before menopause. There is a negative relationship between the social support of the husband with the anxiety of the mother before the menopause, if the husband's social support is high then the anxiety decreases. There is a negative relationship between self-confidence with the anxiety of the mother before menopause, if confidence is high then the anxiety decreases. The type of this research is quantitative with the population of mothers before the menopause in the village pulorejo district tembelang jombang district as many as 35 people. Samples in this study as many as 35



mothers before menopause who have husbands with vulnerable age of mother 40-55 years.

Social support with anxiety has a very significant relationship. That is, the higher the husband's social support is received then the decreased anxiety experienced by the mother before the menopause. Husband support is an important factor that affects the level of anxiety when you experience menopause. Basically, husbands' support should be continuously developed. Husbands who do not demand and accept women who are experiencing menopause and convince that it is something normal will be more helpful to a woman who was experiencing anxiety during menopause.

Confidence with anxiety also has a very significant relationship. This means that the higher the mother's confidence then the anxiety experienced by the mother before menopause decreases. A person who has high self-esteem, then a person can undergo any problem without looking towards the negative, rational and objective thinking on the problems that happen to him can be solved both by himself and the help of others. If a woman is mentally unprepared for menopause and the psychosocial environment does not provide positive support, this will have an adverse effect on menopausal women, which raises anxiety.

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