

Phenomenology Study of Menopause Experiences About Physical and Psychological Changes in Menopause Period in Nagari Tabek Pariangan District of Tanah Datar 2020

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ABSTRACT

Every woman will experience menopause in her life cycle. Significant changes in menopause seen in physical and psychological changes. Menopause occurs because hormonal changes in the body. The physical and psychological changes during menopause will cause variety of complaints in menopause. This will reduce the level of welfare of women. The purpose of this research (1) Explorated experience of menopause women about : physical changes and , psychological changes years old women in Nagari Tabek Pariangan district of Tanah Datar. This study used descriptive approach with the design and phenomenology. Qualitative research approach mean techniques of sampling used snowball sampling with indepth interviews. The Participants in this study were 5 people. The analysts data was collaizi method. The research results were 2 themes (1) physical changes during menopause (2) psychological changes during menopause. Expected to participants or menopause women to more understand about menopause, signs and symptoms of menopause although physical and psychological complaints with consultation with health care workers and following counseling the extension held in Polindes, sub health centers, health centers and expected for women to add about menopause with print media, electronic media and internet. Expected for health workers also give the education health to menopause women.

Keywords: Menopause, Old women

1. INTRODUCTION

In 2030 who estimates 1.2 billion women over 50 years of age [1]Indonesia have population of 270,203,900 million and 133,542,000 women. The number of women 50 years and above were 28,328,000. The average estimate of menopause age in Indonesia are 50-52 years[2].

Menopause is a period of permanent cessation of menstruation usually 45-55 - year - old women. Menopause is the final period, or the time of the final period. Aging ovarian, the entire hormonal system of the body is hormonal in a degenerative progression [3].

Regression in the thyroid gland with a common thyroid hormone for a common metabolism and the

deterioration of the paratiroid gland that regulates calcium metabolism. There's an increase in hormones FSH and LHHS. Changes in hormone secretion led to changes in both physically and psychologically [4].

A preliminary survey of women 45-59 years old at Nagari tabek at of age. They were192 with dermatitis complaints, rheumatism, (this is a sign of menopause women) [5]. They founded that elderly women complain about complaints a 57-year-old feels like hot flashes that, they did not go to health and also the old women are more easily offended.

The purpose of this study reflects the menopause women's experience of physical and psychological change in Nagari Tabek.

2. METHODS

[6] The study used a descriptive approach with qualitative research design and a string of phenomenology study. Participants in this study who meet the criteria of the following selected participants: Women over 50 years of age who are going through menopause, have a partner or husband and are willing to be participants, understand and can to speak Indonesian and be able to relate experiences. The operator with the snowball sampling technique and five participants. Testing the validity of data in qualitative research includes tests, experiences, transfers ability, dependability and edimability, so that data in qualitative research can be accounted for as scientific research needs to be made a verifiable test of data.

3. RESULTS AND DISCUSSION

3.1. *Thema 1) Physical changes at during menopause period*

Research shows that participants were having hot flushes that could cause nightsweat, 4 of participants' statements as follows:

"....,saya merasa panas dari biasanya seperti di malam hari saat tidur membuat saya terbangun..."(P1)

"....,I feel so heat at night of the daily and the situation makes me awake ..."(P1)

"....,baju saya basah karna keringat , saya kepanasan, terkadang saya ganti baju jadinya, tidak tahan kalau kipas mati walaupun cuaca disini sejuk kecuali hari hujan ..."(P3)

"....,my shirt is sweaty, I get sweaty, sometimes I change my cloth because I feel heat..i sleep use electric fan though cool weather except for a rainy day ..."(P3)

"....,kalau saya tidur saya makai kipas angin kalau dulu tidak ..."(P4)

"....When I sleep, I use a electric fan, if not before..."(P4)

"....,saya sekarang tidur pakai selimut tipis saja kalau dulukan tidak karna saya , merasa gerah padahal cuaca disini sejuk ..."(P5)

"....,I sleep use a thin blanket but not before.... I feel stifling hot when the weather is cold ..."(P5)

Research shows that participants were having sleep disorder that could cause nightsweat, 4 of participants' statements as follows:

"....,saya terjaga dari tidur saat tengah malam dan untuk melai tidur lagi butuh waktu lama jadi saya sholat malam saja lagi..."(P2)

"....,I wake up from my sleep in the middle of the night and I feel so difficult for sleep again and I need long time for got o sleep .. so I go to sholat tahajud for free tie at middle night ..."(P2)

"....,saya lama baru bisa tidur walaupun saya cepat kekamar itu jam 8, 9 an pun nantinya saya terbangun lagi ..."(P3)

"....for my sleep, ineed long time for start to sleep ... I go to bed at 08.00 -09.00 PM. .. and woke up again ..."(P3)

"....,saya sering terbangun jam 3 an itu kadang sampai azan subuh saya terjaga ..."(P4)

