



ANALYSIS OF COPING MECHANISMS AND QUALITY OF LIFE IN MENOPAUSE WOMEN IN KAYE LEE VILLAGE, INGIN JAYA DISTRICT, ACEH BESAR DISTRICT

**Ferdi Riansyah¹, Eridha Putra² Mardhatillah³ Fitri Yanti⁴ Mutia
Abdullah⁵, Desikaliana⁶, Fajriansyah⁷, Zubir⁸**

¹ Getsempena Bina Bangsa University, Banda Aceh, Indonesia

⁵UPTD PMI Banda Aceh City, Indonesia

⁶Aceh Mental Hospital Department, Indonesia

^{7,8} Environmental Health Department, Health Polytechnic, Ministry of Health, Aceh

* Corresponding email: ferdi@bbg.ac.id

ABSTRACT

Menopause is the cessation of menstruation forever. Menopause usually occurs in women from the age of 45-55 years. The formulation of the problem in this study is Is There a Relationship Between Coping Mechanisms and Quality of Life in Menopausal Women in Kaye Lee Village, Wanna Jaya District, Aceh Besar District? The research design used was descriptive analytic with female research subjects who were categorized as menopausal in Kaye Lee Village, Want Jaya District, Aceh Besar District. The sampling technique used accidental sampling based on chance with a total of 55 people. The results of this study indicate a significant p-value ($0.056 < 0.05$). Based on the results of the research above, it can be concluded that there is a significant relationship between coping mechanisms and quality of life in postmenopausal women in Kaye Lee Village, Wanna Jaya District, and Aceh Besar District. The coping mechanism or the way menopausal women manage their lives greatly affects their quality of life because women who enter menopause will experience various complaints caused by significant hormonal changes. There needs to be a good coping mechanism in postmenopausal women for emotional, physical, individual social well-being, as well as activities in daily life.

Keywords: *Coping Mechanisms and Quality of Life*

Introductions

There will be an increase of 47 million women entering menopause every year. Supported by data from WHO, there will be 1.2 billion women aged over 50 years in 2030 (Nurlina, 2021). In Indonesia, the age at which women are vulnerable to experiencing menopause is 50-54 years old. According to data from the Central Statistics Agency (BPS), as many as 60 million women from the Indonesian population will experience menopause by 2025 (Febrina, 2019).

Menopause is a phase experienced by women in their life cycle (Trisetiyaningsih, 2020). Menopause can be marked by the cessation of the menstrual cycle for twelve consecutive months in a woman (Ermawati, 2018). Naturally, menopause in women can occur when a woman reaches the age of 51 years. Although some women can experience menopause when they are not yet 51 years old (Diyanigrum, 2022)

A decrease in the hormones estrogen and progesterone produced by the ovaries will cause women to enter menopause. This progressive and irreversible decrease in hormones can trigger various complaints, namely physical and psychological complaints in menopausal women (Diyanigrum, 2022).

The occurrence of physical and psychological complaints in menopausal women is called menopausal syndrome. Several symptoms or complaints that can be experienced by menopausal women include hot flushes (42.2%), physical and mental fatigue (53%), irritability (48.2%), depression (43.4%) and joint discomfort (47.6%) (Rathnayake, 2019). Hekhmawati (2016) in her research obtained results that complaints experienced by menopausal women included hot flushes (81.3%), insomnia (65.3%), vaginal dryness (58.7%), irritability (81.3%), anxiety (64%), and memory impairment (44%) (Hekhmawati, 2018)

In line with the results presented in this research, research by Trisetiyaningsih in 2016 stated that 80% of women during menopause experienced physical changes that were felt. Based on research conducted by Trisetiyaningsih, menopausal women experience physical changes, namely heart palpitations (42%), fatigue (73.9%), changes in sexual desire (72.7%), and frequent urination (31.8%). (Trisetiyaningsih, 2020).

Apart from physical changes, menopausal women will also find various psychological changes. Psychological changes in menopausal women can be influenced by education, environment, economic status, socio-cultural conditions of menopausal women themselves (Rostiana, 2019).

