



DOI:
10.22301/IJHMCR.2528-3189.1336

Article can be accessed online on:
<http://www.ijhmcr.com>

ORIGINAL ARTICLE

INTERNATIONAL JOURNAL
OF HEALTH MEDICINE AND
CURRENT RESEARCH

THE RELATION BETWEEN MOTHERS' KNOWLEDGE AND ATTITUDE TOWARDS PHYSICAL CHANGE DURING MENOPAUSE IN DUMOGA, EAST DUMOGA DISTRICT OF BOLAANG MONGONDOW

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ARTICLE INFO

Article History:

Received 12th Jun, 2019
Received in revised form
10th Jul, 2019
Accepted 13th Aug, 2019
Published online 30th Sep, 2019

Key words:

Knowledge, Attitude, Physical
Changes, Menopause.

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ABSTRACT

In Asia, according to World Health Organization (WHO) data, in 2015 the number of elderly women was expected to increase from 107 million to 373 million. In Indonesia, currently in 2016 in Indonesia, menopausal women only reached 14 million or (7.4%) of the total population. In 2016 in East Dumoga district, the population of women aged 45-59 years is about 1.444 or (14.5%) of 9891 female population, in 2016 the population of women aged 45-59 in Dumoga are about 103 people or (15.2%) of the 678 of women population. The purpose of this research is to know the relationship between mothers' knowledge and attitude toward physical change during menopause in Dumoga, East Dumoga District of Bolaang Mongondow Regency.

The type of this research is analytic research through quantitative approach with cross sectional design. The population of this study were all mothers who entered menopause in Dumoga which was 103 people and the sample used was 50 respondents using consecutive sampling. Data collection was obtained from the questionnaires and checklist measurement. Data analysis using chi-square with significance level $\alpha = 0.05$.

The research result of the relation between mother's knowledge and attitude towards physical change counted of respondents with good knowledge and positive attitude were 20 people (40%) while less knowledgeable respondent and negative attitude were 16 people (32%).

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Citation: Sesca Solang¹, Gusti Ayu Tirtawati², Amelia Donsu³, 2019 "Analysis Of Newborn Weight Of Events Perineum Rupture Of Labor In Physiological Hospital Maria Walanda Maramis Airmadidi Sub-District North Minahasa Regency", *International Journal of Health Medicine and Current Research*, 4, (03), 1336-1341.

The result of the analysis is $p\text{-value} = 0.002 < \alpha (0.05)$ which means there is a significant correlation between mother's knowledge and attitude toward physical change during menopause. There is a significant relationship between mother's knowledge and attitude toward physical changes during menopause in Dumoga. It is recommended for East Dumoga District government to cooperate with Puskesmas in order to provide information through health counseling, for menopause women.

INTRODUCTION

It has become a law of nature that all living beings on earth will experience the aging process. Women and development are always associated with reproductive problems that will go through several stages. Starting from the phase of puberty to menopause women will experience changes both psychically and psychologically. Such changes will have an impact on future development, especially at the age of menopause and eventually, women will experience a phase where he will stop running the reproductive function. This period usually occurs between the ages of 45-65 years ⁽¹⁾.

Menopausal syndrome experienced by many women worldwide approximately 70-80% of women in Europe, 60% of women in the United States, 57% of women in Malaysia, 18% of women in China, and 10% of women in Japan and Indonesia. Central Statistics Agency (BPS) of about 5.32 million Indonesian women who enter menopause annually, 68% of those experience menopause problems ⁽²⁾.

Every year about 25 million women worldwide are estimated to experience menopause. The number of women aged 50 years and over is expected to increase from 500 million to over 1 billion in 2030, while pre-menopausal women as much as 342 million. Asia is still according to the World Health Organization (WHO), in 2015 the number of older women is expected to jump from 107 million to 373 million cited ⁽³⁾. In Indonesia, by 2025 there will be 60 million postmenopausal women. By 2016 this time in Indonesia reached 14 million menopausal women or 7.4% of the total population. While the expected life of the average age of menopause is 48 years in Indonesia. Increasing life expectancy has led to the number of women who experience menopause more ⁽⁴⁾.