"....,I often wake up at 3 AM, sometimes I am not sleep until azan shubuh...I stiiil wake up..."(P4)

"....,menurut saya tidur saya sekarang lebih sebentar dari pada waktu dulu,Dulu saya bisa tidur jam 9 malam terbangun pas orang mengaji saja lagi sekarang lebih sering terbangun..."(P4)

"....I think my sleep is shorter now,... I could sleep at 9.00 PM an I wake up at azan subuh ... my sleep often wake up ..."(P4)

Research shows that participants were having libido changes that could cause nightsweat, 4 of participants' statements as follows:

"....,kalau dulu seminggu bisa 1 -2 kali sekarang tidak tapi dalam sebulan adalah paling banyak 2 ..."(P1)

"....,I got 1-2 for a week..but I get 1-2 for a month....."(P1)

"....,saya dulu tipe yang sering ajak duluan, sekarang saya lebih sering berpelukan atau berpegangan tangan seperti misalnya saat mau tidur itu, walaupun kalau terkadang suami meminta tatap saya layani..."(P2)

"...., my type was agresif.. and now I often hug or hold hands more if we want to sleep..if my husband want it,.. I will try it for service my husband

"....,agak lebih sakit sekarang makanya sudah jarang dan suami saya mengerti, kalau suami mau biasanya pemanasannya lebih lama..."(P3)

"....It's a bit more painful and my husband understands with my situation.. ig my husband wan to do it .. I willtake forplayis longer"(P3)

"....,beruntung saya punya suami lebih tua, mengerti dia kalau saya mampu seperti dulu (P4) ..."

This result of the research are physical change of menopause's women are hot flushes, hot flushes at night as a result of night sweat. Participants experience sleep disorders and changes in libido.

During the menopause period women will experience a kind of change where there will be physical and psychological changes. The physical changes that occurred because of vasomotor like hot flushes, libido changes, sleep disorder decreasing cognitive growth, [7]. The change in hormone estrogen can result in uncoordinated vasomotor.[8]

The Samarasiri et al (2017) result [9] , they were finding 4 themes : unbearable the body is not comfort, emotional is not stability and problem with them memories.

The result of Tao reserch in 2016 [10]were 42.2 % menopause women with sleep disorder. David resech at 2014 [11] were psycal changes menopause women because her estrogen hormone is down.

3.2. Thema 2) Psychiological changes at during menopause period

Research shows that participants were having mood swing that could cause night sweat, 3 of participants' statements as follows:

"....,saya merasa lebih mudah tersinggung dibandingkan dulu terkadang untuk hal kecil saja saya jadi baper..."(P2)

"....,my feel is so sensitive ...not before...sometimes I very sensitive .. I become sentimental about ..."(P2)

"....,saya terlalu memikirkan apa yang dikatakan orang lain terhadap saya harusnya saya bisa lebih dewasa dan tidak memikirkan hal itu terkadang itu hanya masalah sepele..."(P3)

"....,I think iam so over thinking about people said about me... I should have grown older and I don't think about it....small problem makes me to over thinking....."(P3)

"....,saya lebih mudah menangis jika dinasehati padahal itu hal yang positif seharusnya saya bisa memilih dan milah..."(P4)

... "It's easier for me to cry if I'm counseled when it's a positive thing. I should be able to pick and choose..."(P4)

Research shows that participants were having anxiety that could cause night sweat, 3 of participants' statements as follows:

"....,saya lebih pencemas dibandingkan dulu, misalnya saya menghadapi sesuatu saya yakin saya mampu terhadap hal itu karna saya bisa tapi ada saja yang ada hal hal yang saya cemaskan ..."(P1)

I'm more anxiety.. nt before.... and I'm sure I'm capable of that, because I can, but there are things I'm worried about it saja yang ada hal hal yang saya cemaskan ..."(P1)

"....,saya terlalu memikirkan hal-hal yang seharusnya tidak perlu saya mikirkan terkadang hal itu membuat saya cemas sendiri..."(P4)

"....I think too much about things I shouldn't have to worry about..."(P4)

"....,saya menjadi lebih gugup menghadapi sesuatu walaupun hal itu sudah sering saya lalu , harsnya saya bisa lebih tenang agar bisa berpikir jernih ..."(P5)

"....I feel nervous about things..., and my days allowed me to relax in order to think clearly..."(P5)

The result of this study is psychological changes felt by menopause's women are easily offended and anxiety.

The classic symptoms of the menopause women are psychological changes stability [12]. Menopause women are more prone to take offense, increased sensitive feelings, greater health care because of lack of emotional [13]

The Samarasiri et al (2017) result the common menopause women, her mood is swing and anger are surprisingly

4. CONCLUSION

Menopause women change in their bodies like physical and psychological changes, in which they change hot flushes, sleep disorders, libido reductions. Psychological changes that occur like irritability and anxiety. It's important for people around keeping women in a female mood, drying out of related couples the changes women experience.

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