Sleep disorders, irritability, stress, depression, anxiety and anxiety are some of the psychological changes that menopausal women can experience (Diyanigrum, 2022)

A study conducted by Sari (2021) in Padang, West Sumatra showed that 18 people (60%) of menopausal women had mild anxiety, 7 people

(23.3%) had moderate anxiety, and 5 people (16.7%) had moderate anxiety. %) no anxiety (Sari, 2021). Meanwhile, based on research conducted by Trisetiyaningsih in 2012, it can be seen that the psychological changes in menopausal women that are often encountered are feelings of depression (63.6%), irritability (70.5%), and anxiety (70.5%) (Trisetiyaningsih , 2016).

Quality of life according to WHO is an individual's perception of their life in society in the context of developing culture and norms, related to goals, expectations, standards and concerns while living their life (Dianingrum, 2022). A person's quality of life can be assessed from several points of view, such as their ability to carry out tasks, a person's feelings, and bodily functions physically, psychologically and socially (Emilda, 2019).

Quality of life in menopausal women can be seen from how they respond to the changes that occur during menopause (Sari, 2021). Fulfillment of quality of life can be assessed based on the individual's emotional, physical and social well-being, as well as daily activities. Menopausal women really need to pay attention to how easy it is to achieve a state of well-being in living their lives (Arica, 2019).

Trisetiyaningsih, in her 2016 research on menopausal women aged 45-60 years, showed that there were 32.9% of menopausal women with adequate quality of life and 67.1% of menopausal women with good quality of life (Trisetiyaningsih, 2020). Meanwhile, in research conducted by Sari (2021), the results showed that the majority of menopausal women with a good quality of life were 41 people (53.2%) and a poor quality of life was 36 people (46.8%). Judging from the results of this research, it can be seen that the quality of life for each menopausal woman is different (Dianingrum, 2022). Various treatment and prevention methods are used to minimize complaints that arise during menopause, such as regulating food, exercise, adequate rest, providing replacement hormone therapy and hypnotherapy will improve the quality of life of menopausal women (Rahmawati et al, 2020). Several non-pharmacological actions that can be taken to improve the quality of life can be done in various ways such as prayer, health meditation and yoga, including using hypnosis/hypnotherapy methods (Cahyadi, 2018)

All these aspects of quality of life can cause complaints from mild to severe and worsen health problems if not handled properly and correctly. Complaints in menopausal women result in changes in self-esteem. Menopausal women with low self-esteem will have a low quality of life, conversely, if menopausal women have high self-esteem, their quality of life will also be high (Subagya, 2019).

According to the psychology dictionary, coping mechanisms are (behavior or coping actions) any action, where an individual interacts with the surrounding environment with the aim of completing something (Chaplin, 2020). If this coping mechanism is successful, a person will be able to adapt to these changes or burdens, conversely, if a person's coping mechanism is not

successful, it will be increasingly difficult for a person to face change (Ahyar, 2018).

According to Stuart in Rasmus (2018), coping mechanisms are classified into 2, namely adaptive and maladaptive coping mechanisms. It is said to be adaptive if the coping mechanisms used support the functions of integration, growth, learning and achieving goals such as solving problems effectively or relaxation techniques and other positive things. On the other hand, maladaptive coping tends to inhibit integration functions, disrupt growth and reduce autonomy, such as overeating/not eating, avoiding problems or working excessively.

An individual's coping ability depends on temperament, perception and cognition as well as the cultural background or norms in which he was raised. Adaptive coping occupies a central place in the body's health and the body's resistance to disturbances or attacks of disease as well as the body's resistance to disturbances and attacks of disease, both physical and psychological, social, spiritual (Nursalam, 2019).

The use of coping mechanisms depends on how individuals deal with problems because humans are unique and each has varied coping mechanisms, although in general coping is an automatic mechanism when individuals feel a stressful and threatening situation (Mushoffa, 2017).

Based on the results of the initial service carried out on February 20 2023 in Kaye Lee Village, Want Jaya District, Aceh Besar Regency, data obtained on the number of residents categorized into middle age, namely 45-60 years to elderly 61-98, namely 449 people, while the number of women categorized as middle aged was 123 and elderly was 139. Meanwhile, the number of men categorized as middle aged is 67 people and elderly people are 120 people. It can be concluded that based on the results of the research above, the total number of menopause women in Kaye Lee Village, Want Jaya District, Aceh Besar Regency is 179 people.