In 2015, the number of women aged 45-59 years 15.8% 36 826 inhabitants of the population of 233 189 women in Bolaang Mongondow ⁽⁵⁾. In 2016 in the district of East Dumoga population of women aged 45-59 years about 1,441 inhabitants 14.5% of the 9891 total population of women in Sub Dumoga East, in 2016 the population of women aged 45-59 in the village there are about 103 inhabitants Dumoga 15.2% of the 678 number of females in the village Dumoga,

At the time of menopause, women will experience changes in organs and would not be

separated from the predicate of old, where gestures, behavior, dress and shape the body undergoes a change that makes women worry about menopause because women assume will lose power drag and worried loved ones will leave it ⁽⁶⁾.

Based on the description above, the writer is interested in studying "The relationship with the mother's attitude towards Sciences Physical Changes in Menopause Period in Dumoga Village, District East Dumoga Bolaang Mongondow".

METHOD

This research is analytic research with a quantitative approach with a cross-sectional design. A cross-sectional study is the kind of research that emphasizes the time measurement/observation of independent and dependent variable data only once at a time ⁽⁷⁾. The population in this study is all mothers who entered menopause at Dumoga village totaling 103 inhabitants. Samples taken in this research are all mothers who entered the criteria. The sampling technique used is consecutive sampling were mothers who meet the criteria selected as samples to reach 50 people. collecting data in this study using a questionnaire in the form of questionnaires and checklists.

RESULTS

1. Characteristics of Respondents

a. Age

Table 1. Distribution Respondents by Age Group In the village Dumoga, Dumoga Eastern District of Bolaang Mongondow 2017.

Age	amount	(%)
45-49	23	46
50-54	15	30
55-59.	12	24
amount	50	100

Based on Table 1, it can be seen that the distribution of respondents age group of 50 respondents most are aged 45-49 years as many as 23 (46%) and the fewest respondents aged 55-59 years are a total of 12 (24%) of respondents.

b. Education Respondents.

Table 2. Distribution of Respondents by Level of Education in Rural Dumoga Subdistrict East Dumoga Bolaang Mongondow Year 2017.

Education	amount	(%)
SD	5	10
SMP	13	26

Education	amount	(%)
SMA / SMK	18	36
College	14	28
amount	50	100

Based on Table 2, it can be seen that the distribution of the respondents' education level of 50 respondents mostly educated high school (SMA / SMK) as many as 18 (36%) of the respondents and the least ie Primary School 13 (26%) of respondents.

c. Occupation

Table 3. Distribution of Respondents by Level Jobs became Respondents in the village of East Dumoga, Dumoga District of Bolaang Mongondow Year 2017.

Occupation	amount	%
PNS	10	20
Private / Self Employed	9	18
IRT	31	62
amount	50	100

Based on Table 3, it can be seen that the distribution of respondents from 50 respondents work mostly work as a Housewife (IRT) as many as 31 (62%) of the respondents and the least is Private / Self Employed ie 9 (18%) of respondents.

Based on Table 5, it can be seen the distribution of the attitude of the 50 respondents with a positive

c. Respondents Frequency Distribution Physical Changes

Table 6. Distribution of the frequency of physical changes during menopause in the village of East Dumoga, Dumoga District of Bolaang Mongondow Year 2017.

No.	Physical Changes	experience		not Experienced	
		N	%	N	%
1	Menstrual disorders	35	70	15	30
2	Feel hot	36	72	14	28
3	The taste has always wanted to urinate	40	80	10	20
4	The vagina becomes dry	34	68	16	32
5	Lack of sleep (insomnia)	42	84	8	16
6	Weight gain	39	78	11	22
7	Skin so wrinkles	45	90	5	10
8	Breasts start sagging	44	88	6	12
9	Back problems and bone	31	62	19	38
10	Rheumatic pain and joint pain	38	76	12	24
11	Impaired libido	31	62	19	38
12	Dizziness and headaches	31	62	19	38
	Total	446	74	154	26

a. Frequency Distribution of Respondents Knowledge

Table 4. Distribution of the frequency of mothers' knowledge of physical changes during menopause in the village of East Dumoga, Dumoga District of Bolaang Mongondow Year 2017.

