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Factors Affecting the Interest of Perimenopausal Women at Age 40–50 in Participating Posbindu in Public Health Centre Pangikiran, North Padang Lawas Regency 2021

Juni Andriani Rangkuti^(✉), Nur Aliyah Rangkuti, Sukhri Herianto Ritonga, and Haslinah Ahmad

Universitas Aufa Royhan, Padangsidempuan, Indonesia

juniandrianirangkuti06@gmail.com

Abstract. The elderly in women is identical to the climacteric period, namely the transitional period between the premenopausal and postmenopausal phases. This study aims to determine the factors that influence the interest of perimenopausal women aged 40–50 years in participating in posbindu at UPTD Pangirkiran Public Health Center North Padang Lawas Regency in 2021. The type of research used in this study was a correlational analytic survey with a cross sectional study approach. The research location was at the Pangirkiran Public Health Center North Padang Lawas Regency in 2021. The population and sample in this study were all perimenopausal women aged 40–50 years who visited the Posbindu Pangirkiran Health Center in North Padang Lawas Regency as many as 89 samples. The results showed that the relationship between knowledge ($P = 0.036$), family income ($P = 0.768$) and husband's support ($P = 0.026$). The conclusion is that husband's knowledge and support that are related to posbindu interest, while family income has no relationship to Posbindu interest. Suggestions for perimenopausal women at aged 40–50 years to be able to consume foods that are high in phytoestrogens such as tofu, tempeh and soy milk.

Keywords: Perimenopausal Women · Factors · Posbindu Interests

1 Introduction

Elderly in women is identical to the climacteric period, namely the transitional period between the premenopausal and postmenopausal phases. The climacteric phase is divided into premenopause, perimenopause, menopause, and postmenopausal phases. In general, menopause means the cessation of the menstrual cycle experienced by a woman. The estimated average age of menopause in Indonesia is 50–52 years (Atikah, 2019).

According to data from the WHO (World Health Organization), the perimenopause explosion in the coming years is very difficult to contain. WHO estimates that by 2030 there will be 1.2 billion women over the age of 50. Most of them (about 80%) live in

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developing countries. Data from the Ministry of Health (MOH) of Indonesian women entering menopause was 14% or around 30 million people from the population in 2015. The increase in the population of perimenopausal women in general will be accompanied by various levels and types of complex problems that have an impact on increasing the health problems of perimenopausal women (Swasono, 2019).

According to data from the WHO (World Health Organization), the perimenopause explosion in the coming years is very difficult to contain. WHO estimates that by 2030 there will be 1.2 billion women over the age of 50. Most of them (about 80%) live in developing countries. Data from the Ministry of Health (MOH) of Indonesian women entering menopause was 14% or around 30 million people from the population in 2015. The increase in the population of perimenopausal women in general will be accompanied by various levels and types of complex problems that have an impact on increasing the health problems of perimenopause women (Swasono, 2019).

Perimenopause is experienced by many women almost all over the world, around 70–80% European women, 60% in America, 57% in Malaysia, 18% in China in Japan and Indonesia (Proverawati, 2019).

Indonesia's population reaches 203.46 million people consisting of 101.64 million men and 101.8 million women and the number of women aged over 50 years and is estimated to have entered the age of perimenopause as many as 15.5 million people and in 2020 it is estimated that the number of women In addition, it is estimated that Indonesia's population will increase in 2025 to 270.54 million people and the number of women aged over 50 years is estimated to be 34.4 million people (Bappenas, 2018).

According to the Indonesian Ministry of Health (2018), up to now, 7.4% of Indonesian women who enter the perimenopause period make up 7.4% of the population. This number increased to 11% in 2015. Then, it rose again by 15% in 2016. The increasing number is a result of the increasing population of the elderly and the high life expectancy coupled with improving public health status. The number and proportion of the female population aged 50 years and estimated to enter menopause age from year to year also experienced a very significant increase. In East Java in 2016 there were 5 million women who had experienced perimenopause and 18% who experienced anxiety (BKKBN, 2019).

According to Manuaba (1999 in Sibagariang, 2018) Perimenopause is a phase where a woman will experience menstrual pattern chaos, psychological/psychological changes, physical changes occur. Lasts for between 4–5 years. Occurs between the ages of 48–55 years. According to Arif (2020) Perimenopause: irregular bleeding, such as oligomenorrhea, polimenorrhea and hypermenorrhea. Meanwhile, according to Prawirohardjo (2019) Perimenopause is a period before menopause that occurs at an average age of 40–50 years. When women reach their 40s, anovulation becomes more prominent, the length of the menstrual cycle increases.

According to Bobak, Lowdermilk and Jensen (2018), the success of self-adjustment in dealing with anxiety can be influenced by the existence of a person's support system. The main support system for a perimenopausal woman is her husband. The husband is the main supporter in providing motivation and encouragement for women who will experience perimenopause. Anxiety is a mental tension that is disturbing for a person as a general reaction when a person is unable to cope with the problems he is experiencing

which will ultimately lead to physiological and psychological changes in the woman (Kholil, 2019).

2 Methods

Design: This study used a correlational analytic survey design with a cross sectional study approach. **Sample:** The sampling method in this study is purposive sampling with certain criteria and the sample size is determined by the Slovin formula.

Based on the calculation of the number of samples studied were 89 perimenopausal women.