Meanwhile, the initial results of conducting interviews with 10 menopausal women in Kaye Lee Village, Want Jaya District, Aceh Besar Regency, showed that 8 out of 10 menopausal women felt tense and anxious when experiencing menopause symptoms. Complaints experienced by menopausal women include difficulty sleeping, decreased memory and concentration, getting tired easily, and often feeling dizzy. From the results of interviews during the initial service, it was found that 4 menopausal women experienced mild anxiety (40%), 4 menopausal women had moderate anxiety (40%), and 2 others had no anxiety (20%).

This anxiety arises as menopausal women complain of changes both physically and psychologically. Meanwhile, the quality of life in menopausal women showed that 6 menopausal women had good quality of life (60%) and 4 others had poor quality of life (40%). These results were obtained from interviews with menopausal women regarding physical and psychological changes during menopause.

METHODS

This type of research was carried out descriptively analytically, with the aim of finding out the relationship between coping mechanisms and quality of life in menopausal women in Kaye Lee Village, Want Jaya District, Aceh Besar Regency.

This research design is cross sectional, namely research that occurs on the research object and is measured or collected simultaneously (at the same time). (Notoatmodjo, 2017). This research was carried out in Kaye Lee Village, Want Jaya District, Aceh Besar Regency. The time for this research to be carried out is from 25 June to 12 July 2023.

The population in this study was the people of Kaye Lee village who were categorized as menopausal women, totaling 123 people. The population was taken from data obtained from Kaye Lee Village, Want Jaya District, Aceh Besar Regency. The Slovin formula is used to determine the sample size from a known population, namely 123 people. The level of precision specified in sample determination is 10%. The reason researchers use a precision level of 10% is because the population is less than 1000.

With the results, 55 respondents used a sampling method based on incidental sampling, namely sampling based on the fact that based on their needs, they emerged during the research and were willing to become respondents. The sample in this study was women categorized as menopausal in Kaye Lee Village, Want Jaya District, Aceh Besar Regency.

Research instruments are the tools that will be used for data collection. This research instrument can be in the form of a list of questions (Nursalam, 2018). The research instrument used in research on coping mechanisms developed by Carver 1997). This measuring tool is an adaptation of COPE created by Cerver, Scheier and Weintraub (1989) which is used to see how individuals deal with problems, measuring important and potential coping responses quickly.

The Brief Cope measuring tool prepared by Carver (1997) uses a Likert scale which has four answer options, namely "never", "sometimes", "often", and "always". The scoring is assessed using a favorable statement with the meaning 1 "never", 2 "sometimes", 3 "often", and 4 "always". Meanwhile, scoring with the Unfavorable statement is 4 "never", 3 "sometimes", 2 "often", and 1 "always". The total score results from coping mechanisms with a minimum value of 28 and a maximum of 112.

As for the validity test on the two instruments, namely Quality of Life and Coping Mechanisms, on each instrument, the following values were

obtained. The results obtained were that there was a significant relationship between the item scores and the dimension scores ($r = 0.409 - 0.850$) so that it could be stated that the measuring instruments WHOQOL-BREF is valid in measuring quality of life. The results of the reliability test on the quality of life questionnaire showed that Cronbach's alpha was 0.77 so the questions on the questionnaire were declared reliable.

The results of the validity test are quite valid because they have a calculated r score $< r$ table, namely above 0.3. Cronbach's r alpha value is 0.776. The results of reliability testing have been carried out and obtained a value of $\alpha = 0.746$ for the Brief Cope questionnaire. The alpha value is greater than the constant value (0.6) so the questionnaire is declared reliable.

Data collection methods are techniques or methods used to collect appropriate data followed by compiling supporting tools (Widodo et al, 2018). Data was obtained directly from the research subjects through a questionnaire, which is a measuring tool in the form of several questions. Data processing according to Notoatmodjo (2017), after the researcher collects data through content sheets, then the researcher carries out data processing with the following steps: editing, coding, scoring, tabulating.