Knowledge	amount	%
Well	29	58
Less	21	42
amount	50	100

Based on Table 4, we can see the distribution of the knowledge level of the 50 respondents who are knowledgeable both about 29 people (58%) and lack of knowledge many as 21 people (42%) of respondents.

b. Frequency Distribution of Respondents Attitudes

Table 5. Frequency distributions mother's attitude toward physical changes during menopause in the village of East Dumoga, Dumoga District of Bolaang Mongondow Year 2017.

Attitude	amount	%
Positive	25	50
Negative	25	50
amount	50	100

attitude as much as 25 people (50%) and a negative attitude of 25 people (50%).

From Table 6, it can be seen the distribution of the physical changes of the 50 respondents to the percentage of the most widely experienced by respondents is the skin becomes wrinkled as many as 45 people (90%), and physical changes are the least experienced by respondents are dizziness headache 31 people (62%), libido disorders 31 (62%), back problems and bone 31 people (62%).

2. Variables Bivariate Analysis Research

Test bivariate on research "relationship of knowledge to the mother's attitude toward physical changes during menopause in the village Dumoga District of Dumoga Eastern Bolaang Mongondow Year

2017" using the formula chi-square, where the test is used to determine the relationship as between knowledge with attitude toward physical changes during menopause Village Dumoga District of East Dumoga Bolaang Mongondow covering.

1. Knowledge relationship with mother's attitude toward physical changes during menopause in the village of East Dumoga, Dumoga District of Bolaang Mongondow 2017.

Results of testing for knowledge of the mother's attitude toward physical changes during menopause declare the results as shown in Table 7:

Table 7. Test Results Knowledge Relationship With Mother Attitude Toward Physical Changes In The Menopause Village Dumoga, Dumoga Eastern District of Bolaang Mongondow 2017.

free variable	variable bound						<i>p</i> <i>value</i>
Knowledge	Attitude toward physical changes				Total		
	positive attitude		negative attitude				
	n	%	N	%	N	%	
Well	20	40	9	18	29	58	0002
Less	5	10	16	32	21	42	
Total	25	50	25	50	50	100	

Based on Table 7, it can be seen that most of the respondents have good knowledge and positive attitude as much as 20 people (40%), while respondents are less knowledgeable and negative attitudes many as 16 people (32%).

Based on the test results statistically with chi-square between the variables knowledge of mothers with physical changes at menopause obtained p-value 0.002 < α (0.05), which means that there is a relationship between knowledge and mother attitude toward physical changes during menopause in the village Dumoga District of Dumoga Eastern Bolaang Mongondow.

DISCUSSION

Relationship Between Knowledge Capital With Attitude Toward Physical Changes In The Menopause Village Dumoga, Dumoga Eastern District of Bolaang Mongondow.

Based on the frequency distribution of knowledge shows that out of 50 respondents can be seen the results of the knowledge of the 50 respondents who are knowledgeable both about 29 people (58%) and lack of knowledge many as 21 people (42%) of respondents. Knowledge is the result of "know" and this occurred after people perform sensing of objects that occur through human senses, namely sight, hearing, smell, taste, and touch with his own (Notoatmodjo, 2010). Knowledge is not only derived from formal education but can be obtained from non-formal education.

According to WHO (world health organization), one form of health object can be described by the knowledge gained from experience ⁽⁸⁾.

Based on the frequency distribution of attitudes shows that out of 50 respondents positive attitude can be seen as many as 25 people (50%) and a negative attitude of 25 people (50%). The attitude in the relationship of an object, person, group, institution, its value through the relationship between the individual, the relationships in the group, communication newspapers, books, posters, radio, television, etc. ⁽⁹⁾ attitude can be positive can also be negative.

Attitude is the way a person sees something mentally from the inside and leads to behavior directed at another person, idea, object, or a particular group. Attitude has always been associated with behaviors that are within reasonable limits and normalcy that a response or reaction to environmental stimuli social ⁽¹⁰⁾

Based on the statistical test using chi-square between the knowledge of the attitude variable obtained p-value 0.002 < α (0.05), which means there is a significant relationship between knowledge with maternal attitude toward physical changes in menopause In the village Dumoga, Dumoga Eastern District of Bolang Mongondow district. This means that the study hypothesis stating that there is a relationship between knowledge with maternal attitude toward physical changes proven or acceptable.