With the inclusion criteria the samples taken are:

- a. -50 years old. Perimenopausal women aged 40 50 years who came to Posbindu at UPTD Pangirkiran Health Center.
- b. Perimenopausal women aged 40 50 years who came to Posbindu who had good communication.
- c. Perimenopausal women aged 40 50 years who came to Posbindu who could read well.
- d. Perimenopausal women aged 40 50 years who came to Posbindu were 40

3 Research Results

3.1 Univariate Analysis

The univariate analysis in this study will discuss the characteristics of the factors that influence the interest of Perimenopause women aged 40–50 years in participating in posbindu and descriptions of the variables used in this study. Each is explained as follows:

3.1.1 Characteristics of Respondents

Based on Table 1, the majority of respondents in the maternal age category are 46–50 years old, namely 60.7% and the minority respondents are 39.3% aged 40–45 years. SMA education is 56.2% and the minority of respondents is 3.4% of respondents in the elementary education category. Employment as a farmer is 56.2% and the minority of respondents is 3.4% in the category of household work.

3.1.2 Knowledge

Based on Table 2 it is known that the majority of respondents have knowledge in the poor category as much as 75.3% and the minority of respondents who have knowledge in the category good at 24.7%.

3.1.3 Family

Based on Table 3 it is known that the majority of respondents have family income 2,768,094 which is 80.9% and the minority of respondents who have a family income of <2,768,094 by 19.1%.

Table 1. .

Age		
40–45 Years	35	39.3
46–50 Years	54	60.7
Total	89	100.0
Education		
SD	3	3.4
SMP	30	33.7
SMA	50	56.2
D3/PT	6	6.7
Total	89	100.0
Occupation		
IRT	3	3.4
Traders	30	33.7
Farmers	50	56.2
Self	6	6.7
Total	89	100.0

Source: Primary Data, 2022

Table 2. .

Knowledge	F	%
Less	67	75.3
Good	22	24.7
Total	89	100.0

Source: Primary Data, 2022

Table 3. .

Income Family Income	F	%
<2,768,094	17	19.1
2,768,094	72	80.9
Total	89	100.0

Source: Primary Data, 2022

3.1.4 Husband’s

Based on Table 4 it is known that the majority of respondents’ husband’s support is in the supportive category as many as 52.8% and the minority of respondents’ husband’s support is in the category of does not support 47.2%.

3.1.5 Interest in Posbindu

Based on Table 5 it is known that the majority of respondents interested in Posbindu in the uninterested category were 70.8% and the minority of respondents interested in Posbindu in the interest category was 29.2%.

3.2 Bivariate

3.2.1 Relationship Between Knowledge and Interest Posbindu

Table 6 shows that of the 67 respondents who stated that they lacked knowledge there was no interest in participating in posbindu as much as 68%. Meanwhile, from 22 respondents who stated that they had good knowledge, there was an interest in participating in posbindu as much as 10%. The results of the statistical analysis of the *chi square* obtained $P = 0.036 < 0.05$, this means that there is a relationship between knowledge and interest in posbindu.

3.2.2 Relationship of Family Income with Posbindu Interests

Table 7 shows that of the 17 respondents who stated that their family income was <2,768,094 there were 19% not interested in participating in posbindu. Meanwhile, from 72 respondents who stated that their family income was 2,768,094 there was an

Table 4. .

Support	F	%
Not Supporting	42	47.2
Supporting	47	52.8
Total	89	100.0

Source: Primary Data, 2022

Table 5. .

Interest in Posbindu	F	%
No Interest	63	70.8
Interest	26	29.2
Total	89	100.0

Source: Primary Data, 2022

Table 6. .

Knowledge	Interest Posbindu				Total	Value <i>P</i>
	Not Interest		Interest			
	n	%	n	%		
Less	40	68	27	90	67	
Good	19	32	3	10	22	0,036
Total	59	100	30	100	89	

Source: Primary Data, 2022

Table 7. .

Family Income	Interest Posbindu				Total	Value <i>P</i>
	Not Interest		Interest			
	n	%	n	%		
<2,768,094	11	19	6	20	17	
2,768,094	48	81	24	80	72	1,000
Total	59	100	30	100	89	

Source: Primary Data, 2022

Table 8. .

Husband Support	Interest Posbindu				Total	Value <i>P</i>
	Not Interest		Interest			
	n	%	N	%		
Not Support	33	59	9	35	42	
Support	26	41	21	65	47	0.026
Total	63	100	26	100	89	

Source: Primary Data, 2022

interest in participating in Posbindu as much as 80%. The results of statistical analysis of Fisher’s test obtained $P = 1,000 < 0.05$, this means that there is no relationship between family income and interest in posbindu.

3.2.3 Relationship of Husband’s Support with Posbindu Interests

Table 8 shows that of the 42 respondents who stated that their husbands did not support them, 59% were not interested in participating in posbindu. Meanwhile, of the 47 respondents who stated that their husbands supported them, there was an interest in participating in posbindu as much as 35%. The results of the statistical analysis of the

chi square obtained $P = 0.026 < 0.05$, this means that there is a relationship between husband's support and interest in posbindu.

4 Conclusion

- 1) Distribution of knowledge of perimenopause women with an interest in posbindu with a $P \text{ value} = 0.036 < 0.05$
- 2) Distribution of family income with an interest in posbindu with a $P \text{ value} = 1,000 < 0.05$
- 3) Distribution of husband's support with an interest in posbindu with a $P \text{ value} = 0.026 < 0.05$

There is a relationship between knowledge and husband's support with the interest of perimenopausal women aged 40–50 years in participating in posbindu at UPTD Pangirkiran Health Center.

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