RESULTS and DISCUSSION

Table 1

Frequency Distribution of Coping Mechanisms in Menopausal Women			
No	Coping Mechanisms	F	%
1	Adaptive	31	56.4
2	Maladaptive	24	43.6
	TOTAL	55	100

Based on table 1 above, it can be seen that the majority of respondents' Coping Mechanism attitudes are Adaptive, 31 (56.4%) respondents and Maladaptive, 24 (43.6%) respondents.

Table 2

Frequency Distribution of Quality of Life for Menopausal Women			
No	Quality of Life	F	%
1	Good	32	58.2
2	Bad	23	41.8
	TOTAL	55	100

Based on table 2 above, it can be seen that the majority of quality of life experienced by menopausal women is Good 32 (58.2%) respondents and Bad 23 (41.8%) respondents

Table 3 Frequency Distribution of Coping Mechanisms and Quality of Life for Menopausal Women

No	Coping Mechanisms	Quality of Life				Total	P Value
		Good		Bad			
		N	%	N	%		
1	Adaptive	22	71.0%	9	29.0%	31 (100%)	0.056
2	Maladaptive	10	41.7%	14	58.3%	24 (100%)	

Based on table 3 above, it can be seen that of the 55 (100%) respondents, the majority of respondents had adaptive coping mechanisms with good quality of life, 22 (71.0%) respondents, and adaptive coping mechanisms with poor quality of life, 9 (29.0%) while maladaptive coping mechanisms with good quality of life 10 (41.7%) respondents and maladaptive coping mechanisms with poor quality of life 14 (58.3%) respondents. The statistical test results obtained a value (p value 0.056) and it can be concluded that there is a relationship between coping mechanisms and the quality of life of menopausal women in Kaye Lee Village, Want Jaya District, Aceh Besar Regency.

This is in accordance with the theory put forward by Sulistiyani (2019). Menopausal women with good quality of life indicate that the individual is able to adapt to changes during menopause and can still carry out their functions and roles in daily life. Apart from that, you are also able to face menopause with a positive response, so you don't use menopause as an excuse not to be productive in living your life.

This research is in line with research conducted by Ferosa (2022) entitled "The Relationship between Anxiety and Quality of Life in Menopausal Women in the Coastal Area of Karanggondang Village" with a p-value = 0.000 ($p < 0.05$). and correlation coefficient (r_s) = 0.639. So the interpretation that can be seen based on the results data is that a significant (meaningful) relationship was found between the level of anxiety and the quality of life of menopausal women ($p < 0.05$).

Based on this interpretation, it is in line with the results of research conducted by the author. 12 (71.0%) respondents had adaptive coping mechanisms but also had a good quality of life, and 9 (29.0%) respondents had adaptive coping mechanisms but had a poor quality of life, while 10 (41.7%)) respondents with maladaptive coping mechanisms but with good quality of life and 14 (58.3%) respondents with maladaptive coping mechanisms but with poor quality of life.

Researchers' assumptions about coping mechanism variables with quality of life in menopausal women in Kaye Lee Village, Want Jaya District, Aceh Besar Regency. Coping mechanisms or the way menopausal women manage their lives greatly affect their quality of life because women who enter menopause will experience various complaints caused by significant hormonal changes. There is a need for good coping mechanisms in menopausal women for the individual's emotional, physical and social well-being, as well as daily activities.

CONCLUSION

Based on the results of data collection carried out by researchers from June 25 to July 12 2023 on menopausal women in Kaye Lee Village, Want Jaya District, Aceh Besar Regency, the number of sample respondents was 55 people, the researchers can draw several conclusions, as follows

The statistical test results obtained $p = 0.056$, it can be concluded that there is a significant relationship between coping mechanisms and quality of life in menopausal women in Kaye Lee Village, Want Jaya District, Aceh Besar Regency.

As a means of applying the knowledge gained during lectures, increasing insight and research experience on the quality of life of menopausal women. This research is the basis for further, more specific and comprehensive research regarding coping mechanisms and quality of life in menopausal women. As input and information for menopausal women about the importance of knowing what things can affect the quality of life for menopausal women. The results of this research can be input or data source for Kaye Lee Village, Want Jaya District, Aceh Besar Regency to further increase knowledge about menopausal women and to find out what things can influence the quality of life of menopausal women.

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