From the results of this study can be seen in the better knowledge of the respondent will also be a more

positive attitude, as can be seen in Table 6 most knowledgeable respondents either with a positive attitude as much as 20 people (40%). Respondents with good knowledge will be more accepting of physical changes that occur as a natural change that had to happen and experienced.

Respondents with less knowledge tend to have a negative attitude. Due to lack of knowledge about menopause lead to respondents think the changes in the natural is a nightmare or the respondent can not accept the changes that occur. In the study, there were 16 people (32%) of respondents who have less knowledge with a negative attitude. One's knowledge contains two aspects, namely the positive and negative aspects. Both of these aspects will determine one's attitude. The more positive aspects and objects are known, it will lead to more positive attitudes towards a specific object. ⁽⁸⁾

This is in line with previous research which states that there is a relationship between knowledge and attitudes toward physical change in pre-menopausal mothers. The level of education that the average junior high and work as farmers cause less knowledge with a negative attitude toward physical changes. ⁽¹¹⁾

Physical changes most widely experienced by mothers in the village Dumoga is the skin becomes wrinkled as many as 45 people (90%), breasts start sagging 44 (88%), sleep disorders 42 (84%), heartburn 36 people (72%), menstrual pattern disturbance 35 people (70%), the vagina becomes dry 34 people (68%), impaired libido 31 people (62%). In general, the physical changes naturally will be experienced by all women at the age of menopause, except that there were receiving physical change da tone that did not receive.

Skin wrinkles, sagging breasts has the highest percentage, the second is visible changes which resulted in a woman so lost confidence this is what caused the woman was disturbed by the physical changes because they were not confident anymore. Lack of sleep that respondents experienced volatility usually associated with heartburn, most women menopause often wake up at night Feeling a burning sensation on the face neck chest area, which causes difficulty sleeping woman and awake all night. Consequently, Due to lack of sleep during the move, they felt sleepy and disrupt their activities. Although not a disease, this incident has any impact on the lives of women, especially for largely active women, so it can be perceived as something disturbing.

Over time women will have had regular menstrual stopping becomes irregular menstruation live a little and eventually disappear altogether no longer menstruating. Most women who already had stopped menstruation or menopause complain vagina becomes dry and libido disorders. It is by the respondents said interrupt Fearing was not able to get a sense of affection from her husband again. Hail is related to age then women will experience some changes and a decrease in the physiological function of the biological aspects during menopause ⁽¹⁾.

CONCLUSION

Based on the results of research and discussion that has been described before it can be concluded as follows:

1. Knowledge of respondents in the village Dumoga show of 50 respondents, it can be seen that good knowledge many as 29 people (58%) and lack of knowledge many as 21 people (42%) of respondents.
2. The attitude of the respondents in the village Dumoga show of 50 respondents, can be seen respondents with a positive attitude as much as 25 people (50%) and a negative attitude of 25 people (50%).

There is a significant correlation between knowledge with maternal attitude toward physical changes during menopause in the village Dumoga Eastern District of Dumoga Bolaang Value-Mongondow because of the $p\text{-value} = 0.002 < \alpha (0:05)$.

SUGGESTION

1. Educational institutions
The results of this study can be used for educational institutions to material information for the purposes of education and additional literature MoH Health Polytechnic Manado.
2. For the research site
The results of this study are expected to provide input for East Dumoga District Government to cooperate with the health center in the framework of the provision of information through health education, for menopausal women about the changes experienced.
3. for respondents
The results of this study are expected to increase knowledge of women approaching menopause, so as to foster good knowledge and a positive attitude to physical changes during menopause. Menopausal women should have the knowledge, attitude and positive behavior in the face of menopause as part of a natural cycle for every woman, so no need to feel uncomfortable and can move as usual.
4. For further research
For subsequent researchers who are interested in researching the problems of menopause, it is advisable to examine the menopause by reviewing various factors/variables that have not been disclosed in this study